



Message from our CEO

As the year winds down, ACTS has a lot to be thankful for this holiday season. Throughout the pandemic, our staff worked together in ways I never thought possible. We kept our doors open and continued serving the community day in and day out. In addition, we implemented a telehealth platform to continue to assist persons served. In 2021, we will expand our adult residential services in the Tampa Bay area for those with both mental health and substance use disorders. Also, we will add a new program for foster care girls in the Juvenile Justice System in Broward County. I am grateful that ACTS continues to provide valuable resources in our community. I wish you and your loved ones a season of joy, happiness and health through the coming year.



Asha Terminello
ACTS CEO

Help ACTS Clients this Holiday Season

Today is Giving Tuesday - consider supporting ACTS and our clients this holiday season. Soon ACTS will send our Holiday Appeal to buy gifts for clients in our care during the holidays. This year, we have:

- 10 aging out adolescent girls (13-17 years) in our foster care group home facilities
- 77 previously homeless adults in our transitional housing program (24 being veterans)
- 50 people (10 youth ages 12-17 and 40 adults) in our emergency detoxification services
- 90 individuals (10 youth and 80 adults, including 20 veterans) in our residential recovery programs
- 30 adults in Respite Recovery Care
- 237 adults in supportive housing programs

To make a donation to help buy gifts for people in recovery, [click here](#).



Meet Jerome Alexander

One of the newer programs at ACTS is the Early Jail Diversion Program. The goal of this program is to provide an alternative to incarceration using a team approach that includes a case manager, therapist and peer support specialist. Jerome Alexander is the Peer Support Specialist for EJD, and he has worked at ACTS for almost five years. Before he was in his current role, he worked at the Amethyst Respite Center as a driver and behavioral health technician. In his peer support role, Jerome is in the field a lot meeting with clients and is on-call 24/7 for clients who need help. “I really enjoy what I do working with the clients and helping them find the resources they need,” said Jerome. “This job helps my compassionate nature feel like I am making a difference. One of my true passions is helping the homeless, and a lot of the clients in this program are homeless.” The EJD program is funded through a SAMHSA grant and works in collaboration with Hillsborough County and USF. The program has room for up to 40 clients at a time. “We can help more people stay out of the law enforcement system if they use the program.” [Click here](#) for eligibility requirements or call 813.295.1043 to make a referral.



Five Tips To Help You Stay Sober This Holiday Season

The following are five tips to help you stay strong and avoid relapse when others are toasting to the season.

- 1. Continue to Attend Meetings** – Many groups have special meetings during the holiday season to share their experience, strength and hope.
- 2. Avoid Familiar Triggers** – Have family and friends who support your recovery available during the holiday season to talk to and spend time with.
- 3. Remove Expectations** – The holidays may look and feel different when you’re in recovery. That’s ok. Don’t get hung up on what used to be or what things should be. Stay focused on doing what you need to now to stay happy and healthy.
- 4. Give To Others** – There are people in your community less fortunate than you. You will be helping not only the needy but also yourself at the same time!
- 5. Enjoy the Season** – Stay in the moment and live one day at a time. This year, enjoy the lights on houses, delight in children opening up gifts, or take a brisk walk while enjoying some of your favorite holiday songs.

ACTS is posting tips twice a week on our social media through New Year’s Day – check out our [Facebook page](#) for tips.

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.

