

GAMBLING AWARENESS



WHAT IS PROBLEM GAMBLING AWARENESS MONTH?

Held annually in March, Problem Gambling Awareness Month (PGAM) is a nationwide grassroots campaign spearheaded by the National Council on Problem Gambling (NCPG) to raise public awareness of problem gambling and promote prevention, treatment, and recovery services.

The 2026 Problem Gambling Awareness Month theme, "Caring Communities, Stronger Futures," emphasizes the importance of a community driven approach to problem gambling awareness and support. When a community comes together - friends, families, educators, healthcare providers, local partners, and policymakers - silence is replaced with support, and isolation is replaced with connection.



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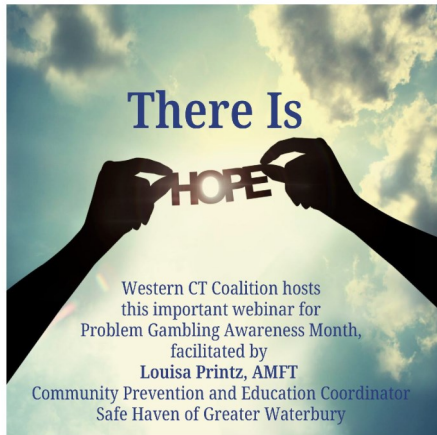
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2. PGAM Events
3. Risks of Betting it All

UCFS Bettor Choice Team

Celaura Estrada, Supervisor
 Kendra Jahns, Clinician
 Holly Savitsky, Clinician
 Barbara Kalpin, Peer Counselor
 (860) 823-3094

EACH PGAM SEASON FEATURES A WIDE RANGE OF TRAINING SESSIONS, COMMUNITY OUTREACH EVENTS, AND AWARENESS ACTIVITIES HAPPENING ACROSS THE STATE.

Domestic Violence, Intimate Partner Violence and Problem Gambling...



Tuesday, MARCH 10, 2026 2:00-3:00pm



Cryptocurrencies, Prediction Markets, and the New Gambling Economy

Presented by Glenn Yamagata
Thursday, March 12th, 2:00-4:00pm EST

This presentation covers two emerging financial technologies: cryptocurrencies and prediction markets, and their impact on gambling and the new gambling economy. It will provide a foundational understanding of these activities, introduce key concepts, and examine their relationship to gambling-related risk, along with implications for prevention and treatment.

Learning Objectives:

- Equip prevention professionals with knowledge to develop prevention programming and public education materials aimed at reducing gambling-related harm.
- Gain a foundational understanding of the cryptocurrency ecosystem and prediction markets that can be applied by treatment providers in clinical practice.
- Use financial literacy concepts to help individuals understand how engagement in these activities can undermine financial stability, contribute to financial harm, and exacerbate gambling-related risk.

Glenn Yamagata is the Executive Director of the Oregon Council on Problem Gambling and VP of Economics and Data Science at Problem Gambling Solutions, Inc. He coordinates Nevada's Gambling Resources and Support Program and serves on the National Council on Problem Gambling and Voices of Problem Gambling Recovery.

Register Here!
<https://forms.office.com/e/9z9nshCv35PA?i=1>

This webinar is funded by SERAC and DMHAS. Questions? Contact Katie at kwilt@seracct.org

New Training Alert!
The Odds are Changing: Facing Problem Gambling from an Integrative Lens

Presented by Brailee Whan, M.S. and Prevention Specialist

Wednesday, March 18
12 pm - 1 pm

Via Microsoft Teams

In this training, you will:

- Understand problem gambling
- Recognize warning signs
- Learn prevention strategies and clinical basics
- Walk away with language and tools for community conversations

Scan the QR code to register or visit apw-ct.org/events

CONTACT US!

GAMBLING AND SUICIDE TRAINING

PROBLEM GAMBLING AWARENESS MONTH

GAMBLING IS A LEADING FACTOR FOR SUICIDE

March is Problem Gambling Awareness Month.

March 18th, 2026
12pm-1:30pm

Virtual via Microsoft Teams meeting

Contact
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Program Manager, The Hub
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203.989.5462

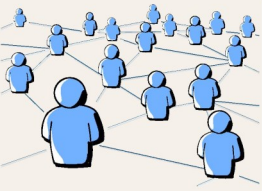
REGISTRATION


Scan this QR code to register, or follow the link below. After registering, you will receive a link to the virtual training.

<https://forms.office.com/catalystct/gambling-a-leading-risk-factor>

Catalyst CT
The Hub

Gambling Recovery: Building Connections through the Peer Support Journey



March 26th
9am-1pm
 Virtual 
CEUs Available

Join us for a dynamic, peer-focused summit featuring interactive workshops and resources to support recovery. Hear from peers, advocates, and persons affected by gambling harm as they share insights, best practices, and guidance on peer support and long-term wellness.

CONNECTICUT
Mental Health & Addiction Services

Wheeler **CONNECTICUT Clearinghouse**
Department of Public Health
100 Woodland Avenue, 3rd Floor
Hartford, CT 06103

Click to Register



PROBLEM GAMBLING AWARENESS MONTH

WALK

Join Us for a Fun-Filled Walk at Walnut Hill Park

FRIDAY
MARCH 27TH

STARTS 12:00PM
 MEET AT CONCESSION STAND

Food & Snacks Provided



KNOW THE RISKS OF GAMBLING

responsibleplayct.org/risks/

CONNECTICUT
Mental Health & Addiction Services

REGISTER TODAY IN-PERSON AT FRONT DESK FOR A FREE T-SHIRT

CALL: 860-223-4177
STOP IN AT 117 WEST MAIN ST NEW BRITAIN



PROBLEM GAMBLING AWARENESS EVENT

GAMBLING DISORDER AND THE PUBLIC HEALTH RESPONSE: Prevention is the Best Form of Treatment

PRESENTED BY DR. HARRY LEVANT

Gambling disorder can be a serious addiction with real consequences for individuals and their families. Learn how treatment, prevention and education are essential as access to gambling continues to expand.

Speaker, Dr. Harry Levant, is the Director of Gambling Policy with the Public Health Advocacy Institute at Northeastern University, an internationally certified gambling counselor, mental health therapist and Doctor of Law and Policy.

WHO SHOULD ATTEND:

Healthcare professionals, therapists, counselors, community organizers, prevention professionals and family and friends of someone with a gambling problem are invited to attend this free lecture.

Light brunch will be served.

WHEN:

Wednesday, April 8, 2026
 10am- noon

WHERE:

DeKoven House Community Center
 CommuniCare's Bettor Choice Program
 27 Washington Street
 Middletown, CT

Sponsored by **communiCARE**
 Building Coordinated Health Services



REGISTER AT:

<https://tinyurl.com/bddebufw>
 by April 6, 2026



Gambling Awareness Month highlights risks of betting it all as March Madness nears

March is Gambling Awareness Month, raising awareness about gambling addiction and promoting prevention. As March Madness approaches, many are gearing up to place their sports bets.

"A lot of that is pretty normalized. So it can feel like it's 'if you have a problem with something like that, then something is wrong with you,'" said Chelsea Mueller, senior clinical director of Heritage Behavioral Health.

Sports betting apps, online casinos and lottery games make gambling more accessible, which increases the consequences. Mueller said there are a few red flags that signal problem gambling. According to the National Council on Problem Gambling, 20 million people reported experiencing problem gambling behavior many times in 2023.

"If you find yourself in a position where you're thinking about gambling-type behaviors more often or needing to borrow money because of gambling losses. If you feel the need to either hide or lie about gambling behaviors, that would be an indication that it's gone beyond more of a recreational thing and into something that's more concerning," Mueller said.

Mueller compares problem gambling to substance abuse; gamblers are chasing a high they would get from winning bets. Several emotional triggers cause people to gamble beyond their limits.

"Some folks are triggered on payday, for example. Getting extra funds in your accounts. Grief can be one of them. Anxiety or depression, gambling behaviors, especially folks who struggle with some of those more problematic gambling behaviors," Mueller said.

There are some preventative measures gamblers can take before going all in.

"If you were wanting to exercise some limitations with these behaviors, I think an accountability plan is really helpful," Mueller said.

Adults aren't the only ones at risk for problem gambling.

"Potentially young kids, teenagers, people who are of that age where maybe biologically they don't have that impulse control that an adult may have," Mueller said.

If you or someone else experiences issues setting boundaries when gambling, there is help available, call 1-800-MY-RESET.

PROBLEM GAMBLING HELP RESOURCES

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

1-888-789-7777

<https://ccpg.org/>

1-800-MY-RESET
NATIONAL PROBLEM GAMBLING HELPLINE™

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

#PGAM2026

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

KEEP GAMBLING SAFE & AFFORDABLE

Set a limit on time & money & stick to it.

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Balance gambling with other leisure activities.



CONCERNED?

HELPLINE 1-888-789-7777