



Message from our CEO

Happy Spring - the season of new beginnings. This month is Alcohol Awareness Month. Increased stress can lead to increases in alcohol and substance consumption. If you or someone you care about is abusing alcohol or other substances, 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.

On a different note, ACTS is hosting an open house at our new

[Therapeutic Group Home on April 24 from 9 a.m. to 11 a.m.](#) In the article below, we feature the program director and her experience the first couple of months since the program opened. I hope you can stop in and see this program and the good things that they are doing for some of our most vulnerable youth in the community.



Asha Pereyra
ACTS CEO

Meet Danielle Husband

One of ACTS newest program directors is Danielle Husband, who started in June 2023. She was hired to oversee our new Therapeutic Group Home (TGH), which opened in February 2024.

TGH provides residential group care for twelve adolescent males between the ages of 12-17, for an average of three to six months. The program has been developed to meet the specific needs of teenage males who are learning to manage the symptoms of their behavioral and emotional health needs and triumph over any history of trauma, abuse, or neglect, said Danielle.

According to Danielle, youth are referred to the program from child welfare programs, CFBHN, community providers and now, self-referrals. Danielle says her favorite thing about her role is that she sees the kids grow and blossom in a safe and healthy way while at TGH. The first youth who entered the program is thriving according to Danielle. "Our first youth has been in the foster system and has also been in legal trouble – so on paper, he would be hard to place. He came and toured the program with his case worker and in the almost two months that he has been here, he has completed his GED, took the test to get his learner's permit and received an offer for his first job. It's seeing success like his that makes working at ACTS and this program so rewarding - that we can provide a safe and supportive environment for the residents to thrive," said Danielle. To find out more about the Therapeutic Group Home, call 813.515.4150.



Join the ACTS Team

ACTS is always on the look-out for new employees to join our team. We offer competitive benefits, a robust benefits package and the opportunity to grow within the organization. To see open roles and to apply, visit <https://bit.ly/ACTSJobs>.



Last month, counselor Michael Hicks from the Keystone Adult Residential Treatment Program in Tarpon Springs was featured in [USF College of Public Health newsletter](#) for Social Work Month. He shared what he likes about working at ACTS. “I’m able to significantly impact the lives of many individuals who have suffered from behavioral health issues for most of their lives,” Michael said. “It is no understatement to say that we save lives.”

Make a difference in other’s lives, like Michael and all of the ACTS team, and apply today.

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.

