

ACTS All Access

Agency for Community Treatment Services E-Newsletter

September 2024

Message from our CEO

September is National Recovery Month and ACTS is proud to join the efforts to promote awareness. Celebrating National Recovery Month is a fantastic way to honor and support those on the journey to recovery from substance use disorders and mental health issues. It is an opportunity to raise awareness, reduce stigma, and celebrate the progress made by individuals and communities. National Recovery Month celebrates the recovery community and recognizes the dedicated workers who provide prevention, intervention, treatment and support services that help make recovery possible. Mental health and substance use disorders affect so many families in the communities we serve. ACTS is pleased to offer a comprehensive system of care in the Tampa Bay area for more than 45 years. We assist individuals and families impacted by mental health and substance use disorders at several locations in Hillsborough, Pinellas and Polk Counties. We're thrilled to announce that our innovative mobile medication assisted treatment program is launching soon! This program will provide a flexible, convenient, and supportive approach to treatment, making it easier for people to access the care they need. In closing, I would like to express my sincere gratitude to our committed staff who work diligently to transform the people we serve by inspiring hope and fostering recovery. Below in this newsletter, we share tips on how to support someone in recovery. Please do not hesitate to reach out to us.



Asha Pereyra
ACTS CEO

ACTS Clubhouse Update

The ACTS Clubhouse has been open for only 10 months, and we are thrilled to have over 110 members actively participating in our program! Members engage in a work-ordered day through the Business Unit, Media Center, and Culinary Divisions, all of which are now fully operational. In August, members had the opportunity to tour two local schools to explore certification and educational opportunities. Our Clubhouse is also active on social media, with members contributing posts to our Facebook and Instagram pages. One member, William, recently shared his thoughts on why he enjoys coming to the Clubhouse: "I like coming to the Clubhouse because it gives me purpose and I get to talk with people."



We offer tours for potential members and referral sources. To schedule a tour and learn more about how we are helping adults in Hillsborough County seeking mental health recovery, call 813.771.0958 or email clubhouse@actsfl.org. Come see how we are making a difference and helping our community shine!

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September is Recovery Month – Tips on How to Support Someone in Recovery.

It is a dramatic scene often portrayed in TV shows and movies: someone, fed up with their loved one's addiction, drives them to a treatment center and leaves them there, promising to return in a few months. However, getting a loved one to a treatment center is just the beginning of their recovery journey. To truly support someone in recovery from addiction, consider these seven tips:



1. **Avoid Judgment:** People in recovery often feel judged by those around them. Show acceptance and avoid negativity or criticism.
2. **Be Patient:** Recovery is a complex, long-term process, and setbacks can happen. It's crucial to let your loved one know you're there for them, even during tough times.
3. **Reinforce the Possibility of Recovery:** Like other chronic diseases, addiction can be managed successfully with the right support.
4. **Actively Listen:** Pay attention to your loved one's challenges and achievements. Offer encouragement to help them maintain a healthy lifestyle.
5. **Encourage Healthy Habits:** Engage in positive, substance-free activities like cooking, exercising, or playing games with the person in recovery.
6. **Suggest Joining a Support Group:** Support groups provide a valuable space for those in recovery to connect with others facing similar struggles.
7. **Take Care of Yourself:** Joining a support group for friends and families of people with addictions can help you feel less alone and better equipped to support your loved one.

ACTS Leadership Attends FBHA Conference

In August, our Senior Leadership Team along with the Program Directors represented ACTS at the Florida Behavioral Health Association Conference in Orlando. For the first time in years, we had a booth highlighting the exceptional work ACTS does in the Tampa Bay region to agencies from across the state. With over 1,900 mental health and substance use treatment professionals in attendance, the three-day event was a great opportunity to showcase our efforts. We are already looking forward to participating again next year!



For More Information

ACTS, Agency for Community Treatment Services, 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.

