



A Guide for Behavioral Health Providers, Preventionists and Public Information Officers



*The Maryland Center of Excellence
on Problem Gambling*



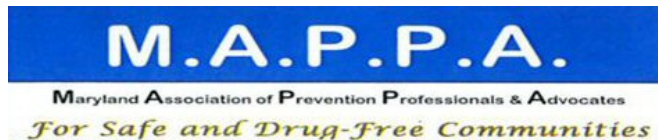
To print: this guide was designed to be printed double sided, long edge.

INTRODUCTION and OVERVIEW

This May, in collaboration with the Maryland Association of Prevention Professionals & Advocates (MAPPA), the Maryland Center of Excellence on Problem Gambling (the Center) invites you to join us in promoting **Mental Health Month** and bringing attention to how addictive behavior (gambling disorder, substance misuse and other addictions) can affect the well-being and recovery of both individuals and families.

Mental Health Month began in 1949 to raise awareness of mental health concerns in America's communities. This awareness campaign was, and continues to be, promoted by Mental Health America (MHA), the Nation's leading community-based nonprofit dedicated to addressing the needs of those living with mental illness, as well as other affiliates, such as the National Alliance on Mental Illness (NAMI) and the Federal Substance Abuse and Mental health Services Administration (SAMHSA).

May is also **National Prevention Week**, this year being observed May 8-15, 2021. Promoted by MAPPA and the Federal Substance Abuse and Mental Health Services Administration (SAMHSA), National Prevention Week is a public health platform promoting prevention year-round through providing ideas, capacity building, tools, and resources to help individuals and communities make addictive behavior prevention (including substance use and problem gambling) happen every day.



This May, we invite you to join us in promoting **AWARENESS** of mental health; developing **PREVENTION** messaging to mitigate addictive behavior; and taking **ACTION** to foster the health and well-being for Maryland residents.

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ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the Maryland Association of Prevention Professionals and Advocates (MAPPA), Mental Health America (MHA), Federal Substance Abuse and Mental Health Services Administration (SAMHSA), The National Council on Problem Gambling (NCPG), and the Maryland Center of Excellence on Problem Gambling.

AWARENESS

MENTAL HEALTH – What it is and How to Promote It

Mental health is essential to everyone's overall health and well-being, and mental illnesses are common and treatable. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health. Often times, unhealthy coping strategies such as substance misuse and problem gambling are used to handle stress or untreated mental health conditions, leading to years of addiction and loss to quality of life.

Of American adults, 6% suffer from a substance use disorder and 2% have a gambling disorder at any given time (American Addictions Center, 2019 and Tracy, 2017). These percentages are higher for adolescents and young adults as they are more vulnerable to addiction due to brain development through the age of 25. Mental Health disorders can co-occur with substance use disorders and gambling disorders. Research shows 50% of those with substance use disorders also suffer from a mental health disorder, and within that group 10-15% report a gambling disorder.

Of those diagnosed with a gambling disorder, 38% have a substance use disorder, 50% have a mood disorder, 41% have an anxiety disorder, and 61% have a personality disorder (SAMHSA, 2019). In addition, 19% of individuals in treatment for a serious mental illness, such as schizophrenia or schizoaffective disorder, met criteria for problem or pathological gambling (Pesai and Potenza, 2009).

Mental health disorders, substance misuse, and problem gambling have similar risk and protective factors. Treatment, recovery and wellness can be promoted through awareness activities and by implementing prevention strategies highlighting tools and resources available within Maryland communities.








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



Tools for Mental Well-Being and Recovery:

Maryland Problem Gambling Helpline – 1-800-GAMBLER (1-800-426-2537)
www.helpmygamblingproblem.org

-  Refer to **Local Health Department and Mental Health Agencies** – These organizations provide additional resources and help within their specified counties/jurisdictions.
-  **“No Cost” Screening** – Maryland residents and their families can receive “no cost” screening and assessment no matter their ability to pay for problem gambling related issues.
-  **Mental Health Screening** – Go to MHAscreening.org. Locally, call your county health department or Mental Health Agency and ask for a mental health and/or substance use screening.
-  **Have the Conversation with “someone who has been there”** – Problem Gambling Peer Recovery Support for individuals and family members can be a support system and connect you with the resources you need. In addition, peer recovery support specialists for substance use disorder can be found by contacting your local health department.
-  **Maintain a Balance in all you do** – Make small changes and building on those successes. Balance out the type of recreational activities you do; example, if you gamble, integrate other forms of recreational and social interaction with equal balance. Limit alcohol use, especially in times of stress.
-  **Practice wellness mentally and physically** – Get enough sleep, exercise, eat healthy, and enjoy good conversations with family and friends.
-  **Spend time with family and friends who follow wellness behaviors and encourage you to do the same** – Stay positive and be around healthy and positive people.



AWARENESS

PREVENTION – What it is and How to Promote It

Prevention is the stopping or delaying of risky health behaviors such as substance misuse, alcohol use, tobacco use, and/or gambling. Primary prevention is reaching populations, such as youth, who have not engaged in a risky behavior to promote positive behaviors. Secondary prevention would reach populations that have initiated a risky behavior that may be causing problems but there is no diagnosis of a disorder, such as substance use or gambling disorders. Tertiary prevention is relapse prevention for individuals who have been diagnosed with a disorder and are in recovery (Center for Disease Control and Prevention, 2020).

With a focus on primary prevention, **2021 National Prevention Week** (May 9-15) celebrating its 10th year, encourages youth to live healthy lives through making positive choices concerning mental health, substance misuse, and gambling behaviors. Just as those who are in recovery from a substance misuse or gambling problem have a story of recovery, those who chose not to engage in these risky behaviors have a story to tell about why they decided not to participate in these behaviors. Perhaps it was parents or other role models who encouraged youth to make healthy decisions. Perhaps it was involvement in a faith-based community, sports, or other school activities that encouraged healthy decision making. Having goals and dreams can encourage youth to make healthy decisions.

The theme for this year is **#PreventionHappensHere**. We encourage all to participate in National Prevention Week by:



Download the #PreventionHappensHere sign



Taking a selfie picture with the sign



Posting that selfie on social media with the hashtag



[Click Here](#) to download the tool kit for other great prevention ideas

Developing brains make youth vulnerable to injury and poor decision making, including the harmful effects of alcohol, drugs, and gambling. Parts of the brain that impact emotions, cognition, and impulse control are still developing into the early 20's. Genetics also plays a role in potential addiction to alcohol, drugs, or gambling. Youth are more at risk for these addictions if they have a parent or other close family member who suffers or has suffered from an addiction (Community Anti-Drug Coalitions of America, 2019).

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Implementing pro-active prevention practices and awareness messaging about alcohol, substance misuse, and gambling behaviors can help decrease the risk of addictive behavior for the individual and within the community.

Tools for Prevention:

-  **Have Important Conversations with the youth/young adults you care about** – Talk to youth ages 10-25 about mental health, substance misuse, and problem gambling. For information on talking tips go to www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-to-your-child or visit www.helpmygamblingproblem.org.
-  **Choose activities that involve healthy, fun events** – No alcohol and gambling for those underage. Setting limits on alcohol and gambling behaviors for adults of legal age.
-  **Learn skills to help cope with stress in healthy ways** – Use meditation, exercise, problem solving, talking to someone you trust and other ways to deal with stress.
-  **Join a Students Against Destructive Decisions club or school or community clubs that promotes wellness among youth** - Groups of youth making healthy decisions and making a positive difference in their communities inspires other youth to do the same.
-  **Request presentations or information on how you can get involved in youth mental health, substance misuse, and problem gambling prevention:**
 - For problem gambling prevention, contact Heather Eshleman at heshleman@som.umaryland.edu, Prevention Manager at the Maryland Center of Excellence on Problem Gambling.
 - For alcohol and/or substance misuse prevention information, contact your local health department substance abuse prevention office or visit the Maryland Association of Prevention Professionals and Advocates (MAPPA) at <http://mappamd.org/>.






TAKE ACTION



-  Promote well-being screening through your organization.
-  Post flyers about mental health, mental well-being and addiction prevention.
-  Download the tool kits provided in this Guide.
-  Create and use provided social media posts.
-  Update awareness and prevention messaging on your website.
-  Add an email signature line that promotes mental health, substance abuse and/or problem gambling prevention
-  Join a local community coalition that works to promote mental health and/or prevent substance misuse.

HASH TAGS

Mental Health Month

-  #MentalHealthMonth
-  #Tools2Thrive
-  #MHM2021

National Prevention Week

-  #PreventionHappensHere
-  #NPW2021



TOOL KITS



Mental Health Month

www.mhanational.org/may - General information for Mental Health Month

<https://mhanational.org/get-involved/download-2021-mental-health-month-toolkit>

www.mhascreening.org



National Prevention Week

<https://www.samhsa.gov/prevention-week>

<https://www.samhsa.gov/prevention-week/toolkit>



Maryland Department of Health and National Alliance on Mental Illness (NAMI),
Maryland - Mental Health 4 All: Mental Health Awareness Month 2021 Toolkit

<https://www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month>

LOGOS (download the toolkits listed above for additional images)



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EMAIL SIGNATURES

Cut and paste these signature ideas into your email or post them on your Facebook page:

Email Signature #1:



Email Signature #2:

Maintain Wellness on the Road to Problem Gambling and Substance Misuse Recovery



Email Signature #3:

Join us to Promote Mental Wellness, Take Care of Yourself and Those You Care About









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SOCIAL MEDIA POST IDEAS:

Suggested Links:

-  <https://www.helpmygamblingproblem.org>
-  <https://www.Mdproblemgambling.com>
-  <https://www.Mappamd.org>
-  <https://www.mhanational.org/mental-health-month>
-  <https://www.MHAscreening.org>
-  www.samhsa.gov/prevention-week

Suggested Posts:



















-  May is Mental Health Month – Take care of yourself and those you love.
-  Taking care of your mental health #MentalHealthMonth helps to prevent addictive behaviors.
-  Substance use and problem gambling behaviors may be unhealthy ways to deal with untreated mental health conditions.
-  Is your gambling causing stress in your life? Call 1-800-GAMBLER and “*have the conversation*” with someone who has been there.
-  Primary prevention is stopping or delaying unhealthy youth behaviors such as problem gambling and substance use.
-  National Prevention Week is May 9-15 2021, #PreventionHappensHere
-  Positive coping strategies such as exercise, healthy eating, meditation, and getting enough sleep can promote mental health.
-  Visit [helpmygamblingproblem.org](https://www.helpmygamblingproblem.org) and take a self-assessment test to see if your gambling behaviors are out of control.
-  Say “NO” to drug use, over committing yourself, alcohol over-indulgences and chasing gambling losses.
-  Don’t fall into the trap of using gambling and/or alcohol as ways to cope with stress. #ProblemGamblingAwareness #PreventionHappensHere
-  Promote mental health by having fun with activities that do not involve drugs, alcohol, or gambling. #Tools2Thrive.
-  Promote mental health by choosing friends that do not encourage problem gambling or binge drinking. #PreventionHappensHere
-  Delaying age of first time use of alcohol, drugs, and gambling can promote mental health.

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Suggested Posts: (continued)

-  Call or text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.
-  Hobbies, sports, and other positive activities can promote mental health.
-  Having difficult conversations with youth in your life concerning alcohol, drug use, and gambling behaviors promotes mental health. For talking tips go to www.samhsa.gov/underage-drinking/parent-resources/why-you-should-talk-your-child
-  You are not alone – reach out to have a conversation with a Peer Support Specialist about your gambling or substance misuse behavior today.
-  Focus on the positive in stressful situations to cope instead of using alcohol, drugs, or gambling. To talk to a peer recovery support specialist call 1-800-GAMBLER.
-  Focusing on spirituality or faith can promote mental health. #PreventionHappensHere
-  Start the conversation with your family today about the risks of gambling and/or substance misuse.
-  Resiliency, or strength in adversity, promotes mental health and decreases substance use and problem gambling. Go to www.samhsa.gov/prevention-week
-  Self-control when feeling like making an impulsive decision can promote mental health and decrease substance misuse and problem gambling. Go to MHAScreening.org
-  If you think gambling is a solution, it may be a problem.
-  Maryland residents can now get “no cost” counseling for gambling
-  Prevention is the reducing or stopping something from happening such as problem gambling, alcohol, or substance misuse. #PreventionHappensHere
-  Problem Gamblers are more likely than others to suffer from low self-esteem – call 1-800-GAMBLER today for help and hope.
-  Keep individuals, families and communities safe from addiction by promoting mental wellness.
-  Someone you love gambling too much? Call 1-800-GAMBLER and ask for Family Peer Support.
-  Prevention is science-based - look for information on substance misuse and problem gambling prevention. www.samhsa.gov
-  Gambling should be entertainment – not a financial solution.
-  Veterans are at greater risk for substance misuse and problem gambling issues.

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RESOURCES ~ MARYLAND ORGANIZATIONS

(The) Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street #1050

Baltimore, Maryland 21201

Website: <http://www.mdproblemgambling.com/>

Program: Mary Drexler, MSW – mdrexler@som.umaryland.edu – 667-214-2121

Prevention: Heather Eshleman, MPH - heshleman@som.umaryland.edu – 667-214-2128

Communications: Donna Gaspar – dgaspar@som.umaryland.edu – 667-214-2124

Maryland Department of Health Behavioral Health Administration

Spring Grove Hospital Complex

55 Wade Avenue

Catonsville, Maryland 21228

Website: <http://health.maryland.gov/suicideprevention/Pages/Mental-Health-4-All-Mental-Health-Awareness-Month-2020.aspx>

Website: <https://bha.health.maryland.gov/Pages/Gambling.aspx>

Phone: 410-402-8300

Maryland Association of Prevention Professionals and Advocates

P.O. Box 609

Linkwood, Maryland 21835-0609

Website: <http://mappamd.org/>

Email: mdamericorpsfellow@yahoo.com

National Alliance on Mental Illness, Maryland (NAMI)

10630 Little Patuxent Parkway, Suite 475

Columbia, MD 21044

Website: <http://namimd.org/>

Phone: 410-884-8691

Email: info@namimd.org

211 Maryland

1800 Washington Boulevard, Suite 340

Baltimore, Maryland 21230

Website: <https://211md.org/>

Phone: 211

Email: info@211MD.org

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RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

American Foundation for Suicide Prevention, Maryland

Kat Olbrich, Area Director Maryland and Delaware

Website: <https://afsp.org/chapter/maryland>

Phone: 202-770-8973

Email: kolbrich@afsp.org

Black Mental Health Alliance

900 East Fayette Street #22111

Baltimore, Maryland 21203

Website: www.blackmentalhealth.com

Phone: 410-338-2642

Email: info@blackmentalhealth.com

Center for a Healthy Maryland

Debra C. Sciabarrasi, Executive Director

Website: <http://healthymaryland.org/>

Phone: 1-800-492-1056

Email: center@medchi.org

Children's Mental Health Matters

Tiffany Thomas, Campaign Coordinator, Program Manager, Education and Outreach
Mental Health Association of Maryland

Website: <https://www.childrensmentalhealthmatters.org/>

Phone: 443-901-1550 ext. 234

Email: tthomas@mhamd.org

Community Behavioral Health Association of Maryland

18 Egges Lane

Catonsville, Maryland 21228

Website: <http://www.mdcbh.org/>

Phone: 410-788-1865

Email: chris@mdcbh.org

Maryland Addictions Directors Council

Mountain Manor Treatment Center, Inc.

3800 Frederick Avenue

Baltimore, Maryland 21229

Website: <http://madc.homestead.com/>

Phone: 410-233-1400

Email: madcconnect@gmail.com

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RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

Maryland Association for Treatment of Opioid Dependence

Baltimore, Maryland 21218

Website: <https://matod.org/>

Phone: 410-752-6080

Email: info@matod.org

Maryland Association of Behavioral Health Authorities

22 South Market Street, Suite 8

Frederick, Maryland 21701

Website: <https://www.marylandbehavioralhealth.org/about-us/>

Phone: 301-682-9754

Email: mabha@mhma.net

Maryland Coalition of Families

10632 Little Patuxent Parkway, Suite 234

Columbia, Maryland, 21044

Website: <http://www.mdcoalition.org/>

Phone: 410-730-8267

Email: info@mdcoalition.org

Maryland Psychiatric Society, Inc.

1101 Saint Paul Street, Suite 305

Baltimore, Maryland 21202-6407

Website: <https://mdpsych.org/>

Phone: 410-625-0232

Email: mps@mdpsych.org

Maryland Public Health Association

P.O. Box 7045

6801 Oak Hall Lane

Columbia, Maryland 21045

Website: <https://mdpha.org/>

Phone: 443-475-0242

Email: GetInfo@MdPHA.org

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RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

Maryland Suicide Prevention and Early Intervention Network (MD-SPIN)

Natalie Miller, LMSW, Mental Health Promotion Coordinator

Website: <https://health.maryland.gov/suicideprevention/Pages/marylandprogram.aspx>

Phone: 410-402-8325

Email: mdh.suicideprevention@maryland.gov

Email: mdh.mdmindhealth@maryland.gov

Email: Natalie.miller1@maryland.gov

MedChi, The Maryland State Medical Society

1211 Cathedral Street

Baltimore, Maryland 21201-5516

Website: <https://www.medchi.org/>

Phone: 1-800-492-1056

Email: members@medchi.org

Mental Health Association of Maryland

Heaver Plaza

1301 York Road, Suite 505

Lutherville, Maryland 21093

Website: <https://www.mhamd.org/>

Phone: 443-901-1550

Email: info@mhamd.org

Mental Health Resources in Maryland

1616 Washington Blvd.

Baltimore, Maryland 21230

Website: <https://www.rtor.org/directory/mental-health-maryland/>

Phone: 203-724-9070

Email: help@rtor.org

National Council on Alcohol and Drug Dependency

Dr. Nancy Rosen-Cohen, Executive Director

28 E. Ostend Street, #303

Baltimore, MD 21230

Website: <https://www.ncaddmaryland.org/>

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RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

On Our Own of Maryland, Inc.

7310 Esquire Court
3rd Floor, Mailbox 14
Elkridge, Maryland 21075
Website: <https://onourownmd.org/>
Phone: 1-800-704-0262
Email: oomd@onourownmd.org

Pro Bono Counseling Project

5900 Metro Drive
Baltimore, Maryland 21215
Website: <https://probonocounseling.org/>
Phone: 410-825-1001
Email: ana@probonocounseling.org

Sheppard Pratt

Various locations
Website: <https://www.sheppardpratt.org/>
Phone: 301-840-2000
Email: info@sheppardpratt.org

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MAY IS







#TOOLS2THRIVE





**KEEP THE HEALTH
AND BALANCE IN
YOUR LIFE IF YOU
GAMBLE**

This May during ***National Mental Health Month***, take a mental health break to recognize an opportunity to share the importance of care in our relationships to others and to ourselves. Sustaining a healthy and balanced lifestyle to achieve “wellness” in our daily lives is important, but it can also be a challenge, especially if dealing with addictive behavior.

Individuals that struggle with problematic gambling behaviors are more likely than others to:

-  Suffer from low self-esteem.
-  Develop stress-related disorders.
-  Become anxious.
-  Develop a substance misuse problem and to suffer from depression.

Get your life back in balance:

-  Take a break from gambling activity.
-  Balance gambling with other leisure activities.
-  Have a conversation about your gambling with someone who has been there. A Problem Gambling Peer Recovery Support Specialist can provide the support you need.
-  Do not gamble when you are at “high risk” such as coping with negative emotions (grief, anger, depression) or under financial pressure and stress.

**If you or someone you know is struggling with problems
due to gambling behavior, call, text or chat today –
We can help.**

1-800-GAMBLER (1-800-426-2537)
helpmygamblingproblem.org






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The Maryland Center of Excellence
on Problem Gambling



**THIS MAY, HAVE A CONVERSATION WITH
SOMEONE WHO HAS BEEN THERE AND PUT
THE HEALTH AND BALANCE BACK IN YOUR LIFE.**

For individuals that struggle with problematic gambling behaviors, stress and low self-esteem can become all consuming. **Gambling Peer Recovery Support Specialists** have lived experience in recovery and can provide:

-  Help to access treatment at no cost for Maryland residents to limit, control or stop gambling behavior
-  Connection to resources for additional support
-  Support and encouragement to continue to work toward goals.

If you or someone you know is struggling with problems due to gambling behavior, call, text or chat today and ask to speak to a **Peer Recovery Specialist.**

1-800-GAMBLER (1-800-426-2537)
helpmygamblingproblem.org



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Peer Recovery Support Specialists

Revised May 2021

Eastern Shore

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Baltimore City

Carin Miller, CPRS, CRC, Certified Peer Recovery Support Specialist

Office: 667-214-2126; Cell: 410-299-1308; Email: carin.miller@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

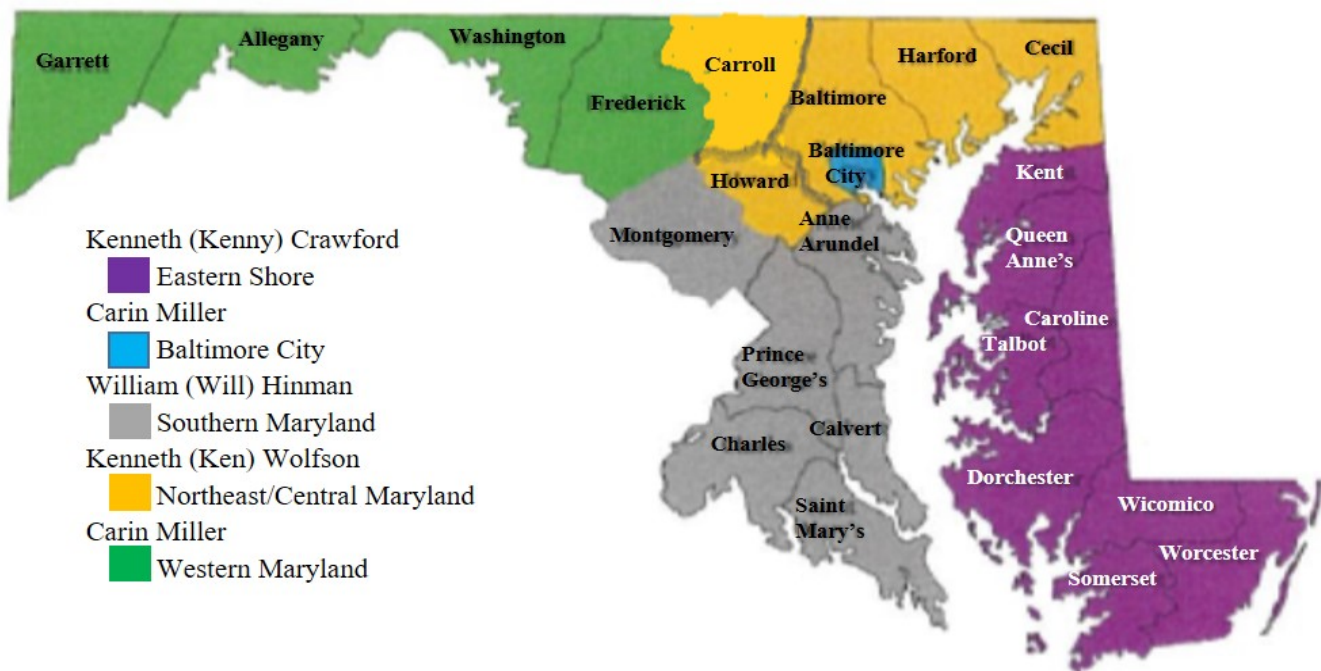
William (Will) Hinman, CPRS, CRC, Certified Peer Recovery Support Specialist

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



- Kenneth (Kenny) Crawford
Eastern Shore
Carin Miller
Baltimore City
William (Will) Hinman
Southern Maryland
Kenneth (Ken) Wolfson
Northeast/Central Maryland
Carin Miller
Western Maryland

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