



# Member and Stakeholder Communication Bulletin #56

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## WHAT IS THE MEMBER INCENTIVE PROGRAM?

Trillium’s Member Incentive Program helps members become involved in their health. It encourages healthy behaviors and education through gift cards and small rewards. Providers, members, and care managers can apply for incentives. Please note: members can only get up to \$75 in incentives each fiscal year, from July 1 through June 30. Some

rewards may be only partially rewarded if the member limit is reached.

To learn more, please view the training on [My Learning Campus](#) or [visit our webpage](#).

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

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.



## BLOG: AUTISM ACCEPTANCE SUPPORTS PARENTS AND FAMILIES



Cody and his parents

If you are a parent of a child with autism spectrum disorder (ASD), you may wish others understood your family better. While there are some differences in your daily routines, parents and caregivers share many of the same hopes: You love your child very much. You want them to be safe, understood, and accepted. Most of all, you want them to have a happy life.

Cody and his family are highlighted in our [April blog post](#). We thank him and his mother Holly for showing how progress may look different from what people expect. It might mean learning a new skill, doing something on their own for the very first time, or finding new ways to communicate. Acceptance should go hand in hand with meaningful supports that help individuals pursue their passions and fully connect with their communities. When acceptance is shared and practiced—and paired with the right services—these moments of inclusion, connection, and joy are more in reach.

## TRYING TO QUIT SMOKING OR VAPING?

Trillium has partnered with QuitlineNC to offer help so you can quit for good. QuitlineNC offers services for free and you can enroll online or over the phone. Tobacco Quit Coaches are available in English or Spanish.

Call: 1-800-QUIT-NOW

Visit: [QuitlineNC.com](https://www.QuitlineNC.com)



# GROWSMART: AUTISM ACCEPTANCE MONTH



**GrowSmart EPSDT Health Promotion:**  
April is Autism Acceptance Month

This month encourages families, caregivers, educators, and peers to recognize and celebrate the unique strengths, talents, and perspectives of children with autism, as well as all different ways they see the world, learn, and experience the world. By fostering compassion and creating environments where all children feel seen, valued, and included, we help build a more supportive and understanding world for every child and family touched by autism.

**What is Autism?**  
Autism is a developmental difference that affects how some children communicate, play, learn, and interact with others. Each child with autism has their own unique way of seeing the world and many different ways of interacting with it. It is not an illness, and there is no cure. It is a lifelong condition that affects how the brain works. It is not a learning disability, and it does not affect intelligence.

**What do doctors say?**  
Doctors, including pediatricians and developmental specialists, recommend early developmental screening starting as young as 18 months old. Early identification is crucial for early support, accommodations, social skills, and overall development. Very early support can lead to a more positive outcome for an EPSDT-eligible child than to receive growth, behavior, and developmental progress. When additional support is needed, parents may benefit from helpful diagnostic tests to quickly identify and address therapy or behavioral services to meet each child's needs. Be confident and act for your child.

**Tips for Families:**

- Encourage communication using simple language, gestures, visuals, or pictures.
- Support sensory needs by using quiet spaces, headphones or sensory tools to reduce sensory overwhelm.
- Make an example by using body language and intonation. Help children learn and grow.
- Promote inclusion by recognizing shared activities and interests among siblings and peers.
- Stay connected with your child's doctors, therapists, and teachers to support learning and development.

**Stay Involved in Your Child's Care**

- Keep your child safe.
- Track growth and development.
- Ask about communication and sensory supports.
- Create happy, consistent routines.
- Provide talking or sensory tools.
- Encourage regular daily activities.
- Ask questions and share your concerns.

**Healthy Growth Timeline**

Age	Key Actions	Need help or resources?
18-24 months	Developmental and behavioral screenings.	Trillium Health Recipient helps families stay healthy by covering screenings, sharing information on testing and testing centers, and sharing tools for healthy living.
Yearly	Biannual dental, vision, and hearing screenings.	Call Member & Recipient Services or contact with your Care Manager at 1.877.685.2415
Any time	Ask your child's doctor for a developmental assessment.	

Source: NCI Developmental Screening Recommendations, CDC Learn the Signs. Use Early HD, CH, M&M, Reimburse

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 April, they are sharing about autism awareness. This month encourages families, caregivers, educators, and peers to recognize and celebrate the unique strengths, talents, and perspectives of children with autism, as well as the different ways they communicate, learn, and experience the world. By fostering compassion and creating environments where all children feel seen, valued, and included, we help build a more supportive and understanding world for every child and family touched by autism.

[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.

