



# ACTS

# All Access

Agency for Community Treatment Services E-Newsletter

April 2025

## Message from our CEO

Spring is a time of renewal and fresh starts, making it the perfect opportunity to focus on well-being and positive change. April also marks Alcohol Awareness Month, a reminder of the impact alcohol and substance use can have on individuals, families, and communities. Increased stress can sometimes lead to higher alcohol or substance consumption, but support is available. If you or someone you care about is struggling with alcohol or substance use, here are a few steps that may help:



Asha Pererya  
ACTS CEO

- Reach out to your healthcare provider for guidance on treatment options and support resources. Seeking help is a crucial first step toward recovery.
- Consider Medication-Assisted Treatment (MAT) for alcohol or opioid use disorders. MAT can be an effective tool in managing cravings and withdrawal symptoms. ACTS offers this service through our Outpatient Detox Program to help individuals on their path to recovery.
- Stay committed to your recovery plan by taking prescribed medications and attending therapy, treatment, or support appointments. When in-person visits aren't possible, telehealth options can provide continued access to care.

Recovery is possible, and no one has to go through it alone. If you or a loved one needs support, ACTS is here to help. For more information, reach out to us at 813.246.4899 or visit [www.actsfl.org](http://www.actsfl.org).

## Five Tips for Staying Sober

Founded in 1978 as Alcohol Community Treatment Services, ACTS continues to support individuals on their recovery journey. Alcohol remains one of the most common substances used by ACTS' adult clients. In recognition of Alcohol Awareness Month this April, we're sharing practical tips to help maintain sobriety.

- 1. Build a Strong Support Network** – Surround yourself with supportive, sober individuals who have your best interests at heart. Join a local support group or find a trusted friend you can call when facing challenges.
- 2. Create a Safe Environment** – Ask a trusted person to remove any alcohol or triggers from your home. Avoid places or situations that may tempt you to drink.
- 3. Set Meaningful Goals** – Having clear, future-oriented goals can help you stay motivated. Remind yourself why sobriety is important and focus on the positive changes it brings to your life.
- 4. Practice Gratitude Daily** – Taking time to appreciate the good in your life can strengthen your resolve. Consider keeping a gratitude journal and writing down five things each day that bring you joy.
- 5. Engage in Sober Activities** – Replacing old habits with positive, fulfilling activities is key to maintaining sobriety. There are countless ways to have fun and connect with others without alcohol.

Recovery is a journey, and you don't have to navigate it alone. ACTS is here to support you every step of the way.



813.246.4899 • [www.ACTSFL.org](http://www.ACTSFL.org)

## ACTS Celebrates Employee Appreciation Day

On March 7, ACTS celebrated Employee Appreciation Day by recognizing the hard work and dedication of our staff. Every team member received a new mug along with a gift card as a token of gratitude. “We appreciate everything our staff does each day,” said ACTS CEO Asha Pereyra. “This day is a special opportunity to say thank you for their commitment to our mission.”



ACTS is always looking for passionate individuals to join our team! We offer competitive pay, comprehensive benefits, and opportunities for career growth within the organization. Explore our open positions and apply today at <https://bit.ly/ACTSJobs>.

## Meet Michael Hicks, MSW, MPH

Michael Hicks joined ACTS a year and a half ago, beginning his journey at the Keystone Adult Residential Treatment Program in Tarpon Springs. Since then, he has advanced to Program Director overseeing Outpatient and Enhanced Offender Diversion (EOD) programs. In this role, he not only manages operations but remains actively involved in client care. “I think it’s important for someone to realize that seeking help is nothing to be ashamed of and to take the first step toward a brighter future,” Hicks shared.

ACTS Outpatient Department serves as a key access point for individuals seeking treatment. Walk-in, first-come, first-served appointments are available Monday through Friday. Outpatient supports both teens and adults, treating a wide range of substance use disorders, from alcohol and opioids to less common substances like Kratom and cleaning fluid. “We are a substance use treatment program, and we will help treat any substance,” Hicks emphasized.

During his time at ACTS, Hicks has witnessed many success stories across both Residential and Outpatient programs. He recalled one individual who completed residential treatment at Keystone, transitioned to Outpatient and Intensive Outpatient, and is now in Aftercare - having rebuilt relationships with their children and thriving in recovery.

Hicks appreciates ACTS comprehensive approach to care. “If someone comes to Outpatient but needs a different level of care - residential treatment, detox, or housing - we have those resources available to meet their needs.” To learn more about ACTS Outpatient Department, call 813.936.8100 or visit us [online](#).



## 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).

