



ACTS

All Access

Agency for Community Treatment Services E-Newsletter

May 2026

Message from our CEO

At ACTS, we are proud to recognize Mental Health Awareness Month—a meaningful opportunity to highlight the importance of mental well-being and encourage intentional self-check-ins. Throughout the month, we are sharing simple, practical ways to support mental health and remind our community that taking care of yourself truly matters.

We are also proud to be home to the first psychosocial Clubhouse in Hillsborough County. The Clubhouse provides a welcoming and supportive environment where adults living with mental illness can build community, discover purpose, and support one another through a structured, work-ordered day focused on strengths, connection, and recovery. To learn more or schedule a tour, please call (813) 771-0958 or email clubhouse@actsfl.org.

In addition, we are excited to share progress on two important initiatives that reflect our continued investment in the future of ACTS. Renovations are underway at our Therapeutic Group Home, and construction is moving forward on our new Comprehensive Outpatient Center following the demolition of the previous structure. On May 4, we marked this milestone with a groundbreaking ceremony for the new outpatient site—an important step toward expanding access to care in our community. We look forward to sharing continued updates as these projects progress, with both expected to be operational this fall.



Asha Pererya
ACTS CEO

ACTS Holds Groundbreaking Ceremony for Outpatient Program

ACTS leadership, Board members, community partners, and construction representatives gathered on May 4 for a groundbreaking ceremony for the future ACTS Outpatient Program.

The new facility will become a comprehensive outpatient center built around the Certified Community Behavioral Health Clinic model, allowing ACTS to provide integrated, person-centered services in one location. Once completed, the center will offer primary care, psychiatry, pharmacy services, medication-assisted treatment, counseling, and care coordination.

“This is a first for our agency, and we are incredibly proud of what it represents,” said ACTS CEO Asha Pereyra. “It reflects our commitment to innovation, access, quality care, and the belief that every person deserves compassionate services that support both physical and behavioral health.”

Board members Ricky Hearn, Tom Skelly, and Tony Jannu attended the event, along with representatives from JLL, Groh Architecture, Planeng, Inc., Schaefer General Contracting Services, and Butterfly Pharmacy, all of whom helped bring the vision to life.

To see more pictures from the Groundbreaking, [click here](#).



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Mental Health Tips for Mental Health Awareness Month

May is Mental Health Awareness Month, which is a great time to check in with yourself and take small steps to support your well-being. No matter where you are in your journey of mental wellness, simple daily habits can make a meaningful difference.

Here are a few ways to care for your mental health:

- 1. Start Your Day with Intention** – Set a positive tone each morning with a simple goal or affirmation.
- 2. Take Mental Breaks** – Step away for a few minutes throughout the day to reset and recharge.
- 3. Spend Time Outdoors** – Fresh air and sunlight can improve mood and reduce stress.
- 4. Stay Present** – Focus on what's happening now instead of worrying about what's next.
- 5. Create a Routine** – Structure can bring a sense of stability and control.
- 6. Limit Negative Input** – Be mindful of how much news or social media you consume.
- 7. Do Something You Enjoy** – Make time for hobbies or activities that bring you joy.
- 8. Practice Gratitude** – Reflect on a few things you're thankful for each day.
- 9. Check In with Others** – A quick call or message can strengthen connections.
- 10. Be Kind to Yourself** – Give yourself grace—progress doesn't have to be perfect.

Taking care of your mental health isn't a luxury - it's a necessity. Small, consistent actions can make a big difference over time.



Tampa City Councilman Visits ACTS Clubhouse

Tampa City Councilman Guido Maniscalco toured ACTS Clubhouse on April 21 to learn more about the impactful daily work taking place alongside members.

Clubhouse Program Director Jennifer Mullins, along with members, led the tour and highlighted key areas of the program, sharing insight into the work-ordered day and the collaborative model that supports recovery and engagement.

“Thank you to the Councilman for taking the time to learn more about ACTS Clubhouse and how we are supporting adults on their journey to mental health recovery and wellness,” said COO Cris Riviere.

To experience the Clubhouse firsthand, call (813) 771-0958 or email clubhouse@actsfl.org to schedule a tour. The Clubhouse also hosts a community presentation on the last Wednesday of each month at 11 a.m. to share more about the program.



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.

