

ACTS All Access

Agency for Community Treatment Services E-Newsletter

November 2024

Message from our CEO

I hope you and your loved ones are safe after Hurricane Milton. This storm has posed significant challenges for our community, affecting homes, families, and the sense of security we all cherish. In these times, it's crucial that we stay connected and resilient.

I'm proud to share that the ACTS team has risen to the occasion, demonstrating unwavering commitment and compassion while providing essential support to those in our care. We understand that experiencing a traumatic event like a hurricane can leave lasting emotional impacts, especially for those in recovery. Maintaining sobriety and mental wellness can be particularly challenging during these times.

In this issue, we're sharing valuable tips and strategies for staying sober in the aftermath of Hurricanes Helene and Milton. These resources are here to help you navigate difficult emotions and continue your journey toward recovery.

While the effects of these storms may have shaken our community, our resilience is stronger than ever. Remember, ACTS is just a phone call away, ready to support you whenever you need us. Let's keep looking out for one another as we rebuild and move forward together.

As we approach Thanksgiving, I extend my warmest wishes to you and your loved ones. Please continue to stay safe and well.



Asha Pereyra
ACTS CEO

ACTS Holds Annual Meeting

On October 28, the ACTS Board of Directors convened for its annual meeting, where we presented the financial audit and annual report, and ratified the 2024 board officers. Following the meeting, we held a special dinner to express our gratitude to our dedicated board members and team members for their commitment to ACTS.

"It is a privilege to lead ACTS and share the successes we achieved in Fiscal Year 2023-2024 with our Board and Team," said Asha Pereyra, ACTS CEO. "I am confident that we will build on this success in the coming year."

To view our annual report, please [click here](#).



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Staying Sober After Hurricanes Helene and Milton

In the aftermath of Hurricanes Helene and Milton, many are dealing with emotional stress in addition to physical damage. For those in recovery, this can be a particularly challenging time, but ACTS is here to help.

- **Stay Connected** – Isolation can make things harder, so reach out to your support network. Whether it's attending meetings or talking with friends, staying connected is essential for maintaining your sobriety.
- **Practice Self-Care** – Prioritize your well-being. Simple actions like mindfulness, exercise, or resting can help reduce stress and keep you focused on your recovery.
- **Seek Support** – ACTS offers resources and counseling to help you navigate the impact of the storms and the challenges of sobriety. Don't hesitate to reach out if you need assistance.
- **Avoid Triggers** – Be mindful of what might tempt you and focus on environments that support your recovery.

While Hurricanes Helene and Milton may have shaken our community, our resilience is stronger than ever. Together, we can overcome both the storm's challenges and the journey of staying sober. Stay strong—you're not alone. ACTS is just a phone call away.



Celebrate the First Anniversary of ACTS Clubhouse with Us!

We're thrilled to invite you to a special Open House event celebrating the first anniversary of ACTS Clubhouse!

Event Details:

- **Date:** November 15, 2024
- **Time:** 9 a.m. - Noon
- **Location:** ACTS Clubhouse, 201 E. Yukon St., Tampa, FL



Over the past year, ACTS Clubhouse has provided a warm and supportive environment for adults on their mental health recovery journeys. We can't wait to share our progress with you! Join us for a tour of our facility, meet our dedicated staff, and discover the transformative programs empowering our members every day.

Whether you're a family member, community supporter, or just curious, this is a wonderful opportunity to see the positive impact ACTS Clubhouse has made in Hillsborough County.

Please RSVP by November 13 to Ashley Juno at ajuno@actsfl.org or call 813.246.4899. We hope to see you there!

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.

