



## Member and Stakeholder Communication Bulletin #55

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March 27, 2026

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## **YOUR HEALTH MATTERS: ALCOHOL AND FETAL ALCOHOL SPECTRUM DISORDER**

Alcohol & Fetal Alcohol Spectrum Disorder Awareness  
**Symposium**

*Topics Include:*

- What is FASD?
- Caregiver perspective
- Screening, care, & support

Fetal alcohol spectrum disorders (FASD) are a group of conditions caused by prenatal alcohol exposure. As many as 1 in 20 children in the United States has an FASD.

Fetal Alcohol Spectrum Disorder (FASD) can affect as many as 1 in 20 children in the United States. Our next Your Health Matters Summit will teach about warning signs and support tools for both babies and mothers.

**Date:** Thursday, April 30, 8:30 a.m. – 12:30 p.m.

**Location:** Washington Civic Center

**Registration**

## OPIOID MISUSE

About 395,000 people in NC used prescription pain medicine the wrong way in 2024. Around 23,000 of those are youth ages 12-17. Education, early prevention, and compassionate care can help the ones we love from becoming another statistic.

Talk to your Tailored Care Manager to click on the flier to learn more.



**Trillium**  
HEALTH RESOURCES

**Opioid Misuse affects us all — but help is here.**

*Trillium Health Resources is committed to preventing and treating Opioid Use Disorder (OUD) through education, early intervention, and compassionate care.*

**Recognizing the Challenges:**

- OUD can impact anyone—patients, families, youth, veterans, and seniors.

**Prevention Strategies**

- Awareness and early intervention through open conversations can save lives.

**Treatment Support**

- Offers education, resources, and support to assist with recovery.

**Trillium's Population Health Program Team Offers:**

- Assessment
- Evaluation of physical health, behavioral health, and social determinants of health
- Education on available benefits and resources
- Get help with Care Management or Coordination

**Why It Matters:**

**Overdose Deaths:**

- About 3,025 people died from drug overdoses in 2024 — that's 8 people every day.

**Emergency Visits:**

- Emergency Room visits for overdoses went up 39% from 2019 to 2023.

**Youth Misuse:**

- Around 23,000 kids (ages 12-17) in NC are using opioids in unsafe ways.

**Prescription Drugs:**

- In 2023, doctors gave out over 4 million opioid prescriptions in NC.

**Misuse of Pain Pills:**

- About 395,000 people in NC used prescription pain medicine the wrong way.

**Online Resources or Call:**

**Member and Recipient Services 1-877-685-2415**

- Chess App, 24/7 Peer Support
- Non Emergency Medical Transportation
- Trillium Advantage Resources
- Housing Program

**Source:**  
[NCDHHS.gov](https://www.ncdhhs.gov)  
 NCDHHS (2025). North Carolina overdose epidemic data. Division of Public Health, Injury and Violence Prevention Branch.

**For More Information:**  
[TrilliumHealthResources.org](https://www.trilliumhealthresources.org)  
 Physical Health Prevention and Population Health Program

TP-T2601-8074-09999

## BLOG: FROM AWARENESS TO ACTION IN TRAUMATIC BRAIN INJURY CARE & OUTCOMES

A veteran returns home after years of service, carrying invisible injuries. A teenager collides with another player during a Friday night football game. An older adult slips while stepping out of the shower. A driver gets in an accident with another vehicle. These moments are different, but they share something in common. Each can lead to a traumatic brain injury (TBI).

Our [March blog post](#) details how brain injuries can be prevented, educates how to recognize the symptoms, and shares Molly's story.

### Why Awareness Matters: Molly's Story of Resilience & Hope

Molly's life changed dramatically after a traumatic brain injury in 2024. Her family has seen firsthand how recovery can affect mobility, memory, mood, and independence.

With support through coordinated care, Trillium has helped Molly and her family connect to services and resources along the path of recovery. They hope greater awareness helps more people understand what life after TBI can look like and why compassion matters.



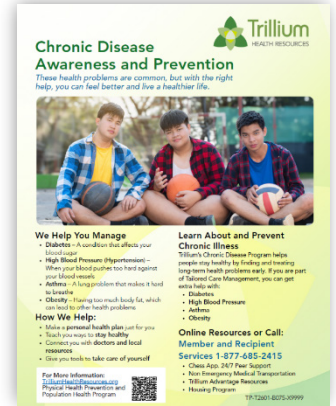
[Read Molly's Story](#)

# HANDLING CHRONIC HEALTH CONDITIONS

Diabetes, high blood pressure, and asthma are all common. They can prevent you from doing the things you enjoy. However, they can be treated through lifestyle changes or medications.

Trillium’s Chronic Disease Program helps people stay healthy by finding and treating long-term health problems early.

Talk to your Tailored Care Manager or click on the flier to learn more.



# GROWSMART: PHYSICAL ACTIVITY



Are you the parent or guardian of a child receiving services through Trillium? They may be eligible for Early and Periodic Screening, Diagnosis and Treatment (EPSDT) services. These preventive health screenings can improve the overall health of children.

Each month our Tailored Care Managers share about these screenings and tools through our [GrowSmart program](#). In March, they are sharing about physical activity for children. Healthy teeth help children eat, speak, and learn. Tooth decay is common, but it can be prevented with good habits and regular care.

**Learn more on our [EPSDT webpage](#)**

As always, members may contact Trillium through our **Member and Recipient Services at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. To learn more, please check out [our website](#), follow us on [social media](#), or give us a call if you have any questions.

