



# ACTS

# All Access

Agency for Community Treatment Services E-Newsletter

March 2026

## Message from our CEO

This month, I am proud to celebrate 34 years with ACTS. As I reflect on this journey, I am deeply grateful for how far we've come and the meaningful impact we continue to make in our community. Watching ACTS grow and expand its services over the years has been truly inspiring.

I'm especially excited about our upcoming comprehensive Outpatient Center and the renovation of our Therapeutic Group Home - both on the campus of the Juvenile Assessment Center and ACTS Clubhouse. Bringing these programs together in one central hub will improve access to care, enhance coordination, and make it easier for individuals and families to get the support they need.

None of this happens alone. I am deeply thankful to our Board of Directors, our dedicated team, and our community partners for your trust, commitment, and belief in our mission.

March also marks National Drug and Alcohol Facts Week. Be sure to check out our new teen-focused video playlist debunking 10 common myths about substance use later in this newsletter.

It is a privilege to serve this community. Together, we will continue to grow, innovate, and make a lasting difference.



Asha Pererya  
ACTS CEO

## National Drug and Alcohol Facts Week is March 16–22, 2026

National Drug and Alcohol Facts Week (NDAFW) raises awareness and addresses common myths about teen substance use. Many young people don't realize the long-term impact drugs and alcohol can have on their health, academic success, and overall well-being.

Consider these facts:

- By age 20, 32.9% of teens have had at least one drink, and 27% report drinking in the past year.
- Four in 10 individuals who begin drinking before age 15 develop alcohol dependence later in life.
- Teens who start using marijuana before age 15 are more likely to use frequently as adults and face higher risks of mental and physical health challenges.

Throughout March, ACTS will share 10 common myths and facts about substance use on social media. Watch the full video playlist here: <https://bit.ly/4a192Rh>

If you or a loved one needs support, call 813.246.4899. ACTS is here to help.



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## Employee Spotlight: Meet Oona Tajah

Oona Tajah has worked as a nurse in the ACTS Outpatient Detox Program in Tampa for just over five years. During that time, she has seen the program grow - including the launch of the Mobile Medication Assisted Treatment (MAT).

She works with individuals using fentanyl or heroin, as well as those struggling with alcohol use disorders. When Mobile MAT first launched, the goal was for clients to participate for about a month before transitioning to another level of care. However, the program is now open-ended and individualized based on each client's needs. Outpatient Detox clients may remain in service for a year or longer while receiving medications to help curb cravings for substance use disorders.

"I enjoy talking with the individuals we serve and explaining the process," Oona says. Her responsibilities include conducting assessments, physicals, administering medications such as Suboxone, Sublocade, and Vivitrol, performing blood draws, and assisting with the Mobile MAT unit as needed.

One client she remembers is a man now celebrating two years of sobriety. "When he first entered Outpatient Detox, he doubted he could attend group therapy daily due to anxiety. He showed up for 60 consecutive days - and today he remains sober and thriving."

Oona says the most rewarding part of her role is ensuring clients receive the care and support they need. "I'm passionate about helping people access treatment and resources to move forward."

To learn more about ACTS Outpatient Detox or Mobile MAT services, call 813.367.2565.



## Celebrating a Sober St. Patrick's Day

St. Patrick's Day can be festive and fun - without alcohol. Whether you're in recovery or simply choosing to celebrate sober, here are a few meaningful ways to enjoy the day:

- **Host a Sober Gathering** - Invite friends and family for great food, Irish music, and laughter in an alcohol-free setting.
- **Explore Irish Culture** - Watch an Irish-themed movie, listen to Celtic music, or learn about Irish traditions.
- **Try Festive Mocktails** - Celebrate with delicious non-alcoholic drinks. Try a Shamrock Spritzer (sparkling water, lime juice, and mint) or Lucky Lemonade with a splash of green apple syrup for a festive touch.
- **Stay Active** - Attend a community parade, take a scenic walk, or sign up for a local 5K. Staying active and engaged can help keep your mind and body in a positive place.
- **Lean on Support** - If the holiday feels challenging, connect with your support system or attend a recovery meeting.

At ACTS, we believe celebrations can be joyful, meaningful, and empowering - without drinking.



## 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).

