



### Update on ACTS CEO Search

ACTS Board President Jim Jacob sent a memo to staff before Thanksgiving announcing that ACTS will be entering into a six month Management Agreement with Harbor Behavioral Health in Toledo, Ohio. John Sheehan, Harbor's CEO, will serve as interim CEO during the agreement time, and a review of ACTS will be undertaken and a strategic plan developed with the assistance of Harbor's management team working with ACTS management team and an expert strategist. To see the complete memorandum and read John Sheehan's bio, [click here](#).



### ACTS Celebrates 40th Anniversary with Employee Event and Resource Fair

Thank you to everyone who attended ACTS Resource Fair on November 2 at our administration office as part of ACTS 40th anniversary celebration kickoff. The goal of the fair was for people to learn about programs and services in the area for youth in crisis. [Click here](#) to see photos from the event and [click here](#) for a copy of the flyer given to all attendees with resource information. Also held the same day, ACTS gave employees breakfast, lunch and a special polo to commemorate the occasion.



### Meet C.J. Jacobs

Christian (C.J.) Jacobs works at ACTS as one of the two Mental Health Jail Diversion Case Managers. In his role, he works closely with clients referred to the program from the jail to help optimize the functioning of individuals with mental health disorders or co-occurring substance and mental disorders and promoting stabilization, rehabilitation and recovery. "I work closely with my clients to ensure that they have the proper resources and support they need as they go through the jail diversion process," said C.J. Most of the clients in the program are first-time offenders with minor offenses, and C.J. sees them for 90 days through the program. "We are getting clients with nothing – we help them get an ID, a social security card, health insurance – these are major accomplishments during the program." To find out more about the program, [click here](#).



### Five Tips To Help You Stay Sober This Holiday Season

The following are five tips to help you stay strong and avoid relapse when others are toasting to the season.

1. Continue to Attend Meetings – Many groups have special meetings during the holiday season to share their experience, strength and hope.
2. Avoid Familiar Triggers – Have family and friends who support your recovery available during the holiday season to talk to and spend time with.
3. Remove Expectations – The holidays may look and feel different when you're in recovery. That's ok. Don't get hung up on what used to be or what things should be. Stay focused on doing what you need to now to stay happy and healthy.
4. Give To Others – There are people in your community less fortunate than you. You will be helping not only the needy but also yourself at the same time!
5. Enjoy the Season – Stay in the moment and live one day at a time. This year, enjoy the lights on houses, delight in children opening up gifts, or take a brisk walk while enjoying some of your favorite holiday songs.



ACTS is posting tips twice a week on our social media through New Year's Day – check out our [Facebook](#) page or [Instagram](#) page for tips.

### Help ACTS Clients this Holiday Season

Every holiday season, ACTS sends a holiday appeal to buy gifts for clients in our care during the holiday season. This year, we have:

- 19 aging out adolescent girls (13-17 years) in our foster care group home facilities
- 77 previously homeless adults in our transitional housing program (24 being veterans)
- 40 persons (10 youth ages 12-17 and 30 adults) in our emergency detoxification services
- 109 individuals (29 youth and 80 adults, including 20 veterans) in our residential recovery programs
- 30 adults in Respite Recovery care
- 237 adults in supportive housing programs

To make a donation to help buy gifts for people in recovery, [click here](#).