



## Message from our CEO

With the Lightning winning the Stanley Cup, the Rays in the World Series and now the Buccaneers in the Super Bowl, it's quite the time for Tampa Bay sports fans. Certainly, we deserve some excitement given what we have been experiencing with the pandemic. That said, it is crucial that we remain vigilant in regards to personal protective equipment. The Centers for Disease Control and Prevention has issued [specific Super Bowl guidance this year](#).

We hope that you will do your best to gather responsibly so you can stay safe as we root for our home team. As always, ACTS is here to serve our community in this time of need. Our outpatient department is expanding its service to include counseling for families. This month, the outpatient team is hosting a virtual "Lunch and Learn" so family members can learn more about the services offered at ACTS – check out later in this newsletter for more information.

Additionally, we are expanding our services at our Fort Lauderdale campus for girls in the foster care system. We are pleased to offer a wide array of services in Hillsborough, Pinellas, Polk and Broward Counties. In closing, I hope you have a safe and happy Super Bowl weekend. **Go BUCS!**



Asha Terminello  
ACTS CEO

## ACTS Virtual Lunch and Learn - Feb. 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 Tuesday, February 23 from Noon - 1 p.m. Call 813.246.4899 or email [AJuno@actsfl.org](mailto:AJuno@actsfl.org) by Friday, February 19 to RSVP and for the link.



## Meet Angela Littlefield

Angela Littlefield serves as a problem solver at ACTS – currently she is the Maintenance Service Coordinator at the agency. “No day is ever the same,” she says about her role at ACTS. “I hear a whole gamut of issues on a daily basis and manage the maintenance team’s response.” One of the bigger projects that Angela is working on now is the remodeling of the former Veterans Recovery Support Services program, which is soon to be known as ACTS Residential Treatment Facility at the same location. “I have enjoyed working so closely on the renovation and can’t wait for the program to be open and serving residents.” This time of year is busy for the maintenance team due to annual health and safety inspections. Angela started working at ACTS in October 2014 and was hired as a Behavioral Health Technician at a supportive housing program for veterans. “I miss working with clients directly – I like knowing that what I do can make a positive impact on a client’s life.” One of her fondest memories working at ACTS is running in to a past client that she helped in her old role and hearing that what she did made such a lasting impression. “Even though I don’t directly see people anymore in the programs, I know that the work that the maintenance team and I do impacts every aspect of ACTS.” Thank you, Angela for all that you do!



## Heart Health and Effects of Illegal Drugs

February is National Heart Month, so we wanted to highlight some adverse cardiovascular effects from using illegal drugs, ranging from abnormal heart rate to heart attacks. Injecting illegal drugs also can lead to cardiovascular problems, such as collapsed veins and bacterial infections of the blood vessels and heart valves. Many drugs, such as cocaine, heroin and various forms of amphetamine, affect the central nervous system and can alter a user’s consciousness. In addition to addiction, the side effects and risks associated with use of these drugs include:

- changes in body temperature, heart rate and blood pressure
- headaches, abdominal pain and nausea
- impaired judgment and greater risk of some sexually transmitted infections
- the possibility of added substances (such as talc, poisons, herbicides or other particles) which may cause a toxic reaction
- heart attacks, seizures and respiratory arrest

If you or a loved one need help with illegal drugs, call ACTS at 813.246.4899.

## 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).

