



Message from our CEO

In April, thanks to the unwavering dedication of our staff during the Coronavirus pandemic, ACTS continued to provide healthcare services to more than 500 clients in our care. As of today, all of our programs remain fully operational, with a few minor modifications to ensure the safety of our clients and workforce. In an effort to comply with social distancing guidelines, ACTS has expanded virtual sessions to all outpatient and housing clients to maintain ongoing clinical and case management services. May is Mental Health Awareness Month, so please review our ACTS Newsletter and social media platforms for tips on ways to identify and cope with mental illness. As this pandemic continues to have an effect on those in our community, ACTS will be ready to contribute and provide our support. It is my honor to lead ACTS, and collaborate with other providers, to ensure that our clients receive the best quality of care. I hope you and your loved ones stay safe and healthy during these stressful times.



Asha Terminello
ACTS CEO

Thank You to Our Community

In April, ACTS received support from other organizations to help our staff and clients during the Coronavirus. ACTS Housing Department worked with Feeding Tampa to secure 1,200+ meals a week for 200+ clients in the community-based housing programs, as well as some of ACTS other community programs, such as the early jail diversion program, enhanced offender diversion program and the jail diversion program. ACTS thanks Hope for Tampa, which provided 400+ hand sewn masks to the agency. Several ACTS employees also made masks. Due to this generosity, ACTS was able to provide masks to all staff members and some of our clients. And last but not least, Hidden Springs Ale Works provided ACTS programs hand sanitizer and Gatorade at a deep discount. Thank you to all of our community friends for helping ACTS during the Coronavirus.



Meet Judit Sohr

Judit Sohr is the program supervisor at ACTS ARRIS program in Fort Lauderdale. ARRIS stands for Accountability, Respect, Responsibility, Integrity, Self-Esteem, and is a program for girls age 13 – 17 in the foster system, where they receive residential and therapeutic services for up to 10 girls at a time, with an average length of stay being about nine months. Currently, the ARRIS program is full and with the recent COVID-19 pandemic affecting Broward County especially hard Judit says the girls have been really calm. “Our goal is to keep the girls inside at the program,” said Judit. “At the beginning, I asked the girls what they want to do inside and bought a lot of their suggestions of games, cards and other activities.



It’s important that we work WITH them and pick our battles, especially during this time.” ARRIS staff helped the girls receive the necessary school items they need to continue learning virtually. “One nice thing now is that the girls can choose when they get up and start their learning – we have both early birds and night owls,” Judit said. One of the things that Judit likes about her job is the flexibility and that no day is typical at the program. “When I come in, you never know what to expect that day, which I enjoy! I also enjoy the variety of tasks and people I work with,” she says. To find out some of Judit’s favorite memories during her 15+ year tenure at ARRIS, [click here](#).

May is Mental Health Awareness Month

For Mental Health Awareness Month, we are sharing nine tips on how to maintain mental health while social distancing during the Coronavirus pandemic.

1. **Stay connected** to your friends and loved ones using technology. Check in with friends and family to see how they are doing – even a simple phone call or text can go a long way.
2. **Enjoy the sunshine!** - You should make an effort to get out of the house, even if it’s just for a quick stroll around the block. As long as you’re following the recommended CDC guidelines for social distancing during Coronavirus, this is a good way to boost your mood.
3. **Limit your exposure to the news.** Stay up-to-date by choosing a small window of time to watch the news or read internet articles. Fill the rest of your day with positive, healthy habits.
4. **Exercise your brain.** Now is the perfect time to start reading again or take up a new brain-challenging hobby like puzzles or Sudoku.
5. **Engage in family activities.** Take advantage of your time together and engage in group activities like board games, cooking a family meal or movie night.
6. **Try yoga or meditation.** Even taking five minutes to meditate or do yoga can have a positive impact on your mental state.
7. **Create a daily routine.** Give yourself a simple to-do list so you can stay busy and keep your mind away from negative thoughts.
8. **Do the things you enjoy!** Remember the things that you really love to do, and try to find a way to do them even if it requires modification.
9. **Limit alcohol use.** It may seem like a good idea to have a drink to take the edge off, but alcohol can actually increase depression and weaken your immune system. If you do decide to have alcoholic beverages, just drink responsibly and in moderation.

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.

