



## 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 are proud to have opened the first Clubhouse for adults seeking mental health recovery in Hillsborough County last fall and are planning our first fundraiser for the Clubhouse next month – check out the article for more information. As a full-service behavioral



Asha Pereyra  
ACTS CEO

healthcare agency, ACTS is here to help you – we are only a phone call or visit away.

In other news, we are thrilled to announce the relocation of ACTS Administration to a new location. As of May 13, 2024, we will be located at 3450 Buschwood Park, Suite 345, Tampa, Florida 33618.

## ACTS Holds Open House at Therapeutic Group Home



On April 24, ACTS hosted an open house at our new Therapeutic Group Home located on Dixon Ave. More than 40 people attended the event to check out and tour the recently remodeled building - thank you to everyone who stopped in. 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. To see a video of the program [click here](#). To find out more about Therapeutic Group Home or to make a referral, call 813.515.4150.

## ACTS Clubhouse to Hold Fundraiser Luncheon

ACTS Clubhouse is holding its first fundraiser luncheon on Tuesday, June 4 starting at 11:30 a.m. at the program located at 201 E. Yukon Street in Tampa. There is a minimum donation of \$50 per person to attend the event and pre-registration is required. Tables for 8 people are available for \$350.

Your support will help us continue our mission of providing a supportive environment where individuals seeking mental health recovery can thrive. Our 50+ members participate in productive activities that contribute to the daily operations of the Clubhouse, fostering a sense of purpose and belonging. [Sponsorship opportunities are available](#). To register, [visit here](#) or scan the QR code. Questions? Please email [ajuno@actsfl.org](mailto:ajuno@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](http://www.actsfl.org).

