



Message from our CEO

During the month of June, we were able to start our second phase of reopening from Covid-19, marked by updated staff trainings and a mandate for all staff to wear masks across the organization. As we have seen a spike in cases in the communities we serve, we are pausing further reopening efforts and focusing instead on ramping up our infection prevention strategies. It is important we remain vigilant. Evidence shows that masks, social distancing, routine cleaning, and good hand hygiene are key to stemming the spread. I would like to thank our staff again for their continued commitment to keeping ACTS clients and employees safe from COVID-19. By the end of summer, we hope to be able to start our next phase of reopening, which will include resumption of visitation at our residential programs and in person meetings for staff and the individuals we serve. July is the start of the new fiscal year, and we are mindful of the economic challenges we potentially face this upcoming year. One of my goals when I became CEO was to provide competitive pay for our employees. This past year, we brought up compensation to market rates. I am proud to say that this month, ACTS was able to provide a cost of living increase to every eligible staff member. ACTS employees are our most important asset and without each staff member, we would be unable to provide quality treatment care to our clients. Please continue to stay safe and well.



Asha Terminello
ACTS CEO

ACTS Hosting Blood Drives

ACTS is hosting two blood drives in July through OneBlood for our staff and community. To donate blood, you must be in good health, 16 years of age (16-year-olds need a completed and signed Parental Consent Form) or older, and weigh a minimum of 110 pounds. All donors will receive a FREE Canvas Bag and a wellness checkup including blood pressure, temperature, iron count, pulse and cholesterol screening! Also, for all successful donors, a free COVID-19 antibody test will be provided. Dates include:

- [July 14 from 11 a.m. – 4 p.m.](#) at Agency for Community Treatment Services, Inc. (4612 N. 56th St. in Tampa)
- [July 15 from noon – 5 p.m.](#) at ACTS Firemen's Hall (201 E. Yukon St. in Tampa)

Click the date above that works best for your schedule to pick an appointment time.



Meet Kaitlin Kavalor

Kaitlin Kavalor, a Behavioral Health Technician at the Keystone Addictions Receiving Facility, started with ACTS in February 2020 – right before the Coronavirus pandemic took hold of daily life. “It’s been an interesting time to transition to a healthcare career,” said Kaitlin. As a BHT, Kaitlin regularly interacts with clients at the 10-bed program, which is on the same campus as the Keystone Residential Treatment Program. “My favorite part of the job is listening to the clients,” said Kaitlin. “When they come in, some of them are at the lowest points of their lives, and then I see them once they are in the Residential Treatment program, and they look like a completely new person.” Clients stay at the program for typically 4 – 5 days, said Kaitlin and on an average 50 – 60 people go through the program in a month. “I love helping the clients,” said Kaitlin. “If I can impact one person, then I have done my job.” To find out more about the KARE, and a typical day at the facility, [click here](#).



4 Tips to Stay Sober this 4th!

Even though bars might be closed this July 4th in Florida, the holiday is 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 a 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.

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.

