



## Agency for Community Treatment Services E-Newsletter

July 2023

### Message from our CEO

July is the start of the new fiscal year, and we have a lot to look forward to this year at ACTS. The ACTS Clubhouse is scheduled to open in the Fall – we are excited to share this unique program with the community. We are planning for a Grand Opening in October; more details will follow. We are now accepting applications for new members. If you would like more information, please email [clubhouse@actsf.org](mailto:clubhouse@actsf.org). Additionally, we are planning for the new Therapeutic Group Home serving youth in Hillsborough County, with plans to open in the coming months. Finally, we will begin taking community referrals for our new Adult Level II Residential Treatment Program in Tampa starting in October. We hope to have an open house to showcase this program in the Fall. We are excited to add these new treatment programs to our system of care to provide needed services to the community. It is a privilege to be a part of this great organization and to work side by side with some of the best treatment providers 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.

## Meet Susan Reid

Susan Reid works at one of the larger programs at ACTS – Keystone Adult Residential Treatment in Tarpon Springs, which is a Level II non-secure program for people suffering from substance use and/or mental health issues. Susan worked at ACTS for almost 15 years until 2018 and then returned to ACTS in March 2021. She currently works as the utilization coordinator at the program, Susan does the intake and admissions for residents into services. When she worked at Keystone before, she started as a Behavioral Health Technician, and was then asked to create an admissions department in 2005. She also worked as the Operations Supervisor before her departure. “I missed working with the residents and the family feeling of working with the other ACTS team members. I am doing what I am supposed to be doing working at ACTS and Keystone,” said Susan. “One of my more memorable stories, we had a resident who was here in 2005 and couldn’t make it at the program and had a difficult time. In late 2022, I got a referral from the same person from 2005 and they came back to the program and were able to complete the program successfully. The resident thanked me because they remembered me from back then – that’s what keeps me going.” Recently, Keystone expanded to become an 85-bed facility. Typically, clients stay at Keystone for 90 days and up to six months, said Susan. At Keystone, clients attend groups and treatment sessions starting in the morning into the afternoon. Referrals into the program come from a variety of locations – in her role, Susan’s is also managing the 10+ funding sources for beds at the program. To find out more about Keystone, call 727-942-4181 or email [keystonereferrals@actsfl.org](mailto:keystonereferrals@actsfl.org). Thank you for all that you do, Susan!



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