



ACTS

All Access

Agency for Community Treatment Services E-Newsletter

June 2025

Message from our CEO

As we approach the end of the fiscal year, there's no slowing down - summer is shaping up to be a busy and exciting season across the organization.

June is PTSD Awareness Month, a time to recognize the impact of trauma and the importance of accessible, compassionate care. Post-Traumatic Stress Disorder can affect anyone, and understanding it is a crucial step toward reducing stigma and supporting recovery. Check out the article below to better understand PTSD and how it touches the lives of so many.

In addition, several new projects are gaining momentum. Our long-anticipated Mobile Medication Assisted Treatment (MAT) program is nearly ready to launch - we expect to receive our new van this month! This innovative program will help us reach more individuals in need of treatment and support.

At the same time, we're working closely with our architects to finalize renovation plans for the Therapeutic Group Home and to begin construction of our new Outpatient Program. We anticipate breaking ground in the new fiscal year - key milestones that will further strengthen our capacity to serve the community.

With growth, innovation, and recognition all on the agenda, ACTS is heading into the summer with energy and purpose. Stay tuned for more updates - and I hope you have a great summer.



Asha Pererya
ACTS CEO

How to Emotionally Prepare for Hurricane Season

After the devastation of Hurricanes Helene and Milton last year, the return of hurricane season can bring anxiety. That's a normal reaction - but there are ways to stay emotionally grounded as storms approach.

Here are a few practical tips:

- **Have a plan.** Knowing how you'll respond helps reduce fear. Include your family, pets, medications, and emergency contacts. [The American Red Cross offers helpful preparation guides.](#)
- **Focus on facts.** Stay informed, but limit exposure to alarming news coverage. Stick to trusted sources and take reasonable precautions.
- **Stay connected.** Talk with friends, neighbors, or others in your program. Preparing together can ease fears and strengthen support.
- **Prioritize your health.** A good diet, rest, and movement all support mental wellness and decision-making during stressful times.
- **Support children.** Reassure them, limit storm-related news, and maintain routines to help them feel secure.

ACTS is here to support you through every season. If you're feeling overwhelmed, reach out to us at 813.246.4899 - we're always ready to help.



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Understanding PTSD

Post-Traumatic Stress Disorder (PTSD) can develop after experiencing or witnessing a traumatic event - like an accident, assault, disaster, or combat. Not everyone responds the same way to trauma, but for some, the effects can last and interfere with daily life.

Common symptoms include:

- Flashbacks, nightmares, or intrusive thoughts
- Avoiding reminders of the trauma
- Feelings of guilt, shame, or disconnection
- Difficulty sleeping, irritability, or being easily startled

There is hope.

PTSD is treatable. Therapy, support groups, medication, and self-care practices can help individuals manage symptoms and begin to heal.

If you or someone you know is struggling, you're not alone. Reach out to a mental health professional or give us a call at 813.246.4899. Healing starts with one step.



Staff Spotlight: Jennifer Mullins from ACTS Clubhouse

Jennifer Mullins has led the ACTS Clubhouse, since it opened in Tampa in November 2023. As Program Director, she oversees the daily operations where members - adults with mental health diagnoses- work side-by-side in a supportive environment known as the work-ordered day.

Members and staff collaborate as colleagues, performing work that is crucial to the community's operation. Participation is voluntary, allowing members to engage in activities as they feel ready and according to their personal interests, said Jennifer.

Membership is open to those 18 and older with a mental health diagnosis who are committed to their recovery goals. Once you join, you're always a member.

"I love my job - I believe in the Clubhouse model," Jennifer said. "Members become colleagues. We help each other grow. That's what keeps me going: working side-by-side toward real goals."

She hopes to see the ACTS Clubhouse become the go-to resource for people with mental health challenges. One of her favorite success stories is a 60-year-old woman who, for the first time, found a place to belong at the ACTS Clubhouse. "We're not judgmental. We're a team that helps people reach their potential."



To schedule a tour of the ACTS Clubhouse, call 813-771-0958 or visit us online [here](#).

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.

