



Message from our CEO

November is National Gratitude Month. This is a good time for us to show gratitude in more ways than just saying “thank you.” I am grateful for the opportunity to lead this amazing organization. I am equally grateful to my entire team for the excellent work they do on a daily basis. Our team is committed to providing essential treatment services to the individuals in our care. We are happy to expand services at ACTS as we look forward to the upcoming groundbreaking of the new psychosocial clubhouse. You will recall this project has been delayed for several months due to supply chain issues. I am thankful we are starting the process to bring this important resource to Hillsborough County.

In other news, ACTS held our Annual Board Meeting on October 17. We were happy to celebrate the great work of our dedicated board of directors, senior leadership team and program directors. The annual board meeting gave us the opportunity to recognize outstanding performances by both board and team members. I am very thankful for the continued support and guidance of our board of directors. Check out the article below for more details and to see our annual report highlighting accomplishments from Fiscal Year 2021-2022.



Asha Pereyra
ACTS CEO

I want to take a moment to wish you and your loved ones a wonderful Thanksgiving. Please continue to stay safe and well.

ACTS Holds Annual Meeting

On October 17, ACTS Board of Directors met for its annual meeting where the financial audit and [the annual report](#) were presented, and the ratification of the 2022 board officers occurred. After the meeting, a special dinner was held where both board members and team members were thanked for their dedication to ACTS. Board Member Chris Huber received an award for his service on the board. ACTS Quality Improvement Director Janice Zengotita also received recognition for her work during the pandemic and for the CARF recertification process. For the programs, Program Administrator for Acute Care Lori Provenzano was acknowledged for her work leading the COVID-19 shelter and helping with two programs that didn't have program directors briefly during the previous fiscal year. “It is a privilege to lead ACTS and to share with our Board and staff the successful year we had in fiscal year 2021-2022,” said Asha Pereyra, ACTS CEO.



Halloween at ACTS

Agency-wide, there was a spooky feeling with each location taking part in a Halloween Decorating Contest. ACTS provided each location \$25 to buy supplies and staff were encouraged to work together as a team leading up to Halloween to decorate their site. The winning team – Special Projects - was chosen by ACTS Executive Leadership and received a pizza party at their location on Halloween. All staff received a special treat bag of candy, as well as were encouraged to dress up on Halloween. To see pictures, [click here](#).



Support ACTS
This Holiday
Season While
Shopping

Are you looking for an easy way to support ACTS? Are you an Amazon.com shopper?

If so, AmazonSmile is a simple and automatic way for you to support ACTS every time you shop, at no cost to you. Visit <https://smile.amazon.com/ch/59-1860626> to select Agency for Community Treatment Services as your charity of choice.

Using the Amazon app on your mobile phone?

Open the app and find 'Settings' in the main menu. Tap on 'AmazonSmile' and follow the on-screen instructions to turn on AmazonSmile on your phone.

Five Tips for a Sober Thanksgiving

Thanksgiving can be a difficult time for those in recovery, as many holidays can be. Read on for five tips on how to stay sober this Turkey Day.

- 1. Don't show up too early if you can avoid it.** A lot of the drinking tends to happen before the meal during idle time, so if you're an invited guest, bring a dish or dessert you've prepared to the event rather than making it there. Or to stay busy at the host's house, offer to help clean the dishes.
- 2. Bring your favorite non-alcoholic beverage.** Never assume, even if the host knows you're sober, that there will be something other than water for you at the event.
- 3. Have an exit strategy.** If the pressure gets to be too much, be prepared to leave. Also having a sober friend available to call might be helpful too.
- 4. Remember what this day is about.** Make a gratitude list. Ask yourself: What is in your life today that wasn't when you were drinking or using substances? Give thanks for what you have gained in sobriety, give thanks for your own strength.
- 5. Start new traditions.** Visit a pumpkin patch, host a socially distanced Friendsgiving with your sober pals, or eat tacos instead of the traditional Thanksgiving fare. It is never too late to start an entirely new tradition that doesn't revolve around booze or drugs.

For More Information

ACTS, Agency for Community Treatment Services, Inc., 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.

