



Message from our CEO

May is Mental Health Awareness Month! As a behavioral health agency, ACTS is pleased to join others to raise awareness of trauma and the impact it can have on the physical, emotional and mental well-being of children, families and communities. In recognition of Mental Health Awareness Month, we are sharing 10 common mental health warning signs to look for in yourself and loved ones later in this newsletter. We eagerly anticipate the opening of the ACTS Clubhouse later this year, which will provide a safe place for those with mental health disorders. If you would like more information about the ACTS Clubhouse, which will be the first psychosocial clubhouse in Hillsborough County, please email clubhouse@actsfl.org. As a full-service behavioral healthcare agency, ACTS is here to help you – we are only a phone call or visit away.



Asha Pereyra
ACTS CEO

Congratulations to Beth Ann Sanders for 35 years with ACTS!



In April, Beth Ann Sanders celebrated 35 years with ACTS. Beth Ann started as a fiscal assistant on April 18, 1988, and worked her way up to being named Chief Financial Officer in December 2017. In her current role at ACTS, she oversees the Finance, Property Management, Information Technology and Human Resources Departments. “Beth Ann is my right-hand person,” said Asha Pereyra. “She’s the first person I talk to when I come in the office and the last one I talk to you in the evening – her loyalty and dedication to ACTS and the people we serve is unwavering.” To commemorate the occasion, Beth Ann was surprised with a luncheon with the senior leadership team on her anniversary decorated with pictures from her time at ACTS, as well as a special vase presented to her at the March/April anniversary luncheon the following day. Thank you for everything, Beth Ann!

ACTS in the Community

ACTS had a busy April attending community events including several career fairs, Hillsborough County's Healthy Living Event and was a sponsor at the Opioid Summit held on April 27 with leaders from the medical community, pharmacies, educators, public health, judicial branch and law enforcement to create awareness and help tackle the opioid crisis. ACTS CEO, Asha Pereyra, took part in a panel discussion with other behavioral health leaders during the Opioid Summit.



“It was an educational day hearing from community stakeholders about the devastating impact of opioids in our community and how we can work together to combat the crisis,” said Asha. Pictured here are ACTS staff members who attended the summit from left to right –COO Cris Riviere; Program Administrator - Acute Care Lori Provenzano; Program Director - Outpatient Idris Gaines; Quality Improvement Director Janice Zengotita; CEO Asha Pereyra; Program Director - Special Projects Ashley Moody; Program Director - Addictions Receiving Joshua Stamps; Program Supervisor - Enhanced Offender Diversion Jessica Rhule; and Marketing Director Ashley Juno. If you would like ACTS at your event, please email informationgroup@actsfl.org.

May is Mental Health Awareness Month

Mental health conditions have 10 common warning signs that should be taken seriously. If you or someone you know experiences one or more of these signs, you should talk with trusted family, peers or mentors and seek assistance. ACTS is here to help – call us at 813.246.4899.

1. Feeling very sad or withdrawn for more than two weeks
2. Severe, out-of-control risk-taking behaviors
3. Sudden overwhelming fear for no reason
4. Not eating, throwing up or using laxatives to lose weight
5. Seeing, hearing or believing things that are not real
6. Repeatedly and excessively using drugs or alcohol
7. Drastic changes in mood, behavior, personality or sleeping habits
8. Extreme difficulty in concentrating or staying still
9. Intense worries or fears that get in the way of daily activities
10. Trying to harm oneself or planning to do so

Source: NAMI



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.

