



The Journey to Recovery

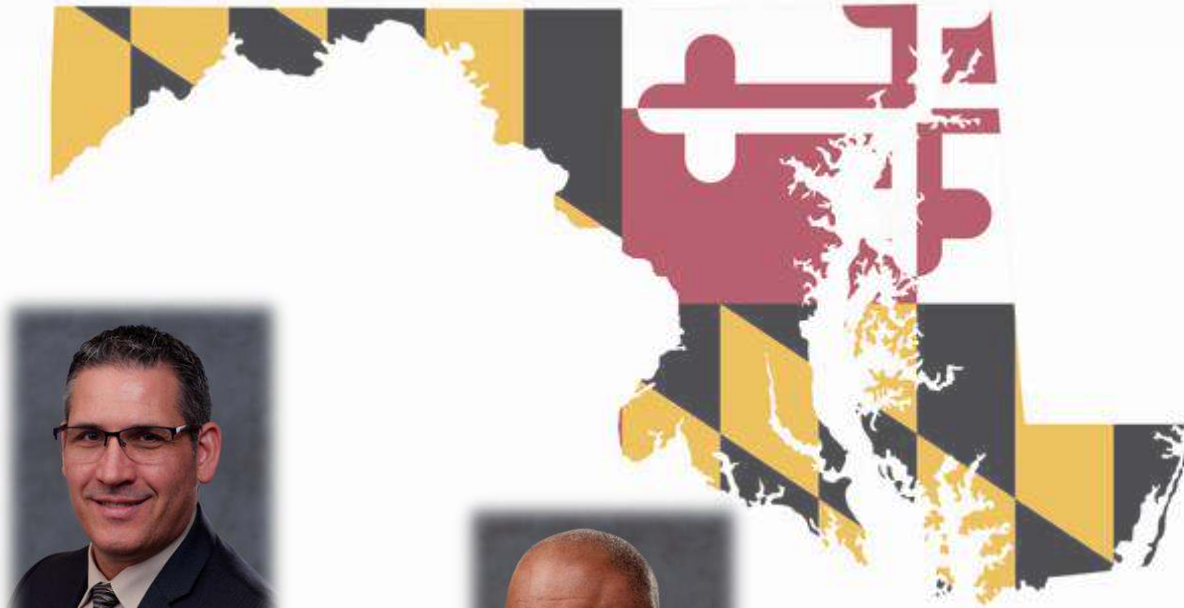
 UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

Maryland Center of Excellence on Problem Gambling's Certified Peer Recovery Specialists



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Learning Objectives:

- A better understanding of the difference between recreational/pleasure gambling and problem gambling.
- Suggestions on approaching an individual whom you suspect might have a gambling problem.
- Treatment options for an individual with a gambling problem, both short term and long term.



Mission Statement

The Maryland Center of Excellence on Problem Gambling promotes **healthy and informed choices** regarding gambling and problem gambling through various key initiatives and partnerships.

The Center works closely with appropriate state stakeholders and brings together experts from a variety of disciplines including psychiatry, medicine, epidemiology, social work, and law.

Insights of Peer Support in the Eastern Region

Caroline, Dorchester, Kent, Queen Anne's, Somerset,
Talbot, Wicomico and Worcester Counties



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REGIONAL DATA HIGHLIGHTS


- ✓ *In FY22 (July 2021-June 2022), a little over half (52.9%) of all helpline callers in the Eastern region are aged 35-54 years. (LACG)*
- ✓ In FY22 helpline callers from the Eastern region mostly called about casino-based gambling (82.4%), with all other calls being about lottery and scratch-offs (11.8%) or Internet gambling (5.9%). (LAGC)
- ✓ 4.8% of Eastern Shore residents over the age of 18 were disordered gamblers and a further 11.2% were at risk gamblers (based on NODS). (Tracy et al., 2020)

#1 POLL: Who is in the Audience?

- **LCPC/ LCSW**
- **LCADC, CAC-AD, CSC-AD**
- **Certified Peer**
- **Certified Family Peer**
- **Other healthcare professional**

Who is a Peer Recovery Specialist?

Peer Recovery Specialists are persons who use their own lived experience to assist others in their recovery journey.



Peer Certification validates the person in long-term recovery has obtained formal training and education.



Training topics include Advocacy, Mentoring and Education, Wellness and Recovery, and Ethics.



Recertification is required every 2 years with 20 hours of training, of which 6 hours must be in ethics.



Peer Support in Maryland



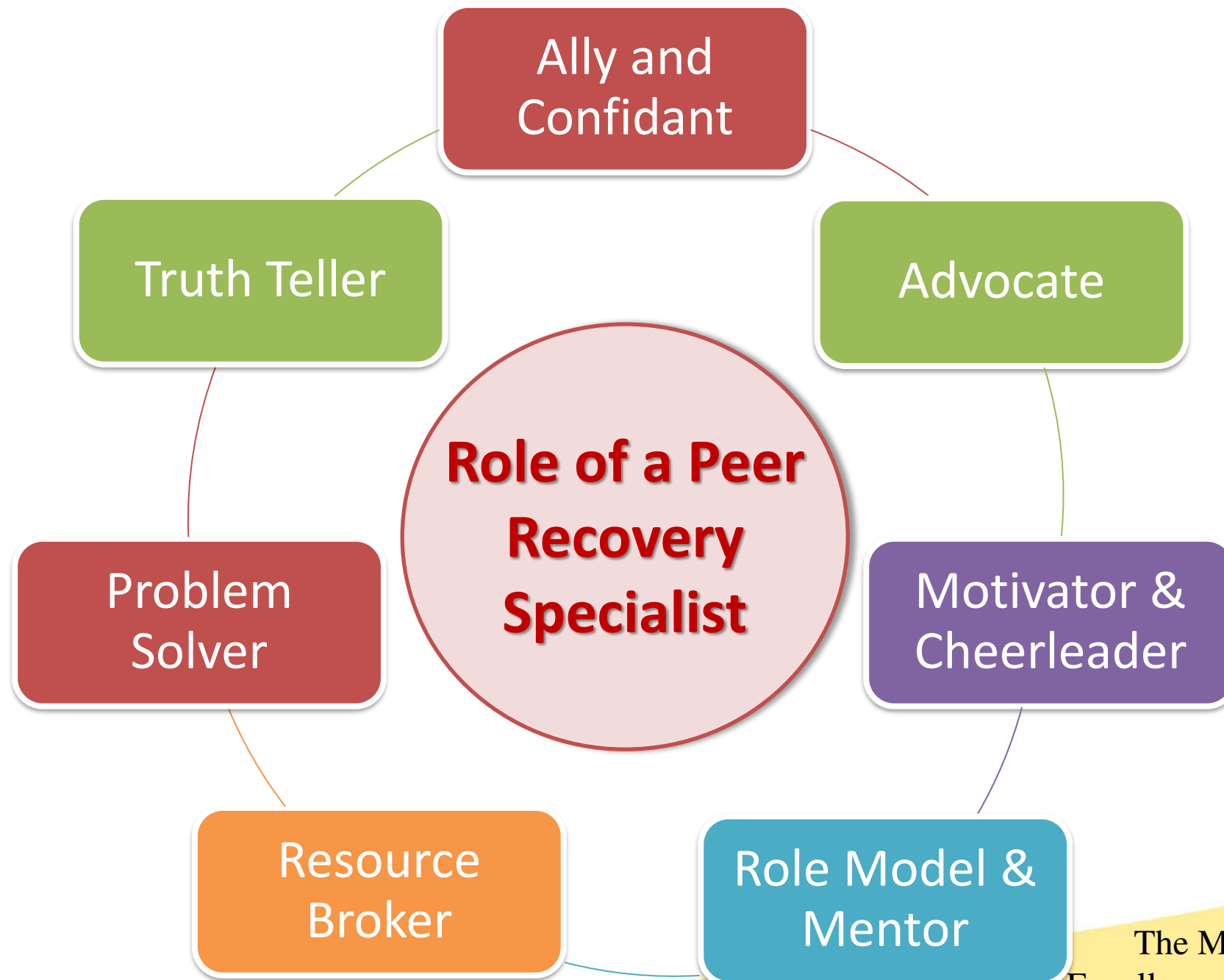
Maryland is one of a few states in the U.S. that offer problem gambling peer support for individuals and family members.

The peer recovery profession is rapidly growing, expanding the communities served.

In Maryland, there are many types of peer recovery supports, including support for problem gambling.

**#2 POLL: Have you ever
worked with a Peer Specialist?**







Provide Gambling Awareness presentations to client groups

Host a table at Community Outreach Events

Provide additional 1:1 support to your clients

FREE Gambling Awareness Materials

How the Center's Peers can Support your Practice

Peer Support for Gambling

In FY22
(July 2021-June 2022),
330 new clients were
actively served by the
Center's Peers



Offer guidance and support to limit, stop or control gambling



Connecting help seekers to no cost treatment, 12-step meetings, credit counseling, etc.



Inspire hope and optimism navigating recovery goals



Advocate that recovery is possible through lived experience



FAMILY PRESSURES



Legal issues

Worrying about gambling activities

Not functioning effectively

Safety of self and family

Avoiding people due to loans

Covering up/lying for gambler

Emotional Turmoil

Harm Reduction

- Aims to reduce the harm by means of prevention, treatment and recovery where individuals who gamble set their own goals
- Simultaneously aims to increase the safety related to continued gambling: set clear limits on the amount of time and money to be spent on gambling



Financial Planning: Harm Reduction Approach to Recovery

- Create a financial plan
- **Gambler and family** committed to using it
- All involved understand roles and responsibilities
- Realistic and supports recovery goals
- No bailouts - Support only with accountability
- Goals are clear and committed to writing

Insights of Peer Support in the Southern Region

Anne Arundel, Calvert, Charles, Montgomery, Prince George's and St. Mary's Counties



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REGIONAL DATA HIGHLIGHTS

- ✓ 13% of Southern Region residents over the age of 18 were disordered gamblers and 13.7% were at risk gamblers (*based on NODS*). (Tracy et al., 2020)
- ✓ In FY22 (July 2021-June 2022), 27% of all helpline calls in MD originated in the Southern Region, two-thirds (66.7%) the callers from this region are aged 25-54 years. (LACG)
- ✓ 26% of Prince George's County high school students reported gambling in the last year, the second highest in the state. (YRBS, 2018)



Definition of Gambling

Gambling is the act of risking something of value, including money and property, on an activity that has an **uncertain outcome**.

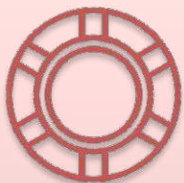
Any betting or wagering for self or others, whether for money or not, no matter how slight or insignificant, where **the outcome is uncertain** or depends upon chance or 'skill,' constitutes gambling.

~ Gamblers Anonymous, 1994

Defining Gambling



Have you ever risked something of value, including money, on an unknown outcome?



Have you ever placed bets with friends or at an establishment?

Examples of the Types of Gambling:

- Lottery, Keno, Scratch offs
- Bingo
- Sports Betting
- Stock Market: Day Trading
- Cryptocurrency
- Racetracks, and Animal Wagering
- Casino (slot machines, table games)
- Loot Boxes or Skin Trading
- Card or Dice games, played for money
- Etc....

**#3 POLL: Have you ever
gambled?**





Gambling in Maryland

2020 Survey of Maryland Adults (18+)

<https://www.mdproblemgambling.com/wp-content/uploads/2022/07/Gambling-Prevalence-study-2020-FINAL.pdf>

Approximately **82%** of Marylanders had participated in ***two or more*** types of gambling in the past month

Problem & Disordered Gamblers by Gender

Male 10.6%

Female 6.9%

In Maryland **30-44-year-olds** had the highest proportion of monthly gamblers: 34.1%

Nationally about 1% of the population has an identified gambling disorder, another 2-3% has a problem related to gambling

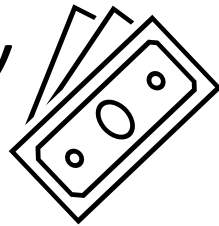
Why Do People Gamble?

- Excitement



- Economics

To win money



- Entertainment



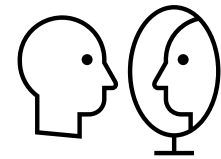
- Escape

A way to relieve stress, anxiety, boredom, grief etc. for a while



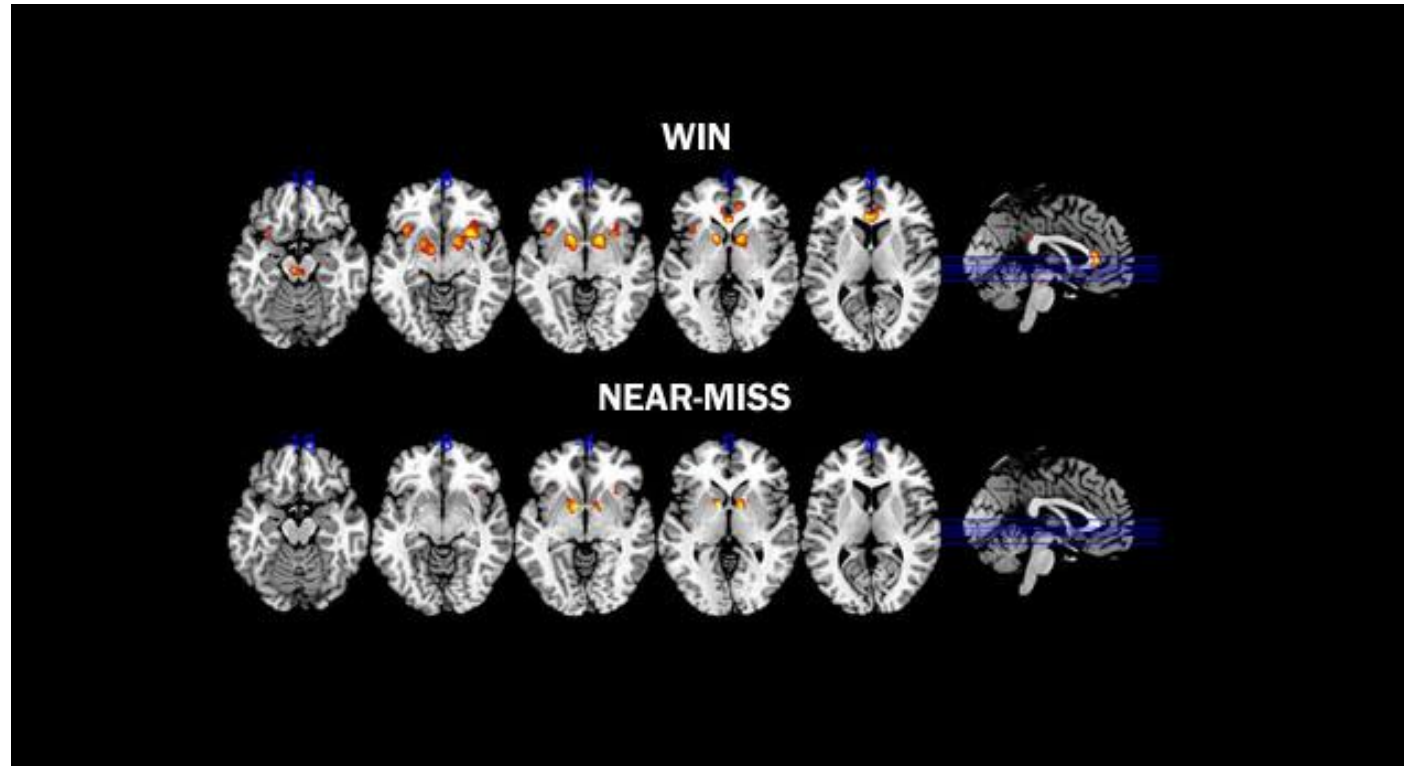
- Ego

The person's pride or reputation is on the line



Gambling and the Brain

Courtesy, with permission: Luke Clark



Players who almost win a game of chance have similar brain activity in reward pathways to those who actually win.

Recreational Gambler:

Someone who can maintain control over amounts of time and money spent gambling; and does not experience any adverse effects from gambling.

Problem Gambler/ At-Risk Gambler:

Characterized by difficulties in limiting money and/or time spent on gambling (impaired control) which leads to adverse consequences for the gambler, others, or the community. (Neal, 2005). ***This has never been an official diagnostic category.***

Compulsive Gambler:

Terminology used in Gamblers Anonymous and commonly in non-clinical settings and contexts.



When Gambling gets Risky

People are encouraged **NOT** to gamble when:

- Suffering from grief or loss
- Having feelings of anger, depression or anxiety
- Going through a major life transition
- Under financial pressure or stress
- Recovering from a substance use or mental health disorder
- Under the influence of alcohol or other drugs
- Under the legal age

Insights of Peer Support in the Western Region

Allegany, Frederick, Garrett and Washington Counties



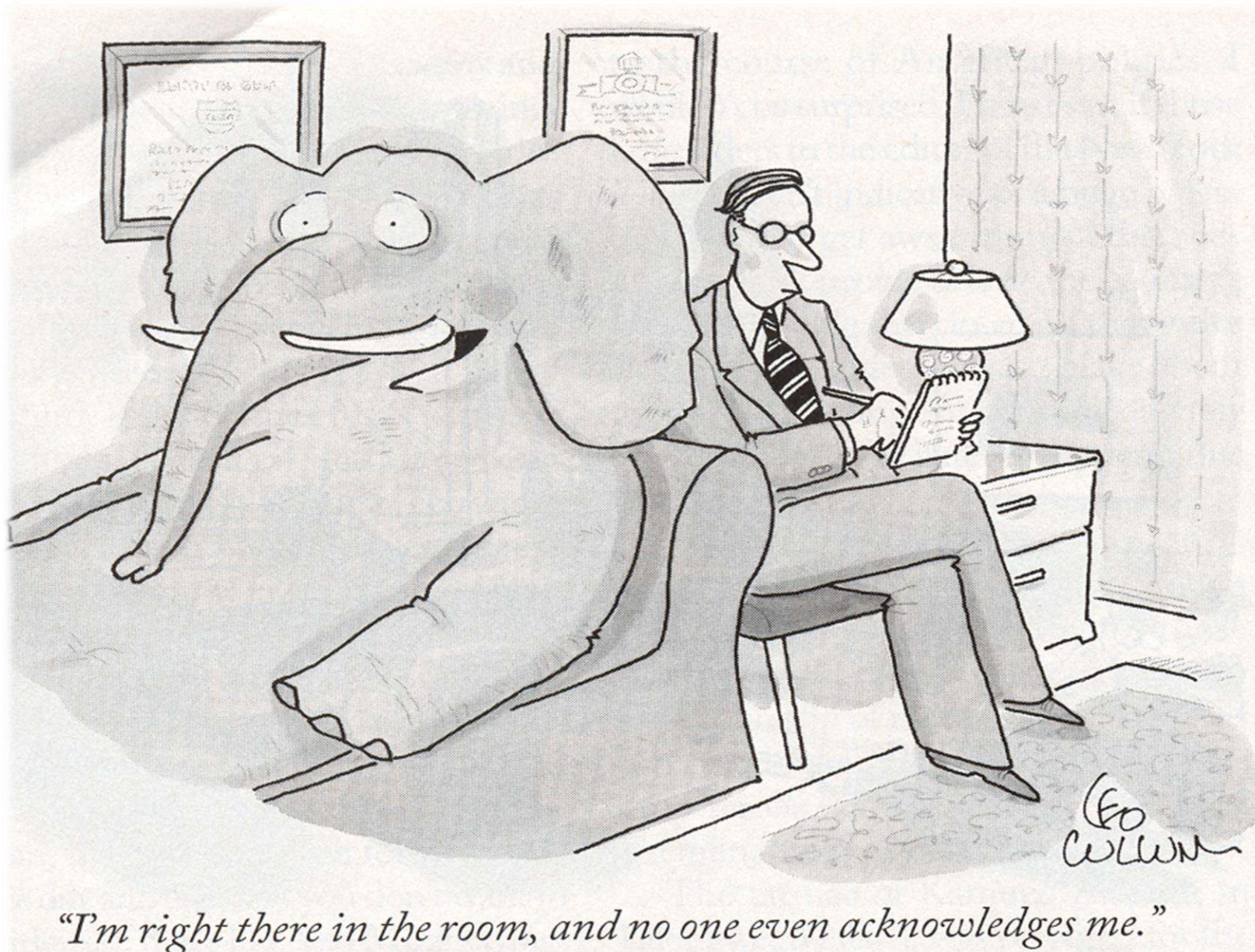
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REGIONAL DATA HIGHLIGHTS

- ✓ 30.5% of Western Region residents over the age of 18 gambled at least monthly. (Tracy et al., 2020)
- ✓ In FY22 (July 2021-June 2022), 29.8% of help seeker callers in the Western region were aged 18-34 years. (LACG)
- ✓ In FY22 Internet gambling was the second most common reason for calling the helpline in the Western region (10.6%) closely followed by sports betting (9.6%). Most calls from this region were regarding casino-based gambling (57.4%). (LACG)



#4 POLL: Have you ever engaged with the Center's Certified Peer Recovery Specialists for presentations or support with your clients?



"I'm right there in the room, and no one even acknowledges me."

Gambling Disorder: The Hidden Addiction

The Maryland Center of
Excellence on Problem Gambling



Gambling Disorder: The Hidden Addiction

- Cannot test for gambling through toxicology screenings
- No risk of overdose for gamblers
- More difficult to define gambling disorders
- Disease model harder for others to accept
- Gambling is seen as solution to problems
- Gamblers tend to do it alone
- Gambler in recovery likely to require financial restitution
- Gambler can be fully functional until hitting bottom



Gambling: A Progressive Disease

Tips for Starting the Conversation

How to Recognize the Signs of Problem Gambling





When Does Gambling Become a Problem?

- ✓ Trying to win back losses by more gambling
- ✓ Lying about the extent of gambling
- ✓ Gambling to escape problems
- ✓ Isolation and withdrawal from family and friends
- ✓ Missing personal items such as jewelry, other valuables
- ✓ Trying to unsuccessfully control, cut back, or stop gambling behavior
- ✓ Restless or irritable when not gambling
- ✓ Looking for bailouts to resolve financial problems





When Does Gambling Become a Problem?

- ✓ Preoccupied with gambling
 - Reliving past gambling experiences
 - Planning the next activity
 - Thinking of ways to get money with which to gamble
- ✓ Increasing betting amounts to achieve the same desired excitement
- ✓ Secretive about his/her gambling habits/behavior, and defensive when confronted
- ✓ Unaccounted for mood changes



Start the Conversation

Choose the right time - Open the Conversation

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

Increase curiosity, reduce stigma

Reassure them you are willing to help



Resources for Help



Gambling Self-Assessments

- ✓ Center's Help Seeker Website – Self Assessment:
<https://helpmygamblingproblem.org/gambling-problems/self-assessment/>
- ✓ Gamblers Anonymous 20 Questions:
<https://www.gamblersanonymous.org/ga/content/20-questions>
- ✓ GAM-ANON 20 Questions *and a* Self-Test for Financial Troubles: <https://www.mdproblemgambling.com/self-evaluation/>



Treatment Tools

- Maryland Residents can access **No Cost Treatment:**
 - <https://www.mdproblemgambling.com/find-a-counselor>
 - Over 100 Behavioral Health Providers offering outpatient (individual and group) and residential treatment at no cost for problem gamblers and their families in Maryland
- Voluntary Exclusion Program via Maryland Lottery and Gaming Control Agency:
 - <https://www.mdgamblinghelp.org/problem-gambling-info/voluntary-exclusion-program>
 - Exclude/Ban yourself from Casino, Lottery, Bingo Halls, Fantasy and Sports (mobile) betting
 - May experience an increased sense of control if unable to gamble legally



GAMBLING RESOURCES

Gambling Helpline: 1-800-GAMBLER

National Council on Problem Gambling

<https://www.ncpgambling.org/>

Gamblers Anonymous

<https://www.gamblersanonymous.org/ga/locations>

Gam-Anon

<https://gam-anon.org/>

Gam-Ban

<https://gamban.com/>

Consumer Financial Protection Bureau:

<https://www.consumerfinance.gov/>

National Suicide Prevention Lifeline:

<https://988lifeline.org/>

1-800-273-8255 or **988**



MARYLAND RESOURCES

Gambling Helpline: 1-800-GAMBLER

Maryland Legal Aid:

<https://www.mdlab.org/>

Maryland Volunteer Lawyers Service

<https://mvlslaw.org/>

Consumer Credit Counseling Services of Maryland:

www.cccsmd.org

Maryland Coalition of Families:

<https://www.mdcoalition.org/who-we-help/problem-gambling/>

Maryland Center of Excellence on Problem Gambling:

- mdproblemgambling.com
- helpmygamblingproblem.org
- asiangamblingsos.org
- militarygamblesafe.org

Local GA Meetings:

<http://dmvgamblinghelp.org/>

Maryland 211, press 1: Crisis Hotline

The Maryland Center of
Excellence on Problem Gambling

ENGAGE the Center's Peers

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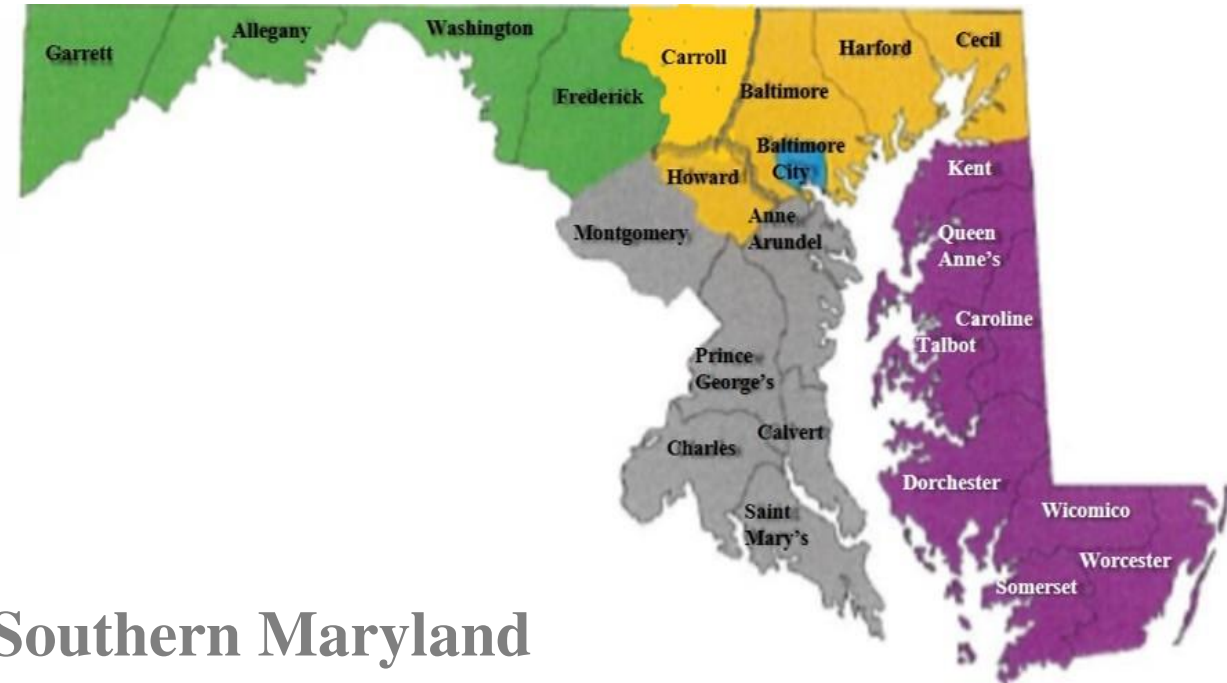
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Questions
or
Comments