

## Message from our CEO

September is National Recovery Month, and ACTS is proud to join communities across the country in raising awareness, reducing stigma and inspiring hope. Recovery Month recognizes individuals on the journey to recovery while honoring the professionals, families and communities that help make recovery possible.

Substance use and mental health concerns affect individuals and families throughout our community. For nearly 50 years, ACTS has been committed to providing comprehensive care across Hillsborough, Pinellas and Polk Counties, helping people access the services and support they need to build healthier, stronger futures.

We are also excited to see construction progressing on our new Outpatient Program and Therapeutic Group Home. Once completed, these facilities will expand our capacity and allow us to reach and support even more individuals in our community.

During Recovery Month, I want to express my sincere gratitude to our dedicated staff for the compassion, commitment and care they bring to their work every day. Together, we are helping create pathways to recovery and brighter futures.

Below, you'll find tips for supporting someone in recovery. If you or someone you know needs help, please reach out. ACTS is here for you.



Asha Pererya  
ACTS CEO

## September is Recovery Month – Supporting a Loved One in Recovery

Getting a loved one into treatment is an important first step, but recovery is an ongoing journey. Your patience, encouragement and support can make a meaningful difference along the way. Here are seven ways you can help:

1. **Avoid Judgment** – Show compassion and acceptance rather than criticism.
2. **Be Patient** – Recovery takes time. Celebrate progress and remember that setbacks can happen.
3. **Reinforce Hope** – Remind your loved one that recovery is possible and that their efforts matter.
4. **Listen** – Be there to hear about both the challenges and successes without always trying to fix things.
5. **Encourage Healthy Habits** – Support positive, substance-free activities that promote wellness and connection.
6. **Suggest Support Groups** – Connecting with others who understand the recovery journey can provide encouragement and a sense of community.
7. **Take Care of Yourself** – Supporting someone else can be difficult. Consider joining a support group for family members and friends and make time for your own well-being.

Recovery Month is a reminder that healing and recovery are possible. If you or someone you know needs support with substance use, call ACTS at 813-246-4899 or visit [www.actsfl.org](http://www.actsfl.org) to get started.

**NATIONAL  
RECOVERY  
MONTH**

## ACTS Leadership at the FBHA Conference

In August, ACTS Program Directors and members of the Senior Leadership Team represented ACTS at the Florida Behavioral Health Association (FBHA) Conference in Orlando. Our team hosted a booth showcasing the work ACTS is doing across the Tampa Bay region while connecting with nearly 2,000 mental health and substance use treatment professionals from across Florida. The three-day conference was a great opportunity to share our programs, highlight our impact, and exchange ideas with colleagues in the behavioral health field.

We're also proud to celebrate Thomas Green, Care Coordinator for the Hospital Bridge Program at St. Joseph's Hospital in Tampa, who received the Peer/Recovery Support Specialist of the Year Award at the Awards of Excellence! Congratulations, Thomas!

Stay tuned for next month's newsletter, where we'll feature Thomas and his inspiring work.



## County Commissioner Visits ACTS Clubhouse

On August 31, Hillsborough County Commissioner Gwen Myers visited the ACTS Clubhouse to learn more about the meaningful work taking place each day with Clubhouse members. The visit highlighted how the Clubhouse supports adults on their journey toward recovery, wellness, independence and community connection.

The tour was led by ACTS Chief Executive Officer Asha Pereyra, Chief Operating Officer Cris Riviere, Clubhouse Program Director Jennifer Mullins and Clubhouse members, who shared their experiences and highlighted the structure of the Clubhouse's Work-Ordered Day. Members participate in meaningful activities that build skills, confidence, relationships and a sense of purpose.

"We were pleased to welcome Commissioner Myers and give her an opportunity to see firsthand the impact the Clubhouse has on our members," said CEO Asha Pereyra. "Our Clubhouse provides a welcoming place where members can build connections, develop skills and work toward their personal goals."

Agency for Community Treatment Services is proud to serve as the auspice agency for ACTS Clubhouse. Interested in seeing the Clubhouse in action? Call 813-771-0958 or email [clubhouse@actsfl.org](mailto:clubhouse@actsfl.org) to schedule a tour.



## 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).

