



# ACTS

# All Access

Agency for Community Treatment Services E-Newsletter

February 2026

## Message from our CEO

ACTS kicked off 2026 with an exciting milestone: we are moving forward with construction and renovations at our Dixon and Yukon properties. These projects represent a major step forward in expanding our services and improving the spaces where we provide care and support to our community.

The Dixon building will feature our fully renovated Therapeutic Group Home on the first floor, opening later this summer, offering a safe, comfortable, and supportive environment for teens in the program. The second floor will provide office space for our housing and mental health case management teams, allowing us to work more efficiently and collaboratively to support individuals on their recovery journeys.

The Yukon location will become home to our new integrated outpatient program designed to provide coordinated, comprehensive care when it opens in the fall, further expanding access to care for those who need it most. Construction will begin this April, starting with the demolition of the current building. We look forward to sharing updates as these exciting projects progress.

These new facilities reflect ACTS' ongoing commitment to growth, innovation, and care. We are thrilled about the opportunities they will bring to better serve our community and provide spaces that foster recovery, wellness, and hope.



Asha Pererya  
ACTS CEO

## Sober Super Bowl Tips

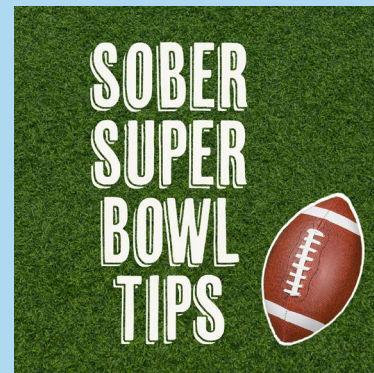
The Super Bowl is full of fun, food, and football—but for those choosing sobriety, it can be a challenge. With a little planning, you can enjoy the game while staying alcohol-free!

Here are some tips to make it through the big game sober:

- Host your own alcohol-free party with snacks, drinks, and games.
- Bring your favorite non-alcoholic beverage to gatherings.
- Focus on the game, halftime show, and fun with friends.
- Have an exit plan if you start feeling uncomfortable.
- Surround yourself with supportive friends.
- Plan alternative celebrations if traditional parties aren't your style.

Remember why your sobriety matters and celebrate in ways that support your well-being.

Read the full blog for more tips: [Sober Super Bowl Tips](#).



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## Retirement at Wraparound Housing



Wraparound Housing and Administration staff recently gathered to celebrate Vicki Brosch's retirement, honoring her 21 years of dedicated service to ACTS. Vicki most recently served as a Recovery Support Specialist at the Wraparound Housing program, making a meaningful impact on the lives of clients and colleagues alike. "Vicki's dedication and compassion have left a lasting mark on our team and the people we serve," said CEO Asha Pereyra. Staff presented Vicki with an engraved vase as a token of appreciation for her contributions.

## Mobile MAT on Morning Blend



ACTS COO Cris Riviere and Program Director Josh Stamps recently joined Central Florida Behavioral Health Network CEO Alan Davidson on Tampa Bay's Morning Blend to share details about our new Mobile MAT program. This innovative initiative delivers medication-assisted treatment directly to individuals in need, making recovery more accessible across the community. This program helps ACTS expand its reach, providing essential support and pathways to recovery for those who need it most.

Watch the full segment: <https://bit.ly/4pbpo10>

## Heart Health & Substance Use: Caring for the Whole Heart

February is American Heart Month, a time to raise awareness about heart health and the steps we can take to protect it. Heart health is closely connected to substance use and overall wellness. The use of substances such as alcohol, tobacco, and stimulants can increase the risk of high blood pressure, heart disease, and stroke, while also impacting mental health and daily functioning.

Recovery and prevention play an important role in protecting the heart. Reducing or stopping substance use, managing stress, staying active, and maintaining regular medical care all support a healthier heart. Healthier coping strategies—such as deep breathing, walking or gentle exercise, journaling, practicing mindfulness, connecting with supportive people, or engaging in creative and relaxing activities—can help manage stress without harming the body.

At ACTS, we believe in whole-person care that supports both physical and behavioral health. By addressing substance use and encouraging healthy coping skills, we help individuals strengthen their recovery while protecting their heart health.



## 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).

