



ACTS All Access

Agency for Community Treatment Services E-Newsletter

January 2026

Message from our CEO

January marks National Substance Use Disorder Treatment Month, an initiative led by SAMHSA to raise awareness about the importance and effectiveness of evidence-based treatment - like the services provided at ACTS. As we begin a new year, it's a meaningful time to reflect, reset, and take steps toward healthier living. In this newsletter, we're also sharing tips for a successful Dry January to support those exploring positive change.



Asha Pererya ACTS CEO

We have much to look forward to in the year ahead. This month, ACTS is preparing to break ground on a new space for our Outpatient program, along with renovations to our Therapeutic Group Home and housing team offices. Looking ahead to 2026, we plan to expand services by adding staff at ACTS Clubhouse and our Hospital Bridge program, and by extending the reach of our Mobile Medication Assisted Treatment (MAT) program, launched in June 2025.

These projects reflect our continued commitment to growth, innovation, and meeting the evolving needs of the people we serve. I look forward to sharing more updates as these initiatives take shape. On behalf of all of us at ACTS, I wish you and your loved ones a safe, healthy, and prosperous new year.

5 Tips for a Successful Dry January

January is a time for fresh starts and healthier choices. Dry January invites people to take a break from alcohol for the month – whether to improve well-being, gain clarity, or explore a new routine. If you’re participating, these simple tips can help you stay on track and make the most of the experience.



- 1. Set a Clear Intention:** Decide why you're participating – better sleep, improved health, saving money, or a personal reset. Keeping your “why” in mind can help you stay motivated.
- 2. Plan Alcohol-Free Alternatives:** Stock up on sparkling water, mocktails, teas, or other favorite non-alcoholic drinks so you're not tempted when cravings hit.
- 3. Create New Routines:** Replace old habits with healthy activities like walking, yoga, journaling, or spending time with friends who support your goals.
- 4. Lean on Support:** Share your goal with someone you trust or connect with a supportive community. Encouragement and accountability make a big difference.
- 5. Be Kind to Yourself:** Progress matters more than perfection. If you have a setback, don't give up—reflect, reset, and keep moving forward.

If Dry January sparks a desire for additional support, ACTS is here to help you every step of the way on your recovery journey - call us at 813.246.4899 to get started.

Winter Wellness: Coping with Seasonal Changes

Shorter days and colder weather can affect mood, energy, and overall well-being. At ACTS, we recognize that seasonal changes can impact mental health and substance use recovery - and small, intentional habits can make a big difference.

Staying active, maintaining consistent sleep routines, and getting natural light when possible, can help boost mood and energy. Staying connected with friends, family, and support networks is also essential during the winter months, when isolation can increase.

Mindfulness and self-care practices like deep breathing, journaling, or gentle movement can support emotional balance. If mood changes persist or begin to affect recovery, reaching out for support is an important step.

Winter doesn't have to mean feeling low. With healthy routines, connections, and support, wellness is possible all season long - and ACTS is here to help every step of the way. Check out our full blog post [here](#) for more details.



Holidays at ACTS

The holiday season at ACTS was filled with connection, gratitude, and celebration. Staff and board members gathered at the ACTS Clubhouse in Tampa for an agency-wide holiday party, enjoying an evening of fellowship and festive cheer before the holidays. During the celebration, six exceptional employees were recognized with the Shining Star Award for their outstanding contributions to ACTS:

- Substance Use: Oona Tajah
- Mental Health: Laquandas Byrd
- Justice: Alexis Swezey
- Housing: Jerome Alexander
- Peer Award: Coacoca Anderson
- CEO Leadership Award: Kerry Bittrich

In the spirit of the season, ACTS programs also hosted holiday celebrations for clients and residents, sharing festive meals and meaningful moments together throughout the holidays.



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.actssf.org.

