



Message from our CEO

September is National Recovery Month and ACTS is proud to join the efforts to promote awareness surrounding mental health and addiction recovery. The goal is to remind the people we serve and those who support them, that recovery is possible. National Recovery Month celebrates the recovery community and recognizes the dedicated workers who provide prevention, treatment and support services that help make recovery possible. Mental health and substance use disorders affect so many families in the communities we serve. ACTS is pleased to offer a complete system of care in the Tampa Bay area for almost 45 years. We assist individuals and families impacted by mental health and substance use disorders at several locations in Hillsborough, Pinellas and Polk Counties. With the upcoming ACTS Clubhouse and Therapeutic Group Home, we hope to bring some much-needed services to Hillsborough County. In closing, I would like to express my sincere gratitude to our committed staff who work diligently to transform the people we serve by inspiring hope and fostering recovery. Below in this newsletter, we share tips on how to support someone in recovery, as well as details about upcoming events ACTS is hosting this National Recovery Month. Please do not hesitate to reach out to us.



Asha Pereyra
ACTS CEO

September is Recovery Month – Tips on How to Support Someone in Recovery.

It's a dramatic scene frequently repeated on television and movies — someone gets fed up with their friend or family member's addiction, drives them to a drug treatment center, and says they'll be back in a few months. Getting your loved one to a treatment center is only the beginning, though. For treatment to succeed in the long term, here are seven tips on how to support someone in recovery from addiction.



1. **Don't Judge:** Many people in recovery feel judged by their family and friends. Accept them for who they are and refrain from negativity and criticism.
2. **Be Patient:** Recovery is a long and complicated process. People often have setbacks. It's important for them to know that you will still support them when things get tough.
3. **Reinforce that Recovery is Possible:** Like other chronic diseases, people can manage addictions successfully.
4. **Actively Listen:** Take notice of your loved one's victories and struggles. Offer encouragement as needed for a healthy lifestyle.
5. **Encourage Healthy Habits:** Cooking, exercising and playing games are all positive, substance-free activities you can do with a person in recovery.
6. **Suggest a Support Group:** Support groups allow people in recovery to interact with and receive encouragement from others who struggle with addiction.
7. **Take Care of Yourself:** Join a support group for friends and families of people with addictions to feel less alone.

ACTS Hosting Two Events for Recovery Month

ACTS is hosting two events this month during Recovery Month for the community to learn about two of our newest programs.

First, if you would like to learn more about ACTS Clubhouse, which is opening later this fall, please join us for an informative free virtual “Coffee Hour” on September 22 at 9 a.m. to learn:

- Benefits for members including job services, socialization and more.
- Pre-enrollment information and how to enroll members.
- Clubhouse philosophy.
- Ways you can help ACTS Clubhouse.

To RSVP for the Lunch and Learn or to find out more about becoming a member, email clubhouse@actsfl.org or call 813.557.5670.

On Thursday, September 28, ACTS is hosting a “Donut Drop-In” Open House at our newest Adult Residential Treatment Program located in Tampa. The Open House will be held at 6806 N. Nebraska Ave. from 9 a.m. - 11 a.m. Join us for a complimentary coffee, donut and tour of the program! This program is a co-occurring adult level II, non-secure residential program for male individuals, chronically debilitated from alcoholism or drug abuse and mental health issues, who have not responded to traditional treatment services. This 25-bed program opened earlier this year. To learn more about the Open House, email ajuno@actsfl.org. To learn more about the Residential Treatment Program, call 813.879.1649 or email nebraskareferrals@actsfl.org.

JARF Moving Soon

ACTS Juvenile Addictions Receiving Facility is moving to 3107 N. 50th Street, Suite A in Tampa later this month, which is also home to ACTS Adult Addictions Receiving Facility. The phone number of the JARF is still 813-933-4446. The JARF capacity is still 10-beds for males and

females, who need to safely detox from substance use. The current JARF location will be repurposed to a Therapeutic Group Home. Questions about the JARF move, email informationgroup@actsfl.org.



For More Information

Agency for Community Treatment Services, Inc. (ACTS), 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.

