



Five Tips to Help Stay Sober

ACTS formed in 1978 as Alcohol Community Treatment Services. Today, alcohol is still one of the main substances that ACTS adult clients count as their substance of choice. In honor of Alcohol Awareness Month this April, ACTS is sharing tips on how to stay sober.

- 1. Find a Solid Support System.** Surround yourself with sober people, as well as people who have your best interests at heart and want to help you be successful. Find a support group in your area, or even someone you can call when you feel tempted.
- 2. Change your Environment.** Ask a loved one or someone you trust to remove any paraphernalia from your house. Try to avoid places that spark feelings of interest toward drinking again.
- 3. Set Goals for the Future.** When you set goals for the future, it will be much easier to manage your temptations when they arise. When you have a sense of why you want to stay sober and all the benefits it will bring to your life, it will be much easier to stay on track.
- 4. Find a moment each day to be thankful.** When we have a strong appreciation for the life we've been given, it's easier to recognize how much we have to be thankful for. Consider starting a gratitude journal and writing down five things each day that make you feel fulfilled and happy.
- 5. Participate in Sober Activities.** Replacing old habits with positive, new habits is critical during your recovery. Sober activities don't have to be boring — there's still plenty of fun to be had without alcohol.



ACTS Celebrates Employee Appreciation Day

For National Employee Appreciation Day on March 1, ACTS Senior Management team visited each location with donuts to thank staff for their hard work and effort all year long. "The staff at ACTS is our most important asset – without our dedicated staff, we wouldn't be able to focus on helping our clients recover from substance use issues," said John Sheehan, ACTS Interim CEO. Thank you, team!



Meet Will Schmidt

The Central Receiving Facility, a partnership between ACTS and Gracepoint, recently celebrated its second anniversary. At the CRF, people experiencing a mental health or substance use crisis are taken there for a single point of access into the behavioral health system of care. ACTS employee Will Schmidt works at the unit as a recovery support specialist in the care coordination team. Will meets with high need and high utilizers to engage them in the recovery process, which he has a unique perspective on because he has been in recovery for 31 years. “Sometimes when I meet with a client, I see someone who is desperate and feel like they have no hope,” said Will. “But after we meet, I see a light in their eyes when I tell them how I can help them with their recovery – that is the greatest gift.” To learn more about Will and his role at the CRF, [click here](#).



ACTS in the Community

ACTS had a busy month sharing information about programs and services available. On March 5, ACTS took part in Hillsborough Community College – Dale Mabry campus Spring Break Safety Fair. The following week, ACTS attended the Community Homeless Outreach hosted by Tampa Police Department, Hillsborough County Sheriff’s Office and other local law enforcement agencies sharing information about services to the homeless community. On March 16, staff from ACTS Keystone location offered more than 125 screenings at Moffitt Cancer Center Men’s Health Forum. Rounding out the month, ACTS Amethyst Respite Center Program Director Lori Provenzano and Nurse Lawrence Brown presented at Service Providers Advisory Network on March 28 during its opioid forum.



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.

