



ACTS

All Access

Agency for Community Treatment Services E-Newsletter

October 2024

Message from our CEO

Our hearts go out to all those impacted by Hurricane Helene, especially the dedicated behavioral healthcare providers in the Big Bend area. We are pleased to report that ACTS fared well, but we know that is not true for so many. Our doors are open as we stand ready to assist in any way we can. Studies have shown that after a major disaster like a hurricane, substance use tends to increase. It is natural to feel stress, anxiety, grief, and worry during and after a disaster. [Check out these tips](#) from the CDC about how to cope with a disaster. Another resource available is the 988 Lifeline – call or text that number to receive support at any time. Locally, ACTS is here to help people who see an increase in substance use due to recent events. Call us at 813.246.4899 to find out more or to schedule an assessment for you or a loved one. I am honored to lead such an incredible group of professionals who put the needs of the people we serve above their own to make sure that treatment wasn't disrupted during Hurricane Helene.



Asha Pereyra
ACTS CEO

ACTS Clubhouse Celebrates First Anniversary with Open House

Join us as we celebrate the first anniversary of ACTS Clubhouse with a special Open House event!

- Date: November 1, 2024
- Time: 9 a.m. - Noon
- Location: ACTS Clubhouse, 201 E. Yukon St. in Tampa, FL

Over the past year, ACTS Clubhouse has provided a welcoming and supportive space for adults seeking mental health recovery. Now, we want to share our progress with YOU! Come tour our facility, meet our dedicated staff, and learn more about the incredible programs we offer to empower our members.

This is a great opportunity to see firsthand the positive impact ACTS Clubhouse has made in our Hillsborough County community. Whether you're a family member, supporter, or just curious about what we do, we'd love to have you join us!

RSVP by 10/25 to Ashley Juno at ajuno@actsfl.org or calling 813.246.4899.



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Six Tips to Say Sober this Halloween

Halloween can be an exciting time, but if you're committed to sobriety, it's important to have a plan in place to stay on track while enjoying the holiday. Here are some tips to help you have a spooky (and sober!) celebration:

- 1. Plan Sober-Friendly Events:** Host or attend Halloween parties that focus on fun activities rather than drinking. Try themed costume contests, pumpkin carving, or scary movie marathons.
- 2. BYO Drinks:** Bring your own non-alcoholic beverages to parties. Whether it's mocktails, soda, or water, having your own drinks on hand helps avoid temptation.
- 3. Set Boundaries:** Don't be afraid to say "no" to invitations that might challenge your sobriety. It's okay to decline events that feel risky.
- 4. Have an Exit Strategy:** If you do attend a party with alcohol, make sure you have a plan to leave if you feel uncomfortable. Keep your transportation options open!
- 5. Celebrate Self-Care:** Halloween isn't just about parties. Pamper yourself with a cozy night in, read a spooky book, or enjoy a creative hobby to celebrate the season on your terms.
- 6. Embrace Creativity:** Focus on the fun aspects of Halloween like dressing up, decorating your space, or baking festive treats.

Remember, the most important part of any celebration is protecting your well-being and staying true to your goals. Have a safe and fun-filled sober Halloween!



ACTS Celebrates National Addiction Professionals Day

During Recovery Month, September 20th is a day dedicated to honoring the vital role addiction professionals play in the health care system and the continuum of care – with National Addiction Professionals Day. This day recognizes the hard work, dedication, and impact these professionals have on countless lives every day. At ACTS, we celebrated this special day by giving each of our employees a lunch-box set with a personalized note, as a small token of appreciation for their unwavering commitment to supporting those on the path to recovery.



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.

