



## Message from our CEO

Spring is upon us! This is a time to rid yourselves of negative energy and bad habits. Let “spring cleaning” take on a new meaning for all of us as we focus more on mind and body. ACTS is here to assist with your personal goals to live a healthier life. April is Alcohol Awareness Month. We know that 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 increased 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.

ACTS has a comprehensive array of services for you and your loved ones. Our commitment to the communities we serve never wavers. Later in the newsletter, we share tips to help individuals stay sober.

On a different note, I would like to thank Hillsborough County Commissioner, Donna Cameron Cepeda, for visiting the Juvenile Assessment Center in March, which is featured later in this newsletter. It is hard to believe that the Juvenile Assessment Center is turning 30 this year!



Asha Pereyra  
ACTS CEO

## ACTS Celebrates Employee Appreciation Day



On March 3, ACTS celebrated Employee Appreciation Day with all staff receiving a coffee mug, hot cocoa and donuts delivered to each location. “We appreciate what our staff do every day,” said ACTS CEO Asha Pereyra. “This day gives us a chance to say an extra special ‘**Thank You**’ for all that they do for ACTS!”



## ACTS in the Community



In March, ACTS attended several community events to raise awareness about ACTS services and programs. Pictured here is ACTS at a Spring Break Safety Fair held March 7 at HCC. To have ACTS at an event you are hosting, email [informationgroup@actsfl.org](mailto:informationgroup@actsfl.org).

## County Commissioner Visits ACTS

Thank you to Hillsborough County Commissioner Donna Cameron Cepeda for visiting the Juvenile Assessment Center on March 9. Staff from Agency for Community Treatment Services, Inc., Hillsborough County, Florida Department of Juvenile Justice and Hillsborough County 13th Judicial Circuit Court met with the Commissioner before giving her a tour of the JAC. ACTS CEO Asha Pereyra, COO Cris Riviere and JAC Program Director Kerry Bittrich shared information about the JAC with the Commissioner, as well as information about ACTS upcoming projects. “Thank you to the Commissioner for touring the JAC,” said Asha Pereyra. “As a new County Commissioner on the Juvenile Justice Board, it’s important for her to see how ACTS partners with other agencies to smoothly operate the JAC and best serve the youth in our community.”



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

