



Trillium

HEALTH RESOURCES

COMMUNITY NEWSLETTER



IN THIS ISSUE

COVID-19 UPDATES

- Meridian Temperature Machines
- SlowCOVIDNC app
- Provider FAQ
- Recovery Month Videos

NOTEWORTHY

- Member Communications Bulletins
- Text Messaging Platform
- Roadmap2Ready
- Small Business Funding Project
- My Learning Campus
- Your Vote is Your Voice
- Anti-Racism
- Monthly Awareness

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 24-Hour Access to Care Line at 1-877-685-2415.

COVID-19 UPDATES

Trillium continues to post COVID-19 information relevant for members, providers, and the community on [our website](#). Our latest updates, from the State and Trillium, are shared below.

MERIDIAN TEMPERATURE MACHINES

Trillium has launched a campaign to distribute Meridian Temperature Machines to our network providers who provide services to members in Group Homes, Adult Day Programs, Day Treatment Programs, Psychosocial Rehabilitation Centers, Outpatient Clinics, and Intensive or Comprehensive Outpatient group settings. The [Meridian Temperature Machines](#) are designed to detect your temperature while wearing a face mask or shield. These machines will be a well-utilized tool to remain in compliance with state mandates and guidelines for reopening.

SLOWCOVIDNC EXPOSURE NOTIFICATION APP

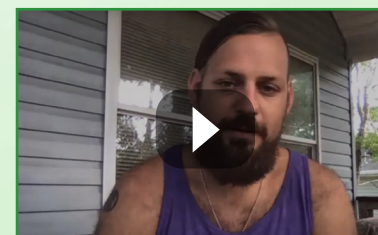
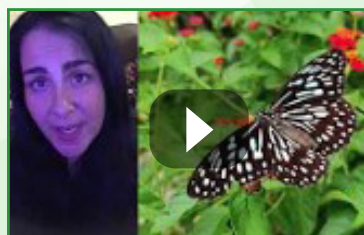
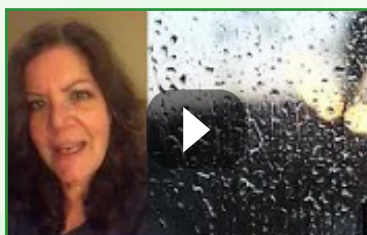
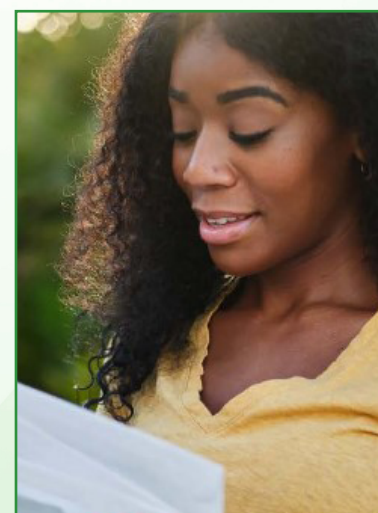
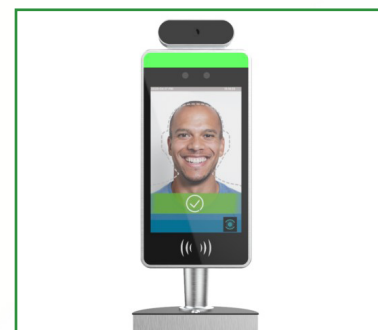
SlowCOVIDNC Exposure [Notification App](#) leverages Google and Apple's Exposure Notification System (ENS) to alert users who have the app if they have been in close contact with an individual who later tests positive for COVID-19. It is voluntary to download and use and designed to enhance the state's existing contact tracing efforts. The app completed Beta testing earlier this month and can now be downloaded for free in English and Spanish. [Visit the DHHS website](#) for more information.

PROVIDER FAQ

Our last provider call to answer questions specific to COVID-19 was held in September. Our [FAQ page has been updated](#) since April with each question and answer we have provided.

RECOVERY DURING QUARANTINE

Our [social media pages](#) encouraged our audience to reach out to anyone in recovery and asked our communities to send anonymous notes of support. Some members have also recorded ways they are continuing their path of sobriety during a pandemic and quarantine. Thank you to Oxford House, RI International, and the Healing Place for sharing very intimately how their members have continued their path to recovery during the pandemic!



MEMBER COMMUNICATIONS BULLETINS

As the State of North Carolina begins the reopening of businesses and activities, Trillium will continue sharing information with our members, their families or guardians, and our community stakeholders. While some temporary COVID-19 changes will end, such as working from home and not visiting loved ones, we realize some changes may be here to stay. Throughout this next reopening phase, Trillium will send email and other communications to share news about opportunities, updates from the State, and how we are serving you during this unusual time. You can sign up to receive these emails [through this link](#) by selecting the "Members/Families (Member Communications Bulletins)" option from the list.

TEXT MESSAGING PLATFORM

In August, we started sending text messages to adult members who have shared their mobile phone numbers with Trillium. The text messages will include interesting information, links to Trillium training videos, ways you can strengthen your mental and physical health, and more.

We will not send more than one text a month, and you can choose to stop receiving them at any time. Trillium's name will be displayed in each text but you will not be able to respond or communicate with a Trillium staff person through these texts. [Please visit our website to add your cell phone number if you want to receive these messages.](#)

ROADMAP2READY HURRICANE PREPAREDNESS TIP #3

Face coverings/masks, hand sanitizer, sanitizing wipes are a few of the items to add to your hurricane kit this year. To learn more or watch American Sign Language videos, refer to the [ReadyNC.org](#) website. The [Ready.gov](#) website has a webpage dedicated to building disaster kits and making a plan for individuals with disabilities during a disaster. Hurricane season is from June 1 to November 30.

Trillium Health Resources is focused on preparing members and provider agencies for Hurricane Season during the COVID-19 pandemic. Disasters can happen anytime, but proactive measures can help reduce their impact. To help develop your disaster plan for hurricanes, please refer to [our new webpage here](#). Our Roadmap2Ready campaign was developed by our Community Crisis and Disaster Response team with the intention of connecting members and providers to reliable resources that assist with preparing for a hurricane. Our team collaborates with state, county, and community programs within our 26 county catchment area to identify gaps and needs related to inclusive disaster response.

Please inform Trillium of any service provision or operational changes as a result of a tropical storm or hurricane. The new Changes to Provider Operations form is available on the Community Crisis and Disaster Response webpage under the provider tab. Our goal is to ensure members needs are being met during this critical time.

SAFE SCHOOLS

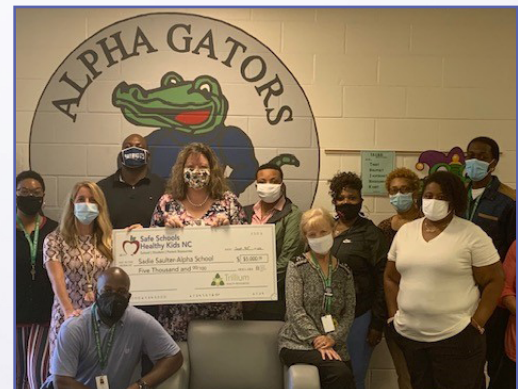
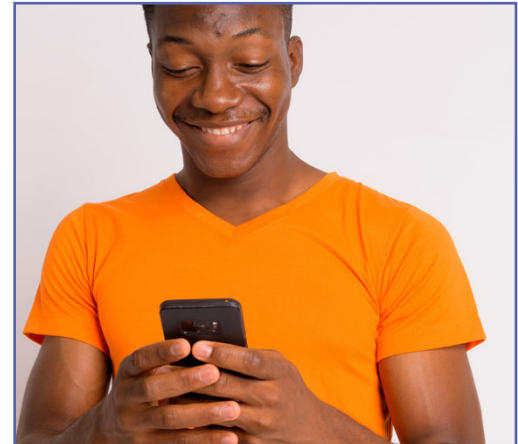
Pitt County Commissioner Huggins and Deborah Herring who are both on our Central Regional Advisory Board along with Dawn Hester from Pitt county Schools.

SMALL BUSINESS FUNDING PROJECT

Trillium is now offering financial assistance to eligible members interested in starting a small business or supporting their current business. After careful application review, approved member applications can receive between \$100 and \$5,000 to fully fund a specific good, product, or service for the success of their small business. Funding is limited, so be sure to get your application in as soon as possible. Find more information, eligibility requirements, and the application at [TrilliumHealthResources.org/SBFunding](#).

NEIGHBORHOOD CONNECTIONS VIDEOS ADDED TO MY LEARNING CAMPUS

Trillium's Neighborhood Connections has created multiple virtual workshops during quarantine that are available on [My Learning Campus](#). Our health specialists teach how to have a spa day at home to destress and provide necessary self-care, and also what to do during large family gatherings.



YOUR VOTE IS YOUR VOICE

Have you registered to vote? This is an important civic duty, and everyone deserves the right to have their voice heard. See below for upcoming deadlines, and visit this link from the [NC State Board of Elections](#) for important information on available assistance, your rights, and how to request help.

DATES TO REMEMBER

Deadline to Register October 9

Start of Early Voting October 15

End of Early Voting October 31

ANTI-RACISM

Our mission at Trillium Health Resources is to transform lives and build community well-being through partnerships and proven solutions. A true partnership must allow for open communication and transparency. While Trillium prides ourselves on our relationships and personal connections around our region, we know we must do more to demand equity and integrity.

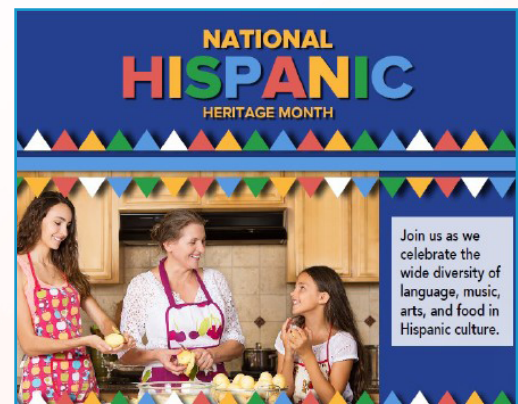
We envision equitable opportunities for everyone, and are committed to the ongoing support to do what we can to help create a more hopeful future. We are transforming through our hiring practices, continuing ways to improve racial disparities through population health initiatives, and ensuring we have a provider network reflective of the people we serve while supporting racial equality.

Please [visit our new webpage](#) dedicated to these efforts where we will share details on our action items as they are completed.

MONTHLY AWARENESS

During the month of October, we are recognizing: Down Syndrome Awareness, Disability Employment Awareness, World Mental Health Day on October 10, National Coming Out Day on October 11 and Hispanic Heritage.

Trillium is recognizing Hispanic Heritage Month by sharing the amazing diversity of Hispanic culture through food, artists, language, and music. Dr. Garcia, our UM Medical Director, has also collected some important information about the health disparities faced by the Hispanic population. Please follow us at www.Facebook.com/TrilliumHealthResources to learn more.



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




 [@TrilliumhealthResources](#)

 [@TrilliumDirectConnectForEnrichment](#)

 [@TrilliumDirectConnectForRecovery](#)

 [@TrilliumNc](#)

 [LinkedIN](#)

 [YouTube](#)

TRILLIUM HOLIDAY REMINDER

Trillium staff will take the following holidays; the 24-Hour Access to Care Line will remain operational.

- November 11, Veterans Day
- November 26 and 27, Thanksgiving
- December 24-25 and 28, Christmas Holidays



WE ARE HERE TO HELP.

We realize that times of uncertainty can cause great stress. If you feel like you are experiencing a crisis, we are here to help. Call our Access to Care Line at: 1-877-685-2415 or use [Crisis Chat](#).

UPCOMING EVENTS & OPPORTUNITIES

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

Oct 6, 2020

REGIONAL POLICY INSTITUTES

NC Collaborative for Children, Youth, and Families, NC Child, Prevent Child Abuse NC, i2i Center for Integrative Health, MomsRising, and the Foster Family Alliance of NC invite you to virtually attend our 2020 Regional Policy Institutes.

[More Information](#)
[Eastern NC Registration](#)

Oct 8, 2020

2020 IDD SERVICES CONFERENCE: BUILDING BLOCKS FOR THE FUTURE IN PRACTICE

This year's conference continues to encourage I/DD professionals and health providers to learn together to improve health outcomes and increases the quality of life in the I/DD population in North Carolina.

[Registration & Event brochure](#)

Oct 10, 2020

NAMI NC 2020 ANNUAL STATEWIDE CONFERENCE

NAMI North Carolina's 18th Annual Statewide Conference will be its first-ever completely virtual Annual Conference. Our 18th Annual Conference will be taking place on October 10, which also coincides with World Mental Health Day!

[More information](#)
[Registration](#)

Nov 4, 2020

VIRTUAL! ADULT MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is a public education program that helps participants identify, understand, and respond to signs of mental illnesses and substance use disorders.

Wylanda.Jones@TrilliumNC.org
[Registration](#)
[& Event brochure](#)

Nov 6, 2020

VIRTUAL! YOUTH MENTAL HEALTH FIRST AID

Mental Health First Aid (MHFA) is a public education program that helps participants identify, understand, and respond to signs of mental illnesses and substance use disorders.

Carlos.Mirodipini@TrilliumNC.org
[Registration](#)
[& Event brochure](#)

TRILLIUM NEWS RELEASES

Trillium launches
[RFP](#)—Co-Responder Pilot

Trillium [expands medication-assisted treatment \(MAT\)](#) for those with opioid use disorder.

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
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

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 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.



[@CFACENC](#)



ABOUT US

Trillium Health Resources is a local governmental agency (LME/MCO) that manages 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.



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