



ACTS to Hold Open House for New Addictions Receiving Facility

Join us as we celebrate the upcoming opening of our new inpatient, short-term, acute care detoxification and stabilization facility, the ACTS Keystone Adult Addictions Receiving Facility, on the rustic campus of the Keystone Residential Treatment Facility in Tarpon Springs. ACTS is hosting an open house on July 11 from 11 a.m. – 1 p.m. with a short program scheduled at noon. Take a tour of the facility and learn more about the new receiving facility serving Pinellas County residents. To RSVP for the event, email Ashley Juno at ajuno@actsfl.org by July 8.



Meet Latoya Coates, ACTS QI Analyst

Latoya Coates, now ACTS Quality Improvement Analyst, started working at ACTS in the ARRIS program based in Ft. Lauderdale as a Direct Care Worker almost 19 years ago. The ARRIS program is a group home that provides residential and therapeutic services to dependent adolescent females between the ages of 13-17. Through the years in Ft. Lauderdale, Latoya's roles changed to Direct Care Supervisor and then the Residential Services Coordinator, which oversaw the day-to-day operations of the program. A little over a year ago, the QI Analyst position opened at ACTS main office in Tampa and Latoya chose to pursue further growth with ACTS and moved to the Tampa Bay area. One of her favorite parts of making the move to Tampa was learning about all of ACTS programs and services based in Tampa Bay. "ACTS does so much for the community, and being in Ft. Lauderdale, I didn't realize the full scope of services," said Latoya. "We have a lot of caring and compassionate people who work here, that want to help clients with their recovery." In her current role at the agency, Latoya helps the Quality Improvement department run reports and monitoring. Last month, she was heavily involved with ACTS re-certification for CARE. To learn more about Latoya's role in the agency, [click here](#).



ACTS Attends Homeless Outreach

ACTS participated in the quarterly Community Homeless Outreach sponsored by local law enforcement agencies in June at Nativity Catholic Church in Brandon. The ACTS team talked to more than 70 individuals, and offered free drug and alcohol screenings, as well as information on how to secure housing. If you are holding an event in the future and would like ACTS to participate, call 813.246.4899.



4 Tips to Stay Sober this 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. Get plenty of rest before and after big day and don't forget that exercise is your friend! Working out boosts endorphins and can help burn off any nervous energy you may be feeling.

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.

