



ACTS Celebrates the Holidays

The holidays are a busy and festive time at ACTS. For the first time in several years, ACTS held an agency-wide holiday luncheon where staff were able to mingle and enjoy being together before the holidays. Also at the luncheon, ACTS new interim CEO John Sheehan spoke to staff, as did board chair Jim Jacob and outgoing interim CEO Larry Gilley thanking staff for their hard work. Each program also held a special holiday program for clients and residents too during the season. Highlights include parties, special meals and gifts thanks to donations from the community. To see pictures from ACTS main holiday party, [click here](#).



ACTS Receives Grant from Publix Super Market Charities

ACTS Housing Program received a \$10,000 grant from Publix in mid-December to help renovate the kitchen at its Firemen's Hall location. ACTS permanent supportive housing program HEART recently started the HEART to Work, which is designed to assist all of ACTS housing clients with job readiness and job training. The updated kitchen will help teach practical skills in the kitchen, said Jana Balicki, ACTS Chief Housing Administrator. Thank you, Publix Super Market Charities for your generosity!



PUBLIX SUPER MARKETS
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Five Tips on How to Talk to Your Teen about Drugs and Alcohol

January 22 – 27, 2019 is National Drug and Alcohol Facts Week – so ACTS is sharing tips on how to have the substance use talk with your teens.



1. **Start talking to your kids when they are young.** Long before your kids face the pressures of adolescence, they should know your stance on drugs.
2. **Set firm rules and expectations about drugs.** As parents, you need to set expectations and “family rules” around drugs and alcohol use. Be clear and say, drugs are not something we do in our family. Parents’ disapproval is a huge factor in preventing substance use.
3. **Give kids a “way out” of a risky situation.** Give your teen a way to get out of a dangerous or risky situation. Decide on a code word that they can text you, and no questions asked, you will come and get them.
4. **Decide on consequences together.** Talk to your teen about what they think the consequences should be if they are using drugs. Ask them, “What do you think the consequence should be?” That way, there is no surprise about what will happen if they are caught.
5. **Keep communication lines open.** Make sure your child knows that if they make the wrong choice, you’re still there for them. Maintaining an open and non-judgmental line of communication is key to ensuring they keep you in the loop if something is going wrong.

ACTS in the Community

ACTS attended several events in December to help spread the message about recovery services offered by ACTS in the Tampa Bay area. The first was on December 11 for the Tampa Police Department and Hillsborough County Sheriff’s Community Homeless Outreach. At this event, housing team members spoke to more than 60 homeless Hillsborough County residents and shared information about housing and treatment through ACTS. On December 18, ACTS attended Tampa Mayor Bob Buckhorn’s Holiday Party and Non-Profit Showcase at the Florida Aquarium, where ACTS shared information to community members about programs and services offered. To have ACTS attend an event you are hosting in 2019, email informationgroup@actsfl.org.



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.

