



Message from our CEO

We are pleased to announce the opening of the new ACTS Therapeutic Group Home on February 5. We celebrated with a private ribbon cutting ceremony for ACTS leadership including members of the Board of Directors. Check out pictures from the event [here](#) and a video highlighting the program below. This program serves adolescents with moderate to serious mental health disorders. We hope to host an open house for the community in April. I am thrilled to be able to add the Clubhouse and Therapeutic Group Home, two important resources, to our continuum of care in Hillsborough County. Currently, we are accepting referrals to both programs.

We can now concentrate on the relocation of the Administrative Offices to Buschwood Park in the upcoming months. After this move, we hope to share plans with you for another new ACTS facility. I want to take this moment to extend my gratitude to our funders and stakeholders for their continued support. The ACTS Team remains steadfast in their commitment to our mission and our success would not be possible without the hard work of this remarkable team. ACTS remains committed to providing the most comprehensive array of treatment services to the most vulnerable individuals in the communities we serve, now more than ever.



Asha Pereyra
ACTS CEO

Therapeutic Group Home Opening

On February 5, ACTS held a Ribbon Cutting Ceremony for our new Therapeutic Group Home (TGH). This residential treatment center, for males ages 12 – 17, provides comprehensive care to youth with moderate to serious psychiatric, emotional or behavioral disorders and due to the emotional or psychiatric symptoms are exhibiting severe maladaptive behavior or an inability to perform activities of daily living. Youth will reside at the TGH for 3-6 months and the ACTS team members will work with them to provide an individualized treatment plan to suit their needs including counseling, care coordination and more. During the ribbon cutting, ACTS CEO Asha Pereyra shared that the goal should be that the youth reunify with their families if it is safe for them to do so. “Our goal at the Therapeutic Group Home is to take care of the kids who need help and can’t stay with their family. Our hope is to help the family reunify and the youth diverted from the foster care system.” To see a video of the program, [click here](#). To find out more about Therapeutic Group Home, call 813.515.4150.



ACTS Clubhouse Update – Two Community Events this Month

ACTS Clubhouse held its first in-person Lunch and Learn in January with more than 30 people attending. A highlight of the event was when three ACTS Clubhouse members shared their reason of why they are members of the Clubhouse. Tamara shared why she enjoys being at the ACTS Clubhouse. “It keeps me out of isolation and being able to work side by side with staff and members has been a great experience.” The Clubhouse has over 20 members now, but there is always room for more. The ACTS Clubhouse offers a pathway to success, friendship and careers for adults seeking mental health recovery. If you would like to learn more about the ACTS Clubhouse, we invite you to one of our two events this month.



- Tuesday, February 13 from 3:30 p.m. – 5 p.m. – [A Mardi Gras themed open house social](#)
 - Wednesday, February 28 from 11:30 a.m. – 1 p.m. for our next [Lunch and Learn](#)
- To attend either of the upcoming events and see the magic of the ACTS Clubhouse in person, email clubhouse@actsfl.org or call 813.771.0958.

Heart Health and Effects of Illegal Drugs

February is National Heart Month, so we want to highlight some adverse cardiovascular effects from using illegal drugs, ranging from abnormal heart rate to heart attacks. Injecting illegal drugs also can lead to cardiovascular problems, such as collapsed veins and bacterial infections of the blood vessels and heart valves. Many drugs, such as cocaine, heroin and various forms of amphetamine, affect the central nervous system and can alter a user’s consciousness. In addition to addiction, the side effects and risks associated with use of these drugs include:

- changes in body temperature, heart rate and blood pressure
- headaches, abdominal pain and nausea
- impaired judgment and greater risk of some sexually transmitted infections
- the possibility of added substances (such as talc, poisons, herbicides or other particles) which may cause a toxic reaction
- heart attacks, seizures and respiratory arrest

If you or a loved one need help with illegal drugs, call ACTS at 813.246.4899.

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.

