



PROBLEM GAMBLING
AWARENESS MONTH

→ AWARENESS + ACTION

Webinar Presentation

February 21, 2020

“Have the Conversation” Awareness + Action

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The **Maryland Center of Excellence on Problem Gambling (the Center)**, promotes healthy and informed choices for individuals and communities regarding gambling and problem gambling.

Director: Mary Drexler, MSW
and 10 staff

The Center's Key Initiatives & Resources

- **Public Awareness:** Campaigns through social media, TV, radio, public service announcements, community outreach, public awareness materials and lending library
- **Training:** On problem gambling awareness, prevention and intervention strategies for a broad range of health care, faith-based, social service and criminal justice professionals.
- **Treatment:** To provide technical assistance to the health care and behavioral health care system with Maryland to enhance capacity to address the issue of problem gambling
- **Peer Recovery Support:** To assist individuals dealing with at risk and problem gambling connect with recovery resources within Maryland and to remove any barriers to recovery

Key Initiatives & Resources (Cont'd)

- **Prevention Programs:** Targeted to the full age continuum and to diverse populations and at risk groups
- **Public Policy:** To provide information regarding strategies to address the impact of gambling on Public Health within Maryland
- **Research:** To provide evidence-based data on public health aspects of gambling disorders and evaluate and develop evidence based strategies for prevention and intervention
- **Referral List:** Maintain a referral list of qualified problem gambling treatment providers
- **Helpline Services:** Manage Maryland Problem Gambling 24/7 Helpline: **1-800-GAMBLER**

MARCH is PROBLEM GAMBLING AWARENESS MONTH (PGAM)

- ⦿ A national grassroots campaign created and sponsored by the National Council on Problem Gambling (NCPG) (www.ncpgambling.org)
- ⦿ 2020 is the 16th year for this event, the Center has been promoting PGAM since 2013.
- ⦿ Began as a way to engage the Gaming Industry (state Lottery and Gaming agencies) in a concentrated responsible gambling campaign
- ⦿ Now expanded as a campaign for all mental health and behavioral health organizations nationally
- ⦿ Focus is to bring awareness to communities about problem gambling and gambling addiction



- ⌘ Promote **AWARENESS** of Problem Gambling
 - ⌘ 2% of Maryland adults are problem gamblers, over 130,000 people
 - ⌘ About 54% of problem gamblers know about 1-800-GAMBLER but less than 50% of the general population are aware of where to seek help.
- ⌘ Take **ACTION** to foster the health and well-being of your clients and your community. You can help!!

AWARENESS

- 🎗️ Recognize the Signs of Problem Gambling
- 🎗️ Start the Conversation
- 🎗️ Additional Ways to Help

First Step: Recognizing the Signs of a Gambling Problem

- ⌘ Preoccupation with gambling
- ⌘ Secretive about gambling behavior/defensive when approached
- ⌘ Increasing betting amounts to achieve desired excitement
- ⌘ Unsuccessful in controlling, cutting back, or stopping gambling
- ⌘ Restless/irritable when not gambling
- ⌘ Gambling to escape problems
- ⌘ Chasing losses
- ⌘ Lying about the gambling behavior
- ⌘ Relationship problems
- ⌘ Looking for bailout to resolve financial problems

Starting the Conversation

- 🎗 Choose the right time
- 🎗 Let the person know you are concerned for them in a caring manner
- 🎗 Be specific about the behaviors you have seen
- 🎗 Really listen non-judgmentally to what the person is saying
- 🎗 Let them know you are willing to help— getting them to support and counseling

This can be the first step to recovery

Additional Conversation Tips

- 🎗️ Ask open ended questions:
 - What do you like about gambling?
 - Do you try to set limits when you gamble? If yes, what are they?
 - Would you realize when your gambling was out of control?
 - Do you have a plan for if you win money? What is it?
 - Do you have a plan for if you lose money? What is it?
 - Would you like to track the money you spend on a spread sheet so you can see how much you are spending, winning, and losing?

Example Conversations

Hello, Mom. Do you have a minute to talk? I have noticed since Dad died, you have been going to the casino more frequently. I am concerned. I have seen notices for unpaid bills in the mail when I have come to visit. Would you like me to sit down with you and review your budget?

Bill, we have been friends for a long time. I am concerned about you. I have noticed you have been drinking more and when you go to the liquor store you also buy lottery and scratch off tickets. You have told me you are on a tight budget. Would you like to talk about it?

Example Conversations

John, can we talk? I am concerned. We received a notice in the mail that the mortgage was not paid this month. You continue to go to the casino every Friday night and you usually do not win. I am feeling very stressed and also worried about your behavior. There are free services to help those that need help with gambling. Are you willing to seek help? I am willing to go with you.

Hello Jane. Can we talk? I am worried about you. You used to go walking with me almost every day. Now you go to the Bingo hall instead. Is there a reason why you do not want to walk with me anymore?

Additional Ways to Help

-  Learn what you can about problem gambling
-  Know the resources available for problem gamblers and their families
-  Participate in the Center's webinars, case calls, and training
-  Attend the annual conference June 19, 2020

ACTION

- ⦿ Engage Gambling Peer Recovery Support
- ⦿ Integrate Problem Gambling into Your Treatment Protocols
- ⦿ Become a “No Cost Treatment” provider for individuals and families and be reimbursed for problem gambling counseling
- ⦿ Learn about the Maryland Voluntary Self-Exclusion Program as an additional treatment tool
- ⦿ Become involved in problem gambling prevention

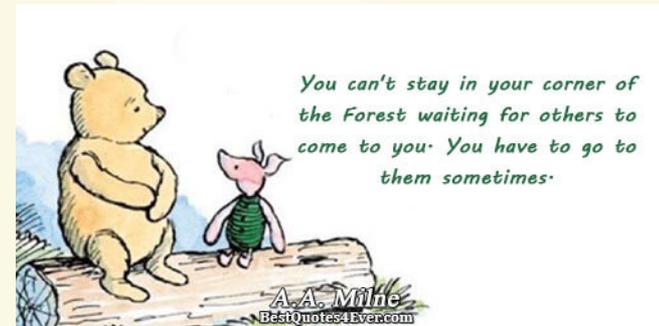
Gambling Peer Recovery Support

For the Gambler:

- ⦿ Help individuals to access treatment to limit, control or stop gambling behavior
- ⦿ Connect individuals with resources to support them during their recovery process

For Providers:

- ⦿ Connect with existing peer support specialists located within the treatment delivery system
- ⦿ Offer assistance with resources for those identified as problem gamblers and their family members

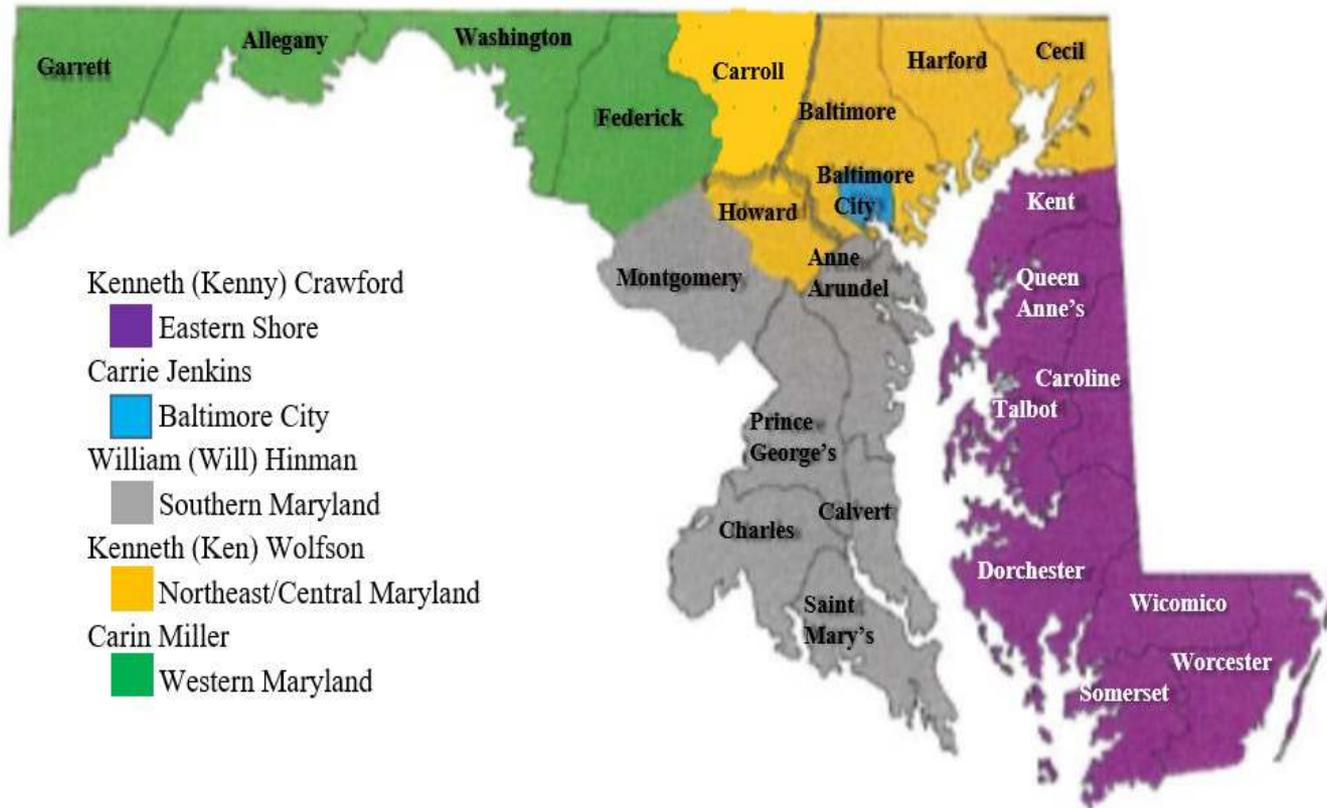


For the Individual:

The Center's Gambling Peer Recovery Specialists

- ⦿ Have lived experience with addiction and have been in recovery a minimum of 2 years.
- ⦿ Available to help individuals seeking to limit, control or stop their gambling
- ⦿ Help connect them with the most useful resources in their communities
- ⦿ Provide encourage so individuals continue to work toward their goals in dealing with any gambling problems
- ⦿ Receive training in how to assist those seeking help for treatment and other needed basic recovery resources.

Peer Recovery Support Specialists



For the Family:

Maryland Coalition of Families (MCF)

-  www.mdcoalition.org/get-help-now/Gambling
-  A Family Peer Support Specialist is a spouse, sibling, parent or other loved one of someone with gambling issues
-  Trained to help families deal with issues due to gambling behavior
-  Help identify available resources and support
-  Understand how to protect the family financially
-  Navigate to treatment services
-  Connect to others dealing with similar challenges.

Treatment Providers (Agency or Private Practitioner)

- ⦿ Integrate problem gambling screening and assessment in the work you do.
 - Free Clinical Training, Free CEU's
- ⦿ Make use of the Center's technical assistance if needed.
- ⦿ Learn the process to become a no-cost provider.
- ⦿ Utilize the Maryland Voluntary Exclusion Program (VEP) as an additional tool.

No Cost Treatment Now Available
for Anyone Wanting Help for a
Gambling Problem



Maryland Providers and Private Practitioners May be Reimbursed for Problem Gambling Services

- ⦿ Eligible providers enrolled with Medicaid through Optum can complete an additional form
- ⦿ Non-Medicaid Provider can apply:
Application Form through the Center – www.mdproblemgambling.com
- ⦿ Providers will be added to problem gambling treatment provider list.

Maryland Voluntary Self-Exclusion Program



Individuals can voluntarily exclude themselves from Maryland casinos, lottery and/or Bingo facilities:

- ⦿ Helps to control the urge to gamble
- ⦿ Intensity of negative consequences from gambling decreased
- ⦿ Unfortunately, can be charged with criminal trespass for non-compliance.

Applications available at Casinos, main lottery office, and major
Bingo facilities

Overview of the Center's Prevention Efforts and What You Can Do To Help

Maryland Department of Aging

- Met with Rona Kramer, Secretary of Aging, in Fall 2019.
- Webinars to employees on gambling, tips for safe gambling and resources.
- Approved videos for use in senior centers.
- Other strategies to come at the State level.
- Peer Recovery Support Specialists outreach and presentations at senior centers across the State.

If you have a contact at a senior center in Maryland, please share it!

Maryland Association of Prevention Professionals and Advocates (MAPPA)

- Connection with Substance Abuse Prevention Coordinators across the State.
- Distribution of materials on problem gambling prevention across the State.
- Conducting underage and problem gambling prevention focus groups and key interviews across the State through June 30, 2020.
- Focus on: Perspectives on gambling in Maryland: Is underage and problem gambling a problem in your community? What types of gambling activities do you see in your community? Is it easy to access gambling activities? Are laws enforced around underage and problem gambling, etc.

MAPPA Focus Groups and Key Interviews

- Middle School and/or high school youth (ages 12-18)*
- College age/ working young adults (ages 18-25)
- Senior citizens (ages 60 and older)*
- Law enforcement (police, courts)
- Corrections*
- Substance abuse and/or mental health providers
- People in treatment and/or recovery from substance abuse, gambling, and/or mental health disorders
- School personnel (administrators, teachers, counselors, etc.)
- Healthcare providers (primary care, hospital, etc.)
- Persons of minority populations (African Americans, Asians, LGBTQ, etc.)
- Other Community Leaders

* Groups with a star are priority groups for focus groups and key interviews.

What can you do to help?

- If you would like to participate in a key interview or know any other person that meets the criteria to be interviewed, please contact us.
- If you would be able to get a focus group together of people in treatment and/or recovery together, we would be glad to come conduct the focus group. We may be able to provide small give aways and in some cases refreshments.
- If you can get a group together that meets the criteria for another type of focus group listed, please let us know. We will come out and conduct a focus group.
- If you know of a contact that you think may be interested in getting a group of people together for a focus group, please let us know.

My Life Foundation

- Problem gambling prevention materials and displays for the Asian population.
- Translation of the Center's materials to Korean.

If you know a group that would be interested in a presentation or exhibit targeting the Asian population, contact Taylor Yi, My Life Foundation Executive Director at tayloryi.mlf@gmail.com

National Alliance on Mental Illness, (NAMI), Maryland

- Survey of mental health providers
- Problem gambling prevention materials distributed at community events.
- Helpline staff trained to respond to calls from problem gambler and/or family members.

For those with a mental illness or a family member of someone with a mental illness in need of support, contact NAMI at 410-884-8691 or email adminassist@namimd.org

University of Maryland, Baltimore, School of Medicine, National Center for School Mental Health

- Conducting an analysis of school policies on gambling in Maryland.

Underage and Problem Gambling Prevention Youth Grants

- Grants for schools and/or youth groups to implement underage and problem gambling prevention strategies among their peers.
- Examples of projects include poster contests, social media posts, display tables, for problem gambling prevention.
- \$1,000 grants are available to schools and organizations in casino jurisdictions only: Allegany County, Anne Arundel County, Baltimore City, Cecil County, Prince George's County, Worcester County

For more information on youth grants, contact Heather Eshleman, Prevention Manager, heshleman@som.umaryland.edu or phone 667-214-2128



This March:

Join the Center in promoting **AWARENESS**
and taking **ACTION!**

Promote AWARENESS

- ⦿ Display the PGAM Logo within your organization
Visit www.ncpgambling.org/programs-resources/programs/pgam/
- ⦿ Distribute Problem Gambling Awareness Materials in your organization and within your community
Contact the Center at 667-214-2120 for a Materials Order Form
- ⦿ Invite the Center's Peers and our staff to your community outreach events
Contact the Center at 667-214-2120 and ask to speak to a Peer
- ⦿ Participate in Gambling Disorder Screening Day, March 10th
Information at <https://www.ncpgambling.org/programs-resources/programs/pgam/>

Promote ACTION

- ⦿ Utilize your organization's social media and post messages each day/each week during March
- ⦿ Contact the Center to have the conversation on integrating problem gambling with your current programming/ services.
- ⦿ Utilize Peer Support Specialists for individuals and for families to help navigate resources and remove barriers.

The Center's *PGAM March 2020: A Guide for Behavioral Health Providers and Preventionists* will be emailed to all attendees on this Webinar!

The Center's PGAM Activities Calendar

- ⌘ Case consultation calls
- ⌘ Senior Center presentations and webinars for senior center staff
- ⌘ Peer presentations at substance abuse and mental health treatment centers and one on one outreach to providers
- ⌘ Webinar on Gaming and Gambling
- ⌘ Community exhibits/ dissemination of materials across the State
- ⌘ Web postings
- ⌘ Proclamation from Governor and Senate

The Center's PGAM March 2020: A Guide for Behavioral Health Providers and Preventionists will be emailed to all attendees on this Webinar!

Walk Through The Center's PGAM March 2020: A Guide for Behavioral Health Providers and Preventionists

Promote AWARENESS!!!

- 🎗 Awareness flyers for your bulletin boards: Peer Recovery Support Map, Have the Conversation, PGAM, *New* March Madness flyer.
- 🎗 Download logos for PGAM for your website and signature line.
- 🎗 Contact information and form for ordering materials for waiting rooms, community events, and other public areas.

The Center's PGAM March 2020: A Guide for Behavioral Health Providers and Preventionists will be emailed to all attendees on this Webinar!

Walk Through The Center's PGAM March 2020: A Guide for Behavioral Health Providers and Preventionists

Promote ACTION!!!

- ⦿ Post on social media daily or weekly
 - ⦿ March is Problem Gambling Awareness Month
 - ⦿ Keep gambling safe – only gamble what you can afford to lose
 - ⦿ Know the signs of problem gambling
- ⦿ Participate in community events– the Center can provide materials
- ⦿ Request a presentation for your clinical staff on integrating problem gambling assessment and screening to your current protocols.
- ⦿ Bring gambling peer recovery support specialists to your organization for a presentation to those in treatment or recovery.
- ⦿ Use and promote the Center's website mdproblemgambling.com

Additional Information Found on NCPG website

-  <https://www.ncpgambling.org/programs-resources/programs/pgam/>
-  Frequently asked questions sheet
-  Press release
-  Sample proclamation
-  Social media posts
-  Toolkit for Gambling Disorder Screening Day, March 10, 2020

Resources

- ⌘ Problem Gambling Helpline Number: 1-800-GAMBLER
- ⌘ For Help Seekers: helpmygamblingproblem.org
- ⌘ Center's main website: mdproblemgambling.com
- ⌘ National Council on Problem Gambling – ncpgambling.org
- ⌘ Gamblers Anonymous - gamblersanonymous.org
- ⌘ Gam-Anon - gamanon.org
- ⌘ Maryland Council on Problem Gambling (faith-based awareness) – marylandproblemgambling.org
- ⌘ Maryland Coalition of Families (peer support system for family members of a problem gambler) - nquidas@mdcoalition.org
- ⌘ Maryland 211, press 1: for crises

Thank You

