



## Heart Health and Effects of Illegal Drugs

February is National Heart Month, so we wanted to highlight some adverse cardiovascular effects from using illegal drugs, ranging from abnormal heart rate to heart attacks. Injecting illegal drugs also can lead to cardiovascular problems, such as collapsed veins and bacterial infections of the blood vessels and heart valves. Many drugs, such as cocaine, heroin and various forms of amphetamine, affect the central nervous system and can alter a user's consciousness. In addition to addiction, the side effects and risks associated with use of these drugs include:



- changes in body temperature, heart rate, and blood pressure
- headaches, abdominal pain, and nausea
- impaired judgment and greater risk of some sexually transmitted infections
- the possibility of added substances (such as talc, poisons, herbicides or other particles) which may cause a toxic reaction.
- heart attacks, seizures, and respiratory arrest

If you or a loved one need help with illegal drugs, call ACTS at 813.246.4899.

## ACTS Holds Anniversary Luncheons

A new tradition started at the beginning of ACTS fiscal year last July where all employees celebrating an anniversary that month are invited to a special luncheon with ACTS senior management team. At the luncheon, staff are encouraged to share their thoughts in an open forum. "Since I became CEO last spring, one of my goals is to better engage with employees," said Asha Terminello, ACTS CEO. "The luncheon gives every employee a chance to be heard as we celebrate their time at ACTS." Employees also receive service pins, for their 1st year, 5th year and so on. We look forward to many more successful luncheons.



## Meet Ely Santibanez

Maria “Ely” Santibanez recently received ACTS Shining Star Award for Youth Services for her work at the [Polk Juvenile Assessment Center](#) as the Program Assistant. In her role, Ely wears many different hats. She runs reports on a weekly basis, serves as the training coordinator for the site, and helps make sure the program runs smoothly by serving as the backup receptionist and helps serve the Polk JAC any way that is needed. Also in her role, Ely serves as a translator for families who need it. “I like being known as the go to person at the JAC,” said Ely. This month, Ely has worked at ACTS for five years, and has been an employee of the Polk JAC for 10 years. “The Polk JAC is a great team working together to help the youth in our community when they have a difficult time in their life.” To find out more about the Polk JAC, [click here](#).



## ACTS Wellness Committee Holds Kickoff

With the New Year starting, ACTS began a new initiative to help employees achieve wellness. At the Kickoff Event held at ACTS Auditorium on January 30, more than 50 employees listened to an expert from BB&T talk about financial wellness, and participated in a workout led by F45 Training Land O’ Lakes. “We hope with our Wellness program, staff will learn new tips and tricks to take care of themselves,” said Asha Terminello, ACTS CEO. “Each month the Wellness team will be focusing on a new topic to make sure all ACTS employees can live a healthy life.” At each ACTS location, there is a Wellness Ambassador who helps spread the Wellness message and events planned monthly. Special thanks to [Jon’s Gourmet Nutrition](#), [BB&T](#), [Sam’s Club](#) and [F45 Training](#) for taking part in our Wellness Kickoff event last month. [Click here](#) for ACTS Wellness Tips for this month.



## 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).

