



News Release

FOR IMMEDIATE RELEASE

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MEDIA CONTACT

Jennifer Mackethan
Jennifer.Mackethan@Trilliumnc.org
1-866-998-2597

Trillium Health Resources Coordinating 15 Youth Mental Health First Aid Courses in August

Teachers and staff at five school systems to attend

GREENVILLE, NC-Trillium Health Resources will coordinate 15 [Youth Mental Health First Aid \(YMHFA\)](#) trainings in Pitt, Carteret, Martin, New Hanover, Columbus, and Brunswick counties in August. Attendees will include teachers, school resource officers, and other employees. YMHFA is an eight-hour certification course for adults who regularly interact with young people/adolescents (age 12-18). YMHFA educates on recognizing potential risk factors, connecting with local resources, and reducing the stigma attached to mental illness.

Trillium is the local governmental agency (LME/MCO) that manages mental health, substance use, and intellectual/developmental disability services in eastern North Carolina. Our responsibility is to connect individuals and families to the help they need when they need it. We are responsible for managing state and federally funded services for people who receive Medicaid, are uninsured or cannot afford services. In addition, Trillium offers educational opportunities to help the public become more knowledgeable about these diagnoses and the services that support them.

YMHFA is one such training opportunity. YMHFA helps participants identify, understand, and respond to signs of mental illnesses and substance use disorders. Just as CPR training helps a layperson without medical training assist an individual following a heart attack, YMHFA training helps a layperson assist someone experiencing a mental health crisis.

"Many schools in our region specifically request these trainings for suicide prevention," shared Amy Corbitt, Trillium Training Manager. "However, once

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



they complete the course they realize how vital it is for staff beyond school resource officers or counselors to have this knowledge. Having more teachers with this awareness builds a stronger team of support.”

Details on the upcoming trainings are below. Any other school districts, organizations, or groups interested in training can reach out to training@TrilliumNC.org or 1-866-998-2597.

Pitt County: four classes on August 8 and 9; up to 120 individuals signed up
Carteret County: seven classes on August 15, 16, and 17; after these sessions most Carteret teachers will have completed YMHFA training
Martin County: August 16
New Hanover County: August 17
Columbus County: August 1
Brunswick County: August 14 (as part of [Crisis Intervention Team Training](#) for law enforcement officials including school resource officers)

Trillium also recently announced providers who will receive contracts to offer School-Based Therapy. Providers will address the treatment needs of children and adolescents through a clinician in the [participating school districts](#). Schools can also request copies of the [School and Community Violence Brochure](#) to be mailed to them; this document explains how Trillium can assist before, during, and after any behavioral health crisis.

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 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 and to see how we are Transforming Lives, visit www.trilliumhealthresources.org.

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