



Message from our CEO

Spring is upon us! The weather is changing outside, but the commitment of ACTS to our community is never wavering. April is Alcohol Awareness Month. Increased stress can lead to increases in alcohol and substance use. If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, here are a few suggestions that may help:

- Contact your healthcare provider.
- Medical Assisted Treatment for alcohol or opioid use disorders may be an option. ACTS offers this through our Outpatient Detox Program.
- Take medicine as prescribed and continue your therapy, treatment, or support appointments (in person or through telehealth services) when possible.



Asha Pereyra
ACTS CEO

Currently, we are working on a couple new projects in Hillsborough County that we will share in future newsletters. ACTS is here and ready to help you and your loved ones.

On a different note, ACTS is hosting another Job Fair to expand our team on Thursday, April 7. Check out the article later in this newsletter for more information. We, like many organizations in our area, are facing a workforce crisis and will be hiring for various career opportunities at ACTS.

ACTS Celebrates Employee Appreciation Day



On March 4, ACTS celebrated Employee Appreciation Day with all staff receiving a travel coffee mug and gift card to Dunkin'. "We appreciate what our staff do every day," said ACTS CEO Asha Pereyra.

"This day gives us a chance to say Thank You for all that they do for ACTS!"

ACTS in the Community



In March, ACTS attended several community events to raise awareness about ACTS services and programs. Pictured above is ACTS at the Walk Like MADD event held March 25 at USF. To have ACTS at an event you are hosting, email informationgroup@actsfl.org.

ACTS Hosting Job Fair on April 7

[Join our team!](#) ACTS offers many opportunities for individuals with a variety of skills, interests, education and backgrounds. Our hiring managers will conduct onsite interviews. If you would like to make a difference in the community and enhance the lives of the people suffering from addiction and mental illness, don't miss this opportunity to join our team of professionals!



Please visit our website, www.actsfl.org, to apply online, and bring your printed resume and driver license to the job fair on Thursday, April 7 between 2 p.m. - 6 p.m. at our main office located at 4612 N. 56th St. in Tampa. We look forward to seeing you there!

Five Tips to Help You 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.

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.

