



Trillium

HEALTH RESOURCES

COMMUNITY NEWSLETTER

March 29, 2019



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2019 HOLIDAY SCHEDULE

Trillium's offices will be closed:

GOOD FRIDAY -
Friday, April 19

MEMORIAL DAY -
Monday, May 27

Access to Care and Crisis Services
will remain available through
our 24-Hour Access to Care Line
1-877-685-2415

NOTEWORTHY

Gaps and Needs Survey

Trillium works to develop, manage, and assure that persons in need have access to quality services in mental health, intellectual/developmental disabilities, and substance abuse. Please complete the survey for the Network Adequacy and Accessibility Analysis to help identify any gaps in the behavioral health services our members receive.



GAPS & NEEDS SURVEY

Please take a few minutes to complete this brief survey. Your responses are very important in helping us better serve our region! Deadline is April 1. [TAKE THE SURVEY HERE](#)

Eat the Rainbow Classes



In recognition of National Nutrition Month, we shared a live feed of our Eat the Rainbow training from New Bern. We shared about the benefits of pineapples. Trillium's Eat the Rainbow program started in February 2019 and promotes educational classes on healthy eating and basic food preparation. Each month focuses on a different color of the rainbow and the variety of fruits and vegetables in that color. [SEE THE POST HERE](#).

Future Planning Sessions To Start Soon



FUTURE PLANNING

TRILLIUM HEALTH RESOURCES

Trillium's new Future Planning initiative provides education, outreach, and assistance to members and their caregivers to plan for long term financial support. Trillium will host free seminars with attorneys to help set up ABLE accounts and Special Needs Trust accounts. Members do not need to attend the sessions to apply for assistance. Please visit our website or email FuturePlanning@TrilliumNC.org for more information.

Food Trucks Need a Home



Trillium and Easterseals UCP are pleased to announce the winning name for the food trucks:
SensABLE Snacks
Congratulations to Lori Meads on her winning submission.

Congratulations to Lori Meads for her winning name submission for Trillium and Easterseals UCP's new food trucks! SensABLE Snacks will launch with two trucks this summer...but we are still searching for the proper home. We are taking location ideas until April 3. [Visit here for form to tell us where you think we should place SensABLE Snacks!](#)

NOTEWORTHY

Healthy Movement Bikes Announced Soon

Trillium developed the Healthy Movement Project to offer Peloton's commercial-grade, stationary bicycles to day programs, psychosocial rehabilitation programs, and group homes to promote healthy exercise. Physical activity is an important component of overall wellness, but can be difficult to initiate and maintain due to transportation, cost, or intimidation factors. We plan to announce award recipients in April and deliver the bikes in June.

The Healing Place

The Wilmington City Council recently voted to approve the special use permit for the property that will house the future The Healing Place facility. Cindy Ehlers, Benita Hathaway, Khristine Brewington, Christie Edwards, and Darlene Webb provided powerful testimonies and compelling data during their presentations. They embodied the best of Trillium - knowledgeable, dedicated, compassionate and fearless. We look forward to bringing this long-term, peer-led recovery center to the region. [SEE THE RELEASE HERE](#)

Hope4NC Staff Are Still Assisting in 12 Counties

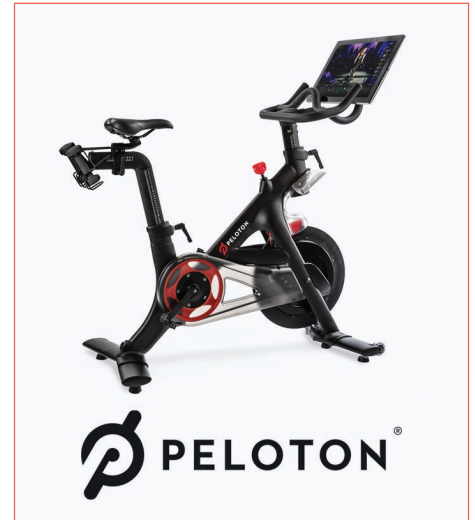
Hope4NC is a Crisis Counseling Program (CCP) funded by FEMA with the goal of reaching and assisting as many survivors of Hurricane Florence as possible. Trillium's staff dedicated to Hope4NC have made over 130,000 contacts among our 12 counties named in the disaster declaration: Beaufort, Brunswick, Carteret, Columbus, Craven, Jones, Hyde, New Hanover, Onslow, Pamlico, Pender, and Pitt. We provide outreach to communities through individual or group counseling, public education, community networking support, referral/linkage to any and every available community resource, media contacts, and public service announcements. Hope4NC reach out through a variety of strategies such as door-to-door canvassing or visits to schools, churches, and other local community gatherings. Our staff also engage in networking with other agencies to ensure needs of survivors are met. Counseling staff are easily identifiable through our Hope4NC t-shirts and name badges.

We have no financial requirements and services are based in the community. The only requirement is for survivors to reside in one of the 12 counties listed above. We want to help with any and every survivor need from locating housing and providing home repairs to addressing feelings of loneliness and isolation after the storm. Examples of successful linkage to resources include mold removal/remediation, home repairs, furniture needs, school supplies, holiday gifts, alternative housing, and connection to mental health/substance use/intellectual and developmental disability services.

While crisis counselors are chiefly assisting during the ongoing disaster recovery efforts, there are communities in Eastern N.C. who have requested disaster preparedness for the upcoming hurricane season. Hope4NC is available to provide informational sessions in our communities for local agencies and businesses in addition to our work with survivors. Local schools, for example, have been requesting information to share at PTA meetings, assemblies, etc. Hope4NC will be supporting our communities until mid-September, the first anniversary of the event. Please contact Hope4NC at [1-855-587-3463](tel:1-855-587-3463) for more information.

Trillium's Newest Office is Open in Whiteville

Trillium's office in Columbus County is now open! Staff at this location include care coordinators for IDD, quality management, health specialists for social determinants of health, and SOC. Trillium staff look forward to having a local base to serve members in our newest county.



Healthy Movement Peloton Bike

Trillium's Latest CIT Graduates

17 graduates from CIT training held at the Sunset Beach Fire Department.



Crisis Intervention Team (CIT) training is a jail diversion and de-escalation model of training for law enforcement during which officers gain a better understanding of the needs of individuals with mental illness, substance use disorders, or intellectual/developmental disabilities. The idea is to divert them to treatment when this can be done at little risk to public safety.

If you have any questions, concerns, suggestions or would like to discuss scheduling a training or presentation, contact us at CIT@TrilliumNC.org

Need to Report Fraud or Abuse?

EthicsPoint is a secure and confidential system available 24 hours a day, 7 days a week for reporting suspected violations of fraud, abuse, and confidentiality breaches.

TrilliumHealthResources.ethicspoint.com

Call toll free: 1-855-659-7660

[View, print, and share flyer](#)

Victory Junction Family Weekend

Trillium families of members with IDD were hosted for two days of laughing, learning and enjoying the magic of camp once again! The next event will be held April 5-7, and future weekends will welcome families in Therapeutic Foster Care. [SEE THE POST HERE.](#)



Behavioral Health I/DD Tailored Plans

NC DHHS has been promoting webinars for stakeholders to learn more about the process to transition to Standard Plans and Tailored Plans. Past recordings may be [VIEWED HERE.](#)

April is Alcohol Awareness and Autism Awareness Month

Alcohol Awareness Month was established in 1987 to help reduce the stigma so often associated with alcohol addiction by encouraging communities to reach out to the American public each April with information about alcohol, alcohol addiction, and recovery. Alcohol addiction is a chronic, progressive disease, genetically predisposed and fatal if untreated. #NCADDAlcoholAwareness [READ MORE HERE](#)

Autism spectrum disorder (ASD) is a complex developmental disability, typically appearing during childhood and affecting a person's ability to communicate and interact with others. April has been designated as National Autism Awareness Month in a nation-wide effort to promote autism awareness, inclusion and self-determination for all, and assure that each person with ASD is provided the opportunity to achieve the highest possible quality of life. #CelebrateDifferences [READ MORE HERE](#)

May is Mental Health Month!



May is Mental Health Month and this year it's expanding its focus from 2018 and raising awareness about the connection between physical health and mental health, through the theme #4Mind4Body. The topics of animal companionship, spirituality and religion, humor, work-life balance, and recreation and social connections as ways to boost mental health and general wellness will all be explored.

May, they'll also look at how their topics may be especially beneficial to people who are living with chronic physical illnesses as MHA ramps up to their 2019 Annual Conference -- Dueling Diagnoses: Mental Health and Chronic Conditions in Children and Adults, June 13-15 in Washington, D.C. where they will be discussing the impact and intersection of chronic conditions and mental health. [READ MORE HERE](#)

May is a Busy Awareness Month

Trauma Awareness Month

Injury and violence prevention have been a core value of the American Trauma Society (ATS) since founded in 1968. As an integral part of its mission, the ATS continues to be a national leader in preventing death and disability from traumatic injuries. These efforts continue to drive the organization's activities, resource development, and advocacy.

This year's focus is Firearm Injury Prevention. Deaths and injuries caused by firearms can happen in any community, to anyone, and at any time. [LEARN MORE](#)

Cystic Fibrosis Month

May is national Cystic Fibrosis Awareness Month. Across the country, thousands of volunteers will come together to raise awareness about this devastating disease and tell our story of hope and progress. [LEARN MORE](#)

National Asthma and Allergy Awareness Month

Each year, the Asthma and Allergy Foundation of America (AAFA) declares May to be "National Asthma and Allergy Awareness Month." It's a peak season for those with asthma and allergies, and a perfect time to educate your patients, family, friends, co-workers and others about these diseases. [LEARN MORE](#)

National Physical Fitness and Sports Month

Regular physical activity is good for everyone's health, and people of all ages and body types can be physically active. National Physical Fitness and Sports Month is a great time to spread the word about the benefits of getting active.

We can use this month to raise awareness about the benefits of physical activity — and spread the word about fun ways to get moving! [LEARN MORE](#)

Awareness Campaigns in June

Coming off of a busy May month, this June is designated as Alzheimer's and Brain Awareness Month, and PTSD Awareness Month.

Upcoming Events & Opportunities

APRIL, MAY, JUNE HIGHLIGHTS

Dates Throughout April, May, and June
Child Community Collaborative
Trillium Catchment
[Learn More](#)

Apr 6, 2019
Mental Health Conference - Weathering the Storm of Change
Greenville
[Learn More](#)

April 27, 2019
9th Annual Coastal NC Run/Walk for Autism
Wilmington
[Learn More](#)

April 27, 2019
11th Annual Eastern Run/Walk for Autism
Greenville
[Learn More](#)

April 27, 2019
Walk MS - Wilmington, NC
Wilmington
[Learn More](#)

April 29, 2019
Annual Family Conference
Pine Knoll Shores
[Learn More](#)

April 29, 2019
An Introduction to Child and Family Teams (CFT): A Cross-System Training from the Family's Perspective
Ahoskie
[Learn More](#)

APRIL 29, 2019
NC TIDE 2019 Conference
Wilmington
[Learn More](#)

May 11, 2019
Walk MS - Greenville, NC
Greenville
[Learn More](#)

May 16, 2019
Autism in the East: Success Through Collaboration
Greenville
[Learn More](#)

June 1, 2019
9th Annual Crystal Coast Run/Walk for Autism
Beaufort
[Learn More](#)

June 27, 2019
Governing Board Meeting
Greenville



Featured Event(s)

Mental Health Conference - Weathering the Storm of Change
April 6, 2019
[Greenville](#)



NAMI NC's 2019 Eastern Regional Conference. The conference will address many mental healthcare issues faced in Eastern North Carolina today including navigating Medicaid transformation, the opioid crisis, current public policy initiatives, and advance planning with psychiatric directives.

About Trillium

Trillium Health Resources is a leading specialty care manager (LME/MCO) for individuals with substance use, mental illness and intellectual /developmental disabilities.

Trillium is the second largest LME/MCO in terms of geography and number of counties served. Trillium's 26 counties total approximately 1.38 million individuals with about 200,000 being Medicaid eligible.

Trillium is nationally accredited by URAC in areas of Call Center, Provider Network Management, and Utilization Management.

Trillium takes 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
TrilliumHealthResources.org

LOOKING FOR MORE? More events can be found on the [Trillium website!](#)

Need Printed Resources?

Contact info@trilliumnc.org to request the following Trillium resources:

Access to Care Brochure
IDD Service Array Brochure
Mental Health First Aid Brochure
CIT Brochure
Housing Brochure
Veterans Brochure

Additional brochures available.
Contact info@trilliumnc.org for more information.

find us on **facebook**

follow us **twitter**

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

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

David Tart, Southern Director

David.Tart@TrilliumNC.org

866-998-2597