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## News Release

### **FOR IMMEDIATE RELEASE**

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### **Trillium Health Resources recognizes National Suicide Prevention and National Recovery months**

*Sponsoring events, programs and initiatives across the 25-county region*

GREENVILLE, NC—Trillium Health Resources plans to acknowledge National Suicide Prevention Month (sponsored by the National Alliance on Mental Illness, or NAMI) and National Recovery Month (sponsored by the federal agency Substance Abuse and Mental Health Services Administration, or SAMHSA), both taking place in September.

As a managed care organization, Trillium coordinates services for mental health, substance use, and intellectual and development disabilities in 25 counties in eastern North Carolina. In addition to contracted services, Trillium promotes initiatives as part of its reinvestment plan—one time funds that Trillium can spend locally as a result of savings by managing Medicaid funding and services efficiently and locally.

Trillium is involved with many projects that help address these pressing needs in its communities: suicide prevention and treatment for substance use disorders. Current programs include:

- Opioid Epidemic: Trillium is involved in numerous partnerships, committees, and workgroups dedicated to addressing the opioid epidemic in our region. [Our dedicated website](#) shares data, statistics and resources with any agencies involved in this fight.
- Crisis Chat (in conjunction with [Integrated Family Services](#)): online service with a Chat specialist to discuss current emotions and ongoing mental state; specialists can link to a mobile crisis management team or put individual in touch with options for treatment.
- Access Point kiosks and website: In addition to hosting the screening site ([www.TrilliumNCAccessPoint.org](http://www.TrilliumNCAccessPoint.org)), Trillium has placed mental health

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screening kiosks in county buildings throughout eastern NC. The anonymous, online screenings include posttraumatic stress disorder, alcohol use disorder and depression.

- [Compassion Reaction/Rachel's Challenge](#): A program designed to help defuse bullying and prejudice in public schools in an effort to prevent suicide and build confidence. Elementary, middle and high schools across the region host individual programs with active student engagement.
- [Wellness Cities](#): In partnership with RI International, Trillium supports Wellness Cities in Greenville, New Bern and Wilmington. A Wellness City is a community of individuals in recovery working together with a staff of well-trained peers. Each RI International Wellness City offers recovery coaching and planning, recovery learning opportunities, and community linkages.
- Naloxone kits: Trillium has pledged more than \$100,000 to the North Carolina Harm Reduction Coalition to provide additional naloxone kits to law enforcement agencies and first responders. Naloxone is the generic form of the drug used to reverse opioid overdoses.
- Trillium is participating in a variety of events in the upcoming weeks focused on recovery as well:
  - Awareness, Education and Prevention event at Port City Community Church in Wilmington on September 18
  - 8<sup>th</sup> Annual Recovery Fest in Greenville on September 23
  - Lights of Hope in Greenville on September 24
  - Embrace Recovery in New Bern on September 30
  - NC Recovery Fest in Raleigh on October 7
  - Rock Fest in Wilmington on November 4

For more information on these events and initiatives, please visit the links above or <https://www.trilliumhealthresources.org/monthly-awareness>.

***Any individual seeking help for either condition (contemplating suicide or substance use disorder) can call the Trillium 24-Hour Access to Care Line at 1-877-685-2415.***

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

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