



ACTS

All Access

Agency for Community Treatment Services E-Newsletter

May 2025

Message from our CEO

At ACTS, we're proud to join countless individuals and organizations across the nation in recognizing Mental Health Awareness Month. This important month is a time to shine a light on the vital role mental health plays in our overall well-being, and to raise awareness about the profound and lasting impact that trauma can have on the physical, emotional, and mental health of individuals, families, and entire communities. In recognition of Mental Health Awareness Month, we're sharing 10 practical tips designed to support and strengthen your mental well-being. We believe that prioritizing mental health is essential, and we encourage everyone to take time this month to check in with themselves and the people they care about.



Asha Pererya
ACTS CEO

As a behavioral health agency committed to recovery and resilience, ACTS is especially proud to operate the first psychosocial Clubhouse in Hillsborough County. Our Clubhouse is a welcoming and empowering space where adults living with mental illness come together to build community, gain purpose, and thrive through the structured and collaborative environment of the work-ordered day. It's a place where strengths are celebrated, goals are supported, and recovery is a shared journey. If you're interested in learning more about our Clubhouse program or would like to schedule a tour, we would love to connect with you. Please give us a call at (813) 771-0958 or email us at clubhouse@actsfl.org to discover how we are helping adults in our community find hope, healing, and belonging through mental health recovery.

Mental Health Tips for Mental Health Awareness Month

May is Mental Health Awareness Month- a great time to check in with yourself and explore small ways to support your emotional well-being. Whether you're thriving, surviving, or somewhere in between, here are 10 practical tips to support your mental health every day:

- 1. Practice Mindfulness** – Take a few minutes each day to breathe or sit in stillness.
- 2. Set Boundaries** – Protect your time and energy. It's okay to say "no."
- 3. Stay Connected** – Reach out to friends or join a support group. You're not alone.
- 4. Get Moving** – Even a short walk can boost your mood.
- 5. Prioritize Sleep** – Aim for 7–9 hours of quality rest each night.
- 6. Limit Screen Time** – Unplug for an hour a day to recharge.
- 7. Talk It Out** – Sharing your feelings helps lighten the load.
- 8. Eat Well** – Choose foods that fuel both your body and brain.
- 9. Celebrate Small Wins** – Every step forward counts.
- 10. Ask for Help** – Reaching out is a sign of strength.

Taking care of your mental health isn't selfish - it's essential.

**TAKE A
MOMENT FOR
YOUR MENTAL
HEALTH TODAY**

MENTAL HEALTH AWARENESS MONTH

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ACTS Board Member Named Chief Deputy in Hillsborough County

We are thrilled to celebrate a major milestone in the career of one of our Board Members, Anthony Collins, who has been named a Chief Deputy at the Hillsborough County Sheriff's Office. This prestigious appointment reflects his decades of dedication to public service, leadership, and commitment to community well-being.

Chief Deputy Collins brings a wealth of experience and integrity to his new role - qualities that have also made him an invaluable asset to the ACTS Board since 2019. His leadership and insight continue to guide our mission to improve lives through compassionate behavioral health and social services.

Asha Pereyra, CEO of ACTS, shared her excitement: "We are incredibly lucky to have Chief Deputy Collins on the ACTS Board. His passion for service and his deep understanding of our community's needs aligns perfectly with our mission. This new role is a testament to his hard work and leadership, and we know he will continue to do amazing things for the Hillsborough County Sheriff's Office."

Please join us in congratulating Chief Deputy Anthony Collins on this well-deserved honor! Check out [this article](#) highlighting his promotion.



Staff Spotlight: Laurie McCluskey, RN Charge Nurse

Laurie McCluskey has been with ACTS for 8 years and serves as the RN Charge Nurse at the Addictions Receiving Facility (ARF) in Tampa. In her role, she supervises nurses across the Adult Addictions Receiving Facility, Juvenile Addictions Receiving Facility, and Medication Assisted Treatment (MAT) programs; manages scheduling; orders supplies; teaches medication assistance classes; and supports overall facility operations at the ARF.

Laurie's passion is helping individuals through one of the hardest times in their lives. "We are often their last beacon of hope," she says. Whether it's assisting someone in crisis or witnessing small victories - like a client completing detox after nearly walking out - she finds meaning in every step of the recovery journey.

She also emphasizes the importance of understanding addiction as a brain-altering condition and encourages compassion for those in recovery. ACTS offers free NARCAN and multiple MAT options including Vivitrol, Suboxone, and Sublocade to support long-term recovery.

Laurie's message to anyone considering treatment: "Don't lose hope. It's okay to come back. We're just glad you're here."

To learn more about the programs at the Addictions Receiving Facility, [visit here](#) or call 813.367.2565.



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.

