



## Message from our CEO

As we begin the new year, I can't help but reflect on the year we have left behind. Despite the lingering workforce challenges, we managed to achieve some incredible successes. The opening of the ACTS Clubhouse was one of our proudest moments of 2023. We are pleased to be able to fill a void in our community for adults seeking mental health recovery. If you have not had an opportunity to visit the ACTS Clubhouse, we encourage you to do so soon. Check out the information below about the upcoming Lunch and Learn Event at the facility. Additionally, we are happy to expand services with our adult residential treatment program in Hillsborough County. In 2024, we look forward to the opening of the long-awaited Therapeutic Group Home and relocation of Administrative Services to Buschwood Park II in Tampa. I continue to be appreciative of the unwavering commitment to the people we serve from both our team members and Board of Directors. Their resilience and dedication to providing high quality services continue to have a positive impact in the individuals we serve and our community at large. ACTS is grateful for the opportunity to provide treatment care to the most vulnerable people in the Tampa Bay area. Thank you for your support and partnership. I wish you and yours a safe, healthy and prosperous new year!



Asha Pereyra  
ACTS CEO

## ACTS Clubhouse Update and Open House

ACTS Clubhouse is currently open on Mondays – Thursdays from 9 a.m. – 3 p.m. for members. One of the first projects that members are working on together is crafting the social media posts for the ACTS Clubhouse Facebook page – which you can follow at [facebook.com/actsclubhouse](https://facebook.com/actsclubhouse) or on our brand-new ACTS Clubhouse Instagram page at [instagram.com/actsclubhouse](https://instagram.com/actsclubhouse). A quote from member Gary was recently highlighted online. “I love coming to the ACTS Clubhouse. It provides a safe space out of isolation and good fellowship.”



Starting this month, ACTS Clubhouse is hosting monthly Lunch and Learns at the facility for potential members and referral sources to come and learn about the program. The first is scheduled on Wednesday, January 31 from 11:30 a.m. – 1 p.m. at the Clubhouse located at 201 E. Yukon Ave. in Tampa. RSVP is required to attend - to RSVP for the event, email [clubhouse@actsfl.org](mailto:clubhouse@actsfl.org) or call 813.557.5670.

## Holidays at ACTS

The holidays are a busy and festive time at ACTS. ACTS held an agency-wide holiday party in the evening where employees and board members were able to mingle and enjoy being together before the holidays at the ACTS Clubhouse in Tampa. During the event, ACTS recognized four employees for their contribution to the agency with the Shining Star Award. Recipients include:

- Administrative Services – Reginald Lawrence
- Community-Based Services – Lonnie James
- Leadership – Lisa Crespo
- Treatment Services - Sharon Harrison

Also, each program decorated for the holidays and held special events for the individuals we serve during the season. Highlights include parties, special meals and gifts thanks to donations from the community.



## Dry January Tips

You might have heard all this talk about Dry January since the start of the New Year. So, what is it? It's a booze free challenge where participants don't drink alcohol for the entire month of January. Here are four tips to help you get through the month alcohol free.

**1. Buddy Up with Someone** - Get your friends and family involved with Dry January. You can help each other, and all will feel better for it!

**2. Find a Replacement for Alcohol** - Replace the need for alcohol with something else - like a relaxing bath or tasty non-alcoholic beverage!

**3. Have an Exit Strategy** - Temptation isn't always predictable. If you end up in a setting where you feel like drinking, it helps to have an escape plan.

**4. Exercise** - If your exercise routine has followed your willpower right out the window this season, get back on track. Remember, alcohol is a depressant, while exercise boosts endorphins. That's a much better high to cling to.

## 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).

