



April is Alcohol Awareness Month

Drinking too much alcohol increases people's risk of injuries, violence, drowning, liver disease, and some types of cancer. This April, during Alcohol Awareness Month, ACTS encourages you to educate yourself and your loved ones about the dangers of drinking too much. If you are drinking too much, you can improve your health by cutting back or quitting. Here are some strategies to help you cut back or stop drinking:

- Limit your drinking to no more than 1 drink a day for women or 2 drinks a day for men.
- Keep track of how much you drink.
- Choose a day each week when you will not drink.
- Don't drink when you are upset.
- Limit the amount of alcohol you keep at home.
- Avoid places where people drink a lot.
- Make a list of reasons not to drink.

We recently added to our website a free screening you can take to see if you have a drinking problem or need further assessment. [Click here](#) to take it.

CFBHN Dedicates Conference Center

On Friday, March 30, Central Florida Behavioral Health Network dedicated its Conference Center in memory of Richard Brown, ACTS former CEO, who passed away in December 2017. "Along with Bill Janes, Richard picked me to lead the development of CFBHN and acted as my mentor. He was a respected leader and became a dear friend. It is appropriate that he is recognized as a Board Member Emeritus and that the conference center that will support and train the next generation of leaders is dedicated in his name," said Linda McKinnon, President and CEO of CFBHN. The Richard Brown Conference Center is located at 8920 Brittany Way in Tampa. Thank you to CFBHN for honoring Richard for being a leader in the field of substance abuse and co-occurring disorder treatment. To see photos from the event, [click here](#).



"Mrs. Faye was helpful to my son because she clearly expressed to him what her expectations were for him in the program and how he can deal with daily expectations we have at home."

Meet Faye Farley

Faye Farley has worked for more than 40 years with children to help them improve their life. For the last 13 years, she has worked for the Juvenile Domestic Violence Intervention Program which is run through ACTS Polk County Juvenile Assessment Center. The program provides 12 weeks of counseling, prevention and intervention services after a youth has been arrested for a domestic violence offense in Polk, Highlands or Hardee County. "80 % of the kids we see have a substance abuse or mental health issue," said Faye. "60% of their parents have an issue." Faye is one of two counselors working in this program, which is the only program like this in the state. Her current caseload is 12 families. She meets weekly with both the family, and also the youth at school. To find out more about this program and see what a typical day for Faye is like [click here](#).

Save the Date - Give Day Tampa Bay May 1, 2018

Have you heard about Give Day Tampa Bay on May 1? It's a day where you can show your support for all the good work nonprofits do in the Tampa Bay community by donating to your favorite nonprofit organization. All the money stays right here in Tampa Bay. ACTS is once again taking part and raising money to help further our mission of helping individuals and families engage and succeed in recovery from substance abuse issues. [Click here](#) to learn more:

<https://givedaytampabay.razoo.com/story/Actsfl>



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.