



News Release

FOR IMMEDIATE RELEASE

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Trillium Health Resources offers therapeutic resources for children

School-based therapy options now that schools are closed

GREENVILLE, N.C.- Trillium Health Resources has communicated with our provider network and agencies in order to ensure we continue to offer services and supports while making the adjustments necessary during the Coronavirus (COVID-19) outbreak. Children in particular can be impacted during high-stress situations as they may not have developed the proper coping mechanisms yet.

Concern over this new virus, changes in the daily routine, and feelings of isolation during quarantine can be very traumatic for children and can lead to anxiety. It is important for parents to realize that children look to adults for guidance on how to react to stressful events. Parents and guardians should reassure children that health and school officials are working hard to ensure that everyone stays healthy. Teaching children positive preventive measures, talking with them about their fears, concerns and questions, and giving them a sense of some control over their risk of infection can help reduce anxiety. It is important that they know that they have supporting people around them to talk to.

Not all children respond to stress in the same way. Some common changes to watch for in children:

- Excessive crying and irritation
- Returning to behaviors they have outgrown (e.g., toileting accidents or bedwetting)
- Unhealthy eating or sleeping habits
- Irritability and “acting out” behaviors
- Avoidance of activities enjoyed in the past
- Unexplained headaches or body pain
- Use of alcohol, tobacco, or other drugs

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Trillium worked with multiple counties in recent years to secure school-based therapy services. Providers placed clinicians within the schools to complete assessments and outpatient therapy for children receiving Medicaid services and with parental permission. The benefits of school-based therapy are that children did not have to miss school and parents did not have to miss work to make appointments, along with clinicians having direct referrals from teachers and school staff who were around the children for so many hours each day.

In an effort to help support children and families, Trillium Health Resources has created a list of services that are available for children who experience difficulty coping during this time and may not have access to school-based services. Some examples include:

- **Telephonic therapy for school-aged children:** available from clinicians who formerly provided school-based therapy; conversations take place over phone lines or through a video chat online once approved by the state. Please call our 24-Hour Access to Care Line at 1-877-685-2415 for help setting up an appointment.
- **Mobile Crisis Services:** Teams are made up of experienced clinical staff well-trained in crisis prevention and stabilization techniques. When a person experiences a behavioral health crisis, a member of the Mobile Crisis Team will respond and meet the person wherever it may be--at home, at school, at work or in the community and by telephone to help de-escalate the crisis. Please call our **24-Hour Access to Care Line at 1-877-685-2415** to request the Mobile Crisis Team.
- **Crisis CHAT:** A platform operated by Integrated Family Services, this offers emotional support, crisis intervention, and suicide prevention services to individuals within our catchment area. All crisis chat specialists are trained in crisis intervention.

Please visit <https://www.trilliumhealthresources.org/news-events-training/coronavirus-information> for more tips on how to cope with this stress in the days or weeks to come. North Carolina Department of Health and Human Services has requested certain flexibilities during this time from the Centers for Medicare and Medicaid Services. We will inform our provider network once approved.

ABOUT TRILLIUM HEALTH RESOURCES

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual/developmental disabilities in 26 counties in eastern North Carolina. Trillium's mission is transforming lives and building community well-being through partnership and proven solutions. We help every community and individual we serve to reach their fullest potential. By coordinating care across multiple systems, we achieve improved health outcomes, quality of care, and efficient use of resources. Trillium remains focused on delivering the right services, in the right amount, at the right time. For more information, visit www.TrilliumHealthResources.org.