



## Message from our CEO

ACTS has a lot to be thankful for this holiday season and to look forward to in 2024. I am most grateful for our team members who make a difference every day helping people in the community recover from substance misuse and mental illness. In November, we officially opened the ACTS Clubhouse. Check out the story below for more information. The Clubhouse is a much-needed resource in Hillsborough County for those with mental health disorders. In addition, we moved our Outpatient and Enhanced Offender Diversion Programs to new locations in Tampa making them more accessible to the individuals we serve. Finally, ACTS Administration will be moving to Buschwood Park II situated at 3450 Buschwood Park Drive in Tampa. We hope to occupy the space by Spring 2024. With this move, the executive and administrative operations are strategically positioned for better proximity to our programs across Tampa Bay. I am grateful ACTS continues to be a valuable resource for our community and will for many years to come. I wish you and your loved ones joy, happiness, and health this season and throughout the upcoming year.



Asha Pereyra  
ACTS CEO

## ACTS Clubhouse is Open

ACTS Clubhouse opened its doors to members on November 1. Currently, the ACTS Clubhouse, located at 201 E. Yukon Ave. in Tampa, is open three days a week – Monday, Tuesday and Wednesday - with the goal of opening more days in 2024. The ACTS Clubhouse held an open house for the public on November 9 with more than 30 people in attendance to learn about the services offered to adults seeking mental health recovery. Benefits of the Clubhouse Model for those with mental health disorders include:

- Yields higher rates of employment, longer job tenure, and higher earnings than traditional programs.
- Fewer and shorter hospital stays.
- Less involvement with the criminal justice system.
- Cost effective compared to other services for people recovering from mental illness.

If you would like to tour the Clubhouse, email [clubhouse@actsfl.org](mailto:clubhouse@actsfl.org). If you can't make it to the ACTS Clubhouse, call 813.557.5670 or email to schedule a presentation.



## ACTS Wins Award from USF

Congratulations to the ACTS Early Jail Diversion Program for receiving the Outstanding Community Partner award from USF College of Behavioral & Community Sciences. Here Dr. Anna Abella presents the award to Program Director, Ashley Moody. Thank you to the entire team.



## Outpatient and EOD Moved



ACTS Outpatient Program moved to its new location at 8605 N. Branch Ave. in Tampa in November, while the Enhanced Offender Diversion Program moved on December 1 to 8620 N. Dixon Ave. on the second floor in Tampa. If you have any questions about either move, email [informationgroup@actsfl.org](mailto:informationgroup@actsfl.org). Both programs can be reached by calling 813.936.8100.

## Five Tips To Help You Stay Sober This Holiday Season

Here are five tips to help you stay strong and avoid relapse when others are toasting to the season.

- 1. Continue to Attend Meetings** – Many groups have special meetings during the holiday season to share their experience, strength and hope.
- 2. Avoid Familiar Triggers** – Have family and friends who support your recovery available during the holiday season to talk to and spend time with either in person or virtually.
- 3. Remove Expectations** – The holidays may look and feel different when you're in recovery. That's ok. Don't get hung up on what used to be or what things should be. Stay focused on doing what you need to now to stay happy and healthy.
- 4. Give To Others** – There are people in your community less fortunate than you. You will be helping not only the needy but also yourself at the same time!
- 5. Enjoy the Season** – Stay in the moment and live one day at a time. This year, enjoy the lights on houses, delight in children opening up gifts, or take a brisk walk while enjoying some of your favorite holiday songs.

ACTS is posting tips twice a week on our social media through New Year's Day – check out our [Facebook page](#) for tips.

## 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).

