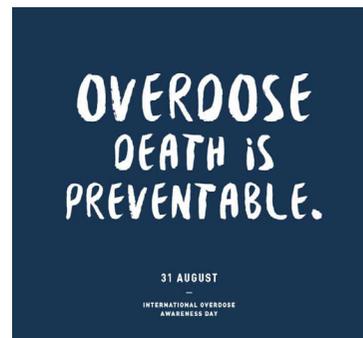




Do You Know What An Overdose Looks Like?

August 31 is International Overdose Awareness Day. In January 2017, the Center for Disease Control estimated that the number of people in the USA who had died from overdose in the previous year was 64,070. Here are common signs of overdose for opioid drugs:

- No response to stimuli
- Shallow, labored or no breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs



Overdose symptoms vary depending on substance use. Click to see common overdose signs for [alcohol](#), [depressants](#), [psychoactive substances](#) and [stimulants](#). If you or a loved one have a substance use issue, call us at 813.246.4899 for help.



ACTS at Healthy Hillsborough Events

In July, ACTS participated in Hillsborough County's Healthy Living Programs Open Houses. The first took place in Plant City in mid-July, with another in Tampa on July 28. One more is scheduled for August 4 in Ruskin at the SouthShore Community Resource Center from 10 a.m. – 2 p.m. This free event includes health screenings, Feeding Tampa Bay Mobile Pantry, community health partners, giveaways and kids' activities. [Click the flyer for more information.](#)

Meet Ryan Ingram

Working behind the scenes at ACTS is quality improvement specialist Ryan Ingram. In his role, Ryan is responsible for maintaining the medical records system for the agency, as well as supports the quality improvement department for ACTS maximum performance. Ryan says his favorite part of his job is filling records requests and knowing the importance of HIPAA for the agency. "Medical records for our clients can range from 30 pages to well over 300 pages. When I get a request, I like to drill down to what part of the record is really needed for our clients, staff or other agencies who request the record," said Ryan. ACTS implemented recently on its website a new page where people can [request records online](#). "On a typical day, I get 6 or 7 medical records request a day – the website helps streamline the process and makes it easier for people to get their records."



To find out more about Ryan and his most memorable experience at ACTS, [click here.](#)

Recovery Support Group Makes Vision Boards

In one of ACTS Recovery Support Groups, clients created vision boards for what they want for their future. "This was an amazing project I did with my group. It took us a few weeks. But to listen to them share their final project with their peers had me speechless," said Recovery Support Specialist Amy Morris. For more information about groups offered to clients in recovery, call us at 813.246.4899.



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.