



Transforming Lives. Building Community Well-Being.

MEMBER AND STAKEHOLDER COMMUNICATION BULLETIN #28

To: All Trillium Members/Recipients and Stakeholders
From: Cindy Ehlers, Executive Vice President
Date: January 24, 2022
Subject: SMART Goals, Welcome to Bladen County, Follow us on Instagram, Victory Junction Applications Open

Trillium Health Resources is pleased to announce that we are one of six managed care organizations awarded a Behavioral Health Intellectual/Developmental Disability (I/DD) Tailored Plan contract to serve members and recipients in our region. Tailored Plans will coordinate integrated services for physical and serious behavioral health care needs. Please note that NC DHHS recently announced a new launch date of **December 1, 2022**.

Medicaid members and state-funded recipients do not need to do anything at this time. As we approach the launch date, we will share opportunities for members and recipients to learn about changes to procedures, new services available, and what to expect. Please follow our website or social media pages, and sign up to receive [text messages](#).

Trillium shares information with our members, their families or guardians, and our community stakeholders in a variety of ways, including this Member and Stakeholder Communication Bulletin. If you were forwarded this email and have not signed up to receive these notifications, you can do it on the link below.

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SMART GOALS

The New Year is here! And with that comes reflection on the past year and the chance to make changes for a healthier and happier you. Making a resolution in January gives you a jump-start on getting what you want, often paving the way for a fresh start. But truth be told, many resolutions will fail. So how do you dodge this pothole and keep those resolutions on track? Check out the tips below for making **SMART** goals that can get you where you want to be:



- Specific:** make your goal clear and detailed--this keeps you focused
- Measureable:** make your progress trackable--this keeps you motivated
- Achievable:** make it realistic and attainable--this keeps you hopeful



Member & Recipient Service Line - 877-685-2415
Business & Administrative Matters - 866-998-2597

[TrilliumHealthResources.org](https://www.TrilliumHealthResources.org)

Relevant: make it matter to you--this gives you control

Time-bound: have a target date--this gives you something to work towards

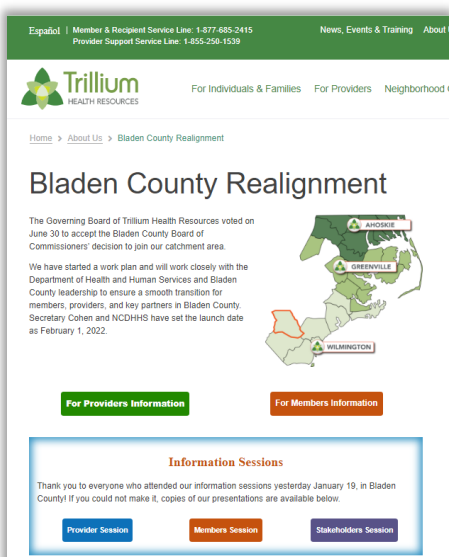
Perhaps your main goal this year is related to fitness? Using the SMART goal strategy above, your goal may look something like this: I will take a 30 minute walk after dinner, three days a week, throughout the year.

Perhaps your main goal this year is related to preventative care? Again, using the SMART goal strategy above, your goal may be: I will schedule and attend my annual wellness visit with my doctor by March.

Or perhaps your main goal this year is related to follow-up care? Your goal could be: I will keep and attend each of my scheduled follow-up appointments throughout 2022.

Remember to remain confident, positive, and patient with your 2022 SMART goals, as you'll soon be on your way to a healthier and happier you!

WELCOME TO BLADEN COUNTY ON FEBRUARY 1!

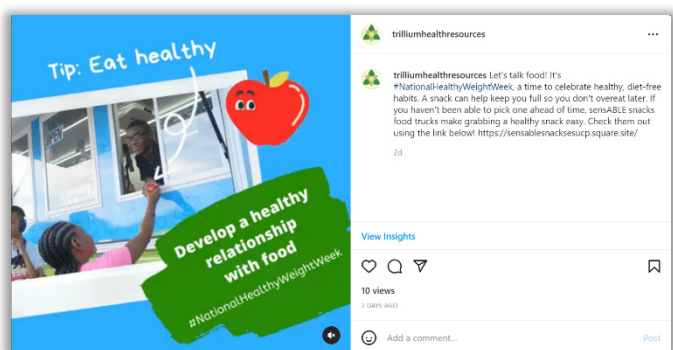


We look forward to soon welcoming residents in Bladen County! On February 1, we will start serving anyone receiving behavioral health or I/DD services from Medicaid or State funds and living in Bladen County. Letters have been mailed to members in Bladen County, and you can learn more on our [website by clicking here](#). We hosted information sessions on January 19; if you could not attend, the presentations have been posted on our website.

Please email Bladen@TrilliumNC.org or call us at 1-877-685-2415 if you have questions about accessing your same provider or services.

FOLLOW US ON INSTAGRAM

You can follow us on Facebook, Twitter, and now Instagram! We have expanded our social media presence and are excited to share more opportunities, events, and stories on this platform. If you have an Instagram account, follow us @TrilliumHealthResources!



VICTORY JUNCTION APPLICATIONS OPEN!

WE ARE CURRENTLY ACCEPTING APPLICATIONS

Victory Junction is back in 2022! Spots are filling up fast but there are still some left for you and your family to join! If you haven't submitted your interest form yet or if you received an application from Victory Junction but haven't started...submit it today! Don't miss out this spring!

Victory Junction enriches the lives of children with serious illness by providing life-changing camping experiences that are exciting, fun, and empowering at no cost to children or their families.



[Register now](#) for the weekends of **April 8-10**, and **April 22-24**.

As always, members may contact our Call Center 24 hours a day through our **Member and Recipient Service Line at 1-877-685-2415**. The health, safety, and overall well-being of our community is first and foremost in everything we do. To learn more, please check out [our website](#), follow us on [social media](#), or give us a call if you have any questions.

Any questions about this Communication Bulletin may be sent to the following email: MemberEngagement@TrilliumNC.org. These questions will be answered in a Q&A format and published on Trillium's website.