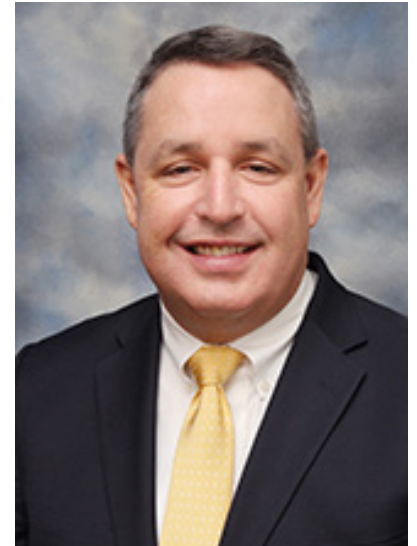




ACTS Welcomes New Interim CEO

ACTS welcomed in January our new interim CEO, John Sheehan. ACTS Board of Directors signed a six month management agreement with Harbor Behavioral Health based out of Toledo, Ohio, where John currently serves as Harbor's CEO. "Behavioral health problems are the number-one chronic disease in our country, yet care in our community has historically been very fragmented," said John. "What we need is a more systemic approach with greater consolidation and coordination. At Harbor, we have strengthened patient access to services and resources in a variety of innovative ways, which I know will translate at ACTS. This is an exciting time for ACTS as we embark on development of a new strategic plan." ACTS former interim CEO Larry Gilley has transitioned into the Strategic Outcomes Officer role at the agency. Welcome, John!



Meet Michele Vaughn and Learn More about ACTS New IOP Initiative

ACTS Outpatient team added a new level of care at the organization with the starting of the Intensive Outpatient Program in mid-January. The outpatient team is collaborating together to provide the best care and sessions for IOP clients. "This new program will give clients intensive treatment to maintain recovery and mental health stability," said Michele Vaughn, Outpatient Therapist, and one of the clinicians involved with the program. Clients attend group and individual sessions three days a week for 3 hours a day for up to 6 months. Michele leads the education component on Wednesdays for IOP. She likes that the program is more structured than regular outpatient care and offers another needed level of care/service for clients. [Click here](#) to learn more about Michele and IOP.



Heart Health and Effects of Illegal Drugs

February is National Heart Month, so we wanted to highlight some adverse cardiovascular effects from using illegal drugs, ranging from abnormal heart rate to heart attacks. Injecting illegal drugs also can lead to cardiovascular problems, such as collapsed veins and bacterial infections of the blood vessels and heart valves.



Many drugs, such as cocaine, heroin and various forms of amphetamine, affect the central nervous system and can alter a user's consciousness. In addition to addiction, the side effects and risks associated with use of these drugs include:

- changes in body temperature, heart rate, and blood pressure
- headaches, abdominal pain, and nausea
- impaired judgment and greater risk of some sexually transmitted infections
- the possibility of added substances (such as talc, poisons, herbicides or other particles) which may cause a toxic reaction.
- heart attacks, seizures, and respiratory arrest

If you or a loved one need help with illegal drugs, call ACTS at 813.246.4899.

Shattering the Myths about Substance Use

ACTS has added 10 videos to our YouTube page solving common myths about alcohol and substance use which were unveiled during National Drug and Alcohol Facts Week at the end of January. Here is a common myth that a person needs to use drugs a long time before it hurts them. Click the photo to the right see the video. To see the other 9 myths, [click here](#).



You have to use drugs for a long time before they can really hurt you.

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.

