



Trillium

HEALTH RESOURCES

COMMUNITY NEWSLETTER



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TRILLIUM OPERATIONS

Trillium Health Resources is currently operating as close to normal as possible during the Coronavirus outbreak and associated states of emergency. Trillium staff are working in remote locations as needed and holding meetings online through secure platforms. We are in frequent communication with our network providers, community agencies, and government officials to ensure ongoing care for members during and after the outbreak.

Everyone can continue to reach us through our 24-Hour Access to Care Line at 1-877-685-2415.

RECENT HIGHLIGHTS

CELEBRATING THE HOLIDAY SEASON

This past December, we had the privilege to share warm wishes of holiday cheer on social media. As we enter a new year, we wanted to share these warm wishes and good news one last time in case they were missed. We hope everyone enjoys a hopeful holiday season, and don't forget to continue to wear your masks, distance yourself from others when in public, and wash your hands frequently.

TRILLIUM ACHIEVEMENTS

Trillium publicizes workout equipment, small business funds, and free healthy opportunities for members.

Trillium implemented a number of practices and initiatives to assist members during the pandemic. Read more about these [opportunities here](#).

Trillium receives MBHO accreditation from NCQA.

Trillium earned accreditation from the National Committee for Quality Assurance (NCQA) as a Managed Behavioral Healthcare Organization. Read more about the [NCQA accreditation](#).

Trillium Medical Director receives CHCQM.

Trillium's Medical Director of Utilization Management, Dr. Paul Garcia, received the Certification in Health Care Quality and Management (CHCQM). Read more about [Dr. Garcia's CHCQM certification](#).

Trillium extended provider reimbursement payment increases.

Trillium will be extending some of the increased provider payments until March 31, 2021, to ensure service access for members during the pandemic. Read more about the [extended provider reimbursement payments](#).

SMALL BUSINESS ASSISTANCE AVAILABLE

Calling all Trillium members with a new or existing small business! Funds are now available to help start or sustain your business. Approved applications may receive between \$100 and \$5,000 to be used in the purchase of goods, products, or services to improve business outcomes. Additional information and funding application is available on the [Small Business Funding Project page](#).



NOTEWORTHY

VICTORY JUNCTION RETURNS IN 2021

Trillium is excited to partner with Victory Junction to offer special family weekends for children and their families. Victory Junction enriches the lives of children with serious illness by providing life-changing camping experiences that are exciting, fun, and empowering at no cost to children or their families.

Registration is now open for the weekends of March 26-28, April 9-11, and April 23-25. Space is limited and applicants must be a child (under the age of 18) diagnosed with I/DD and a member with Trillium. Trillium members can register for these weekends through the [Victory Junction Spring 2021 form](#). Additional information is also available through the [Victory Junction page](#).

HAND SANITIZER STATIONS NOW AVAILABLE AT PLAY TOGETHER PLAYGROUNDS

Trillium is excited to provide three hand sanitizer stations at each of our 32 Play Together inclusive playgrounds in our catchment area. We have also installed signs to build awareness of these stations so, parents and children alike can take the appropriate steps to enjoy these playgrounds safely.

The Play Together Accessible Playgrounds provide accessible, inclusive playgrounds for individuals with special needs or physical disabilities. Check out the photos from the unveiling of the hand sanitizer stations, then visit the [Play Together page](#) to learn more and find one near you.

HOPE4NC SHARES SELF-CARE AND RESILIENCE

The holiday season and start of a new year can be joyful and bright, but can also be a time of stress and anxiety. Hope4NC is here to help. As a Crisis Counseling Helpline tailored to the current pandemic, the program offers crisis counseling services to all North Carolinians affected by the ongoing COVID-19 public health crisis. The Hope4NC Helpline (1-855-587-3463) is available 24 hours a day, seven days a week, and does not require callers to have insurance.

In addition to their services, Hope4NC is also encouraging self-care in the new year. Find exercises and guides to self-care for physical, mental, social, emotional, and spiritual health on the [Trillium Hope4NC Facebook page](#).

OXFORD HOUSE OPENS IN WASHINGTON, NC

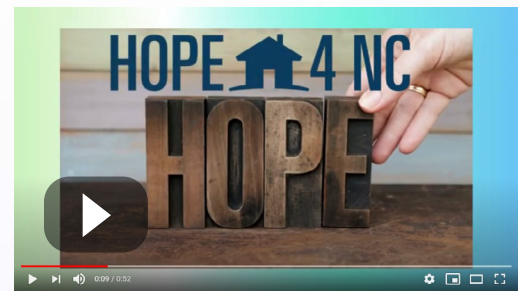
The Rodmans Oxford House officially opened its doors last October to six men in recovery in Washington, NC. Residences like this across the state and country provide individuals the opportunity to advance in their recovery while having access to a stable living environment.

This is one of 20 new sites opened as part of the 2020 Vision for Recovery. The plan will add 100 beds total to Trillium's catchment area and increase available resources and support. Learn more about this continued initiative on the Oxford House page of our website or the Oxford Houses of North Carolina website.

HELP WITH UTILITY BILLS

Do you need help paying your heating bills? The Low-Income Energy Assistance Program (LIEAP) may be able to help you. Households with a person age 60 or older or individuals with a disability receiving services through the Division of Aging and Adult Services (DAAS) who currently receive Food and Nutrition Services and received LIEAP during the 2019-2020 LIEAP season last year may qualify to receive an Automated Payment this LIEAP Season. These households were notified of eligibility in November. They do not need to apply for this benefit.

For more information on how to apply if you did not receive this information, view the [LIEAP flier](#) from the NC Department of Health and Human Services.





**Goodbye 2020,
hello 2021!**

GET YOUR YOU BACK.



DRY JANUARY®



**We're here to help. Download the free Try Dry app
to double your chance of a totally alcohol-free month.**

www.dryjanuary.org.uk

Alcohol Change UK is the operating name of Alcohol Research UK.
Registered office 27 Swinton Street, London WC1X 9SW. Registered charity number 1140287.
Company limited by guarantee in England and Wales number 7481605.

Dry January is
brought to you by

**ALCOHOL
CHANGE**

MONTHLY AWARENESS

Dry January

As we cross into 2021, consider joining Trillium to celebrate Dry January! This is your opportunity to reset your relationship with alcohol. Replace drinking with self-care activities and sober connections, and you may notice a stronger spring in your step, a calmer mind, and a better night of sleep.

Throughout the month, we will share the financial, physical, and mental health benefits of taking this 31-day break from alcohol. We will also highlight tips for sticking with it and available resources to support you in your goal. Dry January isn't about giving anything up. It's about getting something back. Get your fun back. Get your calm back. Get your energy back.

Be on the lookout for these posts and more throughout the month on Trillium's Facebook pages and Twitter. You can also learn more at Trillium's Monthly Awareness page. We look forward to joining participants across the world kick off 2021 with [Dry January!](#)

ANTI-RACISM WORK PLAN

Trillium envisions equitable opportunities for everyone, and are committed to the ongoing support to do what we can to help create a more hopeful future.

Please [visit our Anti-Racism webpage](#) dedicated to sharing our efforts towards this goal. Some recent accomplishments include:

- Collaborating with Historically Black Colleges and Universities (HBCU) to reach a more diversified applicant pool for our open positions.
- Providing ongoing opportunities for awareness and training to internal staff.
- Added monthly awareness events to our annual calendar including Black History Month, Native American Heritage Month, and Hispanic Heritage Month.
- Edited Trillium forms to include our stance on anti-discrimination.

FOLLOW US ON SOCIAL MEDIA FOR THE LATEST NEWS AND UPDATES!



-  [@TrilliumhealthResources](#)
-  [@TrilliumDirectConnectForEnrichment](#)
-  [@TrilliumDirectConnectForRecovery](#)
-  [@TrilliumNc](#)
-  [LinkedIn](#)
-  [YouTube](#)



TRILLIUM HOLIDAY REMINDER

Trillium staff will take the following holiday; the 24-Hour Access to Care Line will remain operational.

- Martin Luther King, Jr. Day
January 18, 2021

UPCOMING EVENTS & OPPORTUNITIES

Please visit our [Events & Training page](#) for cancellations and updates.

Jan 21, 2021

LINKS BETWEEN ACES AND DOMESTIC VIOLENCE TO SUPPORT VICTIM RECOVERY Improving Outcomes in Domestic Violence/Sexual Assault/Behavioral Health:

The Access to Healthcare Committee of the Domestic Violence Commission is coordinating a three-part series of lunch and learn sessions aimed at providing practical domestic violence and sexual assault training in a brief, easy to attend web-based format. The first session is Resilience Despite Adversity: Unpacking the Links Between ACEs and Domestic Violence to Support Victim Recovery, and will focus on the importance of ACEs and Resiliency, and ways to promote resilience within a community.

[More Information & Registration](#)

Jan 25, 2021

PERMANENT SUPPORTIVE HOUSING (PSH) FOR COMMUNITY SUPPORT AND ACT TEAMS (CST & ACT)

In partnership with Peer Voice NC, UNC Institute for Best Practices is offering a three-day training on PSH for CST teams, following an adaptation of the original curriculum developed by TAC. Training days will be held on January 25, 26, 27, 2020 (Monday, Tuesday, Wednesday).

[See details and registration HERE](#)

Jan 26, 2021

ADULT MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) Training for NC residents
Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

[More information and to register](#)

Mar 18, 2021

NCCARES 360: GETTING CONNECTED Improving Outcomes in Domestic Violence/Sexual Assault/Behavioral Health: Making the Right Connection

The Access to Healthcare Committee of the Domestic Violence Commission is coordinating a three-part series of lunch and learn sessions aimed at providing practical domestic violence and sexual assault training in a brief, easy to attend web-based format. The second session will feature training for optimal use of the NCCARES 360 platform

[More information and register](#)

TRILLIUM'S CRISIS INTERVENTION TEAM

(CIT) is looking for volunteers to assist in their trainings as role players. Please email CIT@TrilliumNC.org

YOUR LOCAL CFAC CONNECTIONS

NORTHERN REGION

Bertie, Chowan, Northampton, Gates, Martin, Pasquotank, Camden, Currituck, Hertford, and Perquimans Counties

Bland Baker

Northern Director

Bland.Baker@TrilliumNC.org

866-998-2597

CENTRAL REGION

Beaufort, Dare, Nash, Pamlico, Tyrrell, Craven, Hyde, Pitt, and Washington Counties

Dave Peterson

Central Director

Dave.Peterson@TrilliumNC.org

866-998-2597

SOUTHERN REGION

Brunswick, Columbus, Jones, Onslow, Carteret, New Hanover, and Pender Counties

Dennis Williams

Southern Director

Dennis.Williams@TrilliumNC.org

866-998-2597

CFAC

The Consumer and Family Advisory Committee (CFAC) is an advisory group for our communities devoted to enhancing care within our region. CFAC is a self-governing, self-directed group of volunteers who meet monthly to advise Trillium's area boards, make recommendations on policies, and work in partnership with Trillium. They provide a valuable perspective to help serve those with mental health, Intellectual/developmental disabilities, and substance use disorders.

CFAC's mission is to ensure that the development and delivery of services and supports remain responsive to the well-being of the people served.

Each member is either an individual with MH/SUD/IDD or a family member/guardian. A person considering membership must attend at least one meeting then submit an application form which will be reviewed by the appropriate Membership Committee. For more information, please visit www.trilliumhealthresources.org/regional-operations/regional-cfac.



[@CFACENC](#)



ABOUT US

Trillium Health Resources is a local governmental agency (LME/MCO) that manages mental health, substance use, and intellectual/developmental disability services for 26 counties in eastern North Carolina.

We are uniquely positioned to meet the distinct needs of the individuals and communities we serve, and our top focus is delivering the right services, in the right amount, at the right time. We know these populations and are deeply ingrained in their counties. We know how to treat, support and serve them most effectively.

Our communities are only as strong as their people. Trillium is committed to caring and fighting for the well-being of our citizens, because well-being needs a sturdy foundation at the start to prevent problems later and keep it standing through all kinds of weather.

Our number one focus is helping every person we serve get the services needed to improve well-being and live a fulfilling life. We're invested in every one of you.



MISSION

Transforming lives and building community well-being through partnership and proven solutions.

VISION

For every community and individual we serve to reach their fullest potential.

MORE INFO, VISIT

TrilliumHealthResources.org