



# Trillium

## HEALTH RESOURCES



# COMMUNITY NEWSLETTER



### IN THIS ISSUE

#### RECENT HIGHLIGHTS

- One Community
- Mobile Clinic
- Victory Junction
- NAMI

#### NOTEWORTHY

- Perceptions of Care
- Tiered Care Coordination pilot
- CIT graduates
- Nash County Miracle Park
- COVID vaccine
- Summer Moore EMPOWER camp
- All Children-All Families
- New DEI Director

#### AWARENESS

- Minority Mental Health
- Previous Months

#### NEWS

#### EVENTS & OPPORTUNITIES

#### CFAC

### 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 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

#### One Community program prepared to support Eastern NC

One Community has launched at Trillium! This program provides community-based prevention and outreach throughout Trillium's 26 county catchment area. A Let's Play Together Inclusive event took place in Hampstead in June. The next Let's Play Together event will take place in Ayden on July 31, and an upcoming rescheduled date for an Elizabeth City event is coming soon



Looking to the future, the program will also participate in local events in each county that focus on Mental Health Matters, Suicide Awareness and Prevention, Alcohol Awareness and Recovery, and Autism Acceptance, among others. Targeted prevention and outreach efforts are scheduled to assist areas that experience health disparities and inequity. Find more information on the [One Community page](#).

#### Integrated Care Mobile Clinic hits the road in Perquimans County and surrounding area

The Mobile Integrated Care Clinic hit the road in June providing services in Perquimans and surrounding counties. Trillium's One Community worked alongside PORT Health Services to launch the mobile unit to address health disparities in the area. The unit will travel to residents in rural communities where providers may be sparse.

The unit will offer inclusive opportunities and access to treatment for members with behavioral and healthcare needs. Services offered include vaccinations (COVID-19, flu, pneumonia, etc.), mental health screenings, general physical health checkups, and more.

#### Soaking in the summer sun and new fall dates announced for Victory Junction

It's been a summer of fun at Victory Junction, but also a summer of firsts. For many retreat participants and their families, it was their chance to try something completely new. It could have been their first horse ride, or first time dyeing their hair. It could have even been the first time shooting a bow and hitting that bullseye. Whatever that first was, we're so thrilled to see this summer has created life-changing experiences for our Trillium families!

Trillium is also pleased to announce two Victory Junction Family Retreats coming this fall on October 15-17 and 24-26! Trillium members and their families can catch a big one at Victory Junction Lake, experience animal adventures at the horse barn, or shoot a bullseye at the indoor archery range. Adaptive activities are available for every need! Find more information and fill out an interest form to begin your registration on the [Victory Junction page](#).



#### Showing our Pride at NAMI Pitt County event

Trillium was excited to join [NAMI Pitt County](#) for their Pride at Town Common event in June! LGBTQ community and allies alike joined together at Greenville Town Center to live openly and authentically. With food, music, raffles, and plenty of fun, Trillium is proud to stand in solidarity with the LGBTQ community near and far. Check out our [Facebook page](#) for more photos of the day's festivities!

## NOTEWORTHY

### PERCEPTIONS OF CARE SURVEYS OFFER IMPROVEMENTS FOR BETTER CARE

Every year, Trillium joins LME/MCOs across the state participate in the Perceptions of Care survey. These surveys allow Trillium to better serve our members and communities through active listening. Trillium members recently completed over five-hundred surveys that looked at numerous categories of care and personal experience. From an analysis and review of these surveys, Trillium is able to hear the needs of our communities, then take action to address those needs.

One result Trillium found was many felt concerns regarding social interactions, improved coping skills, and school/work performance. New trainings were added to Trillium's [My Learning Campus](#) to help specifically address these, as well as resources on the [Coronavirus Information page](#). Read through the full report on our [Strategic Planning & Outcomes page](#) under Perceptions of Care Survey.



### TIERED CARE COORDINATION PILOT LAUNCHED IN PITT COUNTY

Trillium was awarded the opportunity to pilot the Tiered Care Coordination (TCC) program in Pitt County in December 2020. The Child Tiered Care Coordination pilot was developed from the Governor's Task Force on Mental Health to address high rates of exposure to trauma and high behavioral health needs, specific to youth and families involved in child welfare and juvenile justice system.

Trillium will collaborate with the Department of Health and Human Services (DHHS), Youth Villages, the Pitt County Department of Social Services (DSS), District 3 Division of Juvenile Justice (DJJ), and NC Families United to implement this project. Working together, the program connects youth with the proper assessment and minimize crisis services while engaging children and families, at times, with High Fidelity Wraparound (HFW). Learn more on the [Tiered Care Coordination Pilot page](#).



### POLICE OFFICERS GRADUATE FROM CIT TRAINING IN MULTIPLE COUNTIES

Trillium is proud to serve as a community partner with our local police departments. The past few months have seen new Crisis Intervention Team (CIT) officers and first responders graduate, ready to assist in the event of mental health crisis.

These have included officers in Dare and Gates Counties, Ahoskie, Elizabeth City, Washington, Williamston, and Vidant, to military officers at Camp Lejeune. We thank these first responders for their passionate dedication. Officers in these areas completed 40 hours of intensive training in topic areas concerning mental health, intellectual and developmental disabilities, substance abuse, and de-escalation techniques over a one-week period.

Trillium would like to offer a big thank you to the officers and their department heads for their continued dedication to our communities and care in the face of crisis situations.



### NASH COUNTY MIRACLE PARK INCLUSIVE PLAYGROUND OPEN FOR FUN

The Trillium inclusive playground at Nash County Miracle Park at Coopers is now open for kids and their families of all abilities! The playground is part of the 46.5-acre park located at 3501 Joyner Road in Elm City. In addition to the inclusive playground, the park also includes two baseball fields, two softball fields, two soccer fields, two basketball courts, a walking trail, and other park amenities.



## HELP OUR COMMUNITIES IN 'BRINGING SUMMER BACK' WITH YOUR COVID VACCINE

Summer is here, and Trillium and the NC Department of Health and Human Services needs your help to officially bring it back! COVID vaccines are available and have the power to reconnect us with the people and places we love. Get your vaccine today to help bring us one step closer to cookouts, family reunions, summer camps, and more! Schedule your appointment at [MySpot.nc.gov](https://www.myspot.nc.gov).

And if you've already received your vaccine, you can still help! Get involved in the Bringing Summer Back community partnership campaign by helping your friends, family, and neighbors get theirs! Have them call 888-675-4567 or visit [YourSpotYourShot.nc.gov](https://www.yourshot.nc.gov) for more information.

## SUMMER MOORE EMPOWER CAMP OPEN IN GREENVILLE

Easterseals UCP's Summer Moore Center in Greenville is excited to re-open their doors with summer camp offerings. Camps began operating on June 14 for children with intellectual and developmental disabilities and their siblings ages 3 to 5th grade. The program will also open this fall for EMPOWER after-school programming for children in the same age group. Plans continue for a possible expansion to serve 30 individuals and a broader age range. Read more about the exciting developments at the Summer Moore Center on the [Easterseals UCP website](https://www.eastersealsucp.org).

## TRILLIUM PROUD TO ANNOUNCE ALL CHILDREN-ALL FAMILIES STAFF FACILITATORS

As part of our work with Project OUTreach, Trillium sees the need to support and advocate on the behalf of LGBTQ families and youth navigating the child welfare system. From all available data, LGBTQ youth and families are deeply impacted when safety, permanency, and well-being are absent. Part of that involves seeing and treating these children and parents as their authentic and true selves.

To spread the word of best practices for inclusion, 10 Trillium staff members have been working with expert trainers from the Human Rights Campaign's All Children-All Families program to serve as training facilitators. These individuals are prepared to provide the latest data and practices to ensure that every child has a home where safety, permanency, and well-being is a promise.

## TRILLIUM WELCOMES NEW DIVERSITY, EQUITY, AND INCLUSION DIRECTOR

We are proud to announce Drury (Dru) Fulcher as the new Diversity, Equity, and Inclusion Director at Trillium. Fulcher brings with him professional experience in human resources leadership and organizational development in a variety of industries including health care, retail, customer service call center, higher education, and commercial construction.

Fulcher holds two Bachelor's degrees from UNCG in International Affairs and Russian Studies. He also acquired a Master's in Educational Leadership while teaching Professional Development and Therapeutic Communication at the local community college. After several years in various HR roles, Fulcher became certified as a Senior Professional in Human Resources through HRCI. With his experience in piloting and launching diversity programs and leadership programs in different roles, he brings valuable insight to Trillium to lead and facilitate our growing workforce.

Trillium is excited to have Dru as part of our team. He will be instrumental in expanding Trillium's diversity, equity, and inclusion work to help strengthen the well-being of our members, provider network, and communities.





**MINORITY MENTAL HEALTH AWARENESS MONTH**

Each year in July, health organizations, providers, and individuals come together for National Minority Mental Health Awareness Month. While anyone can experience the challenges of mental illness, an individual's background and identity can make access to mental health treatment much more difficult.

Since its recognition in 2008, the goals of July's awareness month have remained to build mental health awareness and eliminate stigma among diverse communities. Join us throughout the month of July on [Trillium's Facebook](#) and [Twitter](#) pages as we work to do just that.

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



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



**A LOOK BACK AT PREVIOUS AWARENESS MONTHS**

Trillium was proud to show our Pride in June! Pride Month is a chance to highlight the ideals of self-affirmation, dignity, equality, and visibility for people identifying as lesbian, gay, bisexual, transgender, and queer or questioning (LGBTQ). From LGBTQ history to notable figures to Trillium staff sharing their own reasons for recognizing Pride, the month stitched together a diverse and colorful tapestry showcasing and celebrating those pieces of ourselves that deserve to be out in the light of day.

We were also able to recognize Mental Health Awareness Month! Throughout May, Trillium shared information, stories, and resources concerning mental health practices on our social media, including Mental Health America's "Tools 2 Thrive" toolkit for anyone looking for guidance to improve their mental health and increase resiliency.

Follow us on [Trillium's Facebook](#) and [Twitter](#) pages to take part and learn about our histories, our neighbors, and our stories. Scroll back through to see any posts you might have missed!

**RECENT TRILLIUM NEWS RELEASES**

- [Trillium launches Mobile Integrated Care Clinic with PORT Health Services](#) (05/11/21)
- [Trillium launches One Community Initiative](#) (04/30/21)

**TRILLIUM HOLIDAY REMINDER**

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

- INDEPENDENCE DAY  
Monday, July 5, 2021
- LABOR DAY  
Monday, September 6, 2021

## UPCOMING EVENTS & OPPORTUNITIES

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

Aug 3, 2021

### VIRTUAL COACH: HEALTHMATTERS PROGRAM INFORMATIONAL WEBINAR

HealthMatters Program, a health promotion program led by support staff and developed for and by people with intellectual and developmental disabilities (IDD).

[More Information](#)

[Register for virtual coach Webinar](#)

Sep 8, 2021

### PARENT LEADERSHIP TRAINING

#### Module 1: Parents as Leaders

Each module is approximately 90 minutes. Each training is from 11:30 am to 1:00 pm

Our training program is:

- Free.
- Presented by parents of children with special health care needs.
- Offered in selectable modules to fit your group's needs.

[Learn more and register.](#)

Oct 8, 2021

### PARENT LEADERSHIP TRAINING

#### Module 2: MAPS (Making Action Plans System) for Leadership

The module is approximately 90 minutes

Our training program is:

- Free.
- Presented by parents of children with special health care needs.
- Offered in selectable modules to fit your group's needs.

[Learn more and register](#)

Oct 8, 2021

### PARENT LEADERSHIP TRAINING

#### Module 3: Critical Elements of Collaboration

The module is approximately 90 minutes

Our training program is:

- Free.

- Presented by parents of children with special health care needs.
- Offered in selectable modules to fit your group's needs.

[Learn more and register](#)

Dec 8, 2021

### PARENT LEADERSHIP TRAINING

#### Module 4: Stages of Group Development

The module is approximately 90 minutes

Our training program is:

- Free.
- Presented by parents of children with special health care needs.
- Offered in selectable modules to fit your group's needs.

[Learn more and register](#)

## 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 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 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.



## YOUR LOCAL CFAC CONNECTIONS

### NORTHERN REGION

Bertie, Chowan, Northampton, Gates, Martin, Pasquotank, Camden, Currituck, 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-cfac](http://www.trilliumhealthresources.org/regional-operations/regional-cfac).



### 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)