



ACTS

All Access

Agency for Community Treatment Services E-Newsletter

August 2024

Message from our CEO

As the new school year kicks off, we want to extend a warm welcome to all the students and families. We hope you had a restful and enjoyable summer. We want to take a moment to address an important issue that affects the well-being of our students: the dangers of drug use. The adolescent years are a critical time for students as they navigate their identities and make important decisions. Experimentation with drugs can have severe and lasting effects on their physical health, mental well-being, and academic performance.

Establishing a non-judgmental, open line of communication is crucial. We encourage parents to engage in discussions with their children about the dangers of drugs and to be aware of the signs of drug use. Regular check-ins and maintaining a supportive environment can make a significant difference. In this newsletter, we are sharing tips on how to have the difficult conversation with your teens regarding the dangers of substance use.

Addressing drug use among teenagers requires a blend of compassion, clear communication and professional support. ACTS offers inpatient detox, therapeutic group home and outpatient services for adolescents. For additional information and support, please do not hesitate to contact ACTS. We wish you a healthy and successful academic year.



Asha Pereyra
ACTS CEO

Do You Know What an Overdose Looks Like?

August 31 is International Overdose Awareness Day. [More than 107,500 people died of drug overdoses in 2023](#)—compared to 16,849 drug overdose deaths in 1999. Here are common signs of overdose for opioid drugs:

- No response to stimuli
- Shallow, labored or no breathing
- Cannot be woken up
- Snoring or gurgling
- Blue/grey lips or finger tips
- Floppy arms or legs

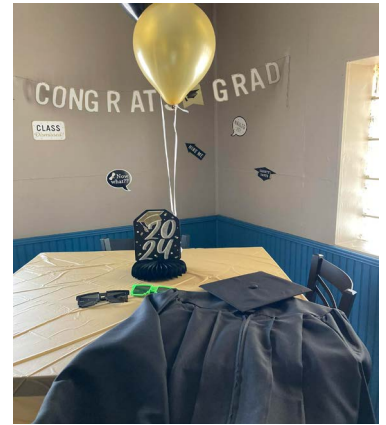


Overdose symptoms vary depending on the substance used. Click to see common overdose signs for [alcohol](#), [depressants](#), [opioids](#), [psychoactive substances](#) and [stimulants](#). If you or a loved one have a substance use issue, call us at 813.246.4899 for help.

813.246.4899 • www.ACTSFL.org

ACTS Therapeutic Group Home First Resident Successfully Completes Program

ACTS Therapeutic Group Home first resident - who moved in the first week of February - successfully reunited with his family in late July. "I liked being the first resident of the Therapeutic Group Home," said Jay. "While I was at the TGH, I was able to complete my GED, get my driver's license, and get a job." He also built relationships with the ACTS team members and the other residents at the program. "My favorite memories are playing basketball and making friends," he said. "Our first youth has been in the foster care system and has also been in legal trouble - so on paper, placement would be a challenge," said Program Director Danielle Husband. "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." Jay is super excited to be moving in with his grandma on the east coast of Florida. His plans in the future include joining the military or possibly going into the construction field. "The Therapeutic Group Home is a good place," he said. Photographed here is a picture from Jay's graduation party in May. TGH provides residential group care for twelve adolescent males between the ages of 12-17, for an average of three to six months. To find out more about ACTS Therapeutic Group Home or to make a referral, call 813.515.4150.



Talking with Teens About Alcohol and Other Drugs

It's never too late to start talking with your teen about the risks of underage drinking and other substance use. SAHMSA has started the "Talk. They Hear You." Underage Drinking Prevention campaign with 5 goals for parents to have when talking to their teens about substance use.

1. Show you disapprove of underage drinking and other drug misuse.
2. Show you care about your teen's health, wellness, and success.
3. Show you're a good source of information about alcohol and other drugs.
4. Show you're paying attention, and you will discourage risky behaviors.
5. Build your teen's skills and strategies for avoiding drinking and drug use.

To find out more about this campaign, [go here](#).



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.

