



GAMBLING AWARENESS

Responsible Gaming



Gambling is a leisure activity that is socially acceptable in our culture. You can see forms of gambling embedded in our society through Bingo nights, Scratch tickets, and Lottery tickets purchased at local gas stations,

- ◆ When someone chooses to gamble, it's important to understand that gambling comes with potentially serious risks. Because the fact is most people lose when they play the lottery, play a casino game, or place a bet. It's important to know safety factors when it comes to problem gambling.

When is Gambling a problem?

- People with gambling problems often bet with money they can't afford to lose, max out their credit cards, borrow money in order to gamble, and do other things that compromise their personal values.
- Despite these negative consequences, they may deny that they have a problem, continue to chase losses, neglect family, friends, work, and even their own self-care (they may not eat or sleep properly, for example, or care about their physical appearance).

Problem gambling can affect anyone regardless of age, gender, race or social status.

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Contents

1. When is Gambling a problem?
2. Tips for Safer Gambling
3. How to talk with a loved on about Problem Gambling
4. Resources for Problem Gambling

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Adapted from: www.responsiblegambling.org



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How to talk to a loved one about Problem Gambling

- ◆ If a person is concerned about a loved one's gambling, it is only natural to want to help. It is important to remember that the loved one experiencing problem gambling may deny that there is a problem or even refuse to talk about it.
- ◆ The most important thing to remember is that the person gambling is the only person who can stop the gambling. But a conversation can be started!

Tips for spouses, partners or other family members...

Do...

- Recognize that gambling is only one aspect of your partner/family member's life
- Acknowledge their good qualities
- Stay calm when discussing gambling and its consequences
- Tell your partner/family member that you are seeking help for yourself
- Acknowledge the problem to children using age-appropriate language and detail
- Negotiate and put into place controls on the management of family finances. If your partner is unwilling to cooperate, make arrangements to protect your own finances.

Don't...

- Lecture, accuse or preach
- Threaten or give ultimatums unless you plan to follow through
- Gamble with your partner
- Exclude the individual from family activities
- Lend money to, or bail out, the person who is gambling.



Resources for Problem Gambling

1. The *Connecticut Council on Problem Gambling* offers a free, online live chat service, Monday through Friday from 5:00 pm to midnight, and on weekends from 12 noon to midnight. When no chat service is available, persons can call one of the CT Problem Gambling Helplines directly at **1-888-789-7777** or **1-800-346-6238**. The Problem Gambling Helplines are toll-free services offering confidential assistance 24 hours a day. Website: www.ccpog.org
2. The *National Problem Gambling Helpline* is available at **800-522-4700**.
3. *Gambling Awareness: Community & Leadership Team*. Website: <http://gamblingawarenessct.org/>
4. *Gamblers Anonymous* (www.gamblersanonymous.org) is fellowship of men and women who share their experience, strength and hope with each other that they may solve their common problem and help others to recover from a gambling problem.
5. *Gam-Anon* (www.gam-anon.org) is a self-help organization for the spouse, family or close friends of compulsive gamblers.
6. "*Your First Step to Change*" online workbook will help readers understand gambling, figure out if they need to change, and decide how to deal with the actual process of change. Website: <http://www.divisiononaddiction.org/resources1/your-first-step-to-change/>



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