



News Release

FOR IMMEDIATE RELEASE

August 31, 2018

MEDIA CONTACT

Jennifer Mackethan

Jennifer.Mackethan@TrilliumNC.org

1-866-998-2597

Stopping the Stigma with September's Monthly Awarenesses

Trillium recognizes several awarenesses this month aimed at mental health and substance use

GREENVILLE, NC- Trillium Health Resources helps individuals receive treatment to address mental health and substance use issues and achieve recovery. Starting today, Trillium will promote three vital observances: [International Overdose Awareness Day](#), [National Recovery Month](#), and [Suicide Prevention Awareness Month](#). Trillium has historically shared programs and initiatives designed to support recovery in the behavioral health community.

International Overdose Awareness Day

International Overdose Awareness Day is a global event held on August 31 to raise awareness and eliminate the stigma associated with drug-related deaths. The initiative recognizes the permanent effects experienced by friends, families, and victims of overdose and seeks to spread the message that overdose is preventable.

Trillium has participated in several efforts aimed at reducing the number of overdoses. Since 2016, Trillium has provided over \$100,000 in funding for [the Naloxone Distribution Initiative](#). Law enforcement and emergency personnel were equipped with the tools to administer life-saving treatment to individuals in overdose. Additionally, Trillium coordinated the donation of [10,000 medication disposal packets](#) to the [Pitt County Coalition on Substance Abuse](#). Provided by Mallinckrodt Pharmaceuticals, the disposal packets allow a portable, easily accessible means to remove unused medications from homes and the community. Anyone interested in receiving these kits can contact the PCCSA at 252-328-2827 or reach out to Trillium at info@trilliumnc.org.

-MORE-

TrilliumHealthResources.org

201 W. First St., Greenville, NC 27858-1132

866.998.2597 Fax: 252.215.6881



National Recovery Month

National Recovery Month, sponsored by the [Substance Abuse and Mental Health Services Administration](#) (SAMHSA), educates the public about the importance of treatment and celebrates the healthy lives lived by those in recovery. This year marks the 29th anniversary of this observance as it continues to reinforce the positive message that behavioral health is essential to overall health, prevention works, treatment is effective, and people can and do recover.

Trillium's support of RI International's [Wellness Cities](#) helps individuals receive peer support while participating in structured recovery curriculum. Trillium also provides funding for several [Oxford Houses](#) in the state, supporting sober living for individuals recovering from addiction. Trillium recently awarded contracts to several providers for substance use services including Opioid Treatment and Substance Abuse Comprehensive Outpatient Treatment. The contracts fill recognized gaps for these services and allows individuals to receive the therapy they need.

Trillium will participate in East Carolina University's [Collegiate Recovery Week](#) on September 15 at the [Recovery Fest Community Tailgate](#) hosted by the Pitt County Coalition on Substance Abuse. We will also sponsor the [NC Community Action Association's 2018 Opioid Symposium at UNC Wilmington's Burney Center](#) on September 25.

Suicide Prevention Awareness Month

Suicide is a stigmatized topic, rarely addressed in public. [Suicide Prevention Awareness Month](#), sponsored by the National Alliance on Mental Illness (NAMI), aims to end the stigma by encouraging education and an open dialogue. Organizations and advocates seek to change social perception of suicide by addressing the issue as a public health concern in need of effective prevention strategies.

Through trainings like [Mental Health First Aid](#) and [Crisis Intervention Training](#), Trillium educates the public and law enforcement about the symptoms of suicidal ideations. More importantly, services like [Mobile Crisis](#) and Integrated Family Services's [Crisis Chat](#) allow individuals in crisis to reach out and receive immediate help regardless of where they are.

SAMHSA sponsors [The National Suicide Prevention Lifeline](#), a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress. If you or someone you know is experiencing thoughts of suicide, please contact the Suicide Prevention Hotline at 1-800-273-TALK (8255) or Trillium's 24-Hour Access-to-Care line at 1-877-685-2415.

The promotion of monthly awarenesses allows Trillium to keep the community members informed by encouraging everyone to do their part to help raise awareness. Be sure to follow our [Monthly Awareness](#) page and our [social media](#) pages to receive more information about programs and events supporting these observances.

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.

###