



Message from our CEO

As the year winds down, ACTS has a lot to be thankful for this holiday season and to look forward to in 2023. This quote came from a recent survey of a person who received our services and touched me. “**ACTS – you may have saved my life.**” Our team members make a difference every day in the community helping people recover from substance misuse. In November, we broke ground on the ACTS Clubhouse – see the story below for more details about this very exciting project. The Clubhouse will be a much-needed resource in Hillsborough County to those with mental health disorders. Our Adult Addictions Receiving Facility has moved back to its original location on 50th Street – check out the article later in this newsletter for more details. I am grateful that ACTS continues to provide valuable resources in our community and will for many years to come. I wish you and your loved one’s joy, happiness, and health this season and throughout the coming year.



Asha Pereyra
ACTS CEO

ACTS Holds Groundbreaking Ceremony

On November 9, ACTS held a groundbreaking ceremony for our new Clubhouse. The ACTS Clubhouse will be a resource for adults seeking mental health recovery, and will be the first Clubhouse in Hillsborough County. It will offer a pathway to success, friendship and careers for members. Staff from ACTS, Hillsborough County, ROJO Architecture and Schaefer Construction took part in the ceremonial groundbreaking. Special thanks to ACTS Board of Directors Vice President, Sharon Carter, who led the crowd in the invocation. Demolition started on Monday, November 14, with the goal to open in Summer 2023. The Clubhouse is partially funded by Hillsborough County, Department of Housing and Urban Development, Central Florida Behavioral Health Network, Department of Children and Families, BayCare and ACTS. To see more pictures from the groundbreaking ceremony, please visit <https://flic.kr/s/aHBqjAevyx>. For more information on how you can become involved with the Clubhouse, email clubhouse@actsfl.org.



Thanksgiving at ACTS

The holiday season kicked off with ACTS giving all staff members a mini-pie and gift card to Publix to help celebrate Thanksgiving with loved ones. Programs also held gatherings for individual served and team members to commemorate the holidays. Pictured here are staff from the Polk JAC receiving their gift cards during a staff meeting.



AARF Moved



ACTS Adult Addictions Receiving Facility moved to 3107 N. 50th Street, Suite A in Tampa on December 2. The phone number remains the same: 813.367.2565. An open house will be planned after the holidays to tour the new location. Questions about the move, email informationgroup@actsfl.org.

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.

