



# Trillium

## HEALTH RESOURCES

### COMMUNITY NEWSLETTER



#### COVID-19 UPDATES

- Trillium COVID-19 page
- Brochure for children/adult Services
- Important news on our social media
- School-based therapy
- Provider urgent notifications
- Impact on events and meetings

#### NOTEWORTHY

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- 2019 Annual Report
- Top MHFA Instructors
- Accessibility Menu on our website
- Peer Run Wellness RFA

#### TRANSFORMING LIVES

- Healthy Movement Winners
- Monthly Awareness
- Ainsley's Angels
- Oxford House

#### EVENT UPDATES

#### COVID-19 UPDATES

Trillium Health Resources continues to monitor the spread of the new Coronavirus Disease (COVID-19) with guidance provided by the [Center for Disease Control and Prevention \(CDC\)](#) and [North Carolina Department of Health and Human Service \(DHHS\)](#) (Coronavirus Disease 2019 (COVID-19) Response in North Carolina).

We are committed to providing education to our members and network providers, as well as the general public. Based on CDC and NC DHHS recommendations, our goal is to provide education on preventive steps to help maintain the safety and well-being our communities. **We strongly encourage our members and providers to continue to review the information provided below for accurate and up-to date- information on the COVID-19.**

- Visit Trillium's [COVID-19 web page](#) for updates and review the links provided.
- Use our [plain language booklet and handout](#) on Coronavirus to recognize signs of COVID-19 in children and adults.
- Follow Trillium Health Resources on Facebook to find helpful self-management tools, online assessments, information from the state and more.
- Read our [press release](#) about school-based therapy.
- See the latest [Provider Urgent Notifications](#) and [Network Communications Bulletins](#) to stay informed about new processes and flexibilities.
- We continue to encourage members to contact their providers to ask about online and or phone-based (also called telehealth) services that are available.

#### CORONAVIRUS INFORMATION

#### COVID-19 IMPACT ON EVENTS AND MEETINGS

To help control the spread of COVID-19, many events are cancelled, postponed or are being held virtually as online webinars. Trillium events that are cancelled/postponed are as follows:

- OUTreach What's Up Breakfasts - postponed
- Community Collaboratives - virtually/conference call
- Mental Health First Aid Training (Adult and Youth) - postponed

Please refer to the [Events & Trainings](#) page on our website for status updates on events. See the last page of this newsletter for additional information.

#### 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 communications 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.**

## NOTEWORTHY

### GAPS & NEEDS SURVEY

The Gaps and Needs Assessment is an annual study of our area and the people who live here as well as where services are available and how people use them.

The survey is easy to complete, most people can finish in 15 minutes or less.

Surveys are available for either members and families, or any other stakeholder (including staff, agencies, providers, and the public). When completing the survey online, be sure to select the correct version.

Survey questions come from the state DHHS office, with input provided by our CFAC board members. Take the survey [here](#).

**WE WANT TO HEAR FROM YOU**

### Gaps & Needs Survey



**Your input will help us plan for the future.**

### 2019 ANNUAL REPORT TRANSFORMING LIVES, ADAPTING TO SUCCEED

We are proud of our achievements and the people who help us accomplish them. Our 2019 Annual Report is now posted on our website [here](#).

"Innovation" is a word typically associated with business, health care, and industry. Companies must employ creative ideas and abandon outdated processes to remain competitive in fluid work environments. Those who refuse to accept "change is constant" usually find themselves standing alone. Trillium has certainly incorporated innovative technology into our daily operations, but we have also completely adapted to our circumstances rather than just utilize tools to engage within it.

Some of the achievements we accomplished in the past year helped us advance our mission to improve the well-being of the communities we serve.

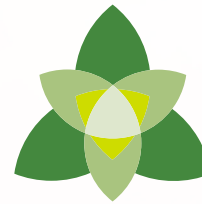
- We welcomed Columbus County to our catchment area, opened an office in Whiteville, and increased our number of counties served to 26.
- We launched a new program, Future Planning, to assist families to continue to provide for their children with disabilities after they are no longer able to do so.
- We awarded 63 Peloton bikes to 55 locations in 20 counties so people can improve their physical fitness while engaging with others - in person and virtually.

We feel so strongly about the need to adapt that we even unveiled our revamped mission statement recently:

**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.

Transforming Lives.  
Building Community Well-Being.



**Trillium**  
HEALTH RESOURCES

### TOP MHFA INSTRUCTORS IN NORTH CAROLINA

Please join us in congratulating Carlos Mirodipini and Lyn Keating (retired in March) who were named the top two instructors for MHFA in the state!

Learn more about Trillium's Mental Health First Aid Training courses [here](#).



Carlos Mirodipini



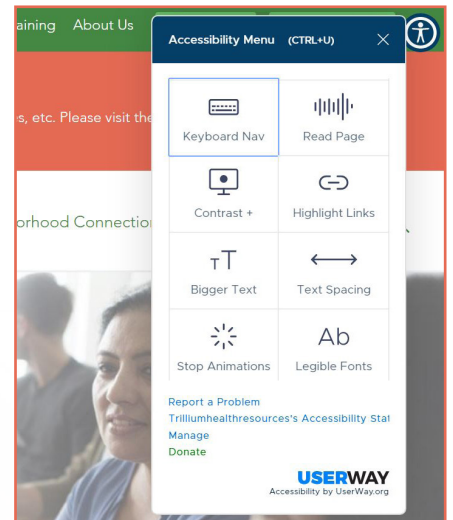
Lyn Keating

## NOTEWORTHY

### ACCESSIBILITY MENU ON OUR WEBSITE

Trillium is dedicated to making our resources services available and readily accessible to as many of our members and populations as possible. We have added a new Accessibility Menu on our website to provide visual and verbal resources for our unique populations that they understand the resources and services available to them.

The Accessibility widget from UserWay is denoted by a circular blue button located at the top right-hand side of Trillium's website. When a user clicks on the circle icon, the widget expands to offer a broad selection of functions that users can mix and match to meet individual accessibility needs. Each of the functions can be turned on or off or set to an exact value. Settings for each user are automatically saved for future site visits. Features include:



- Keyboard navigation - user can navigate without using a mouse
- Screen reader - to narrate the text aloud
- Increase text size
- Stop animations
- Convert to accessible fonts that are easier to read
- Highlight links
- Large cursor
- Reading guide
- Dark and light mode
- Invert colors - switch from color to black and white
- Text spacing
- Color desaturation
- Reveal page structure

### PEER RUN WELLNESS REQUEST FOR APPLICATION

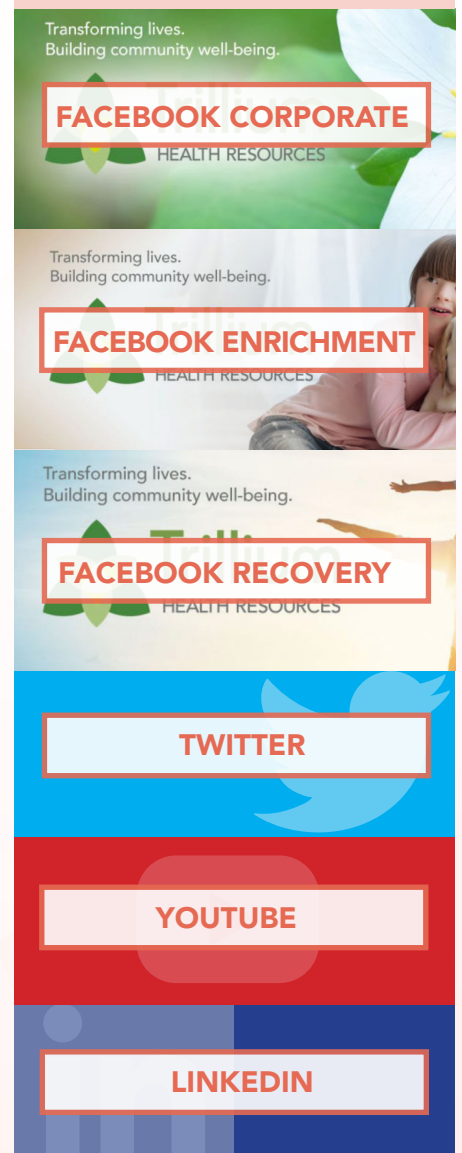
The Division of Mental Health, Developmental Disabilities, and Substance Abuse Services (DMH) has posted a Request for Application (RFA) to support the development of two peer run wellness centers, as well as an incubator to support the two new peer run wellness centers in developing. The link to the grant opportunity can be found [here](#) and is titled Peer Run Wellness Center- Incubator and Peer Run Wellness Centers.

Please note this RFA is to support the development of consumer-operated service providers, and not intended to support behavioral health agencies expand or add peer support services to their service array.

**The due date for applications is May 1, 2020**, and DMH will accept questions and facilitate a virtual bidders conference. The dates for both are identified in the RFA.

**There will be a virtual bidder's conference on Friday, April 3 at 11:00 a.m.** During this webinar, they will review the RFA, respond to FAQs submitted to DMHDDSAS and also take questions. Please register for this webinar [here](#).

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





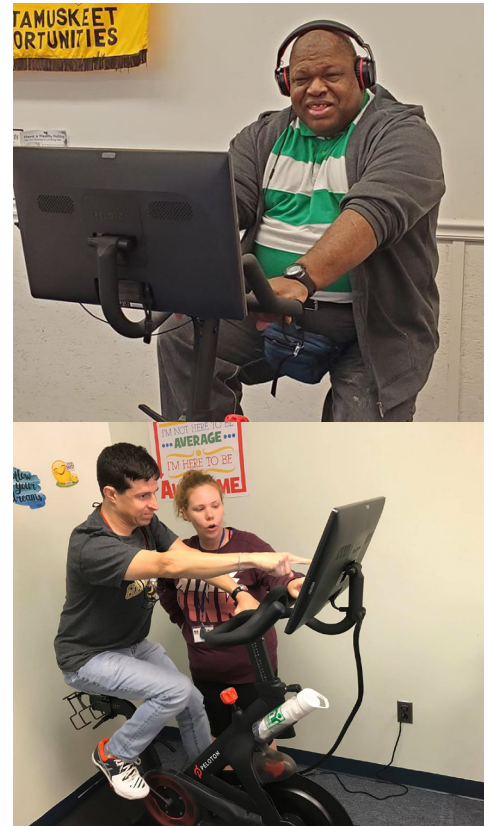
# — TRANSFORMING LIVES. BUILDING COMMUNITY WELL-BEING. —

## NEW YEAR, NEW YOU WINNERS ANNOUNCED

The New Year, New You challenge motivated our Healthy Movement sites to set new goals and work hard to get healthier. Two groups of winners were announced with hundreds of miles biked!

The top 10 winners are below, to see all of the winners, visit our website [here](#).

TOP 10: MILES AVERAGED PER MEMBER Win outing of their choice or a meal delivered and up to \$100 in exercise equipment	
Mattamuskeet Opportunities (Hyde DSS)	146 Miles
Port City Academy (GHA Autism Supports)	100 Miles
Hubert Day Program (Carobell)	77 Miles
Station Club Enterprise (Carobell)	66 Miles
Beach House (Le'Chris)	30 Miles
Jacksonville Independence Center (A Caring Heart)	19 Miles
Le'Chris Rocky Mount Day Program	18 Miles
Quality Care Solutions Day Program	16 Miles
Rocky Mount Independence Center (A Caring Heart)	16 Miles
Mary Gladys (Solid Foundations Facilities)	12 Miles



## AUTISM AWARENESS MONTH

In 1970, the Autism Society launched an ongoing nationwide effort to promote autism awareness and assure that all affected by autism are able to achieve the highest quality of life possible. In 1972, the Autism Society launched the first annual National Autistic Children's week, which evolved into [National Autism Awareness Month \(NAAM\)](#). This April, we continue our efforts to spread awareness, promote acceptance, and ignite change.



The Autism Society of America, the nation's oldest leading grassroots autism organization, is proud to celebrate National Autism Awareness Month in April 2020. Designed to build a better awareness of the signs, symptoms, and realities of autism, #AutismAwareness focuses on providing information and resources for communities to be more aware of autism, promote acceptance, and be more inclusive in everyday life.



## NATIONAL DRUG AND ALCOHOL FACTS WEEK

March 30-April 5

The National Institute on Drug Abuse (NIDA) and the National Institute on Alcohol Abuse and Alcoholism (NIAAA) announced the 10th annual National Drug and Alcohol Facts Week® (NDAFW), March 30 through April 5, 2020.

NDAFW is a week of educational events that annually brings together teens and scientific experts to SHATTER THE MYTHS® about substance use and addiction. NIDA and NIAAA are both part of the National Institutes of Health.

Participate in virtual activities online to learn more by visiting <https://teens.drugabuse.gov/national-drug-alcohol-facts-week>.



## — TRANSFORMING LIVES. BUILDING COMMUNITY WELL-BEING. —



### Ainsley's Angels

Trillium is a proud sponsor of Ainsley's Angels and sponsored the Run with Your Heart event on March 7, 2020.

The March 7 event had over **500 in attendance**, with **70 athlete riders**.  
"When we come together, magic happens."

#TogetherWeShall  
#DDAwareness  
#BeInclusive

## Oxford House Opens "Pirate Cove," First Collegiate House in Eastern North Carolina

On March 12, [Oxford House](#) opened the first collegiate house in eastern North Carolina, near the campus of East Carolina University (ECU). Oxford House "Pirate Cove," will serve eight men who are enrolled in classes at ECU or other post-secondary schools. Research shows that Oxford Houses have an 80 percent success rate nationally (people maintaining recovery for 18 months or longer). Without a recovery house, half of the people who begin recovery will relapse.

Oxford Houses are a clean and sober housing option for people in recovery. As of February 2020, there are 273 houses in North Carolina, with locations in more than 30 cities. With an average of eight beds per house, there are more than 2,000 Oxford House beds in the state. Individuals typically enter an Oxford House after completing a drug and alcohol treatment program.



## Upcoming Events & Opportunities

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

**April 2, 2020**

### **Child Community Collaborative**

Nash County

This meeting will now be virtual through WebEx.

For more info, contact:

Keith Letchworth

System of Care Coordinator

[Keith.Letchworth@TrilliumNC.org](mailto:Keith.Letchworth@TrilliumNC.org)

1.866.998.2597

[Learn More](#)

**April 6, 2020**

### **Child Community Collaborative**

Beaufort County

This meeting will now be virtual through WebEx.

For more info, contact:

Susan Hall

System of Care Coordinator

[Susan.Hall@TrilliumNC.org](mailto:Susan.Hall@TrilliumNC.org)

1.866.998.2597

[Learn More](#)

**April 8, 2020**

### **Child Community Collaborative**

Gates County

This meeting will now be virtual through WebEx.

For more info, contact:

Hope Eley

System of Care Coordinator

[Hope.Eley@TrilliumNC.org](mailto:Hope.Eley@TrilliumNC.org)

1.866.998.2597

[Learn More](#)

**April 3-May 2, 2020**

Healing through Art: Mental Health Awareness Event

Exhibit postponed until Fall

Artists of all ages will showcase work reflecting their mental health experiences defined through challenges and resiliency.

[Learn More](#)

[View the Flyer](#)

**April 6, 2020**

### **Child Community Collaborative**

Onslow County

This meeting will now be virtual through WebEx.

For more info, contact:

Karen Reaves

System of Care Coordinator

[Karen.Reaves@TrilliumNC.org](mailto:Karen.Reaves@TrilliumNC.org)

1.866.998.2597

[Learn More](#)

**April 9, 2020**

### **Child Community Collaborative**

Perquimans County

This meeting will now be virtual through WebEx.

For more info, contact:

Tracey Webster

System of Care Coordinator

[Tracey.Webster@TrilliumNC.org](mailto:Tracey.Webster@TrilliumNC.org)

1.866.998.2597

[Learn More](#)

## Your Local Connections

### **Northern Region**

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

**Bland Baker, Northern Director**

[Bland.Baker@TrilliumNC.org](mailto: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](mailto: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](mailto:Dennis.Williams@TrilliumNC.org)

866-998-2597

## 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 engrained 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.

**For more info, visit**  
[TrilliumHealthResources.org](http://TrilliumHealthResources.org)

## We are here to help.

We realize that times of uncertainty can cause great stress. If you feel like you are experiencing a crisis, we are here to help. **Call our Access to Care Line at 1.877.685.2415 or use Crisis Chat online [here](#).**