



News Release

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Trillium Recognizes June as Post-Traumatic Stress Disorder Awareness Month

Raising #PTSDAwareness to educate and promote treatment

GREENVILLE, NC: -- Post-traumatic stress disorder (PTSD) is a mental health condition that affects nearly 3.5 percent of American adults according to the [National Alliance on Mental Illness](#). In addition to addressing the debilitating symptoms, individuals with PTSD often also confront stigma attached to the condition. As a result, many go undiagnosed or untreated. Trillium seeks to use [PTSD Awareness Month](#) to advocate for public education and awareness, promote access to necessary treatment, and work toward lessening the social stigma associated with this disorder. We also encourage the public to share facts, encouragement, and experiences related to PTSD on social media outlets using #PTSDAwareness and #stopthestigma.

PTSD can develop after an individual experiences or witnesses significant traumas like combat, natural disasters, abuse, community violence, or car accidents. The symptoms of PTSD often include flashbacks of the traumatic event(s), emotional numbness, chronic anxiety, social isolation, and insomnia. Not everyone who experiences a trauma will develop PTSD, but those who do develop PTSD may not experience symptoms for weeks to months after the event occurs.

Because individuals with PTSD often experience co-occurring disorders such as depression, substance use, and alcohol use, accessing proper care is important. When left untreated or undertreated, individuals may find themselves experiencing crises associated with PTSD that can be harmful.

Anyone in need of services can call Trillium or reach out to a provider in the [Trillium Network](#) by searching "PTSD" in the directory. Staff in our call center (Trillium Connections) serve as our Veterans Point of Contact. Additionally, individuals can use any of the following services:

1. [Access Point](#)

The Access Point website contains several anonymous screening assessments including one for PTSD. While the screening does not offer a diagnosis, it can help an individual understand the scope and severity of his or her symptoms.

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2. [Mobile Crisis Services](#)
Trillium maintains contracts with Mobile Crisis Management providers that are available 24 hours a day, seven days a week to evaluate, triage, and direct to services. Clinicians will meet the individual wherever they are if they experience environmental triggers that cause symptoms to present.
3. [Crisis Intervention Team \(CIT\)](#)
Crisis Intervention Team Training delivers 40 hours of instruction training to law enforcement officers about effective intervention techniques for someone experiencing a mental health crisis. Someone who is experiencing or witnessing a crisis related to PTSD can call 911 and request a crisis intervention (or CIT) officer to respond. Last fall, Trillium completed a session specifically for veterans in law enforcement and will soon coordinate training for military police at Camp Lejeune.
4. [Mental Health First Aid](#)
This 8-hour training teaches participants the skills to provide initial help and support to someone who may be experiencing a mental health crisis. Participating in a MHFA training can help to educate the public on mental illnesses like PTSD and other disorders. The training covers possible symptoms, triggers, and de-escalation techniques. An upcoming session will be held at [Pitt Community College](#) and is open to the public.
5. [Weathering the Storm](#)
Trillium developed the brochure for anyone experiencing a natural disaster or traumatic event. Warning signs, coping skills, and self-care directives are all included.

For more information on PTSD, visit the [National Institute of Mental Health](#) or the [U.S. Department of Veteran Affairs](#) website. If you believe you or a loved one could be suffering from PTSD, call Trillium's 24-hour Access to Care Line at 1-877-685-2415. Please also follow our posts on social media (Facebook and Twitter) as we share information in recognition of [PTSD Awareness](#).

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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