



## Message from our CEO

As the year winds down, ACTS has a lot to be thankful for this holiday season. In 2021, we increased capacity for adult residential services in the Tampa Bay area for those with both mental health and substance use disorders with the opening of our 131st Avenue Intermediate Care Program – [check out this video here](#) from when the building opened last spring. Also, we expanded services with the [ABRINTH program](#) opening in the summer for foster care girls in the Juvenile Justice System in Broward County. We laid the groundwork with plans to open Hillsborough County's first psychosocial Clubhouse in the summer of 2022 as we continue to renovate the Firemen's Hall. I am grateful that ACTS continues to provide valuable resources in our community. Our staff remains committed to our mission and has done a tremendous job keeping our doors opened all year long. I wish you and your loved ones a season of joy, happiness and health through the coming year.



Asha Terminello  
ACTS CEO

## Help ACTS Clients this Holiday Season

Today is Giving Tuesday - consider supporting ACTS and our clients this holiday season. Soon ACTS will send our Holiday Appeal to buy gifts for clients in our care during the holidays. This year, we have:

- 14 adolescent girls (13-17 years) in our foster care group home facilities
- 77 previously homeless adults in our transitional housing program
- 40 people (10 youth ages 12-17 and 30 adults) in our emergency detoxification services
- 105 individuals (10 youth and 95 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](#).

## Maintaining Recovery During the Holidays Webinar

The holiday season is upon us once again. This time of year brings about many joyful opportunities for gathering together with friends and family members to enjoy food, fun, and laughter. However, for many who were once addicted to alcohol or other substances, the holiday season can prove to be a difficult time as well.



*Please Join Us.*

ACTS is offering a **free webinar** on **Tuesday, December 14 at Noon** to go over tips on maintaining your sobriety and recovery during the holidays.

Call Ashley Juno at 813.246.4899 or email [AJuno@actsfl.org](mailto:AJuno@actsfl.org) by Friday, December 10 to RSVP and for the link.

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

If you can't join us for the webinar above, here 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 either in person or virtually.
- 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](#) for tips.

## 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](http://www.actsfl.org).

