

News Release

FOR IMMEDIATE RELEASE

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MEDIA CONTACT

Jennifer Mackethan

Jennifer.Mackethan@TrilliumNC.org

1.866.998.2597

Trillium Health Resources Partners with NCDHHS to Provide Free App to Support Individuals in Recovery

The CHESS Health eRecovery solution offers daily check-ins, tracking, and support

GREENVILLE, N.C. – Trillium Health Resources announces a new recovery-focused solution available to providers and their patients.

Through a contract with the North Carolina Department of Health and Human Services (NCDHHS), Trillium extends the [CHESS Health](#) eRecovery solution to behavioral health providers in our 46 county region. This evidence-based mobile app offers daily check-ins, goal setting, recovery tracking, support group meetings, and a moderated 24/7 online peer community—all provided free of charge.

“Trillium has a tradition of launching innovative programs such as our inclusive playgrounds and mobile integrated care units. We champion the use of effective technology to enhance the lives of those we serve. eRecovery will support our providers by extending their reach, while providing a bridge to continuous connection and support for those in recovery,” shared Christie Edwards, Senior Vice President of Operations at Trillium. “We are grateful to our partnership with the NCDHHS to make this resource available.”

According to the National Institute on Drug Abuse (NIDA), substance use disorder (SUD) relapse rates range from 40-60%, emphasizing the critical need

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for solutions that offer consistent support. Of the individuals using the Connections app, research has shown that 85% of individuals reported improvement in several key areas.

"We know there is no one-size-fits-all model to recovery," said Kelly Crosbie, MSW, LCSW, Director of the NCDHHS Division of Mental Health, Developmental Disabilities, and Substance Use Services. "We are pleased to provide North Carolinians with an additional, evidence-based tool to support their recovery, when and where they need them."

If you or someone you know is struggling or in crisis right now, help is available. Call or text the 988 Suicide and Crisis Lifeline at 988 or chat 988lifeline.org. People who speak Spanish can now connect directly to Spanish-speaking crisis counselors by calling 988 and pressing option 2, texting "AYUDA" to 988, or chatting online at 988lineadevida.org or 988Lifeline.org.

Any interested behavioral health providers can [complete this short form](#) for more information about using CHES.

ABOUT TRILLIUM HEALTH RESOURCES

Trillium Health Resources is an innovative health plan for individuals with serious behavioral health, intellectual/developmental disabilities, and traumatic brain injury in 46 counties in North Carolina. Through contracts with NCDHHS, we serve Medicaid members on NC Medicaid Direct, state-funded recipients who are uninsured, and members on the Innovations Waiver. Trillium's mission is transforming lives and building community well-being through partnership and proven solutions. We take an integrated approach to health and wellbeing, coordinating care across multiple systems to achieve improved health outcomes, quality of care and efficient use of resources. Trillium is dedicated to meeting the unique needs of the individuals and communities we serve, and remains focused on delivering the right services, in the right amount, at the right time. For more information, visit www.TrilliumHealthResources.org.

About CHES Health

CHES Health is the leading provider of evidence-based digital health solutions addressing the individual and societal crisis of substance use disorder (SUD).

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Solutions are offered in partnership with healthcare providers, community organizations, state and local government, and health plans. CHES Health solutions span the entire lifecycle of SUD management—from prevention and intervention to treatment and recovery—and are proven to help more individuals enter treatment, improve patient retention, reduce the risk of relapse, and lower the overall cost of care. Through CHES Health’s current partnerships, statewide initiatives have been implemented across New Mexico, Oklahoma, and West Virginia. For more information, visit chess.health.

Hans Morefield
CHES Health
Hmorefield@chess.health
914-772-4031