



RECOVERY IS FOR EVERYONE:

Every Person, Every Family, Every Community



Join Us in Promoting Recovery!

September is **National Recovery Month**. The **Maryland Center of Excellence on Problem Gambling** (the Center) invites you to join us in promoting **RECOVERY** and distributing **AWARENESS** of the resources available for help and hope for problem gambling/disordered gambling recovery during September and throughout the year.

- ✓ **Post** Recovery Month Awareness **Flyers** within your organization and on your website. Visit <https://www.mdproblemgambling.com/resources/> or email Info@mdproblemgambling.com.
- ✓ **Order** Awareness **Materials** from the Center available at no cost. A materials order form is available on <https://www.mdproblemgambling.com/public-awareness/print-outreach-media/>
- ✓ **Request** a copy of the **Voices of Gambling Recovery Video**. Available on the materials order form.
- ✓ **Utilize** your **Social Media** to post awareness messages during September. See next page for post samples.
- ✓ **Engage** with the Center's **Peer Recovery Support Specialists** to present virtually to your recovery groups and/or support current clients. See next page for the Peer Information.
- ✓ **Invite** the Center to participate in **Community Events**. Contact your local Peer Recovery Support Specialist to coordinate the Center's participation.
- ✓ **Participate** in the Center's **Training** programs offered free of charge on a variety of topics. Visit <https://www.mdproblemgambling.org/training/> or email Training@mdproblemgambling.com. New FY22 programs to be announced in late September.
- ✓ **Host** the Maryland Problem Gambling Helpline Number (**1-800-GAMBLER**) and the help seeker website URL (HelpMyGamblingProblem.org) on your **Organization's Website**.

Contact the Center at 1-667-214-2120 or Info@mdproblemgambling.com for further assistance.

Peer Recovery Support Specialists



Eastern Shore

Kenneth (Kenny) Crawford, CPRS, CRC, Certified Peer Recovery Support Specialist
Office: 667-214-2135; Cell: 443-717-1137; Email: kenneth.crawford@som.umaryland.edu



Baltimore City

James (Jim) Nowlin, Peer Recovery Support Specialist
Office: 667-214-2134; Cell: 410-299-1791; Email: jnowlin@som.umaryland.edu



Northeast Central Maryland

Kenneth (Ken) Wolfson, CPRS, CRC, RPS, Certified Peer Recovery Support Specialist
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Southern Maryland

William (Will) Hinman, CPRS, CRC, Certified Peer Recovery Support Specialist
Office: 667-214-2136; Cell: 443-717-2439; Email: whinman@som.umaryland.edu



Western Maryland

Carin Miller, CPRS, CRC, Certified Peer Recovery Support Specialist
Office: 667-214-2126; Cell: 410-299-1308; Email: carin.miller@som.umaryland.edu

Sample Social Media Posts

- Recovery is for everyone. Learn how to find your path to recovery from gambling problems. <https://www.mdproblemgambling.com/recovery/>
- September is also Suicide Prevention Month. Did you know: Nearly 50% of people facing problems due to gambling behavior/gambling addiction have had thoughts of suicide? <https://www.mdproblemgambling.com/national-suicide-awareness-month-2021/>
- Recovery is possible from gambling addiction. Begin your road to recovery by calling or texting **1-800-GAMBLER (1-800-426-2537)** for Resources offered at NO COST to Maryland residents. <https://www.mdproblemgambling.com/recovery/>
- Listen to the *Voices of Gambling Recovery* and have the conversation with someone “who has been there.” <https://www.mdproblemgambling.com/recovery/>
- Support is essential on the road to recovery. Recovery and a life of health and wellness is a journey that requires time and energy. Stay on the road to recovery with the help of Peer Support. <https://www.mdproblemgambling.com/recovery/>
- (Post September 30) Join the world on International Recovery Day, September 30th and celebrate the hope of recovery from addiction for individuals, families, and communities around the globe. <https://internationalrecoveryday.org/>
- If you are challenged with mental health issues and/or substance use and like to gamble, you may be more likely to develop a gambling problem. Learn how to keep yourself safe from gambling problems. <https://helpmygamblingproblem.org/safe-gambling-tips/>
- Know someone who’s gambling is causing problems in their life? Share this link to a self-assessment test: <https://helpmygamblingproblem.org/problem-gambling-assessment/>
- Gambling causing you problems? Call 1-800-GAMBLER or visit <https://helpmygamblingproblem.org/getting-help/> for help and hope.