

ACTS All Access

Agency for Community Treatment Services E-Newsletter

January 2025

Message from our CEO

In January, the Center for Substance Abuse Treatment at the Substance Abuse and Mental Health Services Administration (SAMHSA) is launching the first National Substance Use Disorder Treatment Month. This initiative aims to raise awareness about the benefits and availability of evidence-based treatments, like those offered at ACTS, for individuals with substance use disorders. It's a time to reflect, reset, and take steps toward healthier living. What better moment to share helpful information and resources that support treatment and recovery than the start of a new year? In this newsletter, we're also offering tips for a successful Dry January.



Asha Pereyra
ACTS CEO

We have much to look forward to in the coming year at ACTS, including:

- Groundbreaking for a New Outpatient Program: Plans are in motion for this important expansion, which will improve access to care in our community.
- Launch of a Mobile Medication-Assisted Treatment Program: This cutting-edge service will broaden our reach and enhance support for those struggling with substance use disorders.
- Implementation of the Certified Community Behavioral Health Clinic Model: This initiative will strengthen our mental health and substance abuse services, allowing us to better meet the needs of those we serve.

I'm excited to share more details about these projects as they unfold. Thank you for your continued support and partnership. I wish you and your loved ones a safe, healthy, and prosperous new year!

Kickstart Dry January with these Helpful Tips

Taking a break from alcohol this January? Here are some ways to make your Dry January a success:

1. Set Clear Goals: Remind yourself why you're participating. Write it down for extra motivation!
 2. Stock Up on Alternatives: Explore fun mocktails, sparkling waters, or herbal teas to keep things exciting.
 3. Plan Alcohol-Free Activities: Try a new hobby, enjoy a movie night, or go for a nature walk.
 4. Find Support: Share your journey with friends or join a Dry January group for encouragement.
 5. Celebrate Progress: Reward yourself for each milestone—self-care is key!
- ACTS is here to help you every step of the way on your recovery journey - call us at 813.246.4899 to get started.



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Meet Donna Torr

Donna Torr serves as the Quality Improvement Manager at ACTS, where she collaborates with the Quality Improvement Team to maintain the highest standards of care in performance management, outcomes, and compliance. Since joining ACTS over four years ago, Donna has played a vital role in ensuring the organization meets all mandated requirements. “A day is never predictable,” Donna shared. “My role involves reviewing files, responding to grievances from individuals served, and fulfilling records requests to ensure compliance.”



Early in her tenure, Donna worked closely with the housing team, helping them enhance their data scores. Reflecting on that experience, she said, “One of my most prized memories at ACTS was seeing the housing team recently recognized by THHI after all their hard work to improve processes.”

Donna also works directly with individuals served by assisting with records requests and is excited about the upcoming launch of ACTS’ new website, which will feature a patient portal for easier access to records.

At this year’s holiday party, Donna was honored with the Shining Star Award for the administration team, recognizing her dedication and hard work. Thank you, Donna, for all that you do!

Holidays at ACTS

The holiday season at ACTS was a time of joy, celebration, and togetherness. An agency-wide holiday party brought employees and board members together at the ACTS Clubhouse in Tampa for an evening of mingling and festive cheer before the holidays. During the event, six outstanding employees were honored with the Shining Star Award for their exceptional contributions to the organization. The award recipients were:

- Leadership: Robert Cossia
- Substance Use: Tyra Davis
- Justice: Christian Jacobs
- Mental Health: Susan Reid
- Housing: Deborah Robinson
- Administration: Donna Torr

In addition to the agency-wide gathering, each program hosted special holiday events for clients and residents, featuring festive meals and joyful celebrations throughout the season.



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.

