

ICPG NEWSLETTER



Indiana Council on
Problem Gambling, Inc.

Last year was very busy for the Indiana Council. We hosted the 23rd National Conference on Problem Gambling in June at Indianapolis and the Midcentral Alliance on Problem Gambling Conference at Jeffersonville in October. As a result this newsletter disappeared for a while. I apologize for this and promise that I will do a better job of keeping you up to date in the future. There are a great number of very positive things in the problem gambling arena in the pipeline.

Our regional workgroup, the Midcentral Alliance on Problem gambling has grown to eight states with the addition of our sister organization in Minnesota, the Northstar Problem Gambling Alliance. Looking back, I would have never imagined that the future of problem gambling help in our state/region could be this bright. *Jerry*

March 10 PG Financial Counseling Workshop

Most of us have a great difficulty asking problem gamblers and their family members about their financial situation as we try to provide the help that they so much need. On March 10 there will be a one day training titled: Financial Counseling with Problem Gamblers and Family Members. This workshop resulted from the overwhelming positive feedback that we received from Jerry Bauerkemper's workshop at our October Conference at Jeffersonville.

Jerry is the long time executive director of our sister Council in Nebraska and a credentialed problem gambling counselor. He presented a very much abbreviated version of this six hour workshop in October. A great number of the conference attendees asked for us to bring Jerry back to Indiana so that he could present his full workshop. What better time to do this than during National Problem Gambling Awareness Week (March 7-13). This workshop will be held at the Recovery Center at Fairbanks Hospital which is on the northeast side of Indianapolis. There is room for 100 attendees. There is no registration fee for this workshop, however you must register by contacting Ramzi Nimry at DMHA. His email is: Ramzi.Nimry@fssa.in.gov. When contacting Ramzi, please include

the title of this workshop in your subject heading - Financial Counseling with Problem Gamblers and Family Members.

Lunch will be provided without cost to those attending this workshop. The workshop begins at 8:30 and ends at 4:00. We hope to see many of you at this event which is sponsored by FSSA-DMHA, the Indiana Council, the Midcentral Alliance and the Indiana Problem Gambling Awareness Program. We hope to have more such day workshops in the future.

NPGA March 7-13, 2010

National Problem Gambling Awareness Week is next month. Since 2003 the National Council on Problem Gambling and its 36 state affiliates have worked to raise the visibility of problem gambling by designating a week of March as NPGA.

The goal of this campaign is to educate the general public and health care professional about the warning signs of problem gambling and to raise awareness about the help that is available both locally and nationally. There is a great amount of helpful information on the NPGA website at: NPGA.org

A big Thank You

Our thanks go out to all of the sponsors of the 23rd National Conference on Problem Gambling Prevention, Treatment, Responsible Gaming, Research and Recovery held at Indianapolis last June. Without the large number of sponsorships that the Indiana Council received, this event would have not been held in Indiana.

Our Indiana Corporate Sponsors

Casino Association of Indiana and its eleven members

FSSA -Indiana Division of Mental Health

Hoosier Lottery

Hollywood Casino/Penn National Gaming

Blue Chip Casino/Boyd Gaming

Casino Aztar/Tropicana Entertainment

Hyatt Grand Victoria/HGMI Gaming

French Lick Springs Resort

Trimeridian

This conference marked the first time that every major gaming operation in the conference's host state saw the wisdom of sponsoring this event.

The Indiana Council thanks these sponsors and the 400 attendees who made the conference a great success.

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.

Recovering Gambler Blogs

Many of you know our long time friend Arnie Wexler and his wife Sheila from New Jersey, now of Florida. Arnie has been a speaker at our regional conference in the past and is a recognized problem gambling expert and a long time recovering gambler. If there is a new way of helping problem gamblers, he will find and utilize it. Arnie has just started a blog for recovering gamblers, [The Recovering Gambler](#). You will find him on the web at:

www.recoveringgambler.com

This website also has other PG information as well as a number of useful links. Please visit Arnie and pass along this helpful website to those needing help and support.

With have told you about Marilyn Lancelot's story, book and her website for female gamblers in a previous edition of this newsletter. Her website address has changed. She now can be found at:

www.femalegamblers.info

As Indiana and our region suffers from a lack of GA and Gam-Anon meetings, blogs such as these are very helpful.

Tell Us Your Story

When we redesigned the ICPG website in 2005, we added [Tell Us Your Story](#) as a way for problem gamblers to share their lives with us and with all of our readers.

We recently received two emails from problem gamblers wishing to share their experiences. Such

stories touch our hearts and reinforce our mission as we work to help problem gamblers and their families.

Their stories follow below.

"Oh, where to start... I often said to people that I was born to gamble. From my early teen years, playing cards or dice trying to make some extra money. I have always gambled, but no longer. I am 29 years old. In the last year an a half, I have lost my \$45,000/year job, lost my car, lost my house, and I am on the edge of losing the most amazing woman in the world.

It started out whenopened up so close to home. I started out small, then gradually progressed. I started out taking \$100 or so every time. Then taking more, spending more time there. There were nights that I would stay until 4 or 5 AM and have to be at work at 7. Needless to say, I was not very productive at work and just wanted to go back and gamble.

I lost my job in September, and since, my gambling has gotten even worse. Every unemployment check goes straight to the casino. My \$12,000 401k payout, was gone in 4 days, straight to the casino. I did not pay one bill with that money and it could have covered basic living expenses for at least 8 months.

So now, 2010, I decided to start off the year right, no more gambling. Had a big tax refund this year that would have helped get me back on my feet. Instead, I took it straight to the casino. Lost another \$10,000 in 7 days. One of those days, I went on a 36 hour binge, no sleep, just gambling.

So, I am writing you today as a new man. Today, I go to put my

my name on the Voluntary Exclusion List and ban myself for Life from every casino in the state. I fully intend to follow this up with Gamblers' Anonymous meetings or other programs, but it is a good start and makes me feel less trapped by the power that gambling has over me. I am starting to feel free and more in control. Too bad I had to lose everything I owned plus over \$80,000 in cash to realize this.

Please, if you are reading this because you THINK you might have a gambling problem, don't let it progress, get help NOW. If I would have quit about 6 months ago when I first started looking at websites for help, I would still have my home, my job, and my car. I hope my story helps someone out there."

"My brother is a jockey so at a young age (13) I started going to the horse track and gambling on the self service machines. It was fun and I kept it under control until I became an adult.

Then I hit a race for \$816 and paid a couple of bills with the money. Then I was hooked and thought that this was an easy way to get fast money and it wasn't illegal. Little did I know that it would be the biggest mistake of my life.

Just yesterday I went and lost everything that I had. Now I set here typing to you. Gambling has ruined my life and I wish that I had never started. I have lost hours with my children. Two years ago, my girl friend of nine years left me over the gambling. I still regret it to this day but I still can't quit gambling. I need help."

Indiana Problem Gambling Program Awareness Program

Desiree Goetze is the newest member of the IPGAP. Desiree is the new assistant problem gambling manager and research assistant replacing Jennifer Kelly. Previously Desiree held positions with the Indiana Prevention Resource Center (IPRC) including communication and marketing and was the coordinator of the Tobacco Retailer Inspection Program (TRIP). She received her Master of Public Health degree from IU Bloomington in 2003. She is a certified Health Education Specialist and a Certified Prevention Specialist. Desiree also serves on the board of the Indiana Addiction Issues Coalition (IAIC) and is a member of the Indiana Addiction Planning Council.

For the second straight year, the Indiana Program Gambling Awareness Program has developed a problem gambling themed calendar via a contest among students in the Afternoon R.O.C.K. program. This acronym represents the mission of this program which provides Recreation, Object lessons, Culture and values and Knowledge via active, entertaining and focused supportive prevention efforts.

This year over 200 of the 14,000 ROCK participants between the ages of 10 and 14 submitted artwork for the contest. According to Mary Lay, project manager for the Indiana Problem Gambling Awareness Program, "This contest is an opportunity for students to learn about the risks associated with gambling and to increase the awareness of problem gambling." The calendar will be available in March at the start of Problem Gambling Awareness Week. Additional student artwork will be used in other awareness projects throughout the year.

This Program is Funded by DMHA via the Indiana Problem Gamblers' Fund. More information about the IPGAP and its activities can be found at:

www.ipgap.indiana.edu



2009 winner Ally Voght grade 5, Salamonie

Gambling Recovery Ministries of the United Methodist Church

Reverend Jacobs and her husband Ron continue to build on their great works. The Gambling Recovery Ministries website has been redesigned and greatly expanded to provide even more valuable resource materials to those seeking information on problem gambling. This initiative further increases the scope of the GRM web outreach to problem gamblers, their family members and friends as well as others reaching out to problem gamblers. The website now serves as a:

- Resource of treatment issues for mental health professionals
- Ministry tool with easy to use practical ministry aids
- Internet help source of outreach care

The information now includes:

- Treatment issues for senior citizens and parents
- Indicators of a teen gambling problem
- News archives

- Article titled: The Brain
- Information in Spanish
- Radio script
- Professional Training and certification information
- Initial procedures for working with a problem gambler
- Developing outreach
- Myths & facts of initiating gambling recovery types of ministries
- Recovery worksheets
- Professional links

The GRMUMC website can be found at:

www.grmumc.org

The GRM now also has a blog which can be found at:

indiana-gambling-addiction.blogspot.com

DMHA Counselor Training

We are fortunate that the Division of Mental Health & Addiction has seen the wisdom of providing 60 hours of free counselor training each year for the last eight years. This has met with great success in recent years. It has been so successful that all of the slots in this year's classes are full. Mary Lay the Indiana Problem Gambling Awareness program manages these trainings and cudso go out to Mary for a job well done.

State of the State PG Efforts

Last year was a great year, the best yet with regard to problem gambling efforts in Indiana. Jennifer Fillmore and Diana Williams at DMHA are very creative and great to have on our team. They have and are continuing to work with our courts and MH/Addiction providers to bring problem gambling information to those responding to the legal issues surrounding PG. The state PG work group continues to meet and many new problem gambling initiatives are in the works and will be rolled out with the new state fiscal year on July 1. We will be able to give you the details in the next ICPG Newsletter. Stay tuned, the best is yet to come!

Midcentral Alliance on PG

The Midcentral Alliance on Problem Gambling now numbers eight National Council on Problem Gambling Affiliates. These are:

- Illinois Council on Problem Gambling
- Indiana Council on Problem Gambling
- Kentucky Council on Problem Gambling
- Michigan Association on Problem Gambling
- Northstar Problem Gambling Alliance (MN)
- Ohio Council on Problem Gambling
- West Virginia Council on Problem Gambling
- Wisconsin Council on Problem Gambling

This group grew out of the working relationship between the Indiana Council and the Kentucky Council started in 2004.

This larger group will roll out a new problem gambling brochure in March that is directed to EAP/HR staff in the region. The Kentucky Council's Mike Smith took the lead in making this happen. This project is being funded by the state Problem Gamblers' Fund.

As previously mentioned, we have the Financial Counseling Conference on March 10 sponsored by the Midcentral Alliance, the Problem Gambling Awareness Program and FSSA-Division of Mental Health & Addiction.

In Late February look for the first problem gambling billboards ever in Indiana. This is a pilot project to see if strategically placed billboards will raise the number of PG Help Line calls from these areas. There will be 20 billboards in northwest and central Indiana for approximately 30 days. If this works we may expand it next state fiscal year. This is a project of the Indiana Council, the Indiana Problem Gambling Awareness Program and FSSA's Division of Mental Health & Addiction.

Lots of very positive things are in the works. It is great to have so many organizations all working together so well to address problem gambling in our region.

PLEASE support US House Bill 2906 which would be the first federal financial efforts with regard to problem gambling. Please contact your Congressperson!!!!

Upcoming Problem Gambling Conferences

13th Annual KYCPG Education & Awareness Conference
February 11-12, 2010 Lexington, KY

Midcentral Alliance PG Financial Counseling
March 10, 2010 Indianapolis, IN

NCPG 24rd Annual Conference
June 9-12 2010 Portland, Or

Midcentral PG Alliance Conference
October 2010

NCRG 11th Annual Conference
Las Vegas, NV

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.info
www.recoveringgambler.com

Gambling Recovery Ministries: grmumc.org
www.indiana-gambling-addiction.blogspot.com

Indiana Addictions Issues Coalition: www.indianarecovery

Indiana Council on Problem Gambling:
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).