



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



The Maryland Center of Excellence on Problem Gambling



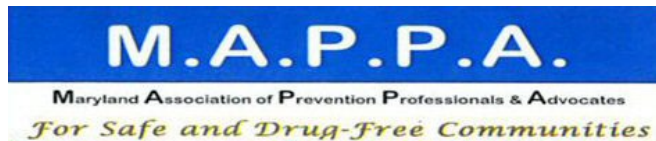
To print: this guide was designed to be printed double sided, long edge.

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**. With mental health entering more and more of our daily conversations, it's critical that everyone has a solid foundation of knowledge about mental health. That's why for Mental Health Month this year we are going Back to Basics.

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 8-14, 2022. 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 includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. While 1 in 5 people will experience a mental illness during their lifetime, everyone faces challenges in life that can impact their mental health.
- Most people believe that mental health conditions are rare and “happen to someone else.” In fact, mental health conditions are common and widespread. An estimated 44 million Americans suffer from some form of mental disorder in a given year. 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).
- Often, 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. Mental health problems are common, but help is available. People with mental health problems can get better and many recover completely. Treatment and recovery are an ongoing process that happen over time. Implementing prevention strategies and highlighting available resources are some of the ways we can get back to the basics.

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)

- **Refer to Local Health Department and Mental Health Agencies** – These organizations provide additional resources and help within their specified counties/jurisdictions.
- **If you are concerned about your Gambling, Screen yourself at:**
<https://helpmygamblingproblem.org/gambling-problems/self-assessment/>
- **Mental Health Screening – completing a screening** at mhascreening.org can help you to better understand what you are experiencing and get helpful resources. After that, consider talking to someone you trust about your results, and seek out a professional to find the support you need.
- **Have the Conversation with “someone who has been there”** – Problem Gambling Peer Recovery Specialists offer support from their lived experience and connect you with the resources in your community.
- **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.
- **Live Healthy - eat healthy foods**, get enough sleep, exercise regularly, and avoid drugs and alcohol. Manage stress and go for regular medical check-ups.
- **Spend time with family and friends to build your sense of belonging.** Consider joining a support group to make new friends. Stay positive and be around healthy and positive people.
- **Practice good hygiene - Good hygiene is important for social**, medical, and psychological reasons in that it not only reduces the risk of illness, but it also improves the way others view you and how you view yourself.
- **Try to do something you enjoy every day that might mean dancing**, watching a favorite TV show, working in the garden, painting, or reading.
- **Find ways to relax like meditation**, yoga, getting a massage, taking a bath or walking in the woods.

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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). Mental health, substance use, and gambling disorders are among the top conditions that cause disability in the United States. Preventing these disorders or co-occurring disorders and related problems is critical to behavioral and physical health.

With a focus on primary prevention, **2022 National Prevention Week** (May 8-14) celebrating its 11th 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 **#MyPreventionStory**. We encourage all to participate in National Prevention Week by:

- Participate on May 9th [Virtual Prevention Day](#)
- Each year, National Prevention Week includes daily themes to focus on major substance use and mental health topics
- Share a story using the hashtag #MyPreventionStory
- [Click Here](#) to download the tool kit for other great prevention ideas #NPW2022

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 can play 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).

Implementing proactive prevention practices and awareness messaging about mental health, substance misuse, and gambling can help decrease the risk of developing such disorders for the individual and its impact on the community.

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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/talk-they-hear-you/parent-resources 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/>.

Prevention Tips for Mental Wellness

There's no sure way to prevent mental illness. However, if you have a mental illness, taking steps to control stress, to increase your resilience and to boost low self-esteem may help keep your symptoms under control. Follow these steps:

- **Pay attention to warning signs.** Work with your doctor or therapist to learn what might trigger your symptoms. Make a plan so that you know what to do if symptoms return. Contact your doctor or therapist if you notice any changes in symptoms or how you feel. Consider involving family members or friends to watch for warning signs.
- **Get routine medical care.** Don't neglect checkups or skip visits to your primary care provider, especially if you aren't feeling well. You may have a new health problem that needs to be treated, or you may be experiencing side effects of medication.
- **Get help when you need it.** Mental health conditions can be harder to treat if you wait until symptoms get bad. Long-term maintenance treatment also may help prevent a relapse of symptoms.
- **Take good care of yourself.** Sufficient sleep, healthy eating and regular physical activity are important. Try to maintain a regular schedule. Talk to your primary care provider if you have trouble sleeping or if you have questions about diet and physical activity.

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TAKE ACTION

- Promote mental health and gambling screenings throughout your organization.
- Post flyers about mental health 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.
- Use provided email signatures to promote Mental Health Month

HASH TAGS

Mental Health Month

- #MentalHealthMonth
- #BackToMHBasics
- #MHM2022

National Prevention Week

- #MyPreventionStory
- #NPW2022
- #SAMHSA

National Alliance on Mental Illness

- #MHAM
- #Together4MH

TOOL KITS

- **Mental Health America:**
 - Tool Kit: <https://www.mhanational.org/mental-health-month>
 - Mental Health Screens: <https://screening.mhanational.org/screening-tools/>
 - Tools 2 Thrive Hub: <https://mhanational.org/tools-2-thrive>

- **SAMHSA's National Prevention Week:**
 - Main Page: <https://www.samhsa.gov/prevention-week>
 - Tool Kit: <https://www.samhsa.gov/prevention-week/toolkit>

- **National Alliance on Mental Illness (NAMI), Mental Health Awareness Month 2022**
 - Tool Kit: <https://www.nami.org/NAMI/media/NAMI-Media/downloads/2021-Partner-Guide.pdf>
 - Main Page: www.nami.org/Get-Involved/Awareness-Events/Mental-Health-Awareness-Month

LOGOS (download the toolkits listed above for additional images)

20 MAY IS MENTAL HEALTH MONTH 22

BACK TO BASICS

FAST FACT:
21% OF ALL U.S. ADULTS LIVE WITH A MENTAL HEALTH CONDITION

Take a Mental Health Test

BACK TO BASICS
Feeling like something "isn't quite right"?

For Mental Health Month this year, Mental Health America is bringing it back to basics. With mental health entering mainstream conversations, it's critical that solid foundations of knowledge are formed.

Taking a free, anonymous mental health screen at mhscreening.org is one of the quickest and easiest ways to determine if what you are experiencing might be signs of a mental health condition.

MHA Mental Health America
LEARN MORE mhanational.org/may

MHA Mental Health America
LEARN MORE mhanational.org/may

MHA Mental Health America
LEARN MORE mhanational.org/may



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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>
- <http://mappamd.org>
- <https://www.mhanational.org/mental-health-month>
- <https://screening.mhanational.org>
- www.samhsa.gov/prevention-week

Suggested Posts:

- May is Mental Health Month – Take care of yourself and those you love.
- Addressing mental health symptoms early is critically important for overall health
- Substance use and problem gambling behaviors may be unhealthy ways to deal with untreated mental health conditions.
- Primary prevention is stopping or delaying unhealthy behaviors such as problem gambling and substance use before they begin.
- National Prevention Week is May 8-14, 2022, #MyPreventionStory
- 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.
- Visit <https://screening.mhanational.org/screening-tools/> to determine the need to mental health interventions
- Don't fall into the trap of using gambling as ways to cope with stress. #MyPreventionStory
- Promote mental health by having fun with activities that do not involve drugs, alcohol, or gambling. #MentalHealthMonth
- Promote mental health by choosing friends that do not encourage problem gambling or binge drinking. #NPW2022

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Suggested Posts: (continued)

- Delaying age of first time use of alcohol, drugs, and gambling can promote mental health.
- 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
- 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
- Prevention is the reducing or stopping something from happening such as problem gambling, alcohol, or substance misuse. #MyPreventionStory
- Keep individuals, families, and communities safe from addiction by promoting mental wellness.
- Prevention is science-based - look for information on mental health, substance misuse and problem gambling prevention. www.samhsa.gov

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: Michael Kafes – mkafes@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>

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

Phone: 410-402-8300

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HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org

RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

Maryland Association of Prevention Professionals and Advocates

P.O. Box 609
 Linkwood, Maryland 21835-0609
 Website: <http://mappamd.org/>
 Email: marylandprevention@gmail.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

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

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RESOURCES ~ MARYLAND ORGANIZATIONS (continued)

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: madconnect@gmail.com

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

Email: [Angela Gray agray@harfordmentalhealth.org](mailto:Angela.Gray.agray@harfordmentalhealth.org)

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/> Email: GetInfo@MdPHA.org
Phone: 443-475-0242

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RESOURCES ~ MARYLAND ORGANIZATIONS *(continued)*

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: www.onourownmd.org/s/
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