



## Message from our CEO

Like the state of Florida, ACTS is implementing a phased approach in returning to normal hours of operations at our programs in order to ensure our clients received the care they need. In Phase 1, which we completed May 31, ACTS formally trained our staff in infectious disease protocols and best practices, started an ad hoc telehealth program, and encouraged social distancing and safe practices when staff are not at work. Starting June 1, we plan to have all staff back at the office, implement to formal telehealth platform, and continue with virtual trainings and meetings for staff. For future phases at an undetermined date, among other things, we will resume internal support groups, transportation services for clients, family visitation at programs and in-person visits of community based clients. Our goal has always been keeping our clients and staff safe from the spread of the Coronavirus. I am so grateful to be able to lead this team at ACTS and know that we are here to help anyone with mental health and substance use disorders.



## Thank You, Little Greek!

ACTS staff and clients at programs in Tampa received a special lunch when [Little Greek New Tampa](#) donated 200 meals to our agency on May 7 thanks to a donation from [Strategic Tax Consulting](#). The meals were delivered to the Juvenile Addictions Receiving Facility, and fed staff at the JARF, HEART, Juvenile Assessment Center, Thonotosassa Youth Residential Treatment, Adult Addictions Receiving Facility, and ACTS administration office. “We would like to thank Little Greek and Strategic Tax Consulting for their generosity donating meals to our frontline staff,” said Asha Terminello, ACTS CEO. “ACTS staff have been coming in day in and day out, and sometimes don’t get the recognition they deserve for their dedication and service helping some of our community’s most vulnerable clients.”



## Meet Will Aurel

Wilquince (Will) Aurel started working at ACTS in October 2017 as a Registered Nurse at the Adult Addictions Receiving Facility in Tampa. One of the main aspects of his job is completing intakes into the facility. In a normal week, Will says he does anywhere between 12- 17 new admissions for the program. “One thing I really enjoy about my job is seeing clients come in and go through the admissions process and then seeing the change they go through while at the AARF,” said Will. “I enjoy what I do and am thankful to be part of a team that provides such a great service in our community.” Admission into the Addictions Receiving Facility can be both voluntary and involuntary through the Marchman Act (law enforcement, physician certificate or court order). “One of my more memorable stories at the AARF was I had a client who when they came in was cursing me – but now that same person is part of the Outpatient Detox program through the AARF, and every time they come in, they apologize to me for their behavior from their initial assessment.” To find out more about the AARF and the services offered there, [click here](#).



## June is Post Traumatic Stress Disorder Month

With all that has been happening in the world lately, the VA has developed a new mobile app called COVID Coach. This free mobile app is designed to help you build resilience, manage stress, and increase your well-being during the coronavirus pandemic. This app provides tools to help you stay connected, navigate parenting or caregiving, and stay healthy while sheltering in place. The app was designed for everyone, not just service members and veterans to support self-care and overall mental health during the pandemic. Features include:

- Education about coping during the pandemic
- Tools for self-care and to improve emotional well-being
- Trackers to check your mood and measure your growth toward personal goals
- Graphs to visualize progress over time

Several of the questionnaires used in COVID Coach, including the PTSD Checklist (PCL-5), are reliable and valid self-report measures used across VA, Department of Defense (DoD), and the community, but they are not intended to replace professional evaluation. The app can be downloaded in both the [iTunes](#) or [Google Play](#) store. If you need to talk to someone, ACTS is here. 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](http://www.actsfl.org).

