



CFBHN Films Educational Video at JARF

Thanks to Central Florida Behavioral Health Network for choosing ACTS Juvenile Addiction Receiving Facility to feature in upcoming educational videos about the detox process. Staff members met with the CFBHN and video team and gave an inside look at a stay at the facility. Currently, there are 10 beds for youth with substance use or mental health issues. To learn more about this program, and how we can help your teen, call 813.246.4899.



ACTS Participates in Homeless Outreach

ACTS Housing Team participated in the quarterly Community Outreach sponsored by local law enforcement agencies. The ACTS team talked to more than 50 individuals, and offered free drug and alcohol screenings. To those who needed it, the housing team provided NARCAN, as well as information on how to secure housing. If you are holding an event in the future and would like ACTS to participate, call 813.246.4899.



Meet Lonnie James

One of ACTS longest tenured employees is Lonnie James, who has been part of the agency for 27 years. Through the years he has held many different roles including direct care worker, program supervisor, and property manager – today, he helps oversee ACTS Bridge Housing Program. The Bridge Housing Program serves as an emergency shelter for residents of Hillsborough County up to 90 days and includes 15 beds at ACTS Assisted Living Facility on Nebraska Ave., 30 beds at ACTS Drew Park campus, and 8 offsite apartments for families scattered in Tampa. “One of my favorite parts of my job is I get to help people every day,” said Lonnie. “Our goal at the Bridge Program is to get our residents ready for permanent housing within 90 days, and helping them with their substance use and mental health while they are here.” To learn more about what Lonnie does, [click here](#).

4 Tips to Stay Sober this 4th!

This summer holiday is known for beach parties, barbecues and fireworks; but it's also known for its staggering statistics in drinking and driving fatalities. Here are 4 tips to help stay sober this July 4th!

- 1. Bring your own non-alcoholic drinks** - By bringing your own non-alcoholic beverages not only do you let your host know you're not going to partake in alcohol, but you also have a beverage you enjoy and don't have to worry about relapsing or making the wrong choice to get behind the wheel after drinking.
- 2. Plan a “script”** - Before you leave for the party or BBQ, brainstorm answers to any of the triggering questions you anticipate you'll be asked, and then practice your responses in front of the mirror. Rehearse how you'll answer questions like “Can I get you a beer?” and “Why aren't you drinking?” so that you won't be caught off guard.
- 3. Prepare an exit strategy** - If a situation starts to become too much to handle, you'll need to be able to politely excuse yourself. Plan ahead by preparing an excuse, bringing your own car and arranging for a sober friend to periodically call in to check on you.
- 4. Practice self care** - Remember to practice “H.A.L.T”— periodically check in with yourself to make sure you're not too Hungry Angry Lonely or Tired. Get plenty of rest before and after big day and don't forget that exercise is your friend! Working out boosts endorphins and can help burn off any nervous energy you may be feeling.

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.

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