



Message from our CEO

As we kick off the new year, we reflect on the year left behind and the challenges we continue to face by the impacts of COVID-19. This pandemic has been devastating to so many. Just last month, the [U.S. Surgeon General released an advisory](#) on the urgent need to address the country's youth mental health crisis, which has only been exacerbated by the uncertainty, stresses and trauma caused by the ongoing pandemic. In better news, [substance use among teens dropped significantly during 2021](#). Despite the many challenges and triumphs of 2021, I continue to be proud of our workforce. Our ACTS team continues to provide high-quality treatment care during the continued storm of COVID-19, providing support to those who need it most. We look forward to 2022 with optimism, hope and a renewed sense of purpose. We are all in this together as we fight to reduce the spread of COVID-19 and save lives. ACTS is grateful for the opportunity to provide treatment care to the most vulnerable people in the Tampa Bay area. I wish you and yours a safe, healthy and prosperous new year!



Asha Pereyra
ACTS CEO

Learn More About ACTS Outpatient Department

You don't have to put your life on pause to get better. Our objective for Outpatient Services is to accommodate individuals by allowing them to remain in their home and be able to work or attend school while in treatment. "Our outpatient services allow a person substance use treatment without living at a residential treatment facility," said Outpatient Program Director Denise Dydowicz. "Our team provides the people we serve the tools they need to treat and overcome their problems."

ACTS Outpatient office is located at 4612 N. 56th Street in Tampa. The first step for treatment with ACTS Outpatient is coming to the office for an assessment Monday - Thursday from 9 a.m. - 4 p.m. and on Friday from 9 a.m. - 2 p.m. Assessments are offered on a first-come, first-served basis, and cost \$65. After the assessment, the appropriate level of care is decided on and a treatment plan is suggested. Also located at the 56th Street location within the outpatient department:

- Intensive Outpatient
- Counseling and Groups
- Aftercare Services
- Recovery Support

To learn more about the outpatient program, [click here](#) or [watch this video](#).

Holidays at ACTS

The holidays are a busy and festive time at ACTS. In 2021, each program received \$50 to decorate their program, and the Polk JAC prevailed once again with their “Santa’s Workshop” theme. The Polk JAC staff won a special breakfast, as well as bragging rights for the year. “I love seeing the creativity that each location showed over the holidays,” said Asha Pereyra, ACTS CEO. ACTS also held a festive sweater contest, where employees were encouraged to wear their favorite holiday sweater or shirt. ACTS also gave each employee a holiday bonus and blankets to end the year on a joyful note. To see pictures of the programs decorated, and some of the holiday sweaters, [click here](#).



Dry January Tips

You might have heard all this talk about Dry January since the start of the New Year. So, what is it? It's a booze free challenge where participants don't drink alcohol for the entire month of January. Here are four tips to help you get through the month alcohol free.

- 1. Buddy Up with Someone** - Get your friends and family involved with Dry January. You can help each other, and all will feel better for it!
- 2. Find a Replacement for Alcohol** - Replace the need for alcohol with something else - like a relaxing bath or tasty non-alcoholic beverage!
- 3. Have an Exit Strategy** - Temptation isn't always predictable. If you end up in a setting where you feel like drinking, it helps to have an escape plan.
- 4. Exercise** - If your exercise routine has followed your willpower right out the window this season, get back on track. Remember, alcohol is a depressant, while exercise boosts endorphins. That's a much better high to cling to.

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.

