



Message from our CEO

With the fiscal year winding down, there is a lot happening at ACTS this summer. As some of you know, we had to make the difficult decision to close our Youth Residential Treatment Program at Thonotosassa effective May 31, 2023. The facility was not properly zoned according to Department of Children and Families Standards. We had been operating under a special waiver for the past 18 months. This played a factor in our decision to close our doors along with a drastic decline in census over the past couple years. It makes better sense to shift our focus to a Therapeutic Group Home serving the child welfare population. We continue to push forward and hope to open our Therapeutic Group Home within the next few months. All employees impacted by the closure were transferred to vacant positions elsewhere at the agency. Due to the high demand for adult residential beds, we are pleased to announce that we have opened a new location in Tampa. Currently, this 15-bed unit serves veterans only, but we will take other referrals as of October 1. In other news, our ACTS Clubhouse is moving along nicely – check out pictures later in the newsletter. We are projecting substantial completion by Labor Day and a grand opening sometime in the fall. Indeed, there is a lot to look forward to here at ACTS. In closing, I hope you have a safe and wonderful summer!



Asha Pereyra
ACTS CEO

How to Emotionally Prepare for a Hurricane

After the devastation of Hurricane Ian in Southwest Florida last September, hurricane season starting again might produce anxiety. Here are some simple and effective ways to manage your storm-related fears and anxiety.

- **Have a plan and implement it.** It is important to have a plan for you and your family (including pets) to be safe during the storm. [The American Red Cross recommends steps you can take to prepare.](#)
- **Get the facts.** Gather information that will help you accurately determine your risk so that you can take reasonable actions. Limit your exposure to news reports that focus on damage and destruction.
- **Make connections.** Good relationships with close family members, friends or others are important. Connecting with others also preparing for the arrival of a hurricane may be an additional source of support.
- **Stay healthy.** A healthy lifestyle—including proper diet, exercise, and rest—is your best defense against any threat. A healthy body can have a positive impact on your thoughts and emotions, enabling you to make better decisions and better deal with the hurricane's uncertainties.
- **Reach out to your children.** Help children by restricting constant viewing of the news, giving them realistic assurances that plans are in place to keep them safe and maintaining their routines as much as possible.

ACTS Clubhouse Visitors and Learn More about ACTS Clubhouse on June 29

ACTS Clubhouse hosted The Academy at Glengary from Sarasota Executive Director William McKeever and Academy member Maureen, as well as its advisory board in May for a meeting and tour of the renovation site. ACTS staff also met with Hillsborough County, Rojo Architecture and Schaefer General Contracting Services to see the progress of the building. Clubhouses offer support to people who have a mental health condition and are a fun, safe and diverse place that can help people who join (members) with their mental health recovery and make friends. ACTS Clubhouse is scheduled to open later this year and serve Hillsborough County residents.



If you would like to learn more about ACTS Clubhouse, join us for an informative free virtual lunch and learn on June 29 at noon to learn:

- Benefits for members including job services, socialization and more.
- Pre-enrollment information and how to enroll members.
- Clubhouse philosophy.
- Ways you can help ACTS Clubhouse.

To RSVP for the Lunch and Learn or to find out more about becoming a member, email clubhouse@actsfl.org or call 813.557.5670.

June is PTSD Awareness Month

Any experience that threatens your life or someone else's can cause Post Traumatic Stress Disorder (PTSD). These types of events are sometimes called trauma. Types of traumatic events that can cause PTSD include:

- Combat and other military experiences
- Sexual or physical assault
- Child sexual or physical abuse
- Serious accidents, like a car wreck
- Natural disasters, like a fire, tornado, hurricane, flood or earthquake
- Terrorist attacks
- Learning about the violent or accidental death or injury of a loved one

During this kind of event, you may not have any control over what is happening and may feel very afraid. Anyone who has gone through something like this can develop PTSD. If you need to talk, ACTS is here. Call us 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.

