



# 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:

##### FRIENDS BECOME ROOMMATES WITH TRANSITION TO INDEPENDENT LIVING PROGRAM

Josh and Devonne met in an Easterseals UCP EMPOWER program in 2017. Flash forward four years, and these two friends are moving in to their first independent living space. They are the first residents in an Easterseals UCP smart home through the Transition to Independent Living program. The home technologies allow on-site and remote coaching for individualized support that Josh and Devonne helped install.

The two moved into their new space and held a virtual housewarming event in August. Watch [their story](#) or their [latest check-in](#) as they continue to make their house a home and learn to live independently.



##### DAY PROGRAMS TAKE ON SUMMER FUN CHALLENGE

Trillium's Neighborhood Connections team challenged day programs and enrichment camps to take part in fun activities and outings. From field days and bowling to aquariums and Olympics watch parties, members had a blast exploring Eastern North Carolina and enjoying summer. See all the fun the summer had to offer on [our Facebook page](#).



##### ONE COMMUNITY JOINS NEIGHBORS FOR OUT OF THE DARKNESS WALKS

One Community is sponsoring three Out of the Darkness walks this fall. These community walks are a memorial to those lost to suicide, as well as a call to end stigma around mental health and suicide. The [Wilmington Area Walk](#) in Wrightsville Beach is scheduled for Sunday, November 7. The [Onslow County Walk](#) in Jacksonville and the [Northeastern NC Walk](#) in Elizabeth City will take place virtually on Saturday, November 13.

Sign up for an Out of the Darkness walk in your area, and support suicide prevention initiatives and research through donation at the event page links above. As of the end of September, all three walks have raised a total of \$39,961. Let's help them reach and surpass their combined goals of \$60,000!





## NOTEWORTHY:

### MEDICATION DISPOSAL POUCHES AVAILABLE FROM ONE COMMUNITY

One Community is providing free medication disposal pouches to our communities. The pouches keep unused medications out of the hands of children and other vulnerable family members.

Each pouch is able to dispose of 45 pills, six ounces of liquid, or six patches of unused medication simply by dumping the medication in the pouch, adding water, shaking gently, and placing in a normal trash receptacle. Fill out the [request form](#) to dispose of medication safely and securely.



### PITT COUNTY CORRECTIONAL OFFICERS BECOME CIT OFFICERS

Twenty-one correctional officers from the Department of Public Safety graduated from CIT Training in Pitt County. The newly graduated CIT officers heard closing remarks from author and speaker Richard Taylor. Taylor is the author of ["Wrongfully Accused, Rightfully Acquitted,"](#) his true story of being accused and later acquitted for a crime he didn't commit. He spoke with the class about the trauma that offenders experience while behind bars and how difficult it can be to readjust back to society upon release.



### TRILLIUM'S DIRECTOR OF IT OPERATIONS DISCUSSES CYBERSECURITY WITH THE CYBERPHIX PODCAST

Cyber hurricanes have been coming in fast and furious for healthcare organizations over the last several years. Their destructive force has left organizations with operational disruptions, financial loss, and reputational damage that may take years to clean up. Investing in preparation and response capabilities is key to safeguarding health information and operational files.

Patrick Hinnant, Trillium's Director of IT Operations, Facilities, and Emergency Management, sat down with The CyberPHIx podcast, to discuss cyber emergency preparedness for healthcare organizations. Listen to the episode, ["Into the Eye of the Cyber Hurricane,"](#) at The CyberPHIx site or wherever you listen to podcasts.



### TIERED CARE COORDINATION PILOT ACCEPTING REFERRALS

The Tiered Care Coordination (TCC) pilot addresses the high behavioral health needs specific to youth and families involved in child welfare and the juvenile justice system in Pitt County. This family-driven, youth-guided project aims to reduce the need for out-of-home care and return youth to their families or natural community setting. A family's voice and choice are central and supported to meet each family's unique needs and goals.

Referrals are now open for eligible youth and families. To begin the referral process, contact Ashley Hardy for individuals involved with DSS at [ashley.hardy@trilliumnc.org](mailto:ashley.hardy@trilliumnc.org) or Blaire Wright for individuals involved with DJJ at [blaire.wright@trilliumnc.org](mailto:blaire.wright@trilliumnc.org). Find more information and eligibility requirements on the [Tiered Care Coordination pilot page](#).



### PREPARE YOUR ROADMAP2READY THIS HURRICANE SEASON

In 2021, the National Oceanic and Atmospheric Administration predicts a range of 13–20 named storms. Six to 10 of these storms could become hurricanes, with three to five growing to major hurricanes. With such an above-normal hurricane season, it is vital to be prepared.

Trillium's **Roadmap2Ready** is here to prepare our area for storms. Visit and share the [Roadmap2Ready page](#) for information related to our members, providers, and communities.

# Roadmap 2 Ready



## HALIFAX COUNTY TO REALIGN WITH TRILLIUM

The Halifax County Board of Commissioners voted to realign with Trillium from its current managed care organization. Secretary Cohen with the NC Department of Health and Human Services has approved this request and given a launch date of December 1. Halifax County will join our Northern Region and we will announce opportunities to learn more at virtual information sessions soon. [Read the release about Halifax County](#), visit the [Trillium website](#) for updates on the transition, or email [HalifaxCountyInfo@TrilliumNC.org](mailto:HalifaxCountyInfo@TrilliumNC.org) for any questions.

## NEW MY LEARNING CAMPUS COURSES AVAILABLE

New trainings have been added to My Learning Campus. To best support and provide skills to our communities, the following have been added to the platform's wide library of courses:

- Crisis De-Escalation
- Healthy Development in Infants and Young Children
- Healthy Development in School-Age Children
- Responding to Challenging Child Behaviors

Explore these courses and more at [My Learning Campus](#). Registration is quick and free!

## DOING THE WORK OF DIVERSITY, EQUITY, AND INCLUSION IN OUR COMMUNITIES

Trillium intends to be a leader in diversity, equity, and inclusion, both internally and in the communities we serve. This includes creating actions that support this goal:

**Among our communities.** Trillium's One Community program works diligently to reduce gaps in health care access and remove barriers to care. Trillium staff continue to be present at community events and going door-to-door to literally bring information about services directly to members, recipients, and community members.

**Among our community partners.** Our community partners are also a vital part of this work. First responders and educators across our counties can take part in Crisis Intervention Training and Mental Health First Aid. All Children-All Families training to the Therapeutic Foster Care Network supports positive outcomes for LGBTQ youth in the foster care network.

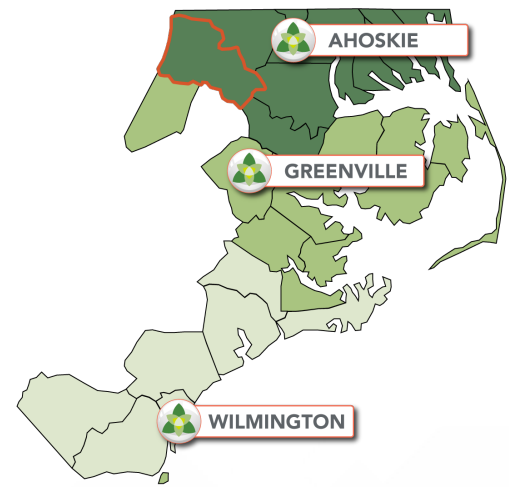
**Among our provider network.** We provide several opportunities for diversity and inclusion training to our network providers. One of the most important is our program on understanding Racial Disparities in Healthcare. In raising awareness and taking action, our network providers can improve outcomes in health care across racial differences.

**Among internal Trillium staff.** Our internal practices and policies support diversity and inclusion for our teams throughout the employee experience. We work best when our staff accurately reflect the communities we serve in representing all races, ages, and genders. Trillium continues to create partnerships with Historically Black Colleges and Universities for recruitment, engage in development opportunities at different career stages, and offer networking groups along multiple dimensions of diversity.

Diversity makes an impact at every level of Trillium, and thus it must be addressed on every level. Whether internally or in our communities, commitment to diversity, equity, and inclusion works to provide more effective, accessible care for our members.

## CHALK ABOUT IT

Thank you to our communities in Greenville, Jacksonville, and Windsor for coming out to "Chalk" with us! Our "Let's Chalk about Mental Health" events helped spread powerful messages of support and acceptance. As National Recovery Month and Suicide Prevention Month come to an end, we want to continue the messages that you are not alone, and that EVERYONE deserves to experience hope and recovery.





# NATIONAL HISPANIC HERITAGE MONTH

¿TE GUSTARÍA  
APRENDER  
ESPAÑOL?

Join us as we  
celebrate the  
wide diversity of  
language, music,  
arts, and food in  
Hispanic culture.

## MONTHLY AWARENESS

### National Hispanic Heritage Month

From September 15 to October 15, Trillium is proud to join voices across the nation exclaiming "¡Bienvenidos al Mes Nacional de la Herencia Hispana!" Welcome to National Hispanic Heritage Month! Throughout this month, we celebrate and highlight the cultures and contributions of Hispanic and Latinx Americans. It has been a month where Hispanic and Latinx change makers, identities, voices, and traditions come together in a beautiful and compelling story of the past, present, and future.

Join us as we continue to share that story on [Trillium's Facebook](#) and [Twitter](#) pages into October, then take a look back at what has already been shared in September.

### A LOOK BACK AT PREVIOUS AWARENESS MONTHS

Suicide Prevention Month was a reminder that prevention is possible. Throughout September, we shared stories of hope and resilience from survivors. We also shared community resources and trainings available, such as the [Mental Health First Aid training](#) and [My Learning Campus](#) courses, that can help us all support our loved ones and neighbors.

Follow us on [Trillium's Facebook](#) and [Twitter](#) pages as we continue to share resources and perspectives that impact everyone across eastern North Carolina.

## RECENT TRILLIUM NEWS RELEASES

[Trillium Health Resources votes to bring Halifax County to catchment area](#) (8/19)

[Trillium Health Resources Awarded Tailored Plan Contract](#) (7/27)

[Trillium Health Resources votes to bring Bladen County to catchment area](#) (7/1)

## 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 Member & Recipient Service Line will remain operational.

### VETERANS' DAY

- Thursday and Friday, November 11 and 12



## UPCOMING EVENTS & OPPORTUNITIES

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

Oct 1, 2021

### TAILORED CARE MANAGEMENT WEBINARS

#### Introduction to Tailored Care Management

The Tailored Care Management 101 webinar series was designed to help develop a shared understanding of the model across the North Carolina provider community (including advanced medical homes and behavioral health, I/DD, and TBI providers) and anyone interested.

[Register for webinar series](#)

Oct 2, 2021

### NAMI Walks for Awareness, Wilmington, NC

19th Annual Walk for Awareness at Long Leaf Park, Wilmington.

[Learn More](#)

Oct 7, 2021

### 2021 I/DD SERVICES CONFERENCE

#### Building Blocks for the Future in Practice: Live webinar

This annual conference continues to encourage an interdisciplinary framework to improve outcomes and increases the quality of life in the I/DD population in North Carolina.

[Learn more and register](#)

Oct 8, 2021

### FINAL SUPPORTED EMPLOYMENT DEFINITION I/DD & TBI

#### NC Medicaid and State-Funded Service Update webinar

NC Medicaid and the Division of Mental Health, Developmental Disabilities, and Substance Abuse Services is hosting an informational session for stakeholders.

- **Access code:** 2420 447 1073

- **Event password:**

3HApiHkxi84

[Event link for attendees](#)

Oct 9, 2021

### NAMI NC 2021 ANNUAL CONFERENCE

The theme of the 2021 NAMI NC Annual Conference is "Growth and Grace." Presenters will offer sessions related to enriching mental health in anxious times, balancing mental health with social justice, and a variety of other important—and sometimes controversial—issues that we face.

[More Information](#)

Oct 9, 2021

### HILL DAY AT HOME

Hill Day at Home is your opportunity to urge lawmakers to invest in lifesaving funding for mental health and substance use treatment programs—from your computer, without ever leaving the comfort of your home or office!

[Details and Registration](#)

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