



## Message from our CEO

September is Recovery Month and this year's theme is "Recovery is for Everyone: Every Person, Every Family, Every Community." The goal is to remind people in recovery and those who support them, that it belongs to all of us. Recovery Month celebrates individuals going through recovery and recognizes the dedicated workers who provide prevention, treatment and support services that help make recovery possible. All of us, from our co-workers, neighbors, friends and family members, have experienced, throughout our lives, peaks and valleys, both big and small. With strength, support and hope from the people we love, everyone remains resilient. ACTS has made and continues to make a difference in the lives of the individuals served through treatment and recovery for almost 45 years. Our dedicated staff help transform the people we serve by inspiring hope and fostering recovery; and for that I am forever grateful. Below in this newsletter, we share tips on how to support someone in recovery. ACTS provides a complete system of care to help anyone impacted by substance use disorders. Please do not hesitate to reach out to us.



Asha Pereyra  
ACTS CEO

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

It's a dramatic scene frequently repeated on television and movies — someone gets fed up with their friend or family member's addiction, drives them to a drug treatment center, and says they'll be back in a few months. Getting your loved one to a treatment center is only the beginning, though. For treatment to succeed in the long term, 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.

## Meet Kerry Bittrich

Kerry Bittrich is the Program Director of the Hillsborough County Juvenile Assessment Center (JAC), which serves as the central receiving location for law enforcement to bring youth who offend. The typical age for a youth brought to the JAC is 12 – 17. Monthly about 200+ youth are brought in by law enforcement. Charges run the gamut from battery and burglary all the way to homicide. “Anything an adult can do, a youth can do also,” said Kerry. Youth are typically at the JAC for less than 6 hours. Previously, she has held several other positions at the JAC. “I started as an intake specialist almost 5 years ago, and moved into becoming a health coach,” Kerry said. “My next position was the supervisor overseeing the health coaches, and now I oversee the entire JAC location.” She enjoys that every day is different and also seeing the JAC staff grow and thrive in their roles. “Everyone at the JAC wants the best for the youth who come to us and help them succeed so hopefully we don’t see them again,” Kerry said. “It’s a great feeling to know that we can help a youth because they are so malleable.” The JAC also offers to the community The Olivia Project, which is a prevention program for youth that have not been previously arrested. To learn more about [the JAC](#) or [the Olivia Project](#), call 813.936.9099.



## ACTS Staff Learning at Conferences

ACTS staff had a busy August learning on how to better care for the people we serve. ACTS leadership and program directors took part in a three-day conference hosted by Florida Behavioral Health Association with other treatment providers throughout the state in mid-August in Orlando. “The opportunity to hear from top notch speakers about behavioral health is something that all our leaders can benefit from and share with their teams back locally to grow,” said ACTS CEO Asha Pereyra.

Later in the month, ACTS was a sponsor of the 10th annual Drug Prevention Summit hosted in Tampa by Drug Free America Foundation and Hillsborough County Anti-Drug Alliance. This two-day event brought prevention leaders from around the state to learn from experts in preventing substance use. Pictured here is the ACTS staff who attended the event locally.



## 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](http://www.actsfl.org).

