

Message from our CEO

As we close Fiscal Year 2023-2024, we are filled with gratitude for what we have accomplished this past year and optimism about the year ahead. Your support and engagement have fueled our efforts in bringing a Clubhouse, Adult Residential Level II Program, and Therapeutic Group Home to Hillsborough County. Additionally, we relocated our Administration to Buschwood Park and rolled out a brand-new logo. These accomplishments would not have been possible without our dedicated team members and the support of our community.

As we step into the new fiscal year, we are excited about the opportunities ahead. We have ambitious plans for a mobile medication assistance treatment program, new outpatient clinic and to begin the implementation towards becoming a Certified Community Behavior Health Clinic. With your support, we are confident that we can continue to make a positive impact and build a brighter future for the individuals we serve.

Thank you once again for your invaluable support. We are truly fortunate to have such a vibrant and supportive community.



Asha Pereyra
ACTS CEO

July is Minority Mental Health Awareness Month

This Minority Mental Health Awareness Month take time to learn about other cultures and show support to those around you. Here are four things to think about this month.

- **Take time to learn.** Use the [myriad of online resources](#), books and documentaries available to learn more about different cultures and how they are impacted by mental health and substance use challenges.
- **Respect the person's culture.** When you are talking or listening to someone of a different culture, show an attitude of acceptance and respect for the person's feelings, culture, personal values and experiences, even if they are different from your own or you disagree with them. Do not judge, criticize or trivialize what the person says.
- **Ask questions.** It's OK if you have questions or don't understand something. Instead of making assumptions, respectfully ask questions that show you genuinely care and want to understand.
- **Focus on recovery and well-being.** Conversations about mental illness are shifting away from only the "illness" or "deficit" way of describing mental illness. It's more common now to hear people talk about well-being and recovery. When interacting with someone who may be struggling with a mental health or substance use challenge, focus on these topics and encourage them to pursue their own journey to recovery within their cultural practices.



ACTS Clubhouse Featured on ABC Action News

Thank you to James Tully with ABC Action News, who featured the ACTS Clubhouse in June. Mr. Tully interviewed member Michael and Program Director, Jennifer Mullins, to highlight the importance of the ACTS Clubhouse in Hillsborough County. Michael and his grandmother, Rose, were speakers at the ACTS Clubhouse Fundraiser luncheon at the beginning of June, which raised money to support the program. To see pictures from the luncheon, [click here](#).



To find out more about the program and how we are helping members like Michael seeking mental health recovery, email clubhouse@actsfl.org or call 813.771.0958. Click the picture to see the video.

4 Tips to Stay Sober this July 4th

This summer holiday is known for beach parties, barbecues and fireworks; but it's also known for its staggering statistics in drinking and driving fatalities. Here are 4 tips to help you stay sober this July 4th!

- 1. Bring your own non-alcoholic drinks** - By bringing your own non-alcoholic beverages not only do you let your host know you're not going to partake in alcohol, but you also have a beverage you enjoy and don't have to worry about relapsing or making the wrong choice to get behind the wheel after drinking.
- 2. Plan a "script"** - Before you leave for the party or BBQ, brainstorm answers to any of the triggering questions you anticipate you'll be asked, and then practice your responses in front of the mirror. Rehearse how you'll answer questions like "Can I get you a beer?" and "Why aren't you drinking?" so that you won't be caught off guard.
- 3. Prepare an exit strategy** - If a situation starts to become too much to handle, you'll need to be able to politely excuse yourself. Plan ahead by preparing an excuse, bringing your own car and arranging for a sober friend to periodically call in to check on you.
- 4. Practice self-care** - Remember to practice "H.A.L.T." — periodically check in with yourself to make sure you're not too Hungry, Angry, Lonely or Tired.



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.

