

## Message from our CEO

We are thrilled to share some exciting news with you! ACTS has recently been honored with a DCF award for Mobile and On-Demand Medication Assisted Treatment Services. We are one of five agencies to receive this award and we can't wait to get started. Stay tuned for more information on this new program in the coming months. Additionally, we are overjoyed to report the tremendous success of our recent fundraiser for the ACTS Clubhouse. Thanks to the generosity and kindness of donors like you, we not only met, but exceeded our fundraising goals. These funds will enable us to continue our advocacy for mental health recovery and make a positive impact in the lives of our members. We would like to extend our heartfelt gratitude to each and every one of you who contributed to our fundraiser, whether through donations, volunteering, or spreading the word. Your support has been invaluable, and we are deeply appreciative of your commitment to our cause. Finally, we have completed the relocation of ACTS Administration to Buschwood Park in Tampa, and we are in the process of our new logo rollout. It's a great time to be at ACTS.

Thank you once again for your unwavering dedication to ACTS. Your belief in our mission fuels our determination to create positive change, and we are inspired by your continued support.



**Asha Pereyra**  
ACTS CEO

## ACTS Clubhouse Holds Luncheon

On Clubhouse Giving Day – June 4th - ACTS Clubhouse held its inaugural fundraising event with more than 120 people in attendance. “The luncheon marks more than just a gathering,” said ACTS CEO Asha Pereyra at the event. “It is a celebration of our commitment to making a difference in our community. Each one of you plays a vital role in the success of our Clubhouse.” Highlights of the luncheon included a keynote speech from Public Defender Julianne M. Holt. Ms. Holt also received the first ACTS Clubhouse Ambassador Award for her advocacy of mental health recovery and dedication to the community. ACTS Clubhouse members Michael and Rose Tozzi shared with the attendees the importance of the Clubhouse in their lives and all of the lives of the members. Special thank you to the sponsors of the event:

- Gold Sponsors: BayCare, Butterfly Pharmacy and Smith & Associates Commercial
- Silver Sponsors: The Shin Family and Cigna Healthcare
- Bronze Sponsor: SunLife

If you would like more information about becoming a member of the ACTS Clubhouse, which helps adults seeking mental health recovery, contact [clubhouse@actsfl.org](mailto:clubhouse@actsfl.org) or 813.771.0958 for more information or to schedule a tour.



## How to Emotionally Prepare for a Hurricane

After the devastation of Hurricane Ian in Southwest Florida last September, hurricane season starting again might produce anxiety. Here are some simple and effective ways to manage your storm-related fears and anxiety.

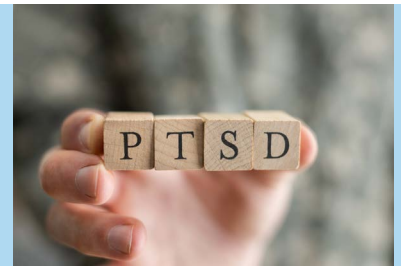


- **Have a plan and implement it.** It is important to have a plan for you and your family (including pets) to be safe during the storm. [The American Red Cross recommends steps you can take to prepare.](#)
- **Get the facts.** Gather information that will help you accurately determine your risk so that you can take reasonable actions. Limit your exposure to news reports that focus on damage and destruction.
- **Make connections.** Good relationships with close family members, friends or others are important. Connecting with others also preparing for the arrival of a hurricane may be an additional source of support.
- **Stay healthy.** A healthy lifestyle—including proper diet, exercise, and rest—is your best defense against any threat. A healthy body can have a positive impact on your thoughts and emotions, enabling you to make better decisions and better deal with the hurricane’s uncertainties.
- **Reach out to your children.** Help children by restricting constant viewing of the news, giving them realistic assurances that plans are in place to keep them safe and maintaining their routines as much as possible.

## June is PTSD Month

Any experience that threatens your life or someone else’s can cause Post Traumatic Stress Disorder (PTSD). PTSD symptoms can vary, but they are generally grouped into four types:

- **Intrusive memories:** These involve reliving the traumatic event through flashbacks, nightmares, or distressing thoughts.
- **Avoidance:** Individuals with PTSD may avoid reminders of the trauma, such as places, people, or activities associated with it.
- **Negative changes in thinking and mood:** This includes feelings of guilt, fear, shame, anger, and difficulties with memory.
- **Changes in physical and emotional reactions:** Symptoms like hypervigilance, difficulty sleeping, irritability, and exaggerated startle responses.



Remember that everyone’s experience is unique, and symptoms can vary over time or from person to person. If you or someone you know is struggling with PTSD, seeking professional help is essential.

## 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](http://www.actsfl.org).

