



Message from our CEO

As we kick off 2021, I can't help but to think of the year we have left behind. It was, for most, a year of turmoil, with the U.S. Centers for Disease Control and Prevention reporting that 40% of adults are struggling with mental health and substance use during this pandemic. Yet, as difficult times often do, it was a year that highlighted all of the best qualities of our ACTS workforce: strength, resilience, creativity, and a commitment to service. I am grateful that ACTS has weathered the continued storm of COVID-19. I am thankful for every effort made and that we have kept our doors open to serve as an essential resource for our communities, providing support to those who need it most. We will continue to use all the resources we have introduced, such as our outpatient telehealth services, to continue to meet the needs of the people we serve. We can look forward to 2021 with optimism, hope, and a renewed sense of purpose.



Asha Terminello
ACTS CEO

ACTS Virtual Family Resource Night - January 26

When someone is struggling with an alcohol/drug problem the whole family is affected. If you are not sure what to do or how you can help, please join us in learning more about addictions/mental illness and the ways that you might be able to help at our free virtual Family Resource Night.

Topics to be discussed include:

- Addiction
- Treatment Options
- Detox Services
- Medication Assisted Treatment
- Marchman Act
- Al-Anon/Community Support Groups

This informative night is scheduled to take place on January 26 from 5:30 p.m. - 6:30 p.m. virtually. Call 813.246.4899 or email ajuno@actsfl.org by Friday, January 22 to RSVP and for the link.



Holidays at ACTS

The holidays are a busy and festive time at ACTS. In 2020, each program received \$25 to decorate their program, and the Polk JAC prevailed again with their “Winter Wonder-JAC” 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 Terminello, 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 chocolate 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.

