



## Member and Stakeholder Communication Bulletin #57

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May 29, 2026

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### POST DISASTER SIMULATIONS

Hurricane season starts June 1 and lasts through November 30. While most people prepare ahead of storms, knowing what to do after a storm is just as important. Trillium’s Post Disaster Simulations provide hands-on experience of the very real barriers people face post disaster. It also highlights the added struggles for individuals living with mental illness, developmental disabilities, and/or substance use disorders.

**Dates:**

[June 2, Columbus County](#)

[June 18, Dare County](#)

[July 1, Lenoir County](#)

### Upcoming Trainings



**Post Disaster SIMULATION**  
Whiteville, NC

June  
**2**  
2026



**Post Disaster SIMULATION**  
Manteo, NC

June  
**18**  
2026



**Post Disaster SIMULATION**  
Kinston, NC

July  
**1**  
2026

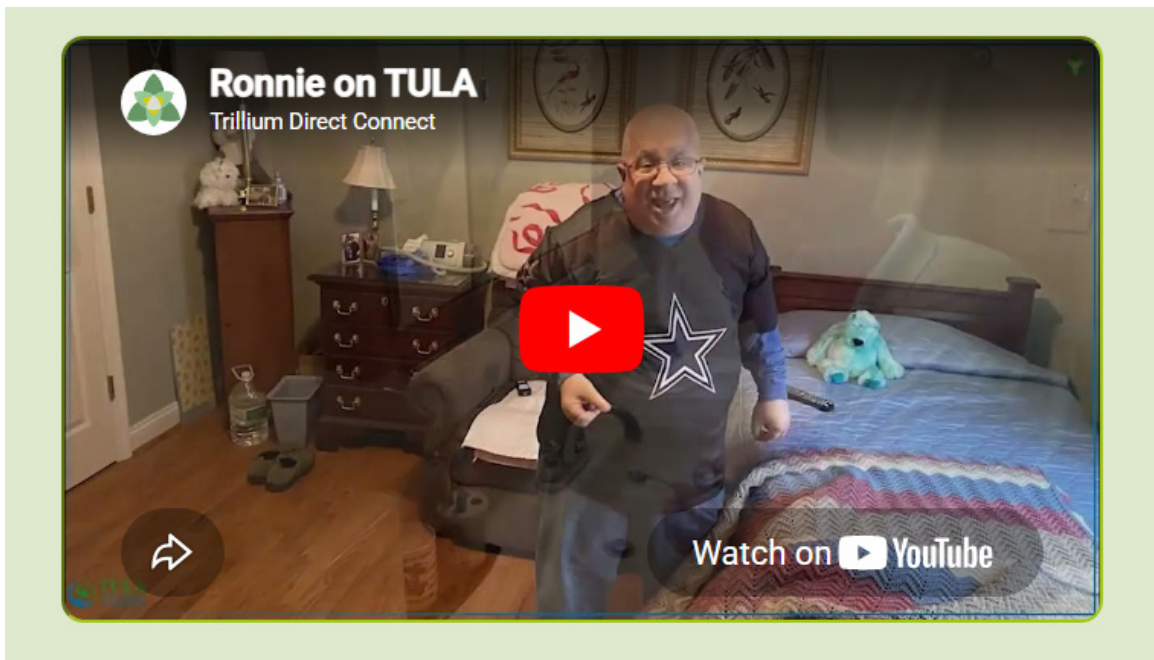
## ANNUAL LETTER REMINDER

Each year, Trillium is required to mail letters to Medicaid members that explain their rights and how we may share their information. This is called our Notice of Privacy Practices. Letters start going out towards the end of May. If you get this letter, there is nothing you need to do except review the information.

## BLOG: GLOBAL ACCESSIBILITY AWARENESS DAY

Think of your typical morning. Your phone’s second snooze alarm goes off. Before you even get out of bed, you glance at your notifications and check your calendar for the day ahead. In the kitchen, you ask a smart speaker for the weather while the coffee brews. You text a friend happy birthday, check in for a doctor’s appointment through a patient portal, and look over traffic before heading out the door. Technology is the silent copilot of daily life. It keeps us organized, supports our health, connects us with each other, and helps us move through the day.

Now imagine navigating that same morning without it. For many individuals with serious behavioral health conditions, Intellectual and Developmental Disabilities (I/DD) and Traumatic Brain Injury (TBI) diagnoses, this is part of everyday life. As technology continues to shape how we live and connect, not everyone is included in that progress. For Global Accessibility Awareness Day on May 21, our blog post shared [How Technology Is Reshaping Support through Digital Access and Inclusion](#). Read our blog to learn how technology can turn moments of care into continuous connection, giving members more control over their day and a clearer path forward.





**GrowSmart EPSDT Health Promotion:**

*May is Mental Health Awareness Month*

This month focuses on Early Childhood Behavioral Health, encouraging families, caregivers, and providers to recognize the importance of social-emotional development during the early years. Early support helps children build strong emotional foundations and promotes lifelong well-being.

**What is Early Childhood Behavioral Health?**

Early childhood behavioral health refers to the emotional, social, and behavioral development of children from birth to age five. These early years lay the foundation for how children express emotions, form relationships, explore their environment, and learn new skills. Early screenings help identify concerns and ensure children receive support at the right time.

**What do doctors say?**

Pediatricians recommend ongoing developmental and behavioral surveillance at every visit. They also support formal social-emotional screenings beginning at 6 months, with standardized tools used at 12, 24, and 36 months, and annually after age three. Autism-specific screenings are also recommended at 18 and 24 months. When concerns arise, doctors may refer families to early intervention or behavioral health services to ensure timely support.

**Tips for Families**

- Talk, play, read, and sing with your child daily.
- Use predictable routines to create a sense of stability.
- Model calm emotional responses and provide support during big feelings.
- Use books and activities to help children identify feelings and learn social skills.
- Observe emotional and social milestones and talk with your child's doctor if concerns arise.
- Attend all well-child visits and complete recommended screenings.
- Follow through with referrals for early intervention or behavioral services.

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

- Yearly well-child visits
- Track growth and development
- Ask about communication and sensory supports
- Create simple, consistent routines
- Provide calming or sensory tools
- Encourage enjoyable daily activities
- Ask questions any time you have concerns

**Healthy Growth Timeline**

Age	Key Actions
6 months	Begin social-emotional screening.
12, 24, 36 months	Use standardized screening tools.
18-24 months	Autism-specific screenings.
Yearly after age 3	Review emotional, social, communication, and learning milestones.
Any time	Ask your doctor for a developmental evaluation if you have concerns.

**Need help or resources?**

*Trillium Health Resources helps families stay healthy by covering checkups, sharing easy tips on eating and being active, and offering tools for healthy living.*

*Call Member & Recipient Services or connect with your Care Manager at 1-877-685-2415*

Sources: AAP: Developmental Screening Recommendations, CDC: Learn the Signs, Act Early, NCQA: EPSDT Requirements

# GROWSMART: MENTAL HEALTH AWARENESS

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 May, they are sharing about mental health awareness. This month encourages families, caregivers, educators, and peers to recognize the importance of social-emotional development during the early years. Early support helps children build strong emotional foundations and promotes lifelong well-being.

**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.

