

# ACTS All Access

Agency for Community Treatment Services E-Newsletter

December 2024

## Message from our CEO

As the year draws to a close, we at ACTS find ourselves reflecting on all that we have to be grateful for this holiday season. One recent survey response truly touched our hearts: *“If it wasn’t for ACTS, I don’t know where I would be.”* This powerful reminder reinforces the difference we make every day, helping individuals recover from substance misuse and rebuild their lives.

Looking ahead, 2025 promises to be a transformative year for ACTS, with exciting developments on the horizon. In the coming months, we will break ground on a new outpatient program and launch a mobile medication-assisted treatment program. These initiatives will expand our reach and enhance the support we can offer to our community.

Additionally, we are thrilled to begin implementing the Certified Community Behavioral Health Clinic model, which will further strengthen our ability to provide a comprehensive range of mental health and substance abuse services. These changes will help us to better serve those who need us most, offering more accessible and effective care.

As we move forward, we remain deeply committed to our mission of inspiring hope and fostering recovery. We wish you and your loved ones a holiday season filled with joy, happiness, and good health. Together, we can continue making a lasting difference in the lives of those we serve.



Asha Pereyra  
ACTS CEO

## ACTS Housing Receives Award From THHI

On November 1, ACTS was honored to receive the Calvin Reed Award for Outstanding Performance in Permanent Housing at the Tampa Hillsborough Homeless Initiative Recognition Breakfast! We extend our heartfelt gratitude to the THHI Board of Directors, CEO Antoinette Hayes-Triplett, and COO Antonio Byrd for this recognition. We are proud to be among the community agencies serving such an important population.

A special shoutout to our incredible Housing Division for their hard work and dedication! Accepting the award on behalf of ACTS were Asha Pereyra, CEO; Cris Riviere, COO; Hayward Davis, Administrator of Housing Division; Melinda Nicholson, Program Director of HEART; and Lonnie James, Resource Coordinator of Wraparound Housing.

Together, we’re making a meaningful difference!



## Five Sober Tips for the Holidays

The holiday season can be a joyful yet challenging time for individuals in recovery. With gatherings, traditions, and potential triggers, it's essential to stay grounded and prioritize your well-being. Check out these tips to celebrate the holiday sober.

**1. Plan Ahead** - Knowing what to expect can reduce anxiety and help you stay in control. Reduce stress by preparing for events. Bring a supportive friend and have a response ready if offered alcohol or substances.

**2. Set Boundaries** - It's okay to say no to events or situations that may compromise your sobriety. Remember, your recovery comes first. Opt for gatherings where you feel safe and supported, and leave early if you feel uncomfortable.

**3. Bring Your Own Non-Alcoholic Drinks** - Having your favorite alcohol-free beverage on hand can make social settings more comfortable. Plus, it prevents anyone from offering you something you'd rather avoid.

**4. Stay Connected** - Lean on your recovery support network during the holidays. Whether it's attending meetings at ACTS, calling a sponsor, or reaching out to a friend, staying connected can help you navigate the season.

**5. Focus on Self-Care** - The holidays can be overwhelming, so make time for activities that nurture your mental and physical health. Practice mindfulness, exercise, eat nourishing meals, and get plenty of rest.

Remember, the holidays are about joy, connection, and renewal. By prioritizing your recovery and planning ahead, you can make this season a meaningful and sober celebration. Don't forget that ACTS is only a phone call away too!



## ACTS Clubhouse Holds Open House

A big thank you to everyone who joined us for ACTS Clubhouse's first-anniversary Open House on November 15! More than 40 attendees toured the facility, mingled with members, and learned about the program. We were especially honored to welcome County Commissioner Gwen Myers, who also spoke at the Clubhouse's Ribbon Cutting event in October 2023 - a full-circle moment for us all.

"It's hard to believe the ACTS Clubhouse has been open for a year," said ACTS CEO Asha Pereyra. "The Clubhouse is a vital resource for adults in Hillsborough County with mental health disorders, and it's remarkable to see it grow to over 100 members in just one year."

To learn more about ACTS Clubhouse and how we're supporting mental health recovery, email us at [clubhouse@actsfl.org](mailto:clubhouse@actsfl.org) or call 813.771.0958 to schedule a tour!



## 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](http://www.actsfl.org).

