



## News Release

### FOR IMMEDIATE RELEASE

August 30, 2019

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### **Trillium Increases Training and Resources on SafeSchoolsHealthyKidsNC.org**

*More than 80 training modules and tip sheets available on platform that  
launched in April 2019*

GREENVILLE, NC-Trillium Health Resources announces new training modules and tip sheets on [SafeSchoolsHealthyKidsNC.org](http://SafeSchoolsHealthyKidsNC.org). Trillium developed the online training and resource portal to provide school employees, parents, and students with immediate, web-based access to evidence-based practice (EBP) modules, resources, and materials.

After receiving over 800 survey responses from school personnel on potentially useful topics, Trillium staff developed curriculum that is easy to understand with direct signs to be aware of. Specific programs available include:

- The Trevor Project (Safe, Confidential Lifeline for LGBTQ Young People)
- Red Flags for School Shootings
- Signs of Substance Abuse
- Anger Management for Children and Youth
- Supporting Children Who Have Been Bullied
- Recognizing Warning Signs of Children in Distress

Addressing children's mental health needs helps improve academic performance and can help reduce behavior problems, school violence, dropout rates, substance use, suicide, and criminal activity. Teachers and school staff should check with school administration on professional development policy as some courses may apply.

"As a former teacher and school counselor, I find the Safe Schools Healthy Kids NC website to be a great resource. There is a lot of mental health

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training on the internet, and it can be hard to know which sites to trust. This one site harnesses appropriate trainings and tips all in one place for parents, school staff, and students,” stated Jackie Beck, LPCS, NCC, LCAS, NC Licensed Social Studies Teacher, and NC Licensed School Counselor.

Trainings can be completed privately, at any time of the day, and at a person’s own pace. Registration is completed after supplying a few pieces of information and can be cancelled at any time. Parents and students can access trainings if they choose, or else download tip sheets and materials for use offline.

Trillium has assisted school districts across our catchment area to help address mental health needs for our children, including:

- School-based therapy: RFPs offered in certain counties and districts to help providers place therapists on location
- Community collaboratives: groups that identify service and support gaps and find solutions to address complex physical, emotional, behavioral, social, educational, and safety needs of our communities
- Day treatment: seeking data from schools to determine sites for potential day treatment programs
- Blooming Again Grants: financial assistance to Exception Children teachers after Hurricane Florence to help replace damaged supplies

We will share soon about an incentive program to help promote the platform to schools, parents, and the public. Until then, please visit [https://youtu.be/Rpz\\_PbYxkfU](https://youtu.be/Rpz_PbYxkfU) for a short video that describes the website.

### **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, visit [www.TrilliumHealthResources.org](http://www.TrilliumHealthResources.org).

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