



## Message from our CEO

September is Recovery Month and this year's theme is "Recovery is for Everyone: Every Person, Every Family, Every Community." The goal is to remind people in recovery and those who support them, that it belongs to all of us. Recovery Month celebrates individuals going through recovery and recognizes the dedicated workers who provide prevention, treatment and support services that help make recovery possible. All of us, from our co-workers, neighbors, friends and family members, have experienced, throughout our lives, peaks and valleys, both big and small. With strength, support and hope from the people we love, everyone remains resilient. ACTS has made and continues making a difference in the lives of the individuals served through treatment and recovery for over 40 years. Our dedicated staff help transform the people we serve by inspiring hope and fostering recovery and for that I am forever grateful. Below in this newsletter, we share tips on how to support someone in recovery and will also offer a webinar this month on how to access the resources in our community. ACTS provides a complete system of care to help anyone impacted by substance use disorders. Please do not hesitate to reach out to us.



Asha Terminello  
ACTS CEO

## September is Recovery Month – Tips on How to Support Someone in Recovery.

It's a dramatic scene frequently repeated on television and movies — someone gets fed up with their friend or family member's addiction, drives them to a drug treatment center, and says they'll be back in a few months. Getting your loved one to a treatment center is only the beginning, though. For treatment to succeed in the long term, here are seven tips on how to support someone in recovery from addiction.



1. **Don't Judge:** Many people in recovery feel judged by their family and friends. Accept them for who they are and refrain from negativity and criticism.
2. **Be Patient:** Recovery is a long and complicated process. People often have setbacks. It's important for them to know that you will still support them when things get tough.
3. **Reinforce that Recovery is Possible:** Like other chronic diseases, people can manage addictions successfully.
4. **Actively Listen:** Take notice of your loved one's victories and struggles. Offer encouragement as needed for a healthy lifestyle.
5. **Encourage Healthy Habits:** Cooking, exercising and playing games are all positive, substance-free activities you can do with a person in recovery.
6. **Suggest a Support Group:** Support groups allow people in recovery to interact with and receive encouragement from others who struggle with addiction.
7. **Take Care of Yourself:** Join a support group for friends and families of people with addictions to feel less alone.

## Meet Leslie Liles

Leslie Liles oversees one of the larger programs at ACTS - the Keystone Residential Treatment located in Tarpon Springs. Keystone is a Level II non-secure program for people suffering from substance use and/or mental health issues. Recently, it expanded to become a 75-bed facility. "Typically, clients stay at Keystone for 90 days and up to six months," said Leslie. At the program, clients attend group and treatment sessions starting from morning into the afternoon. "The good thing about Keystone is there no outside distraction, so clients can fully focus on their treatment and recovery," said Leslie. She continued by saying, "Clients receive more assistance in a long-term program like Keystone and the staff truly get to know the problem and help with the root issue that leads to the substance use." One of her favorite things about her job is interacting with the clients. "I enjoy seeing the clients before and after photos from the time they start the residential treatment program until they are ready to leave and hear from them the success they have after they leave the program." Leslie has worked at ACTS for over 5 years and started as a therapist at the Juvenile Addictions Receiving Facility in Tampa. She added, "I love the fast pace of Keystone - with the number of clients we have here - it's never dull." To find out more about Keystone Residential Treatment Program, [watch this video](#) or call 727-942-4181.



## ACTS Virtual Lunch and Learn - September 23

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 Lunch & Learn event. Topics to be discussed include:

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



ACTS Family Resource Lunch & Learn is scheduled virtually for Thursday, September 23 from Noon - 1 p.m. this Recovery Month. Call 813.246.4899 or email [AJuno@actsfl.org](mailto:AJuno@actsfl.org) by Tuesday, September 21 to RSVP and for the link.

## 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).

