



## Message from our CEO

As we kick off 2023, I can't help but think of the year we have left behind. There were many challenges with the continued pandemic and workforce crisis. For me, last year brought a renewed sense of hope for the future for ACTS. It reinforced our unique purpose in the communities we serve. Our team members inspire hope while fostering recovery on a daily basis. This is not a role any of us take for granted. I remain very proud and appreciative of the unwavering commitment of the ACTS staff and Board of Directors to the people we serve. Their resilience and dedication to providing high quality services and programs continue to amaze me and have such a positive impact in the community. This year, we pledge to further our mission as we provide the best care to the individuals who entrust their lives to us. We are very grateful for the opportunity to provide treatment services 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

## Meet Coacoa Anderson

One of the first faces who greets you at ACTS Adult Addictions Receiving Facility (AARF) is Coacoa Anderson, the Intake Coordinator at the program. "My days are interesting for sure," said Coacoa. "I am at the front desk of the program, greet individuals, answering the phones for referrals as well as schedule intakes." Admission into the AARF can be both voluntary and involuntary through law enforcement and the Marchman Act. "I really enjoy meeting folks from all different walks of life and learning about addiction," Coacoa said. "Addiction can attack anyone." The AARF recently moved to 3107 N. 50th Street, Suite A in Tampa and is a 30-bed facility for both male and females that offers in-patient detoxification, stabilization, assessment and referral services for substance dependent adults. The AARF is open 24/7, and individuals usually stay 3 – 5 days, said Coacoa. The AARF is also home to ACTS Medication Assisted Treatment Program, as well as Outpatient Detox. While at the program, clients receive a physical assessment, HIV/AIDS risk and substance abuse assessments, medical examination, counseling, AA/NA meetings, and referrals to other programs upon discharge. To find out more about ACTS AARF, call 813.367.2565.



## Holidays at ACTS

The holidays are a busy and festive time at ACTS. In December 2022, our staff decorated their programs for a contest. This year, two programs won a special breakfast - the Intermediate Care Program at 17th Street and Outpatient/EODI. "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 in mid-December. The winner received a gift card. Our holiday party was well-attended by team members and a guest ending the year on a joyful note.



## 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](http://www.actsfl.org).

