



## Message from our CEO

As the Coronavirus (COVID-19) pandemic continues to have a widespread impact within our community, ACTS will strive to maintain the continuity of our operations by offering those in the community access to care and services. We are an essential organization providing co-occurring substance use and mental health services in the Tampa Bay area for over 40 years. We are almost fully operational with a few program modifications, which [you can see here](#). I am proud to say that our outpatient team is now holding sessions virtually, so we can still meet our clients' needs during this trying time. Our top priority is for clients and staff to be safe from the spread of COVID-19. Remember, we are all in this together, and ACTS will be here every step of the way making sure our clients receive the quality treatment they have come to expect from ACTS. I am so proud to lead this agency and am thankful for my team who has stepped up to help our clients. Finally, it is my hope that you and your loved ones remain healthy and safe during this difficult time. Together, as a community, we will get through this.



Asha Terminello  
ACTS CEO

## ACTS Celebrated Employee Appreciation Day

For National Employee Appreciation Day on March 6, ACTS Senior Management team visited each location with water bottles and healthy snacks to thank staff for their hard work and effort all year long. "The staff at ACTS is our most important asset – without our dedicated staff, we wouldn't be able to focus on helping our clients recover from substance use issues," said Asha Terminello, ACTS CEO. Thank you, team!



## Meet Elly Zelazny

Ellyze (Elly) Zelazny works as a Health Coach for ACTS. In her role, Elly performs health screenings on clients while they are in treatment. Elly's assigned to screen clients at the Adult Addictions Receiving Facility in Tampa. Elly meets with clients at the AARF and talks to them about their health and safe sex, since they are potentially in a high risk group. All adult clients are tested for HIV and receive their results immediately. If their results are negative, Elly talks to them about being retested in 3 – 6 months. If the results are positive, Elly notifies the Department of Health who comes to the facility and retests the clients and provides them with resources moving forward. "I really enjoy meeting the different people at the AARF on a daily basis," said Elly. "I like hearing their stories and just listening to new people." To find out other locations ACTS Health Coaches visit, [click here](#).



## 3 Tips to Help You Stay Sober During COVID-19

Sobriety is never easy, but add in a worldwide pandemic, and it makes it even harder. In honor of Alcohol Awareness Month this April, ACTS is sharing tips on how to stay sober during the COVID-19 Outbreak.

**1. Attend a virtual 12-step meeting** - If you usually attend in-person meetings, consider checking out a virtual meeting from [In The Rooms](#). The online platform provides free recovery tools and 130 live online meetings each week for people recovering from addiction and related disorders. Other links for virtual meetings include [AA Online Meetings](#), [Narcotics Anonymous Virtual Meetings](#), [LifeRing Online Meetings](#), [SMART Recovery Online Toolbox](#) and [Women for Sobriety](#).

**2. Stay in touch with your support group** - Even if you're in isolation, remember that your support group, friends and family are only a call, text or video chat away. Make it a part of your new daily routine to initiate some form of contact with the people in your support network. Maybe that means checking in with a parent every morning or scheduling a mid-morning coffee date with a friend over video chat.

**3. Start an exercise routine** - Self-care is important during recovery, and that includes exercise. Research shows that exercising can boost mood, reduce anxiety, lower stress levels, improve your immune system, and so much more. Moving your body every day is a great way to stay healthy mentally and physically. Most gyms and fitness studios are closed right now, but [many companies are streaming fitness classes](#) that you can do in your living room. Exercising every day, even if it's just for 30 minutes, is a great way to occupy your time and improve your mood.

## For More Information

ACTS, Agency for Community Treatment Services, Inc., is a non-profit serving the Tampa Bay area since 1978. As a comprehensive, community-based behavioral health organization, ACTS mission is to apply the best of contemporary physical and behavioral health interventions and social support services available to assist individuals and families to engage and succeed in recovery. Call us today to find out how we can help you - 813.246.4899 or visit us online at [www.actsfl.org](http://www.actsfl.org).

