



## Message from our CEO

November is National Gratitude Month! Like many of you, I look forward to this time of the year. There is so much to celebrate as we head into the holiday season. This is a good time for us to show gratitude in more ways than just saying “thank you.” I am grateful for the ACTS Team for providing essential treatment services every day to the individuals in our care. I am grateful for the services that ACTS provides and the new programs we will be implementing soon. I am so pleased that the ACTS Clubhouse is open to members this November. For more information, check out the article below.

In other news, we were happy to celebrate the accomplishments of Fiscal Year 2022-2023 with the ACTS Board of Directors and Senior Leadership Teams from both Administration and Operations at the Annual Board Meeting on October 23. We had an opportunity to reflect on another successful year and thank board members for their continued guidance and support. I am thankful for their commitment to the mission of this organization. Check out the article below for more details and to view a copy of our annual report.

Finally, I would like to take a moment to wish you and your loved ones a Happy Thanksgiving. Please continue to stay safe and well.



Asha Pereyra  
ACTS CEO

## ACTS Clubhouse Holds Ribbon Cutting

On October 12, over 120 people were in attendance for our [Ribbon Cutting Ceremony](#) and [toured the ACTS Clubhouse](#) before it opens to members in November. The ACTS Clubhouse is a membership program for adults seeking mental health recovery. “We realize the importance of this resource for those in need,” said Patrick Mazza, ACTS Board President. “Our Clubhouse allows individuals who have been diagnosed with mental illness disorders to make the shift from consumers of behavioral health services to active participants in their own recovery.” Located at 201 E. Yukon St. in Tampa, the ACTS



Clubhouse is a \$2.5 million newly renovated facility that provides 10,000 square feet of employment and technology training space for members. We thank Hillsborough County’s Affordable Housing Services along with a Community Development Block Grant for providing \$1.1 million, and other community organizations, this dream is finally a reality. An open house is planned for November 9 from 9 a.m. – 11 a.m. at the ACTS Clubhouse – [click here](#) for more information. To find out more information on membership, call 813.557.5670. ACTS is proud to open the first Clubhouse in Hillsborough County.

## ACTS Holds Annual Meeting

On October 23, ACTS Board of Directors and Senior Leadership Team met for the Annual Board Meeting. The [Annual Report](#) was presented as we celebrated another successful year due to the diligence and commitment of those in attendance. We are grateful for the guidance and support we continue to receive from our board members. “I am proud of the accomplishments of the past year and the goals we have set for the next year,” said Asha Pereyra, ACTS CEO. “We remain steadfast in our efforts to inspire hope and foster recovery.”



## 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 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

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

