

Here is how Trillium can help

Trillium's Mobile Integrated Care Units

Trillium has partnered with certain providers to bring Mobile Integrated Care Units to people living in some of the more rural areas we serve.

While specific services at each mobile unit may be different based on the provider or local needs, you can find the following:

- Mental health screenings
- Substance use disorder treatment
- Traditional therapy
- Assertive outreach
- Medication management via telemedicine
- Care management
- Peer support
- Crisis and disaster response

As the needs of communities develop, clinics may also offer physical health services, like general health checkups and vaccinations for flu or pneumonia.

To see schedules and locations for the Mobile Integrated Care Units, go to: [trilliumhealthresources.org/regional-operations/mobile-integrated-care-units](https://www.trilliumhealthresources.org/regional-operations/mobile-integrated-care-units)

Trillium Access Point

Taking care of your health means paying attention to your body and mind.

Trillium offers an online program for you to find answers to some of your questions. Go to [trilliumaccesspoint.org](https://www.trilliumaccesspoint.org) to take a brief, confidential screening that covers several conditions.

You do not have to give your name or provide any other personal details. By answering a few simple questions, you can learn more about what you or someone you know may be going through—and get recommendations for possible treatments or other action.



REGIONAL OFFICES

Northern Regional Office

144 Community College Rd.
Ahoskie, NC 27910-8047

Central Regional Office

201 West First Street
Greenville, NC 27858-1132

Southern Regional Office

3809 Shipyard Blvd.
Wilmington, NC 28403-6150

Behavioral Health Crisis Line

1-888-302-0738

www.TrilliumHealthResources.org

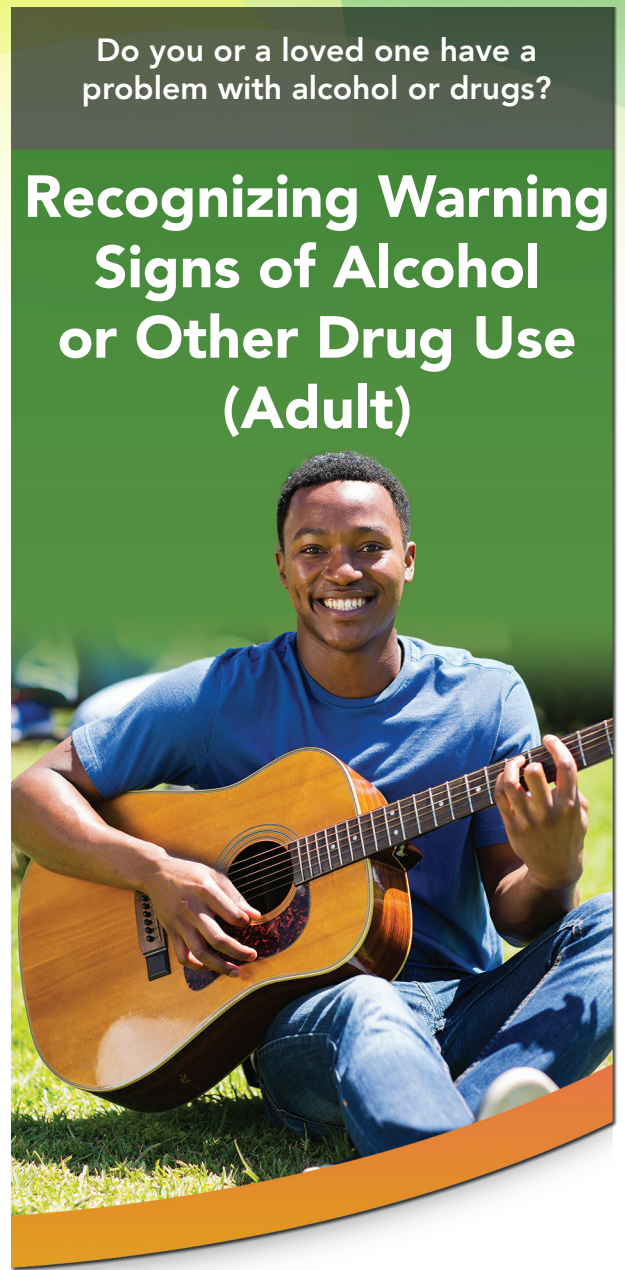
Trillium Health Resources is a Local Management Entity/Managed Care Organization (LME/MCO).

We are designated by the NC Department of Health & Human Services to oversee state and federally funded services for 28 counties in eastern North Carolina.

Trillium is responsible for providing access to and oversight of services for individuals who receive Medicaid or state funding for their care. Trillium complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, sex, sexual orientation, or gender identity.

Trillium requires priority admission to all women who are pregnant and injecting drugs, pregnant and using substances, and other individuals who are injecting drugs. Trillium does not publish materials or share information that is intimidating, misleading, or inaccurate.

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Wondering if there is a problem?

This pamphlet will help you recognize when warning signs become something to worry about and how to reach out to get help.

Very often an alcohol or problem with drugs develops gradually. What starts off as weekend drinking or using can become more frequent especially if there are other problems going on that are making life difficult. There are many signs that indicate an alcohol or drug problem. Usually, a combination of these things are happening at the same time. It is important to look at a pattern in these things as a problem starts to develop.

Have you found yourself...

- Worrying about your loved one's alcohol or drug use?
- Lying or making excuses for your loved one's behavior?
- Withdrawing from your loved one?
- Thinking about or acting on the urge to call the police when your loved one uses alcohol or drugs or you become aware they are using illegal means to obtain alcohol or drugs?

Have you noticed any of these things happening to your loved one?

- Being drunk or high on a regular basis
- Drinking or drug use beyond normal amounts on a regular basis
- Feeling sick after drinking or drug use
- Drinking alone, in the mornings
- Lack of control over how much they drink or use
- Taking risks or taking part in risky behaviors
- Preferring to drink or use alone
- Changes in their appearance as health declines
- Choosing to drink or use drugs rather than eat meals
- Anxiety, depression, or insomnia
- Blacking out frequently when drinking too much on a regular basis. (Blackouts are not passing out but memory lapses when drunk or high)

Have you observed any of the following?

- Problems or difficulties at work or school
- Poor work performance
- Changes in physical appearance
- Changes in behaviors
- Drastic changes in relationships
- Loss of energy or motivation
- Issues with managing money
- Changes in appetite
- Bloodshot eyes, poor skin tone, and appearing tired or run down
- Defensiveness when asked about alcohol or substance use
- Legal issues from buying or possessing illegal drugs

Are you worried about your own alcohol or drug use?

These simple questions can be used to identify a drinking or drug problem.

Ask yourself the following:

1. Have you ever felt you ought to cut down on your drinking or drug use?
2. Have people annoyed you by criticizing your drinking or drug use?
3. Have you felt bad or guilty about your drinking or drug use?
4. Have you ever had a drink or used drugs first thing in the morning to steady your nerves or to get rid of a hangover (eye-opener)?

If you answered yes to 2 or more, there is a high level of concern for a problem or addiction and it is time for you to seek help.

Sources: Ackerman, K. (n.d.). 11 Warning Signs of Developing Alcoholism. American Addiction Centers: Alcohol.org. Retrieved from 11 Warning Signs of an Alcohol Problem | Alcohol.org on 10/13/2022. American Addictions Centers. (n.d.). CAGE Questionnaire (4 Questions to Screen for Alcoholism). Updated 11/19/2021. Retrieved from CAGE Questionnaire (4 Questions to Screen for Alcoholism) (americanaddictioncenters.org) on 10/13/2022. American Addiction Centers. (n.d.). Signs of Drug Use & Addiction: How To Tell if Someone Is On Drugs. Updated 9/14/2022.

Are you worried about someone's use of opioid drugs?

Opioids can be a prescription drug like oxycodone or it can be an illicit opioid like heroin or Fentanyl.

Are you aware if the individual...

- Regularly takes an opioid in a way not intended by the doctor; takes more than the prescribed dose?
- Takes opioids "just in case," even when not in pain?
- Has mood changes, including mood swings from happiness to anger and hostility?
- Has changes in their sleep patterns?
- "Borrows" medication from other people or "loses" medications so more prescriptions must be written?
- Seems consistently high or has signs of drowsiness, extreme happiness, depression, constipation, pinpoint pupils, confusion, changes in appetite, or decreased breathing?
- Experiences withdrawal symptoms, which may appear as severe flu symptoms like nausea, diarrhea, vomiting, or sweating when unable to take the drug?
- Has increased the drug use or the way they use it over time, i.e., crushing and snorting it?
- Has more than one doctor prescribing pain medications?
- Acts as if the pain medications or opioid drugs are more important than their work, school, friends, or family?
- Has ever suffered an overdose or been treated with Narcan for an overdose?

Sources: Retrieved from Signs of Drug Use & Addiction: How To Tell if Someone Is On Drugs (americanaddictioncenters.org) on 10/13/2022. Mayo Clinic. (5/9/2018). How to Tell if a Loved One is Abusing Opioids. Retrieved from How to tell if a loved one is abusing opioids—Mayo Clinic on 10/13/2022. Substance Abuse and Mental Health Services Administration. (January 2008). TIP 24: A Guide to Substance Abuse Services for Primary Care Clinicians. Publication ID: SMA08-4075. Retrieved from TIP 24: A Guide to Substance Abuse Services for Primary Care Clinicians | SAMHSA Publications and Digital Products on 10/13/2022.