

ACTS All Access

Agency for Community Treatment Services E-Newsletter

December 2025

Message from our CEO

As we approach the end of the year, ACTS reflects with gratitude on the many moments that have inspired and motivated us. One recent survey response especially moved our team: “ACTS helped save my life. I’m on a new journey now, and I feel great about where I’m heading.” Messages like this remind us why our work matters—supporting individuals in recovery as they rebuild their lives with hope and strength.

Looking ahead, 2026 will be a milestone year for ACTS. We are preparing to break ground on a new outpatient program and to begin renovations on our Therapeutic Group Home this month. These major initiatives will allow us to expand services and deepen our impact in the community.

As we celebrate the season and look toward the future, our commitment remains steadfast: to inspire hope and foster recovery. We wish you and your loved ones a joyful holiday season filled with peace, happiness, and good health. Thank you for your ongoing support - together, we are making a lasting difference in the lives of those we serve.



Asha Pererya
ACTS CEO

ACTS Clubhouse Holds Open House

Thank you to everyone who joined us in celebrating ACTS Clubhouse’s second anniversary Open House on November 13! Attendees toured the facility, connected with members, and saw firsthand how the Clubhouse model supports mental health recovery in our community.

“It’s hard to believe the ACTS Clubhouse has been open for two years now,” said ACTS CEO Asha Pererya. “The Clubhouse is a vital resource for adults in Hillsborough County with mental health disorders, and it’s remarkable to see its growth over the past two years.”

We are grateful for the ongoing support from partners, community members, and families who believe in our mission. If you’d like to learn more about ACTS Clubhouse - including services, membership, and future events- email clubhouse@actsfl.org or call 813.771.0958 to schedule a tour. We’d love to welcome you!



813.246.4899 • www.ACTSFL.org

Mobile MAT on Bloom



ACTS COO Cris Riviere and Program Director Josh Stamps recently joined Central Florida Behavioral Health Network CEO Alan Davidson on Bloom to share details about our new [Mobile MAT](#) program! They discussed how this innovative initiative brings medication-assisted treatment directly to individuals in need, expanding access to care and supporting recovery in our community.

Watch the full segment [here](#).

TGH Relocates for Renovations



Residents and staff of the Therapeutic Group Home recently bid farewell to their Dixon Ave. location and relocated temporarily to 6806 N. Nebraska Ave. in Tampa while renovations begin this month.

The fully renovated Therapeutic Group Home is slated to reopen in Summer 2026. To make a referral, call 813.515.4150 or email tghreferrals@actsfl.org.

Five Sober Tips for the Holidays

The holidays can be joyful - but also challenging - for those in recovery. With gatherings, traditions, and potential triggers, it's important to stay grounded and put your well-being first. Here are a few sober holiday tips:

- 1. Plan Ahead** – Prepare for events, bring a supportive friend, and have a response ready if offered alcohol or substances.
- 2. Set Boundaries** – It's okay to skip events that may compromise your sobriety. Leave early if needed.
- 3. Bring Your Own Drinks** – Having a favorite non-alcoholic option makes social situations easier and prevents unwanted offers.
- 4. Stay Connected** – Attend meetings, call a sponsor, or reach out to someone you trust—support matters.
- 5. Practice Self-Care** – Make time for rest, movement, mindfulness, and activities that support your mental and physical health.

The holidays are about joy, connection, and renewal. With planning and support, they can be a meaningful, sober celebration. And remember - ACTS is always just a phone call away.



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.

