



Message from our CEO

November is National Gratitude Month. This is a good time for us to show gratitude in more ways than just saying “thank you.” I am grateful for the ACTS team who provides essential treatment services everyday to the individuals in our care. In the last six months, overdose cases in Florida have increased 62 percent compared to the previous year. That number is quite disturbing because I know the resources available to clients struggling with substance use disorders have been available throughout the pandemic. We have kept our doors opened in our unwavering efforts to push through the crisis so the individuals we serve could receive the care they deserved. We are here for you and your loved ones no matter how you choose to receive care, in person or virtually. With the Thanksgiving holiday approaching, I know that can be a difficult time for people in recovery – later in this newsletter we share tips for a sober Thanksgiving. I hope you have a wonderful, socially distant Thanksgiving with your loved ones this year.



Asha Terminello
ACTS CEO

ACTS Celebrates Halloween

Agency-wide, there was a spooky feeling with each location taking part in a Halloween Decorating Contest. ACTS provided each location \$25 to buy supplies and staff were encouraged to work together as a team leading up to Halloween to decorate their site. The winning location – Polk Juvenile Assessment Center- was chosen by ACTS Senior Leadership and received a pizza party at their location on October 29. “I was so impressed to see all of the hard work that ALL of the locations put into making their lobbies and common areas festive for Halloween,” said Asha Terminello, ACTS CEO. Employees were also encouraged to dress up or wear a Halloween shirt on October 30 or 31, and staff working on Halloween received pizza that evening. To see pictures from Halloween, [click here](#).



Polk JAC staff with their winning display.

Meet Dawn Gari Rowe

ACTS Outpatient Department serves as the starting point for many people entering treatment. At Outpatient, located at 4612 56th Street in Tampa, clients receive their initial assessment, treatment, supportive and referral services through the program. Dawn Gari Rowe is ACTS newest licensed therapist in Outpatient, and recently transitioned to from a different position at the agency. Dawn has worked at ACTS for almost 3 years and says she enjoys her new role at the agency. “I enjoy that I am busy at ACTS, and meeting and helping clients on a daily basis,” said Dawn. She is building her client base and performs biopsychosocial assessments in between her therapy appointments. “ACTS is unique because it offers walk in hours daily for anyone to come in and get assessed for the kind of care they need,” she said. ACTS Walk-In Hours are Monday – Thursday from 9 a.m. – 4 p.m. and on Friday from 9 a.m. – 2 p.m., said Dawn. To find out more about Dawn and her role at ACTS, [click here](#).



Five Tips for a Sober Thanksgiving

Thanksgiving can be a difficult time for those in recovery, as many holidays can be. Read on for five tips on how to stay sober this Turkey Day.

- 1. Don't show up too early if you can avoid it.** A lot of the drinking tends to happen before the meal during idle time, so if you're an invited guest, bring a dish or dessert you've prepared to the event rather than making it there. Or to stay busy at the host's house, offer to help clean the dishes.
- 2. Bring your favorite non-alcoholic beverage.** Never assume, even if the host knows you're sober, that there will be something other than water for you at the event.
- 3. Have an exit strategy.** If the pressure gets to be too much, be prepared to leave. Also having a sober friend available to call might be helpful too.
- 4. Remember what this day is about.** Make a gratitude list. Ask yourself: What is in your life today that wasn't when you were drinking or using substances? Give thanks for what you have gained in sobriety, give thanks for your own strength.
- 5. Start new traditions.** Visit a pumpkin patch, host a socially distanced Friendsgiving with your sober pals, or eat tacos instead of the traditional Thanksgiving fare. It is never too late to start an entirely new tradition that doesn't revolve around booze or drugs.

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.

