


Gambling Awareness



The 2023 PGAM theme is "Celebrating 20 Years"
#PGAM2023

The goals of this national campaign are:

- To increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.
- To encourage healthcare providers to screen clients for problem gambling.

GROWING TRENDS IN GAMING AND GAMBLING AND TODAY'S EMERGING ADULTS

Join us as we will explore the growth of gambling, specifically sports betting and risk of progression toward developing a gambling problem. We will discuss what makes college students vulnerable, discuss brain development, highlight similarities and differences with substance use disorder, identify warning signs, and make note of resources available while sharing my lived experience with gambling addiction.

Dan Trolaro has lived experience with gambling addiction and is presently the Vice President of Prevention in the US for EPIC Risk Management after serving as the Assistant Executive Director for the Council on Compulsive Gambling of New Jersey, better known as 800-GAMBLER.

TUESDAY
 **MARCH 14, 2023**
 **12:30 - 2 PM VIA ZOOM**

To register email bkalpin@ucfs.org or call 860-822-4235.

This program is pending approval for 1.5 CEC by NASW CT and meets the continuing education criteria for CT LSCWs, LMSWs, LMFTs, LPCs and licensed psychologists licensure renewals and for 1.5 CEC by IGCCB. (Please advise when registering what CEC you would qualify for, if applicable.)





Dan Trolaro
Speaker

JOIN US FOR A
GREAT WEBINAR.
IT IS OPEN TO ALL.

Issue #32 March 2023

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 (860) 823-3094



Check out trainings, and events happening across CT for Problem Gambling Awareness Month (PGAM)!

MARCH 2023

3	<p>PGAM Kick Off Event Gaylord Hospital, Wallingford <i>In-Person</i> 11:00 AM - 1:00 PM</p>
6	<p>LGBTQ+ & Gambling Disorder: A Cultural-Competency Primer Presenter Michelle L. Malkin, JD, PhD <i>Virtual</i> 9:00 AM - 12:00 PM 3 CECs</p>
10	<p>Problem Gambling Among Our Service Members Presenter Jonathan Crandall Glastonbury Academy Building 2143 Main Street, Glastonbury, 06033 <i>In-Person</i> 10:00 AM - 12:00 PM</p>
14	<p>Growing Trends in Gaming and Gambling and Today's Emerging Adults Presenter Dan Trolaro <i>Virtual</i> 12:30 PM - 2:00 PM</p>
16	<p>Gambling A Lead Risk Factor for Suicide Presenters Jeremy Wampler & Haley Brown <i>Virtual</i> 2:00 PM - 3:30 PM</p>
20	<p>Betting on Your Future What Parents, Teens, and Young Adults Need to Know About Sports Bettings <i>Virtual</i> 7:00 PM - 8:30 PM</p>
22	<p>Youth Media Project Showcase Event <i>Virtual</i> 3:00 PM - 4:00 PM</p>
27	<p>Persons affected and where to seek help for problem gambling <i>Virtual</i> 12:00 PM - 1:30 PM</p>
29	<p>Recovery Conference <i>Flyer Coming Soon!</i> <i>Virtual</i> 9:00 AM - 1:00 PM</p>
30	<p>Dr. Lynn Fiellin from Yale University <i>Flyer Coming Soon!</i> <i>Virtual</i> 1:00 PM - 2:00 PM</p>

Visit www.cpg.org & www.gamblingawarenessct.org



SCAN FOR MORE INFORMATION ON PGAM TRAININGS, EVENTS, AND TO REGISTER!





Problem Gambling Frequently Asked Questions

What is Gambling?

Gambling is the wagering of something of value on a random event with the intent of winning something else of value, where instances of strategy are discounted. Gambling requires three elements to be present: consideration (an amount wagered), risk (chance) and a prize.

What is Problem Gambling?

Problem gambling, or gambling addiction, includes all gambling behavior patterns that have negative effects on an individual related to their gambling. Gambling can impact someone's family their job or even their health. Individuals who gamble can be at-risk for developing gambling problems and/or addiction. Gambling disorder is a recognized mental health diagnosis.

Some warning signs of a gambling problem are:

- Thinking about gambling all the time.
- Feeling the need to bet more money and more often.
- Going back to try to win your money back ("chasing losses").
- Feeling restless or irritable when trying to stop or cut down.
- Gambling despite negative consequences.
- In extreme cases, problem gambling can cause bankruptcy, legal problems, losing your or your family, and thinking about suicide.

For more information on the American Psychiatric Association's criteria for gambling addiction visit the DSM-5 at www.psychiatry.org.

Who Can Have Problems with Gambling?

Problem gambling does not discriminate and can impact anyone who gambles regardless of economic, social, cultural or levels of education. Certain factors, including genetics, environment medical history and age may all play a role in increasing your risk of developing a gambling addiction.

Can Children and Teenagers Develop Gambling Problems?

Children and teens are at higher risk than adults for developing a gambling problem. Additionally individuals who start gambling at a young age are also more likely to develop a gambling addiction later in life.

Isn't Problem Gambling Just a Financial Problem?

No. Problem gambling is a mental health disorder that has financial and other consequences. Even if the person pays off their gambling debts, they can still have other problems caused by gambling. They might even have a gambling disorder. The real issue is that they have an addiction to gambling.

How Much Money Do You Have to Lose Before Gambling is a Problem?

The amount of money lost or won does not determine when gambling becomes problematic. While gambling can cause financial problems, it is not the only warning sign of a gambling problem. When gambling is interfering with an individual's relationships, job, mental or physical health or any other area of life it is a problematic behavior.

How can a Person be Addicted to Something that Isn't a Substance?

When someone gambles their brain experiences the same brain-chemistry as a substance user does. The individual gambling can even feel a brief high or rush from placing a bet or purchasing a lottery ticket. The more often an individual gambles they will experience less of a rush from the same activity and may need to gamble for longer periods of time or place bets for more money to feel the same excitement.

How Many People in the United States Have a Gambling Problem?

2 million U.S. adults (1%) are estimated to meet the criteria for severe gambling problems in a given year. Another 4-6 million (2-3%) would be considered to have mild or moderate gambling problems; that is, they do not meet the full diagnostic criteria for gambling addiction but meet one or more of the criteria and are experiencing problems due to their gambling behavior. Research also indicates that most adults who choose to gamble are able to do it responsibly.

What is the National Social Cost of Problem Gambling?

NCPG estimates the annual national social cost of problem gambling is \$7 billion. These costs include gambling-related criminal justice and healthcare spending as well as job loss, bankruptcy and other consequences. This estimate was based on research from the 1999 National Gambling Impact Study Commission updated to account for inflation and current rates of problem gambling.

Where can I get help for Problem Gambling?

The National Council on Problem Gambling operates the National Problem Gambling Helpline Network. The network is a single national access point to local resources for those seeking help for a gambling problem. One call, text, or chat will get you to problem gambling help anywhere in the U.S. 24/7/365.

Call or text 1-800-GAMBLER or visit www.1800gamblerchat.org.

The network consists of 28 contact centers that provide resources and referrals for all 50 states, Canada, and the US Virgin Islands.

KEEP GAMBLING SAFE & AFFORDABLE



Set a limit on how much time & money & stick to it.
View gambling as entertainment, not as a way to make money.
Balance gambling with other leisure activities.

If you gamble and spend more time & money than planned, take a break.
CONCERNED ?
HELPLINE Confidential 24/7
1-888-789-7777

KEEP THE PROBLEM OUT OF GAMBLING

- **Gamble with limits on time, frequency, & duration.**
- **Gamble in a social setting with others, not alone, & with money you can afford to lose.**



Problem Gambling Helpline: 1-888-789-7777
www.ct.gov/dmhas/pgs



Low Risk Gambling is
 A form of recreation, not to make money nor to make up for previous losses.
 Setting limits on time, frequency, and duration.
 In a social setting with others, not alone.
 With money you can afford to lose.

High Risk Gambling is when
 Coping with grief, loneliness, anger or depression.
 Under financial pressure and stress.
 Recovering from mental health or substance use disorders.
 Using alcohol or other drugs, or is under legal age to gamble.

Problem Gambling Services, CT State Dept. of Mental Health & Addiction Services
www.ct.gov/dmhas/pgs

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