

ICPG NEWSLETTER



I hope that you find this issue of the Indiana Council's newsletter to be an interesting read. Many things are happening within the Division of Mental Health & Addiction in the problem gambling area. They are reported below.

We thank those of you who attended the MidCentral Conference in September. I think that it was again a great conference with some of the major names in the problem gambling field this year. We would like to hear from you concerning topics and speakers for next year's NCPG Conference in Indianapolis in June. Please share your ideas so that we can better meet your needs.

Jerry, ICPG

Gambling Expansion and Possible Changes in 2009

In the last issue of this newsletter we discussed what we thought would likely be the next expansion of legal gambling in our state, privatization (leasing) of the Hoosier Lottery. Nine states, including Indiana, were said to be considering this move. We had expected that Governor Daniels, when reelected, would move forward with his plan to privatize the Hoosier Lottery, with the resulting funds used to provide college scholarships for Hoosiers. This would have almost certainly led to a further growth in gambling as the new lottery vendor would have more aggressively marketed the lottery. The state would have shared any the new dollars, while being guaranteed the current annual revenue of about \$220 M and being paid perhaps \$2 B dollars upfront. The Indiana Council was prepared to seek additional dollars for the Indiana Problem Gamblers Fund as part of any lease arrangement. Please note that the Hoosier Lottery does not contribute to this fund. The Fund was created as part of the legislation that allowed casino gaming in Indiana. However, the Hoosier Lottery has always supported the efforts of the Indiana Council in a number of ways as we noted in our last newsletter. On October 25 the *Indianapolis Star* reported that a legal opinion issued by the U.S. Department of Justice on October 16 stated that leasing the Hoosier Lottery would not comply with federal law. As a result this idea has been dropped and Governor Daniels is looking at other options to fund his much needed college scholarship plan.

There continues to be rumors that

one of the Indiana casinos on Lake Michigan might be relocated to Fort Wayne or a nearby site. Additionally, there has been talk of one of the southern Indiana casinos moving to another location on the Ohio River.

John Viernes, DMHA Deputy Director

Most of you probably don't know who John Viernes is and how is has impacted the state's efforts on problem gambling. John has been the Deputy Director for Addictions at the Division of Mental Health & Addiction for many years. In July of 2003, the issue of problem gambling was reassigned to John's section at DMHA as part of a reorganization at the Division. At that time, I was working at DMHA but in a different area. John asked me to assume the responsibility for problem gambling as well as Methadone treatment. Up until that time, the issue of problem gambling had not been given a great deal of attention. While considerable dollars were being spent on this issue, few people accessed state funded treatment each year.

John and I set out to find out how the state's efforts were failing to positively address problem gambling. We found that we had the resources but we were not utilizing them in the manner that helped Hoosiers with gambling problems and prevented others from developing such problems. Many positive changes have occurred in

the five and a half years since then. John made these changes possible.

Friday November the 21st was John's last day at the Division. John resigned as he has been selected to head the addiction program for Los Angeles County California. John started the much needed change process with regard to how Indiana addresses problem gambling and he will be greatly missed. We wish him well in his new position.

New Blog on Problem Gambling

Marty T., here in Indianapolis, has developed a blog on problem gambling and has asked the Indiana Council help him publicize the existence of his blog. The blog and Marty can be found at:

www.gamblinganon.blogspot.com

From Marty

"Gambling addiction is like a dark cloud that follows you everywhere you go. I know this, because I have spent so much time with this dark cloud that we're on a first name basis. In fact, I even had dinner with his family, the Cumulonimbuses. All jokes aside, I should add that the only way this dark cloud will go away is if you tackle your addiction head on. Take it from me, a compulsive gambler. Gambling addiction can be beaten. There are numerous tricks that can be used. For instance, when thoughts of gambling enter my head I immediately think about the stress that it has bought into my life.

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ICPG Mission Statement

The Indiana Council on Problem Gambling strives to generate awareness, promote education, and be an advocate for quality treatment of problem gamblers in the State of Indiana.

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Collection agencies, credit card debt, the secrets from my family and friends...this is to name a few. Secrets are no fun when debt collectors are calling you every day, especially when you are only twenty-three years old. The funny thing is that looking back on the situation, I should have known that I would have been prone to compulsive gambling. I had always given in to my urges when it had come to money. Before I was old enough to gamble, I would deal with my emotional issues by shopping. It would be nothing for me to throw away an entire paycheck on the latest electronic gadget or new expensive clothes. Then I experimented with drugs (mostly marijuana) while in high school. I've had a risk taking personality my whole life, but I didn't realize it until it was too late. Before too long I started to go to the casinos every day, isolating myself from my family and friends. During this time I was also in school and missing half of my classes because I was too tired to get up in the morning. "All of this can be fixed with one big win," I would repeat to myself every day. Eventually I started betting bigger in an attempt to win bigger. Obviously that failed greatly. With my life in pieces and my wallet completely empty, I finally came to terms with the fact that I had a gambling problem and that I needed to get help.

Being a student, the first place that I looked for help was the internet. I noticed that there was a lot of gambling information on Google but it was scattered all over the place. This is why I decided to create my own website which contains tons of useful information on gambling addiction. It also contains a few personal stories about my own life and some motivational stories to help gamblers to quit. Just building this website has had a tremendous therapeutic effect on me. By writing my blog, I have learned more about gambling addiction than I thought possible while also learning a great deal about myself. The first half of the battle in beating your addiction is determining why you gamble. Do you

gamble as a means of social interaction? These underlying reasons are so important because they are actually the source of the addiction. My reason for gambling was to escape my emotional problems and I was able to address this through self help methods and learning to change my thinking patterns. There are numerous mental tricks that can help you such as recognizing gambling thoughts and releasing them from your mind before they have a chance to develop into urges. Another trick is to rid yourself of any irrational beliefs such as considering yourself "lucky," or that you can "beat the casino." The odds are always in the casino's favor, and the sooner you come to believe this, the quicker you can begin to recover.

As for me, I am going to continue my path towards recovery and keep blogging to help as many people as possible. I would like to thank you all for reading this and I hope that you visit my blog."

Again, please check out Marty's blog at www.gamblinganon.blogspot.com.

Problem Gambling Planning Group

As we have reported in the past, last spring a work group was established to look at all thing problem gambling and tasked with developing a plan to better address this issue utilizing the \$5.25 M dollars in the Problem Gamblers' Fund. The group was composed of staff from DMH, staff and board members from the ICPG, the Indiana Prevention Resource Center and other interested individuals. This work group was given six months to examine the issue, identify current problems and develop a list of recommendations to be presented to the DMHA Transformation Group in December. The Transformation Group is examining all state mental health and addiction services as part of an effort to improve service delivery to Indiana citizens.

The Problem Gambling work group looked at many issues including the relatively low number of state funded

treatment enrolments. In FY08 (July 1, 2007 through June 30, 2008), only 262 Hoosiers were enrolled. Currently there is a financial means test for those seeking state funded treatment, 500% of the federal poverty rate. This equates to an income of about \$50 K for a one person household. This means test will be phased out over the next four years. Prior to FY09 we believe that this was a serious barrier to accessing treatment as demographic information collected on PG help line callers indicated that most of the callers had incomes above the old threshold of about \$20 K. This was a very positive change for FY09.

The work group has made several recommendations. These are:

1. Provide support DMHA's current PG providers to promote screening, increase enrolments and retention of gamblers in treatment. The continuum of treatment was also examined, what levels of services are needed and how can these services best be provided?
2. Provide continued support for current problem gambling prevention and education activities.
3. Establish a problem gambling subcommittee to the Addiction Advisory Council.
4. Develop and issue a media awareness campaign RFP for FY10.
5. Review the problem gambling hotline criteria and develop procedures for the new RFP for FY11 for this service.
6. Establish a Problem Gambling Treatment and Prevention Bureau at DMHA with a full time staff person (currently .5 FTE).
7. Formalize minimal training requirements for those providing DMHA funded PG treatment.
8. Establish minimum standards for entities providing DMHA funded treatment in order to broaden the type of organization that can be used. Many

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areas of the state are under served. Perhaps credentialed PG counselors in private practice can be utilized.

9. Review current DMHA funding structure to establish a voucher for services pilot program.

10. Revise the Indiana Administrative Code as needed to implement these recommendations.

The ICPG thanks DMHA and the members of the work group for their efforts to improve the state's PG efforts. We will continue to keep you informed of the progress on implementation of these recommendations.

What the Data Tells Us

A lot of data is collected on those who seek state funded problem gambling treatment and those who receive it. The data tells us where Indiana succeeds, has problems or fails. Some of the recommendations mentioned in the previous article came about as a result of the data that we have.

Since the Indiana Gaming Commission established its Voluntary Exclusion Program (VEP) about five years ago, 2588 people have excluded themselves from Indiana's 13 casinos. Many others have done the same via the gaming companies exclusion programs. When we examine the data by Indiana county we are perplexed by the fact that many of the counties that have a high number of people who have excluded themselves from Indiana casinos and have a high number of callers to the Indiana PG Help Line, have so few people entering state funded treatment. The data is problematic, why are the people who were so desperate that they made the decision to exclude themselves and to seek help not receiving the treatment that they so very much need?

What follows is the data from FY07 & FY08 for the most troubling counties.

Clark	33 (callers)	38 (VEP)	0 (treatment)
Dearborn	25 (callers)	33 (VEP)	5 (treatment)

Floyd	41 (callers)	42 (VEP)	0 (treatment)
Lake	204 (callers)	254 (VEP)	0 (treatment)
Porter	72 (callers)	72 (VEP)	0 (treatment)
St. Joseph	85 (callers)	28 (VEP)	14 (treatment)

Data for all 92 Indiana counties can be accessed on the data warehouse page of the Indiana Council's website:

www.indianaproblemgambling.org

The complete VEP statistical report can also be accessed from the same ICPG website page.

Matt Shouse is the VEP Coordinator at the Indiana Gaming Commission. He can be contacted at: [317-233-0046](tel:317-233-0046) or mshouse@igc.in.gov

Jennifer Fillmore joins DMHA

Jennifer Fillmore has joined FSSA-DMHA as the Program Director for Gambling Treatment, Co-Occurring Disorders and Criminal Justice Projects. She replaces David Garner who recently left DMHA for another position in state government.

Jennifer Fillmore has been working in the field of substance abuse treatment since 1994. She was an addictions counselor, Program Coordinator and Clinical Supervisor at Tara Treatment Center in Johnson County for a total of nine years. She has also worked with the criminal justice population as the coordinator of the Johnson County Alcohol and Drug program and then the Marion County Drug Treatment and Reentry Courts. Jennifer obtained her Master's Degree in Business Management from Indiana Wesleyan University and has a Bachelor's degree in sociology from IUPUI. She is a Certified Addiction Counselor through the Indiana Counselor's Association on Alcohol and Drug Abuse, Indiana Association for Addiction Professionals.

Jennifer can be reached at: [317-232-7891](tel:317-232-7891) or Jennifer.Fillmore@fssa.in.gov

Training Opportunities

2009 DMHA Training events

January 6 & 7
(Phases 1 & 2)

History and scope of gambling in the US; Definitions, Screening and assessment tools: Typology: DSM-IV criteria

March 4 & 5
(Phases 3 & 4)

The meaning of money; treatment planning; Co-occurring disorders; Stages of change; Harm reduction; Self help groups; Financial management issues; Legal issues and gambling treatment

April 7 & 8
(Phases 5 & 6)

Biogenetics; Neurochemistry & psychopharmacology & the brain of gamblers; Special populations (teens, seniors, multi-cultural); Issues for women

June 3 & 4
(Phases 7 & 8)

Spirituality & recovery; Treatment design & levels of care; Relapse prevention; Workplace & EAP issues; Reimbursement strategies; Transference & counter-transference issues; Ethics standards; Resources; Certification standards

Fifteen CEUs will be awarded for completion of each two day workshop.

Joanna Franklin MS, NCGC II will again be the trainer for these sessions Deborah G. Haskins, Ph.D., will again moderate the one and one half hour clinical supervision calls. These conference calls are held twice a month for the next 12 months.

The 60 hours of training and the clinical supervision are key components needed to attain a NCGC gambling counselor credential.

The training events will be located at the Indiana Government Center South, 402 West Washington Street, Indianapolis. Registration begins at 7:45 AM and the sessions begin at 8:30 PM and end at 5 PM.

For more information, please contact Jennifer Kelley at: [812-855-7831](tel:812-855-7831) or jenkell@indiana.edu

2009 NCPG Conference at Indianapolis

Planning has begun for the 23rd National Conference on Problem Gambling Conference at the Downtown Hyatt Regency Hotel next June. The Indiana Council is co-hosting this National Council event. The planning committee would like to hear from you concerning topics and presenters that you would like to see. Please send your suggestions to us at:

jllong@indianaproblemgambling.org

MidCentral Alliance Recognizes Rev. Jacobs

At September's MidCentral Conference on Problem Gambling Reverend Janet Jacobs Director, Gambling Recovery Ministries of the United Methodist Church, was recognized for her many efforts in the problem gambling field. This was the first such award and it will only be given when someone has had a major positive impact in the problem gambling field in our states.

Gambling Recovery Ministries

At the 2008 Conference of the National Council on Problem Gambling, in June, Gambling Recovery Ministries and seven other programs/agencies were featured in the Council's *First Annual Prevention Showcase*. The purpose of this special CEU session was to highlight a variety of prevention programs and projects within an interactive setting of freestyle discussion, unlimited Q & A time, and hands-on-material review.

Showcased were the many ways that GRM extends help and hope to persons affected by compulsive gambling. Featured handouts were the practical examples of GRM's outreach tools: brochures, How-To's, and newsletter packets, complete with ready-to-copy *masters* of prevention education materials.

It was both a privilege and a blessing for Gambling Recovery Ministries to be invited by the National Council to participate in their first *Showcase* event. It is our hope that GRM's presentation will serve as an encouragement to other faith-based communities and organizations to reach out to problem gamblers and their loved ones. For more information on GRM's prevention education materials, contact Rev. Janet Jacobs at jjacobs@grmumc.org

Upcoming Problem Gambling Conferences

12th Annual KYCPG Education & Awareness Conference
January 29-30 Holiday Inn North
Lexington, KY
www.kycpg.org

Annual Gamblers Anonymous Mini Program
January 30-February 1
Holiday Inn North
Lexington, KY

2009 NCPG Annual Conference
June 25-27 Hyatt Regency Hotel
Indianapolis, IN

Helpful Contact Information

Indiana Problem Gambling Help Line: 1-800-994-8448

Indiana Voluntary Exclusion Program (VEP): 1-317-234-3600

National Problem Gambling Help Line: 1-800-522-4700
Indiana Council on Problem Gambling: 1-866-699-4274

Gamblers Anonymous: www.gamblersanonymous.org

Gam-Anon: www.gam-anon.org

Indianapolis Gamblers Anonymous: www.indyga.org

Female Gamblers: www.femalegamblers.org

Indiana Addictions Issues Coalition: www.indianarecovery.org

Indiana Council: www.indianaproblemgambling.org

Newsletter and Printed Materials

Please share the **ICPG Newsletter** with others who you think would be interested in the information that it contains. If you need our free brochures, please let us know by emailing us at:

jllong@indianaproblemgambling.org

Support the ICPG Through Your Annual Membership

Individual Membership of the ICPG (\$50)

Joint Individual Membership of the ICPG & National Council on Problem Gambling (\$85) (NCPG Membership is \$75.)

Joint membership saves you \$40)

Sponsor (Businesses with up to 10 employees) (\$125)

Sponsor (Businesses with up to 500 employees) (\$250)

Sponsor (Businesses with more than 500 employees) (\$500)

Indiana Council on Problem Gambling membership supports efforts to address problem gambling and is tax deductible. The ICPG is a Federal 501(c)(3) not for profit organization (35-1999551).