



Don't Run Out of Luck This St. Patrick's Day!

The luck of the Irish is not enough to protect you against a possible encounter with an impaired driver during St. Patrick's Day. Here are some tips to celebrate the holiday safely if you plan on drinking.

- **Don't Drink and Drive.** Starting Monday, March 16 through, Wednesday, March 18 at 6 a.m., Tow To Go is operating in Florida thanks to AAA. If you don't have a ride home and are intoxicated, call (855) 2-TOW-2-GO to have yourself and your car taken home safely.
- **Always eat food while drinking alcohol.** It is proven that food can help counter the effects of alcohol.
- **Plan ahead** and set a limit to the number of drinks that you will have, and don't leave your drink unattended.
- **Limit yourself** to one drink per hour to give your body the ability to process the alcohol.
- **Alternate** an alcoholic beverage with a full glass of water.
- **Have a plan** on how you are getting home.



ACTS Staff Attends Drug Prevention Summit

A highlight for some ACTS staff in February was attending the 8th Annual Southeastern U.S. Regional Drug Prevention Summit held February 17 and 18 in Tampa. More than 250 people attended the Summit put on by Drug Free America and HCADA. There were speakers from across the US learning new ideas about prevention that can be used in our area to help people stop abusing substances. The keynote speaker was the U.S. Surgeon General Vice Admiral Jerome Adams, who shared with attendees a powerful presentation, reiterating that “no amount of marijuana use during pregnancy or adolescence is known to be safe.” Other topics covered at the event from local and national experts included marijuana, alcohol, vaping, opioids, drugged driving, and more. ACTS looks forward to being involved with this Summit in the future.



Meet Janice Daniel

One of the newer programs at ACTS is the Hillsborough Community Recidivism Reduction Initiative (HCRRI). Janice Daniel works as the Peer Support Specialist for this program, and she works closely with case managers to help clients who meet the criteria for the program. Janice and the team meet Hillsborough County inmates who are referred to the program, and have a co-occurring diagnosis. More than 200 inmates have been referred to the HCRRI program since its inception. “Through this program, ACTS staff give the inmates support and resources for when they re-enter society, and the re-entry team follows the progress for up to a year,” said Janice. Currently, the program has 14 active clients, but has the capacity to help 40 clients who are incarcerated. Janice has worked at ACTS for 8 years, and previously worked at the Juvenile Addictions Receiving Facility in Tampa. “The clients are really no different than the youth I saw at the JARF, except they are older,” said Janice. “Our goal of the program is to prevent clients from being rearrested – they still have time to make a change in their life.” To find out what services are available through this program, [click here](#).



Tips to Prevent Poisoning

National Poison Prevention Week is March 17 – 23. ACTS is sharing tips from American Association of Poison Control Centers to avoid an accidental poisoning.

- Be prepared for an emergency. Keep the national, free Poison Helpline number at your fingertips by saving the number in your mobile phone: 1-800-222-1222. Text POISON to 797979 to save the number in your smartphone.
- Practice safe storage habits. Always store medicines and hazardous substances up, away, and out of sight of children. Keep these substances in their original, child resistant containers.
- Read and follow all labels and directions. Review medicine and product labels before you use them, especially before giving medicine to children.
- Detect invisible threats. Install a carbon monoxide detector in your home.



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.

