

Personalized Prevention Approach to Problem Gambling



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Recovering Compulsive Gambler
Life Coach & Podcast Host

Date: May 15, 2023
Time: 2:00 p.m. Eastern Daylight

Friendly Reminders

While waiting for others to come in, here are some rules and reminders to keep in mind.

- 1 Please have camera on and use interactive tools throughout session
- 2 Feel free to type your questions in the chat box.
- 3 No need to wait with questions we are discussing as we go.



THIS PRESENTATION CONTAINS IMAGES OF GAMBLING ACTIVITY

BRIEF MENTION OF SUICIDAL THOUGHTS

DISCUSSION OF GAMBLING ACTIVITY



IMAGES OF GAMBLING ACTIVITY



IMAGE OF ALCHOHOL AND CIGARATTES

IF IT DOES NIGHT FEEL RIGHT AND SAFE FOR YOU TO STAY THAT'S OKAY

PLEASE TAKE A BREAK IF YOU NEED TO

Learning Agenda



What we'll discuss this afternoon

- Introductions
- Who Is a Gambler
- Risks for Problem Gambling & Opportunities for Intervention
- Personalizing Your Approach to Prevention
- Resources

About the speaker

I'm Terra Carbert

I've been in recovery from problem gambling disorder since 2016.

Since finding recovery I have become enthusiastic about problem gambling awareness, supporting others in recovery and beyond. I also created a podcast called Ambitious Addicts where I host women in recovery from all addictions and all pathways who join me to share their experience, strength, and hope.



More Dangerous Than You Might Think



High Suicide Risk

In clinical populations and in treatment services for problem gambling, between 22 and 81 percent of individuals have been found to have suicidal ideations, while between 7 and 30 percent of individuals have had suicide attempts.

[https://www.st-va.ncbi.nlm.nih.gov/pmc/articles/PMC9645554/#:~:text=In%20clinical%20populations%20and%20in,attempts%20\(9%E2%80%9316\).](https://www.st-va.ncbi.nlm.nih.gov/pmc/articles/PMC9645554/#:~:text=In%20clinical%20populations%20and%20in,attempts%20(9%E2%80%9316).)

Pillars of Prevention



Stopping something
before it starts



Reducing the
amount of harm
that results from a
specific behavior.



Ensuring people
have enough
information to make
healthy decisions.



Putting policies in
place that keep
people from
harming
themselves.



Reducing the
public's exposure to
potential harm

Who is a Gambler



RISK FACTOR EARLY WIN & EARLY EXPOSURE

PREVENTION OPPORTUNITY



- Limiting access to gambling for minors
- Implementing exclusion programs for those at risk of developing a problem
- Providing education on the risks of gambling



RISK FACTOR

ACCESSIBILITY

PREVENTION OPPORTUNITY



- Restricting the availability of gambling opportunities
- Limiting advertising of gambling products
- Increasing awareness about the potential harms of gambling & real data about true chances of a win

RISK FACTOR

LACK OF KNOWLEDGE

PREVENTION OPPORTUNITY



- Providing education and information about how gambling works
- Provide data on the risks associated with different types of games



RISK FACTOR NOT MONITORING TIME & MONEY



PREVENTION OPPORTUNITY



- Providing tools and resources to help people set and stick to spending limits & time limits
- Pre-commitment systems
- Self-exclusion programs



RISK FACTOR FINANCIAL PROBLEMS

PREVENTION OPPORTUNITY



- Providing financial education
- Provide resources to support for those experiencing financial problems due to gambling,
- Helping individuals create and stick to a budget





RISK FACTOR

BOREDOM, LONELINESS & LIMITED INTERESTS

PREVENTION OPPORTUNITY



- Promoting healthy social activities and exploration of hobbies as an alternative to gambling,
- Encouraging individuals to seek professional help for mental health concerns
- Provide support group resources

RISK FACTOR

HISTORY WITH SUBSTANCE USE

PREVENTION OPPORTUNITY



- Educating individuals about the link between substance use and problem gambling
- Providing gambling knowledge & resources and support for individuals with a history of substance use



Personalizing Your Approach



Get in Touch!

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@ambitiousaddictspodcast

The Ambitious Addicts podcast can be found on all major podcasting platforms



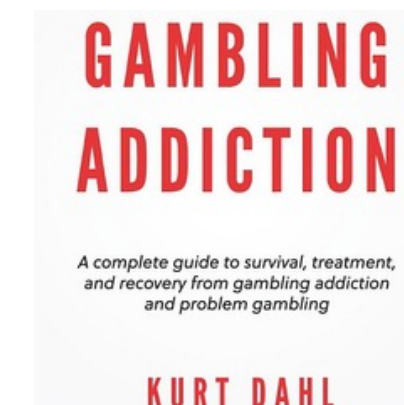
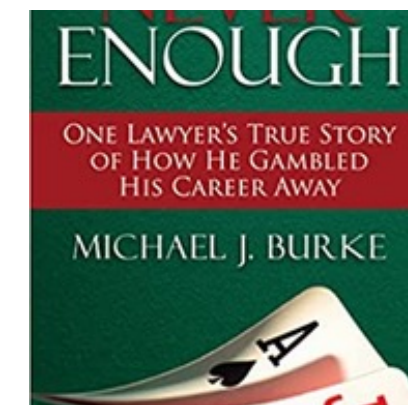
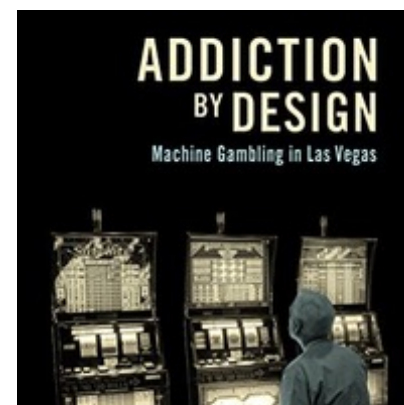
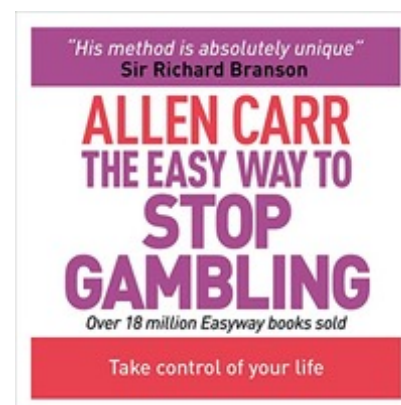
RESOURCES & HANDOUTS

PROBLEM GAMBLING RESOURCES

PODCASTS



BOOKS



PROBLEM GAMBLING RESOURCES

FACEBOOK GROUPS

[Gambling Addiction & Recovery – 1](#)

[Gambling Addiction & Recover – 2](#)

[Recovery Road Online](#)

[Broke Girl Society](#)

[Women Gamblers in Recovery](#)

[Recovery Road Online Women's Group](#)

SUPPORT GROUP WEBSITES

[Gamblers Anonymous](#)

[Gamblers In Recovery](#)

[Recovery Road](#)

[Recovery Dharma](#)

[Celebrate Recovery](#)

[Smart Recovery](#)

[Game Quitters](#)

[Gam Anon](#)

EDUCATIONAL SITES

[National Council on Problem Gambling](#)

[Parents Gaming Glossary](#)

Help is Available



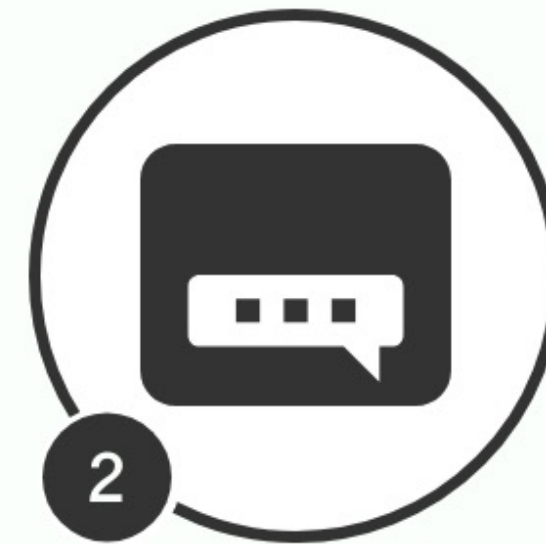
Struggling with Problem Gambling?

Help Is Available.



Call **1.888.789.7777**

If you or someone you care about has a gambling problem and you are seeking resources and help, call our free, confidential helpline 24-hours a day, 7 days a week at **1-888-789-7777**



Text **CTGAMB** to 53342

Don't want to call us? Text CTGAMB to 53342. Professional counselors respond directly to text messages 24 hours a day, 7 days a week, 365 days a year, including holidays and weekends



Live Chat - **ccpg.org/chat**

Our Live Chat is an alternative for those who are more comfortable chatting online. Live Chat provides support and referrals for the problem gambler and others impacted (family, friends, co-workers, employers)

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

More Regional Resources: Gambling

Gambling Recovery Support Services: Stephen Matos
(Smatos@mccaonline.com)

CT Community for Addiction Recovery
(CCAR) <https://ccar.us>

National Council on Problem Gambling Prevention
Committee <https://www.preventioncommittee.org/>

CT Council on Problem Gambling: www.ccpog.org

DMHAS PGS: www.ct.gov/dmhas/pgs



DMHAS Problem Gambling Services Team

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Gambling Recovery Support Services in Connecticut

Gambling Recovery Support Services is an opportunity available to Bettor Choice participants, individuals in recovery, and those affected by problem gambling to connect with a person in recovery with lived experience with gambling.

Connecticut Recovery Support Specialists are available to provide gambling outreach, resources, educational training opportunities, and recovery speakers for your upcoming meetings or events.

- Speakers Bureau
- Scholarships for Recovery Coach Academy and Recovery Support Specialist Training with Advocacy Unlimited
- Link treatment and recovery support services
- Provide Training for Behavioral Health Agencies

Please contact Stephen Matos for more information at smatos@mccaonline.com or 203-448-0144.

Gambling Recovery Support Services is coordinated by MCCA, Inc through funding from the State of Connecticut's Department of Mental Health & Addiction Services, Problem Gambling Services Division

THANK YOU!!!