



March 2021

A Guide for Behavioral Health Providers and Preventionists



*The Maryland Center of Excellence
on Problem Gambling*



Introduction and Overview

Problem Gambling Awareness Month (PGAM), held each March, is a grassroots public awareness and outreach campaign created and sponsored by the National Council on Problem Gambling to educate the general public and healthcare professionals on problem gambling. The focus is to elicit discussions and to “*Have the Conversation*” about the risks of gambling, the signs of problem gambling, and the resources available nationally and here in Maryland to provide help, hope and recovery for individuals and their families.

“*Have the Conversation*” is more than just all talk. It is an opportunity for an open dialogue and candid discussion to bring awareness to gambling behaviors and resources available within your community if an individual’s gambling becomes problematic. It is also an opportunity to promote action within your organization for integrating problem gambling and gambling disorder into your existing treatment and recovery services.

The Center is committed to reducing stigma and making resources available for help and hope to those and their families in Maryland who suffer in silence from this hidden addiction. This year, the Center is expanding its awareness activities by encouraging all organizations to participate in **National Gambling Disorder Screening Day** on **March 9, 2021**.

This March, we invite you to join us in promoting **AWARENESS** of problem gambling and taking **ACTION** to foster the health and well-being of Maryland residents.

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To print: this guide was designed to be printed double sided, long edge.

ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the National Council on Problem Gambling (NCPG); other National organizations, and the Center.



Promote **AWARENESS**

This March join the Center to promote **AWARENESS** within your organization and your community about the risks of gambling and the resources available for help and hope.

- 🎗 Post PGAM awareness flyers on your bulletin boards. We have included in this Guide 8½ x 11 flyers specifically for PGAM that you can print.
- 🎗 Add the PGAM logo on your website. Visit the official [PGAM 2021](https://www.ncpgambling.org/programs-resources/programs/pgam/) website (<https://www.ncpgambling.org/programs-resources/programs/pgam/>) for logos and other reference links.
- 🎗 Create a PGAM email signature for your organization. We have included samples in this Guide.
- 🎗 Include an article on March PGAM in your monthly newsletter or communications blog, and contact the Center for assistance.
- 🎗 The Center can provide additional awareness materials at no cost for your organization, including flyers, rack cards, and trifold brochures. Complete the Public Awareness Materials Form attached in this Guide, and fax (410-799-4396) or email Donna Gaspar, Communications Manager (dgaspar@som.umaryland.edu).

Take **ACTION**

- 🎗 Utilize your organizations' social media and post messages each day/each week during March. Suggested messages are included in this Guide.
- 🎗 Organize and/or participate in virtual community events. The Center can provide materials and staff participation.
- 🎗 Invite the Center's Peer Recovery Support Specialists to present to recovery groups.
- 🎗 Participate in National Gambling Disorder Screening Day on March 9, 2021. Contact the Center's Clinical Manager, Kristen Beall, LCSW-C, CAC-AD (667-214-2123, krbeall@som.umaryland.edu) for more information and to have a conversation on how your organization can integrate problem gambling screening tools into current protocols.
- 🎗 Utilize Peer Support Specialists for individuals (from the Center) and for families (from Maryland Coalition of Families) struggling with gambling problems. Peers can help navigate resources and remove barriers on the road to treatment and recovery.
- 🎗 Visit the Center's website mdproblemgambling.com for additional resources.

Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396
HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



Sample Article/Blog Post

March is **Problem Gambling Awareness Month**, an annual grassroots public awareness and outreach campaign established by the National Council on Problem Gambling to educate the general public and healthcare professionals about the warning signs of problem gambling and raise awareness about the help and resources available.

For most, gambling can be fun. But for some, gambling can get out of control resulting in financial problems, legal issues, family/relationship conflict and even suicide attempts. Signs someone may have a gambling problem:

- ✓ Preoccupation with gambling.
- ✓ Secretive about his/her gambling habits, and defensive when confronted.
- ✓ Trying unsuccessfully to control, cut back, or stop gambling.
- ✓ Restless or irritable when not gambling.
- ✓ Gambling to escape problems.
- ✓ Trying to win back losses by more gambling.
- ✓ Lying to family and others about the extent of gambling.
- ✓ Jeopardizing or losing relationships, jobs, or career opportunities because of gambling.
- ✓ Relying on others to bail him or her out to relieve financial problems.

Here are some tips to begin the conversation with your family, your co-workers and your community:

- ✓ Choose the right time.
- ✓ Ask open ended conversations, like: what do you like about gambling?
- ✓ Listen non-judgmentally to what the person is saying.

If you know someone who is gambling problematically, it's important to have a non-judgmental and an open conversation:

- ✓ Let the person know you are concerned for them in a caring manner.
- ✓ Be specific about the behaviors you have seen.
- ✓ Let them know you are will to help, getting them to support and counseling.

Resources and confidential help is available at no cost 24/7 through the **Maryland Problem Gambling Helpline 1-800-GAMBLER**: be connected to treatment provider offering “no cost” counseling; have a conversation with a Peer Support Specialist who *has been there*; and receive additional referrals to support, such as local Gamblers Anonymous meetings. Or visit helpmygamblingproblem.org for additional resources and information.

This March take **ACTION** for help and hope.



Email Signatures

Signature ideas to add into your organization's email or post them on your Facebook page:

PGAM Email Signature #1:



This March be **AWARE** of the risks of gambling
And take **ACTION** for help and hope.
HELPLINE: 1-800-GAMBLER ~ helpmygamblingproblem.org

PGAM Email Signature #2:

March 2021 is



PGAM Email Signature #3:



Think you, or someone you know, may have a gambling problem?
Call: 1-800-GAMBLER today and speak with "someone who has been there."




PGAM LOGOS


Utilize the PGAM logo on your website and social media. PGAM Logo formats can be found on <https://www.ncpgambling.org/programs-resources/programs/pgam/>.

SOCIAL MEDIA

Like Us:

We invite you to engage and share with the Center's social media messaging in March:




 Like us on [FACEBOOK](#)

 Follow us on [TWITTER](#)



Posting Ideas:

Suggested Link: helpmygamblingproblem.org





On or Before March 9, 2021 (National Problem Gambling Screening Day, March 9, 2021):

-  Think you may have a gambling problem? Call 1-800-GAMBLER to schedule a no-cost screening with a Maryland counselor.
-  Tuesday, March 9th is National Screening Day for gambling disorder.
-  Maryland residents can now get “no cost” counseling for gambling

On or After March 14, 2021:

-  Take the madness out of gambling - only gamble on basketball brackets what you can afford to lose.
-  Playing the NCAA Basketball brackets should be just fun – not a financial solution!

General Posts:

-  March is Problem Gambling Awareness Month.
-  Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.
-  Peer Support for problem gambling can help you limit, control or stop your gambling habits.
-  Visit helpmygamblingproblem.org and take a self-assessment test

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General Posts: (continued)

- 🎗 Start the conversation with your family today about the risks of gambling
- 🎗 Keep gambling safe – only gamble what you can afford to lose.
- 🎗 Have the Conversation with someone who has been there – 1-800-GAMBLER
- 🎗 Help and hope is available at helpmygamblingproblem.org
- 🎗 Problem gambling doesn't show.
- 🎗 You're not alone – reach out to have a conversation with a Peer Support Specialist.
- 🎗 Problems due to gambling? Don't go it alone.
- 🎗 Problem gambling can become an addiction.
- 🎗 If you think gambling is a solution, it may be a problem.
- 🎗 Maryland residents can now get “no cost” counseling for gambling
- 🎗 Veterans are at greater risk for problem gambling issues.
- 🎗 Have a conversation with your whole family about gambling.
- 🎗 Keep your gambling problem free.
- 🎗 Family history of problem gambling? You could be at risk.
- 🎗 Gambling should be entertainment – not a financial solution.
- 🎗 Did you know problematic gamblers ages 18-25 on average lose \$30,000 per year?
- 🎗 Teen rates for problem gambling are higher than for adults
- 🎗 Know the signs of problem gambling.
- 🎗 Someone you love gambling too much? Call 1-800-GAMBLER and ask for Family Peer Support.

For additional information on the resources listed in this Guide, please contact:

Heather Eshleman, MPH
Prevention Manager
heshleman@som.umaryland.edu
Office Direct: (667) 214-2128

Donna Gaspar
Communications Manager
dgaspar@som.umaryland.edu
Office Direct: (667) 214-2124

Peer Recovery Support Specialists

The Maryland Center of Excellence on Problem Gambling (the Center) offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. The Center's Peers have lived experience with addiction and have been in recovery a minimum of two years. They are trained in how to assist those seeking help with gambling behaviors by providing access to treatment, connecting them to resources, and supporting them with encouragement during the recovery process.

The Center's Peer Recovery Support Program for problem gambling can assist your organization by:

- Connecting with existing peer support specialists located within your treatment delivery system; and
- Offering assistance with resources for those identified as a problem gambler.

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

Carrie Jenkins, CPRS, ICRC, RPS, Certified Peer Recovery Support Specialist

Office: 667-214-2134; Cell: 410-299-1791; Email: carrie.jenkins@som.umaryland.edu

Northeast Central Maryland

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

Office: 667-214-2133; Cell: 443-690-9811; Email: kwolfson@som.umaryland.edu

Southern Maryland

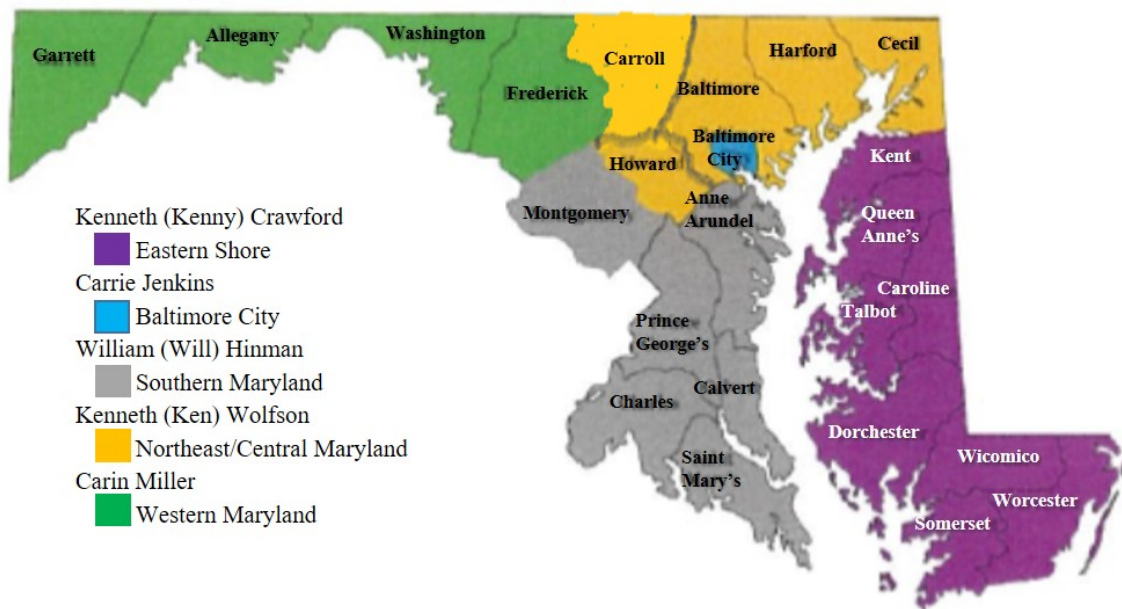
William (Will) Hinman, CPRS, CRC, Certified Peer Recovery Support Specialist

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



The Maryland Center of Excellence on Problem Gambling

Main: 667-214-2120 ~ Fax: 410-799-4396 ~ www.mdproblemgambling.com

250 W. Pratt Street, Suite #1050, Baltimore, MD 21201

For some, gambling behavior can become a problem. And it's not just an individual problem, it affects the whole family.



Be **AWARE** of the risks of gambling ~ Take **ACTION** for help and hope

**If gambling is causing problems for you or any one you know, call or text the Maryland Helpline
1-800-GAMBLER (1-800-426-2537) or
visit www.helpmygamblingproblem.org**



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The Maryland Center of Excellence
on Problem Gambling



PROBLEM GAMBLING
AWARENESS MONTH

→ AWARENESS + ACTION

**This March,
have a
conversation
with someone
who has been
there...**



For most, gambling can be fun. But for some, gambling can get out of control. Take the action to call and have a conversation with a **Peer Recovery Support Specialist** who can help you or a loved one navigate resources and remove barriers on the road to recovery from gambling problems.

If gambling is causing problems for you or any one you know, call or text the **Maryland Helpline 1-800-GAMBLER (1-800-426-2537) and ask to speak with a Peer Recovery Support Specialist.**



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PROBLEM GAMBLING
AWARENESS MONTH
→ AWARENESS+ACTION

March 9, 2021

Gambling Disorder Screening Day

Gambling problems
often go undetected.

A problem gambler will
affect 7-10 people
in their immediate circle.

People can be addicted
to gambling.

Recovery from gambling
problems is possible.



SCREENING for problem gambling/gambling disorder can open the conversation about gambling and provide a direct connection to helpful resources, such as “no cost” counseling for Maryland residents.

If you or someone you know is struggling with problems due to gambling behaviors, call, text or chat TODAY!

1-800-GAMBLER - helpmygamblingproblem.org



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on Problem Gambling



PROBLEM GAMBLING
AWARENESS MONTH
→ AWARENESS • ACTION

This March, take the “madness” out of Gambling

The 2021 NCAA Basketball tournament begins on March 18th. Excitement is building, and many look forward to completing tournament brackets, whether sponsored by an organization or through friends.



For most, completing and “betting” on March basketball brackets is a fun, competitive group activity. But for some, this activity may be part of a more problematic approach to gambling.

Here are a few tips to take the madness out of March Tournaments:

- **Only gamble what you can afford to lose** – set a dollar limit and stay within it!
- **View tournament pools as a form of entertainment** – do not chase past gambling losses or view tournament pools as a way to make money.
- **Limit alcohol use** when gambling.
- **Participate as part of a fun group activity** – avoid gambling when you are alone or depressed.

If gambling is causing problems for you or any one you know, call or text the Maryland Helpline **1-800-GAMBLER (1-800-426-2537) or visit **helpmygamblingproblem.org****



The Maryland Center of Excellence
on Problem Gambling





**The Maryland Center of Excellence on
PROBLEM GAMBLING**



**Gambling and
the Family**

Problem gambling is not just an individual problem, but can disrupt entire families. Help is available and recovery is possible for families who are dealing with a gambling addiction.

Warning signs there may be a problem:

- Preoccupation with gambling
- Unexplained debt or other financial problems
- Unaccounted for mood changes
- Isolation and withdrawal from family and friends
- Secrecy about bills, bank statements and other financial data
- Missing personal items such as phones, jewelry, other valuables
- Borrowing of money from family friends or employer.

If any of these statements sound like someone you know, we can help!

Call 1-800-GAMBLER
IT'S FREE AND CONFIDENTIAL 24/7.

The Maryland Center of Excellence on Problem Gambling offers a wide variety of materials at no cost for your organization and community to promote: awareness of gambling risks; responsible gambling practices; signs of problem gambling/gambling addiction; and resources for treatment and recovery.

Please download and complete the following order form, and submit the completed form by email (dgaspar@som.umaryland.edu) or by fax (410-799-4396). Materials will be mailed within 5-7 business days.

For additional questions on the Center's Awareness initiatives, please contact: Donna Gaspar, Communications Manager at 667-214-2120 or dgaspar@som.umaryland.edu.



HAVE THE CONVERSATION
about the risks of gambling and how to keep gambling safe with
... your family
... your friends
... your community
... your clients

Maryland Problem Gambling Helpline – 1-800-GAMBLER

Public Awareness Materials – Order Form

Mailing Address:

ATTN: (Name)			
Email:			
Phone Number:			
Agency Name:			
Address 1:			
Address 2:			
City, State:		Zip	

Materials Requested:

Quantity	Item:
	Rack Card – Gambling and The Family
	Rack Card – Signs
	Rack Card – If you think Gambling is a Solution
	Rack Card – Peer Support, Individuals side one/Families side two
	Tri-Fold Brochure - Resources/Recovery
	Tri-Fold Brochure – Gambling Peer Recovery Support Specialist
	Small Card - Have the Conversation
	Small Card - Recovery Card
	Small Turtle Low Risk-High Risk Cards Recovery Cards
Documentary DVDs:	
	Understanding Joy: The Devastation of Gambling Addiction
	Glenn's Gamble: A Marine's Battle for Gambling Addiction Recovery
	Opiate Use and Gambling

Mdproblemgambling.com

