



Message from our CEO

The ACTS Therapeutic Group Home (TGH) opened on February 5. We are pleased to be able to bring this valuable resource to our region. I would like to take a moment to express my sincere gratitude to leadership at the Department of Children of Families, the Agency for Health Care Administration and Central Florida Behavioral Health Network for the support they have extended to ACTS. We plan to host an open house on April 24 at the Therapeutic Group Home – more information will be provided in our newsletter next month. I hope you will visit to learn more about this unique program.

We continue to move forward with plans to relocate ACTS Administration to Buschwood Park in Tampa. We hope to occupy the new space by June 1. We are excited to be centrally located to many of our programs in Hillsborough County.

The ACTS Clubhouse Advisory Board is planning its first fundraiser lunch on June 4, 2024 - which is International Clubhouse Giving Day. Please save the date, and more information will follow soon. If you haven't had a chance to visit the ACTS Clubhouse yet, this will be a great opportunity to see it and support our members at the same time.



Asha Pereyra
ACTS CEO



CFBHN and DCF Visits TGH

Thank you to Central Florida Behavioral Health Network CEO, Alan Davidson, and Florida Department of Children and Families SAMH Regional Director, Melissa Leslie, for bringing team members to tour the new ACTS Therapeutic Group Home in Tampa on Feb. 28. The TGH cares for our community's most vulnerable youth in a loving and structured environment.



Hillsborough State Attorney Visits Clubhouse

In February, ACTS held two separate events for the community to tour and learn more about the Clubhouse. On Feb. 28, Hillsborough County State Attorney, Suzy Lopez, and Assistant State Attorney, Jeria Wilds, attended one of those events. If you would like to learn more about ACTS Clubhouse and how we are helping adults seeking mental health recovery, call 813.771.0958 or email clubhouse@actsfl.org.

Drug and Alcohol Facts Week is March 18-24, 2024



March 18-24, 2024, is known as National Drug and Alcohol Facts Week (NDAFW), with the goal of shattering the myth about drug and alcohol use for teens. Many teens are not aware of the risks drug usage brings to their health, to their success in school and to their safety. Here are some sobering statistics: by age 15, about 33 percent of teens have had at least 1 drink. By age 18, about 60 percent of teens have had at least 1 drink. About 4 in 10 people who begin drinking before age 15 eventually become alcoholics. This month on ACTS social media, we will be sharing 10 common myths and facts about substance use. For a sneak peek, check out our [YouTube playlist here](#). ACTS is a resource in our community helping people recover from drugs and alcohol - if you have a loved one that needs help with substance use, call 813.246.4899.

Don't Run Out of Luck This St. Patrick's Day!

The luck of the Irish is not enough to protect you against a possible encounter with an impaired driver during St. Patrick's Day. Here are some tips to celebrate the holiday safely if you plan on drinking.

- Don't Drink and Drive. Starting at 6 p.m. on Friday, March 15 to 6 a.m. on Monday, March 18, Tow To Go is operating in Florida thanks to AAA. If you don't have a ride home and are intoxicated, call (855)-2-TOW2GO to have yourself and your car taken home safely.
- Always eat food while drinking alcohol. It is proven that food can help counter the effects of alcohol.
- Plan ahead and set a limit to the number of drinks that you will have, and don't leave your drink unattended.
- Limit yourself to one drink per hour to give your body the ability to process the alcohol.
- Alternate an alcoholic beverage with a full glass of water.
- Have a plan on how you are getting home.



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.

