



News Release

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Coastal Horizons and Trillium Health Resources recognized for Child First model at MHPA17

Representatives speaking at largest Medicaid managed care conference in the country

WASHINGTON, DC—Representatives from Coastal Horizons and Trillium Health Resources have been invited to speak at the Medicaid Health Plans of America's (MHPA) annual conference in Washington, DC on October 30. The speakers will focus on Child First, an evidence-based program in Connecticut that has been replicated in North Carolina. Coastal Horizons and three other providers in Trillium's region have been named as affiliate agencies.

The Child First model addresses the effects of toxic stress on a child's development. Social determinants such as poverty, lack of permanent residence, and access to food can have a devastating impact on children's cognitive development and mental health. Child First provides treatment in the child and caregiver's home setting, working with both to help develop a strong, nurturing relationship. Early intervention helps to heal the child's brain from trauma and stress, while also empowering the caregiver with access to community-based services such as food assistance and housing.

Coastal Horizons, a member of the Trillium network of providers, was selected as an affiliate agency to offer the Child First model. Ryan Estes, Coastal Horizons' Treatment Operations Director, will share details on how a provider can successfully identify strategies to practically implement the Child First model through developing key partnerships, creating excitement and understanding of how this model will improve service delivery and address gaps, and cost analysis for fiscal sustainability.

"Early intervention is so critical. We were asked many times by physicians and various Department of Social Services staff to create services for these

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very young children,” stated Cindy Ehlers, Vice President of Clinical Operations with Trillium. “We are so grateful to be asked to share our experience on a national stage with Medicaid plans throughout the U.S. We hope that other organizations that manage Medicaid services will see the value we have seen in early intervention for infant and childhood mental health.”

MHPA will also recognize submissions for the Institute for Medicaid Innovation’s Best Practices Compendium during the conference. Trillium will have five programs presented: [Child First](#), [Compassion Reaction](#), [Access Point](#), [Comprehensive Health Access for Teens \(CHAT\)](#), and the [Play Together Grant for Accessible Playgrounds](#).

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.

ABOUT COASTAL HORIZONS

Coastal Horizons Center, Inc. is a critical access behavioral health agency that promotes choices for healthier lives and safer communities by providing a continuum of professional services for prevention, crisis intervention, sexual assault victims, criminal justice alternatives, and treatment of substance use and mental health disorders.

ABOUT CHILD FIRST

Child First helps struggling families build strong, nurturing relationships that heal and protect young children from the devastating impact of trauma and chronic stress. We use a two-generation approach, providing psychotherapy to parents and children together in their homes, and connecting them with the services they need to make healthy child development possible. Research shows that Child First stabilizes families and improves the health and wellbeing of both parents and children. This proven intervention currently has 15 sites throughout Connecticut and is now replicating in Florida and North Carolina.

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