



Message from our CEO

Happy New Year! July is the start of a new fiscal year, and we have lots to look forward to this year at ACTS. Soon, we will be moving our Adult Addictions Receiving Facility back to its previous location on 50th Street. I will let you know when I have a more definitive date. We are exploring the possibility of expanding our Amethyst Respite Center to a second location in Hillsborough County. We have laid the groundwork for our new Psychosocial Clubhouse with construction scheduled to begin in fall 2022. We will be looking for a new and improved location for our youth residential treatment program. Finally, we are set to open a new therapeutic group home for child welfare youth in Hillsborough County within the next few months. We are excited to add these new programs to our system of care and grateful for the opportunity to provide well need treatment to the communities we served. It is a privilege to be a part of this great organization and to work side by side with some of the best team members in the field.

I wish you a safe and happy Fourth of July!



Asha Pereyra
ACTS CEO

July is Minority Mental Health Awareness Month

This Minority Mental Health Month, take time to learn about other cultures and show support to those around you. Here are four things to think about this month.

- **Take time to learn.** Use the [myriad of online resources](#), books and documentaries available to learn more about different cultures and how they are impacted by mental health and substance use challenges.
- **Respect the person's culture.** When you are talking or listening to someone of a different culture, show an attitude of acceptance and respect the person's feelings, culture, personal values and experiences, even if they are different from your own or you disagree with them. Do not judge, criticize or trivialize what the person says.
- **Ask questions.** It's OK if you have questions or don't understand something. Instead of making assumptions, respectfully ask questions that show you genuinely care and want to understand.
- **Focus on recovery and well-being.** Conversations about mental illness are shifting away from only the "illness" or "deficit" way of describing mental illness. It's more common now to hear people talk about well-being and recovery. When interacting with someone who may be struggling with a mental health or substance use challenge, focus on these topics and encourage them to pursue their own journey to recovery within their cultural practices.

Blood Mobile Visiting ACTS - July 20

ACTS is hosting a blood drive in July through OneBlood for our staff and community. To donate blood, you must be in good health, 16 years of age (16-year-olds need a completed and signed Parental Consent Form) or older, and weigh a minimum of 110 pounds.



All donors will receive a free shirt from OneBlood, gift card and a wellness checkup including blood pressure, temperature, iron count, pulse and cholesterol screening!

The blood drive is scheduled for Wednesday, July 20 from 11 a.m. - 2 p.m. at Agency for Community Treatment Services, Inc. main office in Tampa (4612 N. 56th Street). To register for an appointment, [click here](#) and pick the time that fits best into your schedule.

4 Tips to Stay Sober this July 4th

This summer holiday is known for beach parties, barbecues and fireworks; but it's also known for its staggering statistics in drinking and driving fatalities. Here are 4 tips to help stay sober this July 4th!

- 1. Bring your own non-alcoholic drinks** - By bringing your own non-alcoholic beverages not only do you let your host know you're not going to partake in alcohol, but you also have a beverage you enjoy and don't have to worry about relapsing or making the wrong choice to get behind the wheel after drinking.
- 2. Plan a "script"** - Before you leave for the party or BBQ, brainstorm answers to any of the triggering questions you anticipate you'll be asked, and then practice your responses in front of the mirror. Rehearse how you'll answer questions like "Can I get you a beer?" and "Why aren't you drinking?" so that you won't be caught off guard.
- 3. Prepare an exit strategy** - If a situation starts to become too much to handle, you'll need to be able to politely excuse yourself. Plan ahead by preparing an excuse, bringing your own car and arranging for a sober friend to periodically call in to check on you.
- 4. Practice self care** - Remember to practice "H.A.L.T"— periodically check in with yourself to make sure you're not too Hungry Angry Lonely or Tired.

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.

