

The Journey of Recovery:
Three Perspectives - The Gambler, The
Family, and The Counselor
A Celebration of National Recovery Month

**The Maryland Center of Excellence
on Problem Gambling
(The Center)**

Learning Objectives

- To gain a greater understanding of the recovery process for the gambler.
- To learn about ways to support a gambler's recovery as a family member.
- To learn about how to support the family member of the problem gambler.
- To develop an understanding of the treatment issues involved in the therapeutic process of a gambler's recovery.

Today's Panel

- **William Hinman, CPRS, CCAR**
Certified Peer Recovery Support Specialist with the Center
- **Nancy Quidas, Program Coordinator – Problem Gambling**
Maryland Coalition of Families
- **Anthony Parente, MA, LCPC, NCC, MAC, ICGC II, BACC**
Trainer and Clinical Consultant with the Center

CELEBRATE RECOVERY

September 2020 - The 30th Year of National Recovery Month

- Many have made the journey of recovery from gambling disorder, substance use disorders and mental health issues.
- Recognize that those in recovery have faced numerous challenges, roadblocks, obstacles and hurdles.
- Family members, loved ones and concerned others have been on recovery paths as well.
- The recovery community and its members play an important role in the recovery process.



The Voices of Recovery

“That one conversation made a difference for me.”

“I feel a little freer to talk with folks who has been through what I’m going through.”

*“Thanks for the continued support.
Every day gets a little bit easier.”*

“I feel very blessed that you we crossed path...Have not gone gambling since the first day we spoke.

Problem Gambling is an equal opportunity
hidden addiction - it shows no preference to
age, gender or ethnicity.



Recovery – The Person in Recovery

Will's Story

What it was like before recovery.

What happened to motivate me to seek recovery.

What it is like now in recovery.



GAMBLING IS A FAMILY DISEASE.
ONE PERSON MAY BE ADDICTED, BUT
THE WHOLE FAMILY IS AFFECTED.....

Recovery – The Family Member

Nancy's Story

My life living with a Problem Gambler.

How I got empowered.

The facts about what family support looks like.

Recovery – The Counselor

- Transitioning into the Process with the Person
- The Early Phase of the Recovery Process
- The Individual Journey
- Long- Term Recovery

Find your path towards Gambling Recovery



**Have the conversation with someone
who “has been there”**

Recovery Resources – The Person in Recovery

- **Gamblers Anonymous** – www.gamblersanonymous.org

- Meeting locations and materials



- **SMART Recovery** – www.smartrecovery.org

- Online tools and meeting schedules



- **Additional online tools**

- www.gamblersinrecovery.com
- www.gamtalk.org
- www.intherooms.com

Recovery materials will be distributed to all Attendees on today's webinar

Recovery Resources – The Family Member

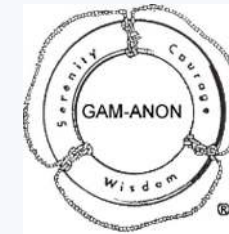
- **Maryland Coalition of families – www.mdcoalition.org**

- Resources available to assist families



- **Gam-Anon – www.gam-anon.org**

- Call 1-888-230-1123
- Support and fellowship for families affected by gambling



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The Maryland Center of Excellence on Problem Gambling

- **Maryland Helpline** 24/7 Confidential, call or text
1-800-GAMBLER (1-800-426-2537)
- **Help seeker website** – **helpmygamblingproblem.org**
Self-Assessment Test
“Find a Counselor”
- **Main website** – **mdproblemgambling.org**
Repository for all Center resources and information
- **Free Awareness Materials**
Mailed to you including posters and brochures
- **Gambling Peer Support**
Support for Individuals provide by Center Peers
Support for families provide by Maryland Coalition of Families

Contact Information

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THANK YOU!

*Find your Road towards
Gambling Recovery*

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 **NATIONAL
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