



ACTS Celebrates the Holidays

The holidays are a busy and festive time at ACTS. For the first time, ACTS held an agency-wide holiday party in the evening where employees were able to mingle and enjoy being together before the holidays at the Firemen's Hall in Tampa. During the event, ACTS recognized six employees for their contribution to the agency with the Shining Star Award. Recipients include:

- Adult Services – Wilquince Aurel
- Community-Based Services – Janice Daniel
- Youth Services- Ellyze Zelazny
- Juvenile Justice Services- Maria Ely Santibanez
- Program Leader – Judit Sohr
- Administrative Services – Mike Provenzano

Each program also held a special holiday program for clients and residents during the season. Highlights include parties, special meals and gifts thanks to donations from the community. To see pictures from ACTS main holiday party, [click here](#).



Meet Skunk

One of ACTS newest clients was recently featured in Creative Loafing. Steven Ray Wilson, a.k.a. 'Skunk', has played guitar since he was 13 years old and has been drinking alcohol for about 30 years. His drinking increased when he was suffering from depression and playing in bar bands. His struggle with alcoholism led to him being homeless for the past six years, but through ACTS, he got a place to stay in the middle of November through the HEART housing program. To learn more about ACTS housing programs, [click here](#). To read the article about Skunk, [click here](#).



Meet Mike Provenzano

ACTS Director of Development Mike Provenzano says there is a lot he enjoys about his job with ACTS. “No two days are the same for me,” said Mike. “I enjoy the different challenges and helping staff on a daily basis provide the best care for ACTS clients.” His role at the agency is varied and he oversees many different areas including the transportation department, licensure, and serving on many different committees and roles at ACTS including the management team, Comprehensive Review Team and the Safety and Health Committee.



“My job falls under ‘other duties as assigned’ a lot of times, but I enjoy the non-monotony,” Mike said. “I like that people come to me for help as a go-to person for the agency.” Working at the agency since December 1993, he has seen lots of changes as the company expanded to help more people. “I have met a lot of good people through the years who have given me opportunities to grow with the agency.” [Click here](#) to find out Mike’s goals for 2020.

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.

