



## Message from our CEO

As we wind down the fiscal year, there is a lot happening at ACTS. We continue to work on several new projects and prepare for our CARF recertification sometime in July or August. I am excited to highlight all the good work ACTS has been doing in the communities we serve and the CARF Survey will allow us the opportunity to do so. Our HEART team is creating a resource center for our housing clients on the Firemen's Hall campus, and we are hoping to open this summer. Additionally, we are nearing the completion of the renovations of our Keystone Adult Residential Treatment Program. Once these projects are completed, I will be sure to share more details with you. Also, we will begin the process of moving the Adult Addictions Receiving Facility to its previous location on 50th Street. We hope we will be operating our Detox and MAT Programs at this location by July 1. Finally, ACTS Human Resources Department is still actively recruiting for several positions at our agency. We are conducting open interviews Wednesdays and Thursdays for entry-level positions at the ACTS main office in Tampa from 9 a.m. to 3 p.m. For more information about this, [visit here](#). In closing, I hope you have a wonderful summer! Please continue to be safe and well.



Asha Pereyra  
ACTS CEO

## How to Emotionally Prepare for a Hurricane

With hurricane season here again, here are some simple and effective ways to manage your storm-related fears and anxiety.

- Have a plan and implement it. It is important to have a plan for you and your family (including pets) to be safe during the storm. [The American Red Cross recommends steps you can take to prepare.](#)
- Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable actions. Limit your exposure to news reports that focus on damage and destruction.
- Make connections. Good relationships with close family members, friends or others are important. Connecting with others also preparing for the arrival of a hurricane may be an additional source of support.
- Stay healthy. A healthy lifestyle—including proper diet, exercise, and rest—is your best defense against any threat. A healthy body can have a positive impact on your thoughts and emotions, enabling you to make better decisions and better deal with the hurricane's uncertainties.
- Reach out to your children. Help children by restricting constant viewing of the news, giving them realistic assurances that plans are in place to keep them safe and maintaining their routines as much as possible.

## Meet Pathenia Gilbert

*“ACTS saved my life and rescued me from hell on the streets. For this I’m full of gratitude and thankfulness.”* HEART program resident

ACTS HEART (Homeless Engagement and Retention in Tenancy) started in 2014 through the local Continuum of Care HUD funding to serve chronically homeless individuals in Hillsborough County with 100 scattered sites, and expanded to also include the More HEART program with an additional 36 scattered sites. Pathenia Gilbert became the Program Director of the HEART housing program in January 2022 after serving as a case manager with the program since November 2019. “To be part of the HEART program, people need to be chronically homeless and meet the eligibility requirements,” said Pathenia. Through the HEART permanent supportive housing program, residents receive case management services said Pathenia including employment assistance, life skills, housing counseling, mental health and substance use treatment. “My favorite part of my job is being able to be in a position to make a long-term impact on someone,” Pathenia said. One of Pathenia’s favorite memories with HEART is when a resident graduates. “One of our recent graduates would help me with other residents, and share their story of the process of getting sober,” she said. This summer under Pathenia’s leadership, the HEART team is working on opening a resource center for clients to use during the day. “The learning center will be a place where clients can pursue their GED, learn how to read, have psychoeducational groups, social gathering, life skills, wellness education, learn basic computer skills, and job prep skills among other things,” said Pathenia. The HEART program receives referrals through THHI, which leads the Continuum of Care for Hillsborough County. To learn more about the HEART program, [click here for more details](#).



## June is PTSD Awareness Month

Any experience that threatens your life or someone else’s can cause Post Traumatic Stress Disorder (PTSD). These types of events are sometimes called trauma. Types of traumatic events that can cause PTSD include:

- Combat and other military experiences
- Sexual or physical assault
- Child sexual or physical abuse
- Serious accidents, like a car wreck
- Natural disasters, like a fire, tornado, hurricane, flood or earthquake
- Terrorist attacks
- Learning about the violent or accidental death or injury of a loved one

During this kind of event, you may not have any control over what is happening and may feel very afraid. Anyone who has gone through something like this can develop PTSD. If you need to talk, ACTS is here. Call us at 813.246.4899.

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

