



Message from our CEO

July starts the new fiscal year! While this past year has been our most challenging year yet, we have seen tremendous efforts by our team members to keep our doors opened for the individuals we serve. ACTS remained fully operational since the start of the pandemic. As we look forward to the year ahead, ACTS has several projects that we are focusing on. We are most excited to partner with Tampa Police Department for the new Mental Health Co-Responder Pilot Program where our clinicians will accompany officers on crisis calls. Additionally, our new Intermediate Care Program which started in the spring will be expanded to serve a total of 20 residents this fall. Finally, ACTS is working closely with community partners on the renovation of the Firemen's Hall to become the first psychosocial Clubhouse in Hillsborough County. This July, we welcome the Hillsborough Anti-Drug Alliance as they have relocate to the ACTS Administrative Offices on 56th Street. In closing, please know that I am grateful for the opportunity to continue serving the Tampa Bay area with a full continuum of care for those facing substance use and mental health disorders. I would like to wish each of you a safe and Happy July Fourth, and may each of you continue to remain well.



Asha Terminello
ACTS CEO

See the New ABRINTH Program in Fort Lauderdale



ABRINTH Virtual Tour

Agency for Community Treatment Services, Inc.

ACTS in Fort Lauderdale recently expanded to add the ABRINTH program. ABRINTH stands for ACTS Broward Residential Intensive Teen Home and share its campus with the ARRIS program. ABRINTH provides Behavioral Health Overlay Services for 4 adolescent females ages 13 – 17. Girls referred to the program are both in the foster and juvenile justice system. The goal of the ABRINTH program is for the young women to develop to become mature, responsible and productive adults. Check out this virtual tour of the ABRINTH [here](#).

Meet David Braughton

David Braughton oversees ACTS Adult Addictions Receiving Facility (AARF), which for many adults is the gateway for treatment services. In addition to the traditional Adult Addictions Receiving Facility that offers detox services, the AARF building is also home to ACTS Outpatient Detox (OPD), as well as the Medicated Assisted Treatment (MAT). The AARF can house up to 30 clients in the inpatient facility at a time and typically clients stay for 3-5 days while receiving care. There are also 30 clients at a time in the OPD program, where clients attend 20 hours a week with usual stays being 10-30 days. Currently in the MAT program, there are 135 clients receiving treatment. “At the AARF, we are here for everyone,” said David. “You don’t have to have resources to come here to receive treatment. If you are serious about recovery, our program is here to help start you on your journey.” The AARF is currently located at 2214 E. Henry Ave. in Tampa, and clients can enter treatment both voluntarily or through court order. “For those ready to make a change, you can call us directly at 813.367.2565 to check availability at the unit,” says David. “You can also walk up to our door for a direct admission into the program.” To find out more about the programs offered at the AARF, [click here](#).



4 Tips to Stay Sober this July 4th

This summer holiday is known for beach parties, barbecues and fireworks; but it’s also known for its staggering statistics in drinking and driving fatalities. Here are 4 tips to help stay sober this July 4th!

1. Bring your own non-alcoholic drinks - By bringing your own non-alcoholic beverages not only do you let your host know you’re not going to partake in alcohol, but you also have a beverage you enjoy and don’t have to worry about relapsing or making the wrong choice to get behind the wheel after drinking.

2. Plan a “script” - Before you leave for the party or BBQ, brainstorm answers to any of the triggering questions you anticipate you’ll be asked, and then practice your responses in front of the mirror. Rehearse how you’ll answer questions like “Can I get you a beer?” and “Why aren’t you drinking?” so that you won’t be caught off guard.

3. Prepare an exit strategy - If a situation starts to become too much to handle, you’ll need to be able to politely excuse yourself. Plan ahead by preparing an excuse, bringing your own car and arranging for a sober friend to periodically call in to check on you.

4. Practice self care - Remember to practice “H.A.L.T” — periodically check in with yourself to make sure you’re not too Hungry Angry Lonely or Tired.

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.

