



# 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:

### Halifax County joined Trillium in December 2021

A huge welcome to Halifax County on officially joining Trillium's catchment in December! With the county's launch date on December 1, 2021, we will continue to build new relationships and serve our transitioning members, providers, and stakeholders. We cannot wait to see what new avenues and opportunities for health, well-being, and community are in store.

### Bladen County to join Trillium in February 2022

We continue to work closely with the Department of Health and Human Services and Bladen County leadership to ensure a smooth transition for our new members, providers, and key partners. The scheduled launch date for this transition is February 1, 2022. Information sessions will be held on January 19, 2022 in Bladen County; for the most updated information, visit the [Bladen County Realignment page](#).

### Out of the Darkness Walks raise over \$59K for suicide prevention

Thank you to everyone who joined One Community in the Out of the Darkness walks in Elizabeth City, Jacksonville, and Wilmington. While each of the three walks were held virtually, it didn't diminish the impact. The Wilmington Area walk raised \$41,864, the Northeastern NC Walk in Elizabeth City raised \$8,350, and Onslow County Walk in Jacksonville contributed \$9,136. More important, however, is our united call to support one another and help to prevent suicide.

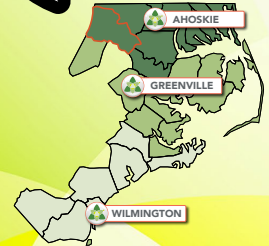
### One Community billboards encourage 'Living Your Best Life'

Have you spotted the new One Community billboards popping up across our communities? In 2022, One Community invites you to live your best life. From changes big to small, we can all work to improve our mental and physical health and well-being. And sometimes, that work requires some help. One Community is here to ensure all our neighbors have the support to lead fulfilling lives, both in the near year and beyond.

### Trillium sponsors Frosty 5K Ainsley's Angels race

Trillium was proud to sponsor the Ainsley's Angels 4th Annual Frosty 5K in Wilmington on December 12, 2021. Through its races and advocacy, Ainsley's Angels aims to build awareness about America's special needs community through inclusion in all aspects of life. We are honored to support Ainsley's Angels in creating more inclusive and accessible spaces and communities for all.

Hello, Halifax County.  
It's nice to meet you.



**Walk to  
Fight Suicide**



## Trillium recognized during i2i conference

Trillium was honored to receive two awards at the conference hosted by i2i in December. We accepted the Technology Award in partnership with Easterseals UCP and SimplyHome for the transition to independent living home. We also were recognized for our Family Navigator program with the Person Driven Initiatives Award. A huge thank you to our partners and members for working hard every day to strengthen the foundations of well-being in North Carolina!

## Spreading Hope4NC with NC native and music artist Rhapsody

The mental health and substance use crisis continues to be a reality alongside the parallel pandemic we are all experiencing at this time. Hope4NC worked alongside music artist and NC native Rhapsody to create a message of hope and support for our communities. Watch the video on [YouTube](#). If you or someone you know are in need of free and confidential emotional support, counseling referrals and community resources, call the Hope4NC 24/7 at 1-855-587-3463.

## NOTEWORTHY:

### Registration open for Spring 2022 weekend retreats at Victory Junction

Victory Junction is back for Trillium members and their families in 2022! Two Victory Junction Family Retreats are coming this spring on April 8-10 and 22-24! Adaptive activities are available for every need! Retreats focus on family togetherness and enjoying the one-of-a-kind fun that Victory Junction has to offer. Begin your journey with the [Spring 2022 Interest Form](#), or find more information on the [Victory Junction page](#).

### Small Business funding available for Trillium members

The Small Business Funding Project is excited to accept new applications! Small business funding is available up to \$5,000 to Trillium members who own their own business or are interested in starting their own business. Find out more and how to apply on the [Small Business Funding Project page](#).

### Coastal Enterprises gets active with Access Fit activities

This past fall, we stopped by an Access Fit class in Wilmington with some of our friends at Coastal Enterprises. Once a week, the group joins ACCESS of Wilmington for fun and accessible physical activities as part of the Move Your Way campaign. They keep moving by playing kickball, yoga, balance and coordination exercises, and suspension strap squats. And of course, no Access Fit would be complete without music. Check out the fun and [our spotlight on Coastal Enterprise participants on Facebook!](#)

### Communities welcome new CIT officers and responders

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

- 14 members of the Elizabeth City Fire Department complete 24 hours of Crisis Intervention Team training in November.
- 11 officers from the NC Division of Community Corrections, Nash County Sheriff's Office Detention Center, Edenton Police Department, and Rocky Mount Police Department completed the 40-hour CIT training in December. The Edenton Police Department is now a 100% CIT certified agency!
- 15 DPS-Prisons Correctional Officers in Pitt County who completed the 40-hour training in December.

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

### Bringing Healthcare to you

Trillium will soon launch six new mobile integrated care units, thanks to funding provided by NCDHHS. We are partnering with [PORT Health](#), [Monarch](#), [Coastal Horizons](#), and [RHA](#) to service individuals living in 16 counties and the units will launch from January through May. Follow along and [learn more here](#).



## Trillium & Hope4NC highlighted in state Vaccine Equity Report

The state's [Vaccine Equity report](#) recently noted Trillium and Hope4NC's work and partnership. Hope4NC worked alongside Peletah Ministries in preparing more than 220 churches throughout Carteret, Craven, Jones, Lenoir, Pamlico, and Pitt counties with valuable COVID-19 information and materials in September. Resource bags included items such as masks, hand sanitizer, COVID-19 and flu vaccine information, and additional outreach material.

## Trillium welcomes new Director of Government Relations and Training Manager

Trillium is proud to announce Sue Ann Forrest as our new Director of Government Relations and Sarah Willhite as our new Training Manager.

A Greenville native, Forrest is thrilled to represent her "home" community. She previously worked for the NC Independent Colleges and Universities and then the NC Medical Society, where she advocated for physicians, physician assistants, and their patients at the NC General Assembly. Forrest holds a Bachelor of Arts in English and Communication Studies from Campbell University, a Master of Public Administration degree from ECU, and currently pursuing a Doctor of Health Sciences degree from Campbell University. She is most excited to educate our legislators about the wonderful programs and services Trillium coordinates for members.

Willhite brings professional experience as a teacher, instructional coach, school administrator, curriculum developer, and researcher on equitable methods of curriculum and instructional development. She holds a Bachelor's degree in Political Science and History from Meredith College, Master's degrees in both Education and School Administration from ECU, and is finishing up her Doctorate in Curriculum and Instruction at UNCW. She is looking forward to working alongside her staff to provide quality, equitable, and meaningful training to all Trillium staff and stakeholders.

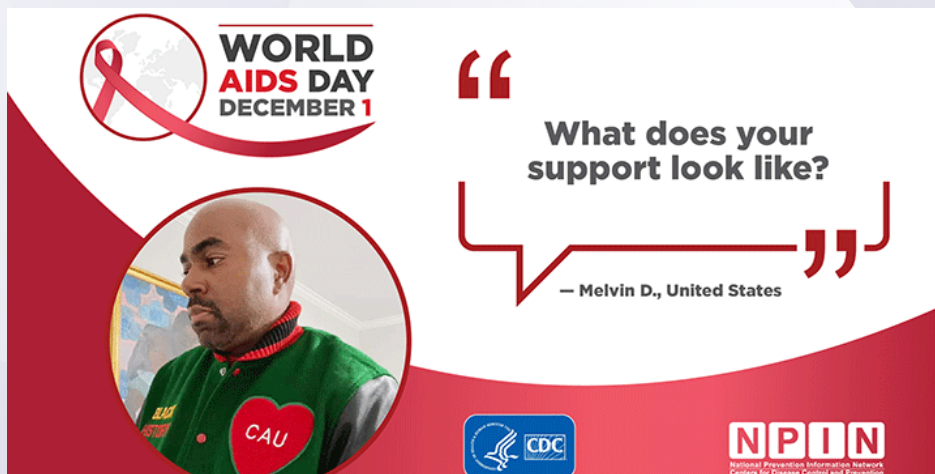
## MONTHLY AWARENESS

### A look back at previous awareness months

This past fall 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:

- **Native American Heritage Month** was in November. It was an especially exciting month as the Haliwa-Saponi tribe is now included in Trillium's catchment with the realignment of Halifax County, along with the Waccamaw Siouan and Meherrin tribes.
- November additionally recognized **American Diabetes Month**. The [American Diabetes Association](#) challenged us all to get educated, discover resources, and take the steps needed for a healthy and happy life.
- December 1 marked **World AIDs Day** across the world. Many donned a red ribbon in-person or digitally to show support, encouraged getting tested, or educate themselves on the stories of those affected by the HIV epidemic.

Take a look back on these awareness months and more on Trillium's social media pages.





## Dry January

A new year is a new opportunity to reflect and reset. Dry January is a one-month challenge to collectively reassess our relationship with alcohol. It is not about giving anything up, but rather getting something back. It's about finding your fun, your calm, your energy, and your well-being. To encourage our communities to participate and support them along the way, we will be sharing tips, health benefits, and resources to make the most of Dry January. Follow along on Trillium's [Facebook](#), [Twitter](#), and [Instagram](#) for these and more!

## Black History Month

Join us in February as we honor Black History Month. While it is important to share about the contributions and rich diversity of African American culture, it is also vital that we shine a light on the ordeals and inequalities they still experience.

## TRILLIUM HOLIDAY REMINDER

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

## MARTIN LUTHER KING, JR. DAY

- Monday, January 17, 2022

**A New Year is upon us! As we stand at the beginning of 2022, consider participating in Dry January. This month-long campaign is an international call to take a step back and reassess our relationship with alcohol.**



- How to prepare
- Health benefits
- Support during the month



**DRY JANUARY®**  
[AlcoholChange.org.UK/](http://AlcoholChange.org.UK/)

## RECENT TRILLIUM NEWS RELEASES

[Trillium Health Resources to launch six mobile integrated care units.](#) (12/28/21)

[Happy Holidays from Trillium](#) (12/25/21)

[Halifax County to Join Trillium Catchment Area](#) (11/29/2021)

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



[@TrilliumhealthResources](#)

[@TrilliumDirectConnectForEnrichment](#)

[@TrilliumDirectConnectForRecovery](#)

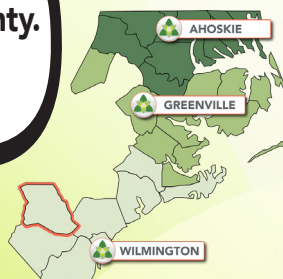
[@TrilliumNc](#)

[LinkedIn](#)

[YouTube](#)

[@TrilliumHealthResources](#)

Hello,  
Bladen County.  
It's nice to  
meet you.



### BLADEN COUNTY PROVIDER SESSION

**January 19, 10 a.m.-12:00 Noon**

NC Cooperative Extension  
Bladen County Center  
Powell-Melvin Agricultural Service Center Auditorium  
450 Smith Circle  
Elizabethtown, NC 28337

### BLADEN COUNTY STAKEHOLDERS SESSION

**January 19, 2-4:00 p.m.**

Bladen Community College  
Building 9-College Auditorium  
7418 NC Highway 41 West  
Dublin, NC 28332

### BLADEN COUNTY MEMBERS SESSION

**January 19, 6-8:00 p.m.**

Bladen Community College  
Building 9-College Auditorium  
7418 NC Highway 41 West  
Dublin, NC 28332

**Trillium Health Resources** is responsible for severe mental health, intellectual/developmental disability, substance use, and traumatic brain injury services in eastern North Carolina. Trillium will add Bladen County residents to our region starting February 1, 2022 as requested by the Bladen County Board of Commissioners and approved by NCDHHS. Trillium is working so you will not notice any interruption in services. We maintain good relationships with our community partners, organizations, and the providers in our network. We look forward to doing the same in Bladen County. We hope you will come share about your needs, meet some of our staff, and ask any questions you may have.

**For more information:** Scan the QR or visit [TrilliumHealthResources.org/about-us/bladen-county-realignment](http://TrilliumHealthResources.org/about-us/bladen-county-realignment)



**Member and Recipient Service Line 1-877-685-2415 or [Bladen@TrilliumNC.org](mailto:Bladen@TrilliumNC.org) for more information or if you cannot attend.**

## UPCOMING EVENTS & OPPORTUNITIES

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

Jan 18

### ADULT MENTAL HEALTH FIRST AID

#### Mental Health First Aid (MHFA) Community Training

Mental Health First Aid teaches you how to identify, understand, and respond to signs of mental illnesses and substance use disorders.

[Training Full](#)

Jan 19

### BLADEN REALIGNMENT - PROVIDER SESSION

#### NC Cooperative Extension, Bladen County Center

Powell-Melvin Agricultural Service Center Auditorium

450 Smith Circle

Elizabethtown, NC 28337

[More Information](#)

Jan 19

### BLADEN REALIGNMENT - STAKEHOLDER SESSION

#### Bladen Community College

Building 9-College Auditorium

7418 NC Highway 41 West

Dublin, NC 28332

Jan 19

### NC MEDICAID OMBUDSMAN: INTERACTIVE MONTHLY UPDATE

The NC Medicaid Ombudsman presents a monthly webinar about Medicaid Managed Care and related topics. The webinars are designed for Medicaid beneficiaries, health care providers and other Managed Care stakeholders. Presenters will solicit feedback from attendees about their experiences with Managed Care and answer questions from attendees.

[Register for this event.](#)

Jan 22

### RESILIENCE: MOVIE SCREENING AND DISCUSSION

Resilience is a one-hour documentary that delves into the science of Adverse Childhood Experiences (ACEs) and the birth of a new movement to treat and prevent toxic stress.

[Learn more and register.](#)

Jan 20

### TEMPLE UNIVERSITY WEBINAR SOCIAL DETERMINANTS AND PEOPLE WITH SERIOUS MENTAL ILLNESSES:

#### There is more to health than genes and biology

This session will review the development of the social model of disability, recognizing that one's social situation and opportunities may have just as much to do with health as a health condition such as serious mental illness.

[Resister for this event.](#)

Jan 24

### NASH CO. MONARCH MOBILE CLINIC RIBBON CUTTING

Ribbon cutting event will be held at **11 a.m.**

Southern Nash Senior Center

8180 Stoney Hill Church Rd

Bailey, NC 27807

## 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](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

### 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](http://www.trilliumhealthresources.org/regional-operations/regional-cfacs).



[@CFACENC](#)



## 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 27 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.



**Trillium**  
HEALTH RESOURCES

Transforming Lives. Building Community Well-Being.

### 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](http://TrilliumHealthResources.org)