



September is Recovery Month – Tips on How to Support Someone in Recovery.

According to the National Survey on Drug Use and Health (NSDUH), approximately 8.5 million adults aged 18 or older had both a mental and substance use disorder in 2017. Moreover, drug overdoses took more than 72,000 American lives in 2017, according to a report from the Centers for Disease Control and Prevention (CDC). That's more than 1,300 deaths per week. By working to promote recovery, not only would the healthcare community save lives, but it would also benefit from a lower cost burden. Here are seven tips on how to support someone in recovery from addiction:



- 1. Don't Judge:** Many people in recovery feel judged by their family and friends. Accept them for who they are and refrain from negativity and criticism.
- 2. Be Patient:** Recovery is a long and complicated process. People often have setbacks. It's important for them to know that you will still support them when things get tough.
- 3. Reinforce that Recovery is Possible:** Like other chronic diseases, people can manage addictions successfully.
- 4. Actively Listen:** Take notice of your loved one's victories and struggles. Offer encouragement as needed for a healthy lifestyle.
- 5. Encourage Healthy Habits:** Cooking, exercising and playing games are all positive, substance-free activities you can do with a person in recovery.
- 6. Suggest a Support Group:** Support groups allow people in recovery to interact with and receive encouragement from others who struggle with addiction.
- 7. Take Care of Yourself:** Join a support group for friends and families of people with addictions to feel less alone.

ARC Holds Open House

In August, ACTS Amethyst Respite Center held a “Donut Drop-In” Open House that was attended by more than 50 people to showcase the ARC during its 10th anniversary. “The ARC was a precursor for law enforcement to the Central Receiving Facility,” said ACTS CEO Asha Terminello. “The ARC is a safe place that law enforcement can bring individuals to divert them from jail, the ER or a crisis unit.” To see pictures from the event, [click here](#). To learn more about the ARC, call 813.879.0494 or [click here](#).



HCSO Starts New Amnesty Program

The Hillsborough County Sheriff's Office will allow anyone voluntarily seeking drug addiction treatment to drop off drugs at any of their stations without getting in legal trouble. For the treatment part, HCSO reached out to community healthcare providers like ACTS, who deal directly with the drug-dependent community. ACTS CEO Asha Terminello was interviewed



by WTSP Channel 10 in August talking about the program. "I am honored to be a part of a community where the sheriff's office has taken the initiative to decriminalize substance abuse disorders. That's super important and we've been struggling to get to this day for a long time," said Asha. To learn more about this program and to watch the story, [click here](#).

ACTS Receive CARF Certification

ACTS recently received notice from Commission on Accreditation of Rehabilitation Facilities (CARF) that all previously certified programs were re-certified through June 30, 2022. This includes:

- Detoxification/Withdrawal Management: Adults
- Detoxification/Withdrawal Management: Children and Adolescents
- Diversion/Intervention: Adults
- Out of Home Treatment: Children and Adolescents
- Outpatient Treatment: Adults
- Outpatient Treatment: Children and Adolescents
- Residential Treatment: Adults
- Residential Treatment: Children and Adolescents



In addition, three new programs were certified: Intensive Outpatient Treatment, Community Housing and Supported Living. Four surveyors were at ACTS for three days in June and looked at more than 1,900 standards combined throughout all of the programs. "I am honored to lead an organization that is committed to excellence," said ACTS CEO Asha Terminello. "This year was the most programs that ACTS has had certified by CARF." To learn more about CARF International, [click here](#).

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.

