



Message from our CEO

March is an exciting month for us. We consolidated the behavioral health/ wraparound housing programs to one location, the Drew Park Campus. We believe that combined staffing will improve safety and the overall quality of the program. Additionally, it will allow the individuals served to have more space for indoor and outdoor recreation. We are pleased to open our Adult Level II Residential Treatment Program located on Nebraska Avenue in Tampa on March 2. The program will initially serve only veterans but will take other referrals beginning November 1. I would like to thank all of our team members for working diligently to ensure a smooth transition for the individuals. Also, we are moving forward with the ACTS Clubhouse – [check out pictures from a meeting](#) held at the site in February. Finally, I had the opportunity to visit Tallahassee for Behavioral Health Day hosted by Florida Behavioral Health Association – it was such a privilege to be part of the group to bring awareness of the importance of substance use and mental health treatment to the Florida Legislature. I am always happy to network with my peers from all over the state providing such great community service.



Asha Pereyra
ACTS CEO

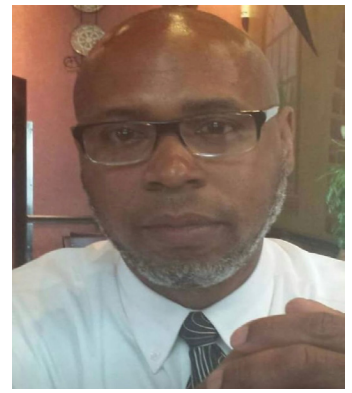
Drug and Alcohol Facts Week is March 20 - 26, 2023



March 20 – 26, 2023 is known as National Drug and Alcohol Facts Week (NDAFW), with the goal of shattering the myth about drug and alcohol use for teens. Many teens are not aware of the risks drug usage brings to their health, to their success in school and to their safety. Here are some sobering statistics: by age 15, about 33 percent of teens have had at least 1 drink. By age 18, about 60 percent of teens have had at least 1 drink. About 4 in 10 people who begin drinking before age 15 eventually become alcoholics. This month on ACTS social media, we will be sharing 10 common myths and facts about substance use. For a sneak peek, check out our [YouTube playlist here](#). ACTS is a resource in our community helping people recover from drugs and alcohol - if you have a loved one that needs help with substance use, call 813.246.4899.

Meet Robert Cossia

Robert Cossia is the one of the newest program directors at ACTS becoming the director of ACTS Intermediate Care Programs (ICP) in mid-January 2023 after being promoted from Program Supervisor of Keystone Adult Residential Treatment. Now, Robert oversees ACTS two ICP locations in Tampa, which serves Hillsborough County residents with mental health disorders on the Hillsborough County Health Care Plan. Robert said the maximum a person can stay at the ICP is 4 months, and they must be ambulatory and it helps if they are motivated to work. ACTS first ICP opened in Fall 2019 off 17th Street and the second location opened in May 2021 at 131st Avenue in Tampa. Together, both locations can hold 34 male residents at a time, said Robert. At the ICP, residents receive an individualized treatment plan, case management and care coordination from ACTS staff, as well as have medication assisted treatment and therapy available to them. Residents are encouraged to participate in groups on site as well. Robert said the thing he likes best about his job is interacting with the residents of the ICP. “I enjoy being able to be hands on and talking with the persons served at the ICP,” said Robert. “While at the ICP, the people we serve are in a residential setting that offers a healthy balance between the intensity of an inpatient treatment program, while also receiving the freedom of an outpatient program.” To find out more about the ICPs, [click here](#) or [here](#) to see a video of each location. To make a referral to the program, call 813.971.4010.



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 at 6 p.m. on Thursday, March 16 TO 6 a.m. on Monday, March 20. 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.



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.

