



PROBLEM GAMBLING
AWARENESS MONTH

→ AWARENESS+ACTION

March Problem Gambling Awareness Month

February 26, 2021

“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 11 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)
- 🎗️ 2021 is the 17th 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

Problem Gambling Awareness Month Discussion of Two Guides:

- 🎗️ Problem Gambling Awareness Month: A Guide for Behavioral Health Providers and Preventionists
- 🎗️ Problem Gambling Awareness Month: Gambling Disorder Screening Day

March 2021 PGAM Screening Guide



March 2021

Gambling Disorder Screening Day
March 9, 2021

A Guide for Behavioral Health Providers



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE
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 (NCPG) 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.

MARCH 9, 2021 Gambling Disorder Screening Day, an annual one-day event on the second Tuesday in March, was developed by NCPG and the Cambridge Health Alliance Division on Addiction to educate and support health care providers in screening for Gambling Disorder. Screening, although not a diagnosis, helps to identify individuals who should seek further assessment for potential gambling-related problems.

This guide was developed to encourage healthcare providers to screen clients for problem gambling. The Guide provides the tools and resources to integrate the screening of Problem Gambling/Gambling Disorder into your agency’s current processes and protocols.

This March, we invite you to join us in promoting AWARENESS of problem gambling and taking **ACTION to SCREEN** for Gambling Disorder providing help and hope to Maryland residents who struggle with this hidden addiction.

Included in this Guide:

- ✓ How to Integrate
- ✓ How to Screen
- ✓ How to Engage
- ✓ Resources
- ✓ DSM 5 Handout
- ✓ Brief Screen Handout
- ✓ PG Reimbursement Program Handout
- ✓ Case Consultation Calls Handout
- ✓ Peer Support Program Handout
- ✓ Awareness Materials Order Form



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ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the National Council on Problem Gambling (NCPG), The Cambridge Health Alliance Division on Addiction, other national and local agencies, and The Center.

MARCH 9th is Gambling Disorder Screening Day

- 🎗 One day event, always held on the second Tuesday in March
- 🎗 Created by the National Council on Problem Gambling and the Cambridge Health Alliance Division on Addiction in Malden, Massachusetts at Harvard Medical School
- 🎗 Purpose to educate and support health care providers in screening for gambling disorder
- 🎗 Screening helps to identify individuals who need further assessment
- 🎗 Use the Gambling Disorder Screening Day guide, created by the Center for all the information you need to participate

Reasons to Participate in Gambling Disorder Screening Day (GDSD)


- ⌘ First year the Center has encouraged participation in GDSD
- ⌘ Can be healthcare, treatment, prevention, recovery support, etc. provider
- ⌘ Encouraging behavioral health providers because the individuals they work with are at greater risk of gambling disorder
- ⌘ Gambling behaviors may have an adverse impact on health and treatment outcomes
- ⌘ Untreated gambling problems can lead to increase treatment costs and service utilization.
- ⌘ Gambling may become an addiction
- ⌘ Gambling can be a relapse risk factor
- ⌘ Problem gambling may worsen mental health problems
- ⌘ Untreated problem gambling behaviors affect the family through unpaid bills, housing instability, legal problems, domestic violence and child maltreatment


Goals of Screening

- ⦿ Begin the conversation about gambling
- ⦿ Begin to make connections between gambling and other major life areas
- ⦿ Reduce the stigma of reaching out for problem gambling help
- ⦿ Encourage those to get further assessment, if needed

How to Participate in Gambling Disorder Screening Day (GDSD)

Prepare:


-  Use the flyer or one of your own to promote screening day.

-  Post on social media, send out an email contacts, add information to newsletters


-  Get staff involved


On Screening Day :

-  Begin with conversation about gambling

-  Screen every client with the Brief Biosocial Gambling Screen

-  Discuss the results

-  Provide additional resources, if needed

-  Contact Kristen Beall, LCSW-C, CAC-AD, Clinical Manager, for more information, krbeall@som.umaryland.edu

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

Brief Biosocial Gambling Screen

- Ⓐ Have you ever gambled at least 5 times in any one year of your life?
Y/N
- Ⓐ During the past 12 months, have you become restless, irritable, or anxious when trying to stop/cut down on gambling? Y/N
- Ⓐ During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled? Y/N
- Ⓐ During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends, or welfare? Y/N
- Ⓐ Low risk: no to all questions,
- Ⓐ Moderate risk: yes to question 1, no to the rest,
- Ⓐ High risk: yes to question 1 and yes to at least one other question

What if Someone You Ask Declines Participation in the Screen?

Problem Gambling Self-Assessment

helpmygamblingproblem.org

Click here to begin the assessment.

 **HELP** for problem gambling

ASSESSMENT



Opportunities for Staff

- 🎗️ Enroll in problem gambling reimbursement program to offer “no cost” treatment
- 🎗️ Enroll in FREE problem gambling trainings through the Center with CEUs
- 🎗️ Join Case Consultation Calls
- 🎗️ An informational flyer on these opportunities is included in the Gambling Disorder Screening Day guide



This March:

Join the Center in promoting **AWARENESS**
and taking **ACTION!** Use the Problem Gambling
Awareness Month A Guide for Behavioral Health
Providers and Preventionists



- ⦿ 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: Use the Problem Gambling Awareness Month Guide for Behavioral Health Providers and Preventionists

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

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?

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**

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?

Example Conversations for Behavioral Health Providers


Hello, Bill. You have made a lot of progress on improving your wellness. March is Problem Gambling Awareness Month. You mentioned to me you go to the casino. I am concerned about your gambling because sometimes people in recovery are more likely to have other addictions. Would you be willing to take a gambling screening and we can discuss the results.

Hello, Jenny. Lately you have told me you are having financial problems. After you pay your bills, what do you like to do with your extra money? Would you mind if we do a gambling screening and discuss the results?

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 virtually on June 18, 2021
-  Request a presentation from Center staff
-  Bring gambling peer recovery support specialists to your organization for a presentation to those in treatment or recovery.

March 2021 PGAM Guide




March 2021

**A Guide for
Behavioral Health Providers and
Preventionists**



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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.

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

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

Sample Article/ Blog Post

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

PGAM Email Signatures



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



NEW Re-Launched Center Social Media Accounts

- We invite you to engage and share with the Center's social media messaging in March:
- Like us on [FACEBOOK](#) or Share our posts
- Follow us on [TWITTER](#) then retweet or like

Create Your Own Posts for Social Media

- Suggested Link: helpmygamblingproblem.org
- On or before March 9th to promote screening day. Example: “Tuesday, March 9th is National Screening Day for gambling disorder”
- On or after March 14th to raise awareness of NCAA Basketball brackets. Example: “Take the madness out of gambling – only gamble on basketball brackets that you can afford to lose”
- General posts to be used anytime in March. Example: “March is Problem Gambling Awareness Month”

Promote Awareness PGAM 2021

- Post flyers or send them electronically to contacts
- Add PGAM logo on your website
- Add PGAM email signature line
- Include article in your newsletter or blog.
- Order no cost materials for your organization.

Promote Awareness PGAM 2021

Flyers Available Electronically for Printing
(included in the Awareness Guide)

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



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



For most, gambling can be fun. But gambling can get out of control. Take call and have a conversation with a **Support Specialist** who can help you navigate resources and remove road to recovery from gambling problems.

If gambling is causing problems for you or anyone you know, call or text the Maryland Helpline **1-800-GAMBLER (1-800-426-2537)** or visit www.helpmygamblingproblem.org with a Peer Recovery Support Specialist.

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

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

- **Only gamble what you can afford to lose** – set a dollar limit within it!
- **View tournament pools as a form of entertainment** – do not view 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 anyone you know, call or text the Maryland Helpline **1-800-GAMBLER** or visit [helpmygamblingproblem.org](http://www.helpmygamblingproblem.org)

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

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

Promote Awareness PGAM 2021 Awareness Materials to Order at No Cost



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.



Public Awareness Materials – Order Form

Mailing Address:

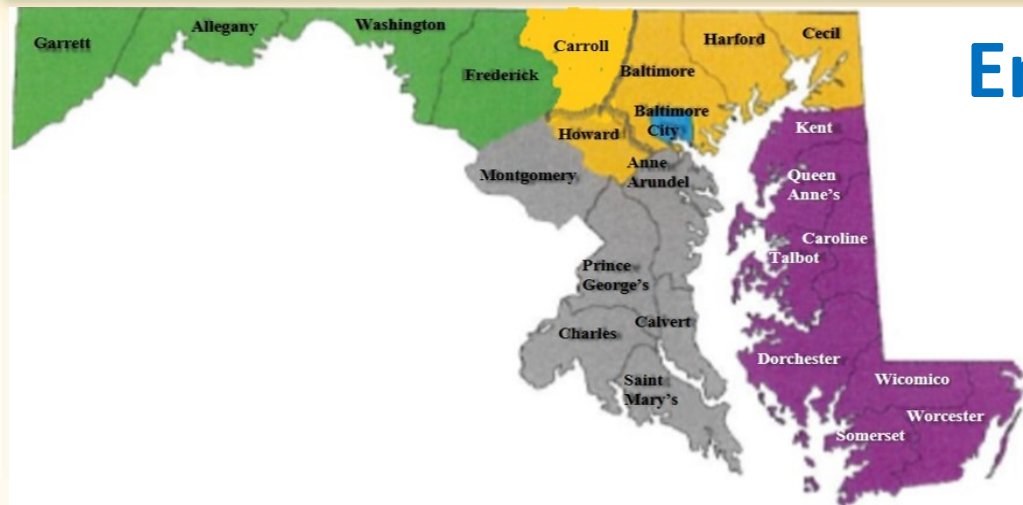
ATTN: (Name)	
Email:	
Phone Number:	
Agency Name:	
Address 1:	
Address 2:	
City, State:	Zip

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

Engage the Center's Peers in March

Territory Map included
in the Awareness Guide



Western Maryland

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Eastern Shore

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Additional Information Found on NCPG website

- <https://www.ncpgambling.org/programs-resources/programs/pgam/>
- PGAM Toolkit
- Use of #PGAM hashtag
- Frequently asked questions sheet
- Share PGAM events on the website and see events across Nation
- Sample press release
- Sample official proclamation
- Sample letter to editor
- Logos and graphics
- Opportunities to attend other State's annual conferences virtually

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

