



News Release

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MEDIA CONTACT

Jennifer Mackethan

Jennifer.Mackethan@Trilliumnc.org

1-866-998-2597

Trillium Promotes Alcohol Awareness Month in April

Treatment resources, education, and stigma reduction increase the number who seek help

GREENVILLE, NC: -- The National Institute on Alcohol Abuse and Alcoholism ([NIAAA](#)) and The National Council on Alcoholism and Drug Dependence ([NCADD](#)) have designated April as [Alcohol Awareness Month](#). During this month, Trillium Health Resources joins these organizations to promote awareness of the signs for alcohol use disorder (AUD).

AUD is one of the most significant public health issues in the United States. According to the NIAAA, an estimated 16.6 million Americans have AUD, and the NCADD found that last year only about 8% of that number sought treatment. Alcohol Awareness Month provides an important platform to share resources, educate our communities, and reduce the shame associated with AUD.

Signs that someone may have AUD include:

- Problems drinking more than intended
- Preoccupation with alcohol
- Continued use of alcohol even when it causes problems
- Consumption of a larger amount of drinks in order to achieve a previous effect
- Withdrawal symptoms from a rapid decrease in or abstinence from drinking
- Reduction in social and work activities and loss of interest in hobbies
- Failure to fulfill major obligations at work, school, or home due to repeated alcohol use
- Unsuccessful attempts at cutting back drinking even when trying

If you or someone you love is exhibiting one or more of these symptoms, it is important to seek help. On Thursday, April 5, Trillium will support [National Alcohol Screening Day](#) to highlight our [Access Point](#) program. Access Point provides anonymous, evidence-based, self-conducted screenings for a number of mental health issues including AUD. Members of the community can access these screenings through strategically-placed community kiosks or through our [online](#) portal which is available 24-hours daily. Additionally, Trillium works with [many providers](#) who specialize in assistance with all substance use disorders. Anyone can visit the website to view our provider directory or call the 24-hour Access to Care Line at 1-877-685-2415 in order to get more information on how to get help.

TrilliumHealthResources.org
201 West First St., Greenville, NC 27858-1132
Phone: 866.998.2597 Fax: 252.215.6881



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 25 counties in eastern North Carolina. Trillium's mission is to transform the lives of people in need by providing them with ready access to quality care. We take a person-centered 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 investing in innovation to meet 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.

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