



Message from our CEO

May is Mental Health Awareness Month! As a behavioral health agency, ACTS is pleased to join others to raise awareness of trauma and the impact it can have on the physical, emotional and mental well-being of children, families and communities. This is a good time to showcase our two Intermediate Care Programs in Hillsborough County. We are proud to partner with the Hillsborough County Health Care Services Department to serve individuals diagnosed with a mental illness with or without a substance use disorder. Residents will receive care for 60 to 120 days and will be linked to appropriate long term services upon discharge. Below in this newsletter, you will get an opportunity to view a virtual tour of this unique program. Also, in recognition of Mental Health Awareness Month, we are sharing 10 common mental health warning signs to look for in yourself and loved ones. As a full-service behavioral health care agency, ACTS is here to help you – we are only a phone call or visit away.



Asha Terminello
ACTS CEO

See Our New Intermediate Care Program in Tampa



**Intermediate Care Program
at 131st Ave.**

Agency for Community Treatment Services, Inc.

Due to the COVID-19 pandemic, ACTS couldn't hold an open house like we wanted to highlight our new Intermediate Care Program located on 131st Ave. in Tampa. Please click the picture to the left to view the video and to see the facility and meet key staff members. If you have questions or would like to make a referral to the program, call us at 813.971.4010.

ACTS Virtual Lunch and Learn - May 26

When someone is struggling with an alcohol/drug problem the whole family is affected. If you are not sure what to do or how you can help, please join us in learning more about addictions/mental illness and the ways that you might be able to help at our free Virtual Family Resource Lunch & Learn event. Topics to be discussed include:

- Addiction
- Treatment Options
- Detox Services
- Medication Assisted Treatment
- Marchman Act
- Al-Anon/Community Support Groups

ACTS Family Resource Lunch & Learn is scheduled virtually for **Wednesday, May 26 from Noon - 1 p.m.** Call 813.246.4899 or email AJuno@actsfl.org by Tuesday, May 25 to RSVP and for the link.



May is Mental Health Awareness Month

Mental health conditions have 10 common warning signs that should be taken seriously. If you or someone you know experiences one or more of these signs, you should talk with trusted family, peers or mentors and seek assistance. ACTS is here to help – call us at 813.246.4899.

1. Feeling very sad or withdrawn for more than two weeks
2. Severe, out-of-control risk-taking behaviors
3. Sudden overwhelming fear for no reason
4. Not eating, throwing up or using laxatives to lose weight
5. Seeing, hearing or believing things that are not real
6. Repeatedly and excessively using drugs or alcohol
7. Drastic changes in mood, behavior, personality or sleeping habits
8. Extreme difficulty in concentrating or staying still
9. Intense worries or fears that get in the way of daily activities
10. Trying to harm oneself or planning to do so

Source: NAMI

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.

