

ACTS All Access

Agency for Community Treatment Services E-Newsletter

April 2026

Message from our CEO

Spring is a season of renewal and fresh starts—an ideal time to refocus on well-being and positive change. April is also Alcohol Awareness Month, a time to recognize the impact that alcohol and substance use can have on individuals, families, and communities.

During periods of increased stress, some individuals may find themselves turning to alcohol or other substances. It's important to remember that support is available—and that help can make a meaningful difference.

If you or someone you care about may be struggling, consider the following steps:

- Connect with a healthcare provider to explore treatment options and available support resources. Reaching out is an important first step.
- Consider Medication-Assisted Treatment (MAT) for alcohol or opioid use disorders. MAT can help manage cravings and withdrawal symptoms. ACTS offers these services through our Outpatient Detox Program and Mobile MAT unit, supporting individuals on their path to recovery.
- Stay engaged in your recovery plan by taking prescribed medications and attending therapy, treatment, or support appointments. When in-person visits aren't possible, telehealth can help ensure continuity of care.

Recovery is possible, and no one has to go through it alone. If you or a loved one needs support, ACTS is here to help. Call 813.246.4899 or visit www.actsfl.org to learn more.



Asha Pererya
ACTS CEO

County Commissioner Visits ACTS Clubhouse

On March 5, Hillsborough County Commissioner Donna Cameron Cepeda visited the ACTS Clubhouse to learn more about the meaningful work happening each day with members. The tour was led by Chief Operating Officer Cris Riviere, Clubhouse Program Director Jennifer Mullins, and Clubhouse members, who shared insights into the program and highlighted the structure of the work-ordered day.

“We appreciate the County Commissioner taking the time to visit and learn more about ACTS Clubhouse and how we support adults on their journey to mental health recovery and wellness,” said COO Cris Riviere.

Recently, ACTS joined Central Florida Behavioral Health Network CEO Alan Davidson on Bloom to talk about the Clubhouse and the work being done to support mental health recovery. To see the clip, visit: <https://bit.ly/3N56UFO>.

Interested in seeing the Clubhouse in action? Call 813-771-0958 or email clubhouse@actsfl.org to schedule a tour.



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ACTS Celebrates Employee Appreciation Day

On March 6, ACTS celebrated Employee Appreciation Day by recognizing the dedication and hard work of our team. Each staff member received an umbrella as a small token of gratitude. Photographed here are members of our Housing team with their umbrellas.



“We appreciate everything our staff does each day,” said ACTS CEO Asha Pereyra. “This day is a special opportunity to thank them for their commitment to our mission.”

ACTS is always looking for passionate individuals to join our team. We offer competitive pay, comprehensive benefits, and opportunities for career growth. Explore current openings and apply today: <https://bit.ly/ACTSJobs>.

Myths vs. Facts About Alcohol Use

Misunderstandings about alcohol use can prevent people from seeking help when they need it most. Here are a few common myths - and the truth behind them:

- **Myth:** You have to hit “rock bottom” to get help.
Fact: You can seek support at any time - early help can make recovery easier.
- **Myth:** If you’re functioning, you don’t have a problem.
Fact: Alcohol use can still have a negative impact, even if it’s not obvious.
- **Myth:** Alcohol helps reduce stress.
Fact: It may feel temporary, but alcohol often increases stress and anxiety over time.
- **Myth:** You should be able to quit on your own.
Fact: Support is often key to lasting recovery - and it’s okay to ask for help.



Support is available. If you or a loved one is using alcohol to cope with stress or noticing changes in behavior, ACTS offers compassionate care and resources to help. Take the first step - reach out today by calling us at 813.246.4899 or visiting [our website](#).

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.

