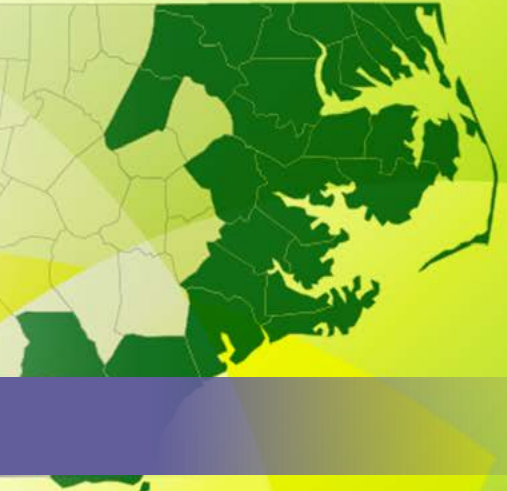




Trillium

HEALTH RESOURCES



COMMUNITY NEWSLETTER

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- World AIDS Day

NEWS, EVENTS, OPPORTUNITIES & CFAC

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 Services at 1-877-685-2415.**

RECENT HIGHLIGHTS:

PROVIDERS AND COMMUNITY PARTNERS RECEIVE CHECKS FOR OPIOID REMEDIATION

Trillium was excited to join our community partners in the fight against opioid and substance misuse. Check presentations started across the region in November. Regional Directors presented checks to 11 providers and community partners totaling \$605,303.46. North Carolina accepted \$36,420,651 through the Substance Abuse Prevention and Treatment Block grants, part of the American Rescue Plan Act of 2021. Funds will be used to help communities provide items such as naloxone kits, screening and test kits, and lockboxes for medications.

BREATHE EASY NC TOBACCO-FREE SIGNS NOW UP

To help everyone breathe easy, we are encouraging smoke-free facilities in our region. Trillium staff delivered 155 "no smoking" signs to provider offices in our network. It was part of Breathe Easy NC, a program encouraging North Carolinians with behavioral health conditions, intellectual or developmental disabilities, and traumatic brain injuries in becoming tobacco-free by working with service providers.

THE HEALING PLACE OPENS SOON IN WILMINGTON

The Healing Place of New Hanover County will open its doors in January. The facility is located on Medical Center Drive in Wilmington. It provides non-medical withdrawal management, residential alcohol and drug services, and transitional living at no cost to participants seeking recovery. The 200-bed facility and its services are available for all 28 counties in Trillium's region. Learn more on The [Healing Place of New Hanover County website](#). There will be an official ribbon cutting this spring.



SHARE YOUR TRILLIUM STORY

We love to see members reaching their fullest potential. If you or someone you know has a positive story to share (and their permission to do so!), please let us know! You can send any pictures and stories to MarketingandMessaging@TrilliumNC.org.

NOTEWORTHY:

MEMBER STORY: BRE

Bre is one Trillium member who has never met a stranger. This 21-year-old greets each day as she would a new or old friend, with a big hug and smile at the ready. At age 18, she received the NC Innovations Waiver. The waiver helps individuals with intellectual or developmental disabilities connect with community services and supports to live happy, healthy lives in their home environment.

The road to the Innovations Waiver was not an easy one for Bre and her family. Living over 30 miles away from Wilmington, it was difficult for her family to find services and professional staff. Hurricane season also causes issues; a power outage from one storm once took out the family's electricity for days. For some an inconvenience, but to Bre and her family, it was a significant concern. Bre's medication requires refrigeration. It is not only a financial cost, but a serious medical issue. The family checked into a hotel, but Bre can only be away from the safety and comfort she feels at home for a short time. With the help of the Innovations Waiver and Trillium staff, her family has a generator to protect Bre's health and well-being during and after storms.

With the help of the non-profit Welcome Home Angel, the family received a home makeover in 2022. The remodel widened doorways for wheelchair use. Welcome Home Angel added a new gym space when Bre's in-home physical therapy services ended. Now she has the space and equipment to exercise and build her strength, coordination, and flexibility.

Another big part of Bre's life is her involvement with Coastal BUDS. This organization provides community and resources for individuals with Down syndrome and their families in Southeastern North Carolina. Bre loved participating in their iCan Swim and iCan Dance camps, as well as their annual Buddy Walk.

Bre will graduate from her high school this spring. The child care center where Bre currently volunteers is working with Trillium's Care Manager to discover a more involved or even part-time position. Bre loves caring for babies. The future is full of excitement for Bre.

Her community of family, friends, and support services are ready to make sure she continue to share that light and give a warm hug to anyone who needs one.

TAILORED PLAN INFORMATION SESSIONS BEGIN IN FEBRUARY

Trillium will offer virtual information sessions to prepare our members and stakeholders for all things Tailored Plan. Each session features different departments and topics, and will be recorded for those not able to attend.

- **February 16:** What is the NC Medicaid Ombudsman Program? Will my rights change?
- **February 23:** Trillium Advantage and Value-Added Services, Health Promotion and Prevention Programs
- **March 2:** Choosing a PCP, How to change PCP, and Auto-enrollment
- **March 9:** Requesting a new Medicaid card or other materials; How to receive information
- **March 16:** What new providers are joining Trillium's network for Medicaid? What new services will be available for people with Medicaid coverage?
- **March 23:** Open Question & Answer

Additional sessions are available for stakeholders. Individuals can visit the [Information for Members page](#) to register and for more information. You can also find a recording of the Tailored Care Management and 1915(i) services session Trillium hosted in November on the page. We look forward to serving Eastern North Carolina as a Tailored Plan beginning April 1, 2023!



ONE COMMUNITY JOINS OUT OF THE DARKNESS WALKS

Trillium sponsored two Out of the Darkness Suicide Prevention Walks this quarter. One Community staff attended each event to represent Trillium and show our support. Walks took place in Wilmington and Elizabeth City. We are proud to participate in these walks to raise suicide prevention awareness and funds, support those affected by suicide, and send the message that no one is alone and suicide is preventable.

REGISTRATION OPEN FOR SPRING 2023

WEEKEND RETREATS AT VICTORY JUNCTION

Victory Junction is back for Trillium members and their families in 2023! 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 2023 Interest Form](#), or find more information on the [Victory Junction page](#).

OFFICERS AND FIRST RESPONDERS COMPLETE CIT TRAINING ACROSS OUR REGION

It's incredible to see new CIT graduates across Eastern North Carolina this fall. A huge congratulations to:

- Twelve members of the Rocky Mount, Zebulon, and Knightdale police departments, Nash County Sheriff's Office, and Nash County Detention Center staff for completing 40 hours of training in December at Nash Community College in Rocky Mount.
- Thirteen members of Eastern Regional State Correctional Facility that completed 40 hours of training in November at Pitt Community College.
- Ten NC Department of Public Safety Corrections staff that completed 40 hours of training in December.
- Thirteen members of NCDPS-Prisons that completed 40 hours of training in October at Pitt Community College.
- Ten Greenville Fire and Rescue that completed 24 hours of training in November as part of their EMT training at Martin Community College.

That's not all! We also want to congratulate our own Training Facilitations Manager, Ashley Hicks. Ashley attended the Train the Trainer course, instructing participants how to develop an effective CIT program according to the Memphis Model in an effort to improve trainings. This is a step towards getting Trillium's CIT program certified by CIT International.

If you or someone you know dials 911 during a mental health emergency, make sure to request a CIT Officer.



FOLLOW US ON SOCIAL MEDIA FOR THE LATEST UPDATES!




 @TrilliumHealthResources

 @TrilliumDirectConnectForEnrichment

 @TrilliumDirectConnectForRecovery

 @TrilliumNc

 LinkedIn

 YouTube

 @TrilliumHealthResources



MONTHLY AWARENESS

DRY JANUARY

A new year is a chance for new beginnings. Dry January can help us start off 2023 on healthy footing. For the past 10 years, this campaign has encouraged individuals to reassess their relationship with alcohol. It has grown so much that [nearly one in five American adults](#) planned to participate last year. Thirty-one days without alcohol can go a long way in improving our health, whether that includes lowered blood pressure, improved sleep, and a reduced risk of liver disease. Join us as share tips and encouragement throughout the month on [Facebook](#), [Twitter](#), and [Instagram](#).

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 we recognized:

- In November, we honored this land's first peoples. National Native American Heritage Month lifted up the diverse cultures of Indigenous tribes and communities in North America. We also reflected on the trauma and challenges that continue today. Recognition of such history is important to preserving the past and supporting current and future Indigenous generations.
- November is also American Diabetes Month. The American Diabetes Association challenged us to educate one another, discover resources, and take the steps needed for a healthy, happy life.
- December 1 was World AIDS Day. It marks an opportunity to raise awareness about HIV, reduce stigma, show support for 38.4 million individuals living with the virus globally, and remember family and friends lost to AIDS-related illness. Whether you [Rock the Ribbon](#) in-person or digitally, learn about HIV issues and testing, or offer your support, there's no shortage of ways to recognize this important day.

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

RECENT TRILLIUM NEWS RELEASES (SEPT-DEC)

[Trillium announces creation of Health Equity Council \(10/10/2022\)](#)

[Family Solutions Initiative release \(12/21/2022\)](#)



TUBERCULOSIS AND HIV

IN 2020, AN ESTIMATED 9.9 MILLION PEOPLE FELL ILL WITH TB AND 1.5 MILLION DIED FROM THE DISEASE



People living with HIV are up to **18 times** more likely to fall ill with TB

ANNUAL GLOBAL FUNDING FOR DEVELOPMENT AND RESEARCH ON TUBERCULOSIS IS **US\$ 1.1 BILLION** SHORT OF WHAT IS REQUIRED



TB IS THE LEADING CAUSE OF DEATH AMONG PEOPLE LIVING WITH HIV

UNAIDS IS WORKING WITH PARTNERS TO REDUCE TB-ASSOCIATED DEATHS AMONG PEOPLE LIVING WITH HIV **BY 80% BY 2025**



TB is curable: 66 million lives have been saved since 2000

IN 2020, APPROXIMATELY **214 000** PEOPLE DIED FROM AIDS-RELATED TB

SIMPLE, AFFORDABLE AND EFFECTIVE HIV/TB PROGRAMMES

All people living with HIV should have access to:

- Antiretroviral Therapy
- Regular TB screening
- TB diagnostics and treatment
- TB preventive therapy (if no TB symptoms)



All people living with TB should have access to:

- HIV testing and antiretroviral therapy
- HIV prevention options
- TB treatment

TRILLIUM HOLIDAY REMINDER

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

MARTIN LUTHER KING, JR.'S BIRTHDAY
Monday, January 16

UPCOMING EVENTS & OPPORTUNITIES

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

Jan 5 DMH/DD/SUS AND DHB PROVIDER WEBINAR

This webinar series is for providers, practice managers, quality improvement professionals, and care coordinators to provide updates from the Division of MH/DD/SUS and Division of Health Benefits (NC Medicaid). [Register to Participate](#)

Jan 9 STAKEHOLDER ENGAGEMENT BEHAVIORAL HEALTH CLINICAL COVERAGE POLICY UPDATE

NC Medicaid invites you to join one of two stakeholder engagement webinars offered to learn about the 1915(i) Option Respite Draft Policy.

This webinar is open to all stakeholders.
Meeting ID: **112 410 755 6**
Passcode: **M354mk**

[Join the meeting on the web](#)

Jan 9 MONEY FOLLOWS THE PERSON (MFP) LUNCH AND LEARN Person-Centered Approaches to Healthcare Decision Making

Advance Care Planning and advance directives are not just about end of life. Advance Care Planning is a way to help everyone ensure that their values and wishes about their personal quality of life, their health, and their desires for healthcare are known, and that someone is identified to honor those values and wishes,

should the person be unable to speak for themselves. People with disabilities and older adults have the right to make decisions about their lives, at all stages of their lives, with the kind of support they want. [Register for this course](#)

Jan 10 TAILORED PLAN INFORMATION SESSION

Carolina Complete Health Network and Trillium Health Resources will host another Provider information session.

This session will cover:

- Contracting deadlines
- Split claims protocol: understanding which entity to bill claims depending on service type
- Q&A

[Register for this event](#)

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 [Regional CFACs](#) at Trillium.



@CFACENC



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

Cecelia Peers

Southern Director
Cecelia.Peers@TrilliumNC.org
866-998-2597

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