



Message from our CEO

Spring is upon us! The weather is changing outside, but the commitment of ACTS to our community is never wavering. April is Alcohol Awareness Month. Increased stress can lead to increases in alcohol and substance use. If you or someone you care about is starting to use alcohol or other substances, or is increasing their use during the COVID-19 pandemic, here are a few suggestions that may help:

- Contact your healthcare provider.
- Medical Assisted Treatment for alcohol or opioid use disorders may be an option. ACTS offers this through our Outpatient Detox Program.
- Take medicine as prescribed and continue your therapy, treatment, or support appointments (in person or through telehealth services) when possible.

Currently, we are working on couple new projects to expand services in Broward and Hillsborough Counties that we will be share in future newsletters. ACTS is here and ready to help you and your loved ones.



Asha Terminello
ACTS CEO

ACTS Virtual Lunch and Learn - April 29

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 t is scheduled virtually for Thursday, April 29 from Noon - 1 p.m. Call 813.246.4899 or email AJuno@actsfl.org by Tuesday, April 27 to RSVP and for the link.



Meet Connie Ridgeley

Connie Ridgeley is currently the Regional Administrator for ACTS Fort Lauderdale program, which is set to expand with a new program – ABRINTH - in the coming months. “We are excited to get the ABRINTH program going and help a new set of girls.” Currently in Fort Lauderdale the ARRIS program houses 10 girls in the foster system, and the new ABRINTH program is geared towards higher need teen girls in both the juvenile justice and foster system. ABRINTH is for four teens. “The same number of staff for the ARRIS program will be on hand for the ABRINTH program – during the school year, staff will even accompany the girls to school to help them deescalate if there are issues.” Connie has worked at ACTS for 16 years and started at ACTS as a therapist. Now, her duties are primarily administrative including training staff members, serving as a CARF surveyor but she says her favorite part of her job is spending time with the girls at ARRIS. “I enjoy seeing the girls grow and change while at ARRIS – and I am excited about what staff will be doing in the new program too.” Youth are referred to the program through ChildNet in Broward County and can stay in the program for years. “We accept girls starting at age 13 and they age out at 18 – while here we work on teaching them independent life skills, so they can function when they leave.” Thank you, Connie, for all that you do for ACTS and your program!



Five Tips to Help You Stay Sober

ACTS formed in 1978 as Alcohol Community Treatment Services. Today, alcohol is still one of the main substances that ACTS adult clients count as their substance of choice. In honor of Alcohol Awareness Month this April, ACTS is sharing tips on how to stay sober.

- 1. Find a Solid Support System.** Surround yourself with sober people, as well as people who have your best interests at heart and want to help you be successful. Find a support group in your area, or even someone you can call when you feel tempted.
- 2. Change your Environment.** Ask a loved one or someone you trust to remove any paraphernalia from your house. Try to avoid places that spark feelings of interest toward drinking again.
- 3. Set Goals for the Future.** When you set goals for the future, it will be much easier to manage your temptations when they arise. When you have a sense of why you want to stay sober and all the benefits it will bring to your life, it will be much easier to stay on track.
- 4. Find a moment each day to be thankful.** When we have a strong appreciation for the life we've been given, it's easier to recognize how much we have to be thankful for. Consider starting a gratitude journal and writing down five things each day that make you feel fulfilled and happy.
- 5. Participate in Sober Activities.** Replacing old habits with positive, new habits is critical during your recovery. Sober activities don't have to be boring — there's still plenty of fun to be had without alcohol.

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.

