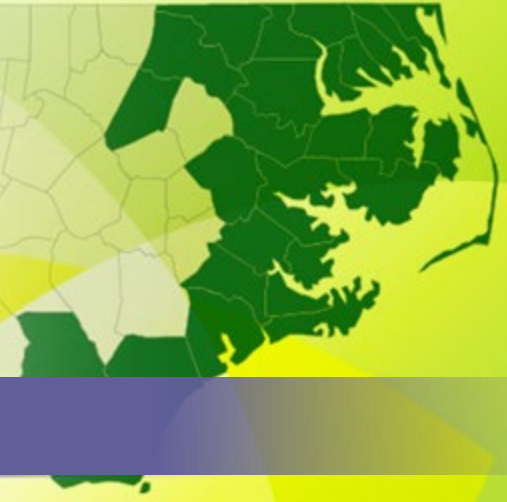




Trillium

HEALTH RESOURCES



COMMUNITY NEWSLETTER

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TRILLIUM OPERATIONS

Trillium Health Resources continues to serve our members and communities during the ongoing COVID-19 pandemic. 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 Member & Recipient Service Line at 1-877-685-2415.**

RECENT HIGHLIGHTS

Governor Cooper attends Integrated Care Unit ribbon cutting

Washington County's Mobile Integrated Care Unit ribbon cutting had a very special guest partake in the excitement. Governor Roy Cooper joined Trillium, RHA, and community members in celebration of this unveiling and new service opportunities. We were honored to have the governor's participation alongside NCDHHS Secretary Kody Kinsley, Division of Mental Health, Developmental Disabilities, and Substance Use Services Director Dr. Deepa Avula, and local elected officials. This unit is part of seven mobile care units serving 17 counties in Eastern North Carolina. Learn more from a [WITN report on the ribbon cutting](#).



One Community billboards and t-shirts inspire joy to "Live Your Best Life"

Trillium member and Easterseals UCP participant Marshall was so proud to encourage his neighbors in Ahoskie to live their best lives! Billboards are up across our communities from One Community spreading the message to "Live Your Best Life" in 2022. It is humbling and exciting to see them make such an impact and inspire joy. Spread your own message that the world is a better place with you in it with new t-shirts from One Community! Use the [t-shirt online form](#) to reserve yours today.



Member Testimonial

"I am forever grateful and moved by y'all. Thank you ALL for working with me through these up and downs of my past three years building me up, supporting, encouraging, be patient and understanding with these journey process with myself, wellness and recovery, and especially with meds for my longevity into better independency and as a better person holistically for our community and World. I am working on myself. I am no longer Greg with Borderline Personality, PTSD, Bi Polar, general anxiety, major depressive but simply Greg who has some flaws like us all. God bless each and everyone on you and providers."



We love hearing stories like this from our members...thank you Greg for sharing about your experience and hope.

Trillium's 2021 Annual Report available online

As the first full year of COVID-19, 2021 was a year of perseverance. Trillium remained steadfast in carrying out the mission of transforming lives and building community well-being. The 2021 annual report documents the personal stories and experiences, big and small, of our communities coming together to support one another in living happy, fulfilled lives. Witness perseverance in action in [our latest annual report](#), now available.



Connect with Trillium, now on LinkedIn, Instagram, and more

Trillium is also on [LinkedIn](#)! Follow us as we share about our work culture along with the news and stories happening across the 28 counties Trillium serves. Then follow us on [Instagram](#), [Facebook](#), and [Twitter](#) for the latest stories and experiences of hope and resilience.

NOTEWORTHY:

Mobile Integrated Care Unit ribbon cuttings take place across communities

Ribbon cuttings continue across our communities as we introduce our new Mobile Care Units! It is an exciting time as services such as mental health screenings, substance use treatment, therapy, and disaster response become more accessible to our neighbors across Eastern North Carolina. Each ribbon cutting has brought its own excitement. From Washington County's special guest Governor Roy Cooper to presentation of a letter of recognition from state Senator Ernestine Bazemore, it has been an honor to join our neighbors and local officials in these celebrations. For more information and upcoming ribbon cutting events, visit the [Mobile Integrated Care Units page](#). Take a look back at past ribbon cuttings on [Instagram](#), [Facebook](#), and [Twitter](#).

Trillium celebrates Leza Wainwright's 40 years of service

At the end of January, Trillium staff celebrated departing CEO Leza Wainwright. Wainwright served as Trillium's CEO for seven years, along with five years with legacy agency East Carolina Behavioral Health and 32 years in various state agencies. We thank Leza for her incredible leadership, fierce care for our communities, and kindness both in and out of the office. While it is bittersweet to lose such an inspiring and dedicated leader, we are excited to now have Joy Futrell as CEO to guide us through our next exciting evolution as a Tailored Plan.

Over 50 first responders complete CIT training across Eastern NC this winter

We are pleased to report the incredible number of new Crisis Intervention Team (CIT) officers and first responders across our communities. Those trained in CIT have the skills to better understand and de-escalate individuals with mental illness, substance use disorders, or intellectual/developmental disabilities experiencing crisis. Since January, we have seen:

- 10 officers from the Vidant Hospital Police, Greenville, Washington, New Bern, Nashville, Elizabeth City, and Swansboro Police Departments complete 40 hours of training at Pitt County Community College in January.
- 5 members of the Pender County EMS/Fire Department and 7 members of the New Bern Fire-Rescue complete 24 hours of CIT training in January and February.
- 5 members of the New Bern Police Department and Morehead City Police Department complete 40 hours of training at the New Bern Police Substation in March.
- 14 members of the Columbus County Sheriff's office and the Whiteville Police Department completed 40 hours of training held at Southeastern Community College in March.
- 11 members of the Greenville Police Department, Washington Police Department, New Bern Police Department, Swansboro Police Department, and Pitt County Detention Center at Pitt community college in March.

We offer a huge thanks and congratulations for our new CIT first responders for their dedication to our communities!

Trillium Regional Operations attend Mental Health Symposium in Martin County

Trillium was proud to be among fellow community agencies at the Mental Health Symposium in Jamesville this February. The community event was open to the public and held at the Promise Land Church of Christ, Disciples of Christ. Trillium staff were on hand to provide information and resources on available services and supports.



Be sure to follow our refreshed Instagram account @TrilliumHealthResources!



Training delivers first college campus in-person QPR training at ECU

The first on-campus Question, Persuade, and Refer (QPR) training took place in February for students and community members at East Carolina University. QPR training instructs participants to recognize the warning signs of a suicide crisis and use the training's three steps to help save lives. This is the first time Trillium has held an in-person QPR training on a college campus.

Project Transition launches in Wilmington

Trillium and its partner [Project Transition](#) joined community members in the ribbon cutting of a new facility in Wilmington this March. The facility will serve up to 30 individuals with serious mental health or substance use disorders. The facility works to help participants thrive with the appropriate resources, supports, and services such as skill workshops, medication management, therapies, and independent living opportunities among fellow program participants. Wilmington Mayor Bill Saffo and New Hanover County Commissioner Rob Zapple provided remarks during the event. Check out the [WECT report on the facility](#) for more on this exciting event.

Healing Place facility to welcome 200 individuals this fall

Trillium CEO Joy Futrell and Executive Vice President Cindy Ehlers recently visited the new Healing Place construction site with New Hanover County Commissioner Rob Zapple. The peer-led residential facility will serve 200 individuals with alcohol and substance use disorder at no cost to them. The facility is expected to launch this October. Find more information on the [Healing Place of New Hanover County](#).

Providers receive Valued Providers Seal program recognition

Commitment to care and unparalleled work ethic. The providers in Trillium's network not only exhibit these values every day but make it their mission to go above and beyond their mandate. In recognition of such effort, join us in celebrating the following providers who have earned one or more of the Valued Providers Seals for their unmatched dedication to the health and well-being of our communities. Learn more on the [Valued Providers Seal Program page](#).

- Solid Foundation Facilities, Inc.
- Cape Fear Group Homes, Inc.
- AssistedCare Inc.
- Monarch
- Community Innovations
- Reflections of Hope
- Physician Alliance for Mental Health
- Pinnacle Family Service
- Linda Shorts Home
- Morse Clinic of Roanoke Rapids, PC
- Idella's Care Homes LLC

Help our communities 'Spring into Summer'

Trillium is proud to join the North Carolina Department of Health and Human Services and organizations across the state to help our communities enjoy a safer spring and summer. Together, we can educate people of all ages on why it is important to stay up to date on COVID-19 vaccines and boosters—especially children and teens. Find more information for a [happy and fun spring and summer](#).



TRILLIUM HOLIDAY REMINDER

Trillium staff will take the following holidays; the Member & Recipient Service Line will remain operational.

- GOOD FRIDAY
Friday, April 15, 2022



MONTHLY AWARENESS

Autism Acceptance Month

Acceptance is based in action. Acceptance tells our family members, friends, and neighbors with autism they belong. They deserve to have the opportunities to live, grow, and connect to their communities. Acceptance creates inclusive schools and workplaces, welcoming communities, and accessible opportunities for all. Join us on Trillium's [Facebook](#), [Twitter](#), and [Instagram](#) as we dive into Autism Acceptance Month.

A look back at previous awareness months

This winter brought us amazing stories of our neighbors and communities here in eastern North Carolina and beyond. Take a look back at the following awareness months recognized:

- **Black History Month** remains a calling to recognize and celebrate the extraordinary and everyday people who have worked and fought for their communities. This February, we shared the incredible change makers, stories of resilience and innovation, and overall celebration of Black history throughout the month.
- In March, we recognized **Developmental Disabilities Awareness Month**. Our community members with intellectual and developmental disabilities shared their successes and moments from life. We also looked at the barriers people with disabilities sometimes face when connecting with their communities.

Check out these awareness months and more on Trillium's [website](#).



RECENT TRILLIUM NEWS RELEASES

[Trillium and Project Transition hold ribbon cutting \(3/4/2022\)](#)

[Gov. Cooper attends ribbon-cutting for mobile integrated care unit in Washington County \(2/22/2022\)](#)

[Leza Wainwright retiring after more than 40 years of service to NC \(1/25/2022\)](#)

[Bladen County to join Trillium Health Resources catchment area \(1/3/2022\)](#)

FOLLOW US ON SOCIAL MEDIA FOR THE LATEST UPDATES!



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

APRIL IS NATIONAL AUTISM AWARENESS MONTH

AUTISM SPECTRUM DISORDER
Is a range of conditions affecting social skills, repetitive behaviors, speech, and nonverbal communication.

WORLD AUTISM AWARENESS DAY IS April 2nd

APRIL IS NATIONAL AUTISM AWARENESS MONTH, with celebrations to understand this disorder. Here are some facts to learn what autism is and how you can help those who have it.

AWARENESS

- Most obvious signs of autism appear between two and three years old.
- Children may fail to respond to their name or have a reduced interest in people.
- Around one third of people with autism stay nonverbal their whole life.
- Seizures, ADHD, and anxiety frequently accompany autism.



ACTION

- Developmental delay screenings should occur at nine months.
- Autism Spectrum Disorder screenings should be at 18 months.
- Child psychologists and neurologists can help detect autism in your child.

UPCOMING EVENTS & OPPORTUNITIES

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

April 2 **AUTISM TAKES FLIGHT 2022**

In this event participants will have the opportunity to complete a trial-run airport experience, including getting a boarding pass, checking a bag, going through security, waiting at the gate, boarding a plane, and riding a shuttle bus.

[See more information](#)

April 4 **NC PROVIDERS COUNCIL 2022 CONFERENCE**

The NC Providers Council was organized to promote the overall improvement of both the quality of, and access to community support services for individuals who require supports to live in the communities across North Carolina.

[See more information](#)

April 6 **BORDERLINE PERSONALITY DISORDER Assessment, Treatment, and Latest Findings**

Borderline Personality Disorder

(BPD) is a notoriously difficult to treat, highly lethal mental health disorder that affects up to 5% of the population and up to 20% of those who seek mental health treatment.

[Register for this event](#)

April 6 **NCCDD'S SELF-ADVOCATE DISCUSSION SERIES**

The NC Council on Developmental Disabilities (NCCDD) will again sponsor a virtual monthly self-advocate discussion series. Discussions aim to emphasize the value of people with disabilities to build and maintain relationships with NC legislators and decision-makers while bridging relationships and a network among NC self-advocates.

[Register for this event](#)

April 7 **SMI AND COVID: Successful Models and Protocols**

This free webinar will focus on successful models and protocols

for treating patients who have both serious mental illness (SMI) and COVID in inpatient and residential settings.

[More information on Training](#)

April 12 **EFFECTIVE SUPPORT SYSTEMS FOR PROVIDERS Applying Implementation Science in Day-to-Day Activities**

The Impact Center at UNC's Frank Porter Graham Child Development Institute will be providing two adult learning sessions for behavioral health providers serving Children with Complex Needs.

[Training Details](#)

April 12 **MOBILE CLINIC RIBBON CUTTING Bladen County**

Trillium is proud to continue providing innovative accessibility solutions, like the mobile clinics, as a Tailored Plan provider under North Carolina's Medicaid managed care system.

[Event Details](#)

YOUR LOCAL CFAC CONNECTIONS

NORTHERN REGION

Bertie, Chowan, Northampton, Gates, Martin, Pasquotank, Camden, Currituck, Halifax, 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

Bladen, 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 serious 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-cfacs.



ABOUT US

Trillium Health Resources is a local governmental agency (LME/MCO) that manages serious mental health, substance use, and intellectual/developmental disability services for 28 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