

## Minority Mental Health and Problem Gambling



We are more than just statistics or the barriers we face.



UNIVERSITY *of* MARYLAND  
SCHOOL OF MEDICINE

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

## **A Toolkit/Guide for Behavioral Health Providers, Preventionists and Public Information Officers**

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

## **INTRODUCTION and OVERVIEW**

July is National Minority Mental Health Awareness Month, also known as Black, Indigenous, and People of Color (BIPOC) Mental Health Month. This July, the Maryland Center of Excellence on Problem Gambling (the Center) invites you to join us in promoting health equity on the issues of underage and problem gambling prevention. Maryland data shows minority populations are at a greater risk of problem gambling behaviors. Let us raise awareness of this health disparity and work to create equity in awareness, education, prevention, treatment, and recovery of problem gambling disorders.

In 2008, the United States House of Representatives announced July as National Minority Mental Health Awareness Month in honor of Bebe Moore Campbell, a national advocate and mental health leader in the African American Community. Over the years since 2008, National Minority Mental Health Awareness Month has been promoted by National organizations who work towards increasing access to mental health care and decreasing the stigma of mental health disorders in the BIPOC populations. Participating organizations include: The United States Department of Health and Human Services, Office of Minority Health; Mental Health America; and the National Alliance on Mental Illness.

Enclosed in this guide you will find tools to help you promote July Minority Mental Health Month, especially as it applies to preventing problem gambling behaviors and promoting resources for help for Maryland residents. Participate by posting on social media, including information in your email signature line, and using the hashtags to raise awareness. You can also follow, like, or share the Center's Facebook or Twitter posts:

<https://www.facebook.com/MDCEPG/> or <https://twitter.com/mdcepg?lang=en>

Thank you for your participation!



Mary Drexler, MSW  
Program Director  
(667) 214-2121  
[mdrexler@som.umaryland.edu](mailto:mdrexler@som.umaryland.edu)

### **ACKNOWLEDGMENTS**

This Guide is a compilation of information provided by the U.S. Department of Health and Human Services, Office of Minority Health; National Alliance on Mental Illness (NAMI); Mental Health America (MHA); and the Maryland Center of Excellence on Problem Gambling.

## AWARENESS

### MINORITY MENTAL HEALTH – How Does it Relate to Problem Gambling?

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. Most minority populations have similar or lower rates of mental illness compared to the white population, however there are more negative outcomes associated with mental illness in the BIPOC population (American Psychiatric Association, 2017).

Mental health disorders are common among people involved in the criminal justice system. Minority populations are disproportionately involved in the criminal justice system, thus increasing the likelihood of a mental health disorder among these populations. Differences in cultural understanding by health care providers can contribute to the lack of proper diagnosis and treatment among minority populations. In addition, minority populations are less likely to seek mental health care due to the stigma of seeking help (American Psychiatric Association, 2017).

These same contributing factors have been seen in problem gambling research as reasons why minority populations do not seek help for gambling problems (Okuda, M. et. al, 2016). Although the research is limited, studies conducted on problem gambling and race have consistently revealed that BIPOC populations are more likely to suffer from problem gambling behaviors and gambling disorders compared to the white population. According to the Statewide Gambling Prevalence in Maryland, 2020, 18.4% of Hispanics, 10.7% African Americans, 10.4% Asian or Pacific Islanders, 7.9% of American Indians, and 5.7% of Whites are disordered gamblers. All BIPOC populations are more likely to be a disordered gambler compared to the white population.

Mental health disorders, substance misuse, and problem gambling have similar risk and protective factors. In working with minority community leaders and residents, raising awareness of gambling risks and resources among BIPOC populations is key to increasing prevention, treatment, and recovery of gambling disorders in Maryland.

### Tools for Mental Well-Being and Recovery:

- **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.
- **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.
- **Mental Health Screening** – Go to [MHAscreening.org](http://MHAscreening.org). Locally, call your county health department or Mental Health Agency and ask for a mental health and/or substance use screening.
- 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.
- **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.

### Maryland Helplines:

**Maryland’s Helpline - For support, guidance, and assistance with  
mental health or other problems, Call 211, Option 1  
[211MD.org](http://211MD.org)**

**Maryland Problem Gambling Helpline – 1-800-GAMBLER (1-800-426-2537)  
[www.helpmygamblingproblem.org](http://www.helpmygamblingproblem.org)**

## AWARENESS

### CELEBRATING MINORITY MENTAL HEALTH AWARENESS MONTH

US Department of Health and Human Services, Office of Minority Health

<https://www.minorityhealth.hhs.gov/minority-mental-health/#:~:text=National%20Minority%20Mental%20Health%20Awareness%20Month%20is%20observed%20each%20July,illness%20in%20the%20United%20States.>

- Follow OMH on Twitter, Instagram, Facebook
- Sign up for OMH newsletter:  
<https://service.govdelivery.com/accounts/USOPHSOMH/subscriber/new>

National Alliance on Mental Illness

<https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>

- NAMI.Org Personal Stories, submit story here [nami.org/yourstory](https://www.nami.org/yourstory)
- NAMI Blog: [nami.org/Blogs/NAMI-Blog](https://www.nami.org/Blogs/NAMI-Blog)
- Social media posts: <https://www.nami.org/Get-Involved/Awareness-Events/Awareness-Resources>
- Use #NotAlone, #Together4MH

Mental Health America

<https://www.mhanational.org/BIPOC-mental-health-month>

- 2022 Theme: Beyond the Numbers
- Use #BeyondtheNumbers
- 2021 Strength in Communities Toolkit with sample social media posts and graphics:  
[https://mhanational.org/sites/default/files/BIPOC-MHM-Toolkit-2021\\_Final\\_03\\_0.pdf](https://mhanational.org/sites/default/files/BIPOC-MHM-Toolkit-2021_Final_03_0.pdf)
- Mental Health Screening Tools: <https://screening.mhanational.org/screening-tools/>
- Tools 2 Thrive Resources: <https://mhanational.org/tools-2-thrive>

#### 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](http://www.mdproblemgambling.com) ~ [helpmygamblingproblem.org](http://helpmygamblingproblem.org)

**Tools for Prevention:**

- **Have Important Conversations with those you care about** – Learn how to talk about mental health. [Supporting Others](#)
- **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.
- **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.
- **Join a Students Against Destructive Decisions Club or school or community clubs that promotes wellness among youth or adults** - Groups of youth/adults making healthy decisions and making a positive difference in their communities inspires other youth/adults to do the same.

**LOGOS/ GRAPHICS** (download the toolkits listed above for additional images)



When we look  
**#BeyondTheNumbers**,  
we find that mental  
health conditions do  
not discriminate.

This **BIPOC Mental Health  
Month**, check in on your  
mental health by taking  
an online screening:  
[mhascreening.org](https://mhascreening.org)



**25% OF PEOPLE  
IDENTIFYING AS TWO OR  
MORE RACES HAVE  
REPORTED EXPERIENCING  
A MENTAL HEALTH  
CONDITION IN THE LAST  
YEAR.**

Look **#BeyondTheNumbers**  
and learn more at  
[mhanational.org/july](https://mhanational.org/july).



Source:  
<https://doi.org/10.1037/0893-3200.20.1.10>

FREE ACCREDITED E-LEARNING PROGRAM!

**Improving Cultural  
Competency for  
Behavioral Health  
Professionals**

[Learn More](#)



U.S. Department of  
Health and Human Services  
Office of Minority Health



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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:

The Center supports all Black, Indigenous, and People of Color (BIPOC) with their desire to have the conversation about problem gambling.

### Email Signature #2:



Ask me more about how you can support the health and wellbeing of all Black, Indigenous, and People of Color. Know how to have the conversation about gambling in your communities.

## SOCIAL MEDIA POST IDEAS:

### Suggested Links:

- <https://screening.mhanational.org/screening-tools/>
- <https://www.minorityhealth.hhs.gov/minority-mental-health>
- <https://www.nami.org/Get-Involved/Awareness-Events/Bebe-Moore-Campbell-National-Minority-Mental-Health-Awareness-Month>
- <https://www.mhanational.org/BIPOC-mental-health-month>
- <https://www.helpmygamblingproblem.org>
- <https://www.Mdproblemgambling.com>

### Suggested Posts:

- July is Minority Mental Health Month – Take care of yourself and those you love.
- Taking care of your mental health helps to prevent addictive behaviors.  
#BeyondtheNumbers
- Substance use and problem gambling behaviors may be unhealthy ways to deal with untreated mental health conditions. #BeyondtheNumbers
- Minority populations are at greater risk of problem gambling.
- Positive coping strategies such as exercise, healthy eating, meditation, and getting enough sleep can promote mental health.
- Visit [www.helpmygamblingproblem.org](http://www.helpmygamblingproblem.org) and take a [self-assessment](#) test to see if your gambling behaviors are out of control.
- Promote mental health by having fun with activities that do not involve drugs, alcohol, or gambling. #BeyondtheNumbers
- Hobbies, sports, and other positive activities can promote mental health.
- You are not alone – reach out to have a conversation with a Peer Support Specialist about your gambling or substance misuse behavior today.
- Focusing on spirituality or faith can promote mental health. #BeyondtheNumbers
- Start the conversation with your family today about mental health and the risks of gambling and/or substance misuse.
- Resiliency, or strength in adversity, promotes mental health and decreases substance use and problem gambling.

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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](mailto:mdrexler@som.umaryland.edu) – 667-214-2121

Prevention: Heather Eshleman, MPH - [heshleman@som.umaryland.edu](mailto:heshleman@som.umaryland.edu) – 667-214-2128

Communications: Mike Kafes – [mkafes@som.umaryland.edu](mailto: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/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

### **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](mailto:info@namimd.org)

### **211 Maryland**

1800 Washington Boulevard, Suite 340

Baltimore, Maryland 21230

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

Phone: 211

Email: [info@211MD.org](mailto: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](mailto:kolbrich@afsp.org)

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**Black Mental Health Alliance**

900 East Fayette Street #22111

Baltimore, Maryland 21203

Website: [www.blackmentalhealth.com](http://www.blackmentalhealth.com)

Phone: 410-338-2642

Email: [info@blackmentalhealth.com](mailto:info@blackmentalhealth.com)

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

Phone: 443-475-0242

Email: [GetInfo@MdPHA.org](mailto:GetInfo@MdPHA.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](mailto:info@mhamd.org)

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