



ACTS Celebrates Thanksgiving Agencywide

ACTS kicked off the holiday season in November with special potlucks before Thanksgiving. ACTS supplied the turkey and ham for each site, and employees were encouraged to bring their favorite sides to enjoy together. “I am grateful for the work our staff does on a daily basis to help our clients recover from substance use disorder,” said Asha Terminello, ACTS CEO. “I am especially thankful for the staff who worked during the holiday to ensure all of our clients received the best treatment and care.”



Meet Cristina Vizcaino

HEART Peer Specialist Cristina Vizcaino enjoys working with the residents of the program both individually and in groups at ACTS Firemen’s Hall. Cristina started working for ACTS almost six years ago at the front desk at the main office greeting clients, as well as performing assessments. She then moved and worked at the Amethyst Respite Center as a Behavioral Health Technician before starting in her current position at HEART about two and a half years ago. The HEART program offers permanent supportive housing for 100 clients who are chronically homeless with substance use or co-occurring mental health diagnosis.

“In the HEART program, I enjoy seeing our residents change and improve with their recovery,” said Cristina. “I am an ally for recovery – I have had loved ones impacted by substance use and understand the challenges our clients go through on a daily basis.” During her time with the HEART program, ACTS purchased the Firemen’s Hall and instituted daily activities and groups for clients to come and have a safe outlet on weekdays. Cristina enjoys leading some of the more artistic groups at the Firemen’s Hall. To find out what HEART is planning for the upcoming holidays, as well as a typical day for Cristina [click here](#).



Help ACTS Clients this Holiday Season

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

- 10 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)
- 50 persons (10 youth ages 12-17 and 40 adults) in our emergency detoxification services
- 100 individuals (20 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](#).

Black Friday. Cyber Monday.
#GIVINGTUESDAY
December 3, 2019

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](#) 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.

