



ACTS

All Access

Agency for Community Treatment Services E-Newsletter

June 2026

Message from our CEO

As we close out another fiscal year, I want to take a moment to reflect on the remarkable progress taking place across ACTS. From new facility developments and program expansion to raising awareness around critical mental health issues, our organization continues to grow in ways that strengthen our impact and improve the lives of those we serve.

June is PTSD Awareness Month, a time to recognize the impact of trauma and the importance of accessible, compassionate care. Post-Traumatic Stress Disorder can affect anyone, and understanding it is a crucial step toward reducing stigma and supporting recovery. I encourage you to take a few moments to read the article below and learn more about PTSD and how it touches the lives of so many individuals and families.

In addition, several exciting projects are gaining momentum. In May, we broke ground on our new Outpatient Program facility, marking an important milestone in expanding access to care. Renovations also continue at the Dixon property, which will house our Therapeutic Group Home on the first floor and office space for our community-based staff on the second floor. Once completed in the coming fiscal year, these projects will significantly strengthen our capacity to serve the community and support our continued growth.

With growth, innovation, and service excellence guiding our efforts, ACTS is heading into the summer with energy, optimism, and purpose. Thank you for your ongoing commitment to our mission and to the individuals and families we serve. I look forward to sharing more updates in the months ahead, and I hope you have a safe and enjoyable summer.



Asha Pererya
ACTS CEO

June is PTSD Month

Post-Traumatic Stress Disorder (PTSD) can affect anyone after experiencing or witnessing a traumatic event, such as an accident, assault, natural disaster, or combat. While everyone processes trauma differently, some people continue to experience symptoms that impact daily life and well-being.

Common signs of PTSD may include:

- Flashbacks, nightmares, or unwanted memories
- Avoiding places, people, or situations tied to the trauma
- Feeling disconnected, guilty, or emotionally numb
- Trouble sleeping, irritability, or being easily startled

The good news is that PTSD is treatable, and healing is possible. Therapy, support groups, medication, and healthy coping strategies can all help. Take a free self-screen for PTSD here: <https://www.ptsd.va.gov/screen/>

If you or someone you know is struggling, ACTS is here to help. Call us at 813.246.4899 to learn more about our mental health services.



813.246.4899 • www.ACTSFL.org

Mobile MAT Turns 1 in June



ACTS Mobile MAT turns 1 this June! The Mobile MAT unit continues to expand access to recovery support throughout the community. Designed to reduce barriers to treatment, the program connects more individuals with compassionate, life-saving care close to home.

View the Mobile MAT schedule and learn more here: <https://bit.ly/MobileMAT>.

Preparing for Hurricane Season



After the devastation of Hurricanes Helene and Milton in 2024, it's normal to feel anxious as hurricane season returns. Preparing ahead with an emergency plan, staying connected to support systems, and focusing on trusted information can help reduce stress and increase peace of mind.

ACTS is here to support you through every season. If you need help or someone to talk to, call 813.246.4899.

Program Highlight: Adult Residential Treatment Program at Keystone

Recovery is not a journey anyone has to face alone. At ACTS, the Adult Residential Treatment Program at Keystone provides a structured, supportive environment where individuals can focus fully on healing and long-term recovery. Located in Tarpon Springs, the program offers 24/7 residential care for adults experiencing substance use and co-occurring behavioral health challenges.

The Keystone program combines individualized treatment plans, counseling, life skills development, relapse prevention, and peer support to help residents build a strong foundation for recovery. Residents participate in therapeutic services designed to address both mental health and substance use needs while learning practical skills that support success beyond treatment.

One of the most powerful aspects of residential treatment is the sense of community it creates. In a safe and structured setting, individuals are surrounded by caring professionals and peers who understand the recovery process and encourage personal growth every step of the way.

For many individuals, taking the first step toward treatment can feel overwhelming, but recovery is possible with the right support system in place. Learn more about the ACTS Adult Residential Treatment Program at Keystone [here](#).



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.

