

Peer-to-Peer Services for Gambling Addiction Recovery: A Collaborative Analysis with 12-Step Programs and Clinical Supervision

Collaborate, Recover, Celebrate

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Purpose

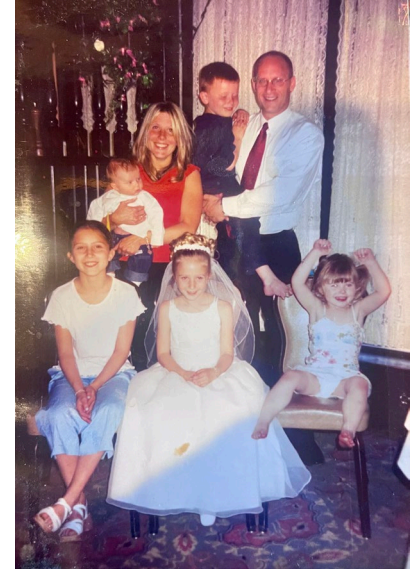
Comprehensive Understanding

and

**Focus: to encourage the exploration of Peer to Peer Services
as a sustainable recovery pathway.**










Collaborative analysis of peer-to-peer services with 12-step programs and clinical supervision:


An understanding of the different approaches available for addressing problematic gambling and supporting individuals in their recovery journey.

By comparing these three forms of support, individuals, treatment providers, and organizations can gain insights into their unique features, benefits, and potential limitations.

- Informed Decision-Making
- Highlighting Diverse Support Options
- Identifying Complementary Approaches
- Promoting Collaboration
- Raising Awareness



Successful recovery and well-being of individuals struggling with gambling addiction.






Peer to Peer Services

A form of support where individuals with similar experiences come together to provide assistance and guidance to one another

Purpose





The purpose of peer-to-peer services in the gambling addiction area is to provide individuals struggling with gambling addiction a supportive network of peers who have experienced similar challenges and successfully recovered. These services aim to offer a sense of understanding, empathy, and shared experiences that can be instrumental in the recovery process.

Primary Goals of Peer to Peer in Gambling Addiction Recovery

1. **Support and Empathy:** Peers who have gone through similar struggles can provide emotional support, understanding, and empathy to those currently facing gambling addiction. They can relate to the difficulties, frustrations, and setbacks individuals may encounter during their recovery journey.

2. **Shared Experiences:** Peers can share their personal experiences of overcoming gambling addiction, including the challenges they faced, the strategies they used, and the milestones they achieved. By hearing these stories, individuals struggling with gambling addiction can gain hope, inspiration, and practical insights into their own recovery process.

3. **Non-judgmental Environment:** Peer-to-peer services create a non-judgmental and accepting environment where individuals feel safe to share their thoughts, concerns, and progress. This atmosphere helps reduce the stigma associated with gambling addiction, enabling individuals to be open and honest about their struggles.

4. **Mutual Accountability:** Peer support encourages individuals to take responsibility for their actions and commit to their recovery goals. Peers can provide motivation, encouragement, and gentle accountability to help individuals stay on track with their recovery plans.

5. **Long-Term Support Network:** Peer-to-peer services help individuals build a long-term support network of individuals who understand their journey. This network can be accessed even after formal treatment or therapy ends, providing ongoing support and preventing relapse.

6. **Self-Empowerment:** Peer support promotes self-empowerment by highlighting that recovery is possible and achievable. By witnessing the success of peers who have overcome gambling addiction, individuals gain a sense of hope and belief in their ability to recover.



Peer to Peer Services

Clinical Supervision

12 Step Programs

Comparison

Source of Support:

- **Peer-to-Peer Services:** Peer-to-peer services involve individuals who have personal experience with gambling addiction and have successfully recovered. Peers provide support, empathy, and understanding based on their own journeys, creating a sense of relatability and shared experiences. Peer Recovery Coaches are professionally trained and certified.
- **Clinical Supervision:** Clinical supervision involves a licensed professional, such as a counselor or therapist, who possesses expertise in addiction and mental health treatment. Clinical supervisors provide professional guidance, evidence-based interventions, and ensure adherence to ethical standards, offering a clinical and theoretical perspective.
- **12-Step Programs:** 12-step programs, such as Gamblers Anonymous (GA), provide support through a group setting where individuals with gambling addiction come together to share their experiences, struggles, and recovery progress. The program is based on a spiritual framework and involves working through the twelve steps for personal growth and maintaining abstinence.

Structure and Formality:

- **Peer-to-Peer Services:** Peer support is often informal, flexible, and based on shared experiences. It may occur in support group settings or online forums, allowing for open discussions and a non-hierarchical structure.
- **Clinical Supervision:** Clinical supervision follows a structured framework, often guided by specific therapeutic models or approaches. Supervision sessions are scheduled, focused, and aimed at the professional development, case consultation, and adherence to ethical and treatment protocols.
- **12-Step Programs:** 12-step programs have a structured format, often consisting of regular meetings, a set of principles, and steps to follow. Meetings usually involve sharing personal experiences, receiving support, and discussing the twelve steps for personal recovery.

Approach to Recovery:

- Peer-to-Peer Services: Peer support focuses on shared understanding, empathy, and offering practical insights based on personal experiences. Peers provide encouragement, motivation, and a sense of community, promoting self-empowerment and hope.
- Clinical Supervision: Clinical supervision emphasizes professional guidance, evidence-based interventions, and the application of therapeutic techniques to address gambling addiction. It provides a clinical perspective, focusing on treatment planning, monitoring progress, and ensuring the therapist's competence.
- 12-Step Programs: 12-step programs approach recovery through a spiritual lens, encouraging individuals to surrender their addiction, work through the twelve steps, and seek support from a higher power. The focus is on personal growth, acceptance, and abstinence from gambling.

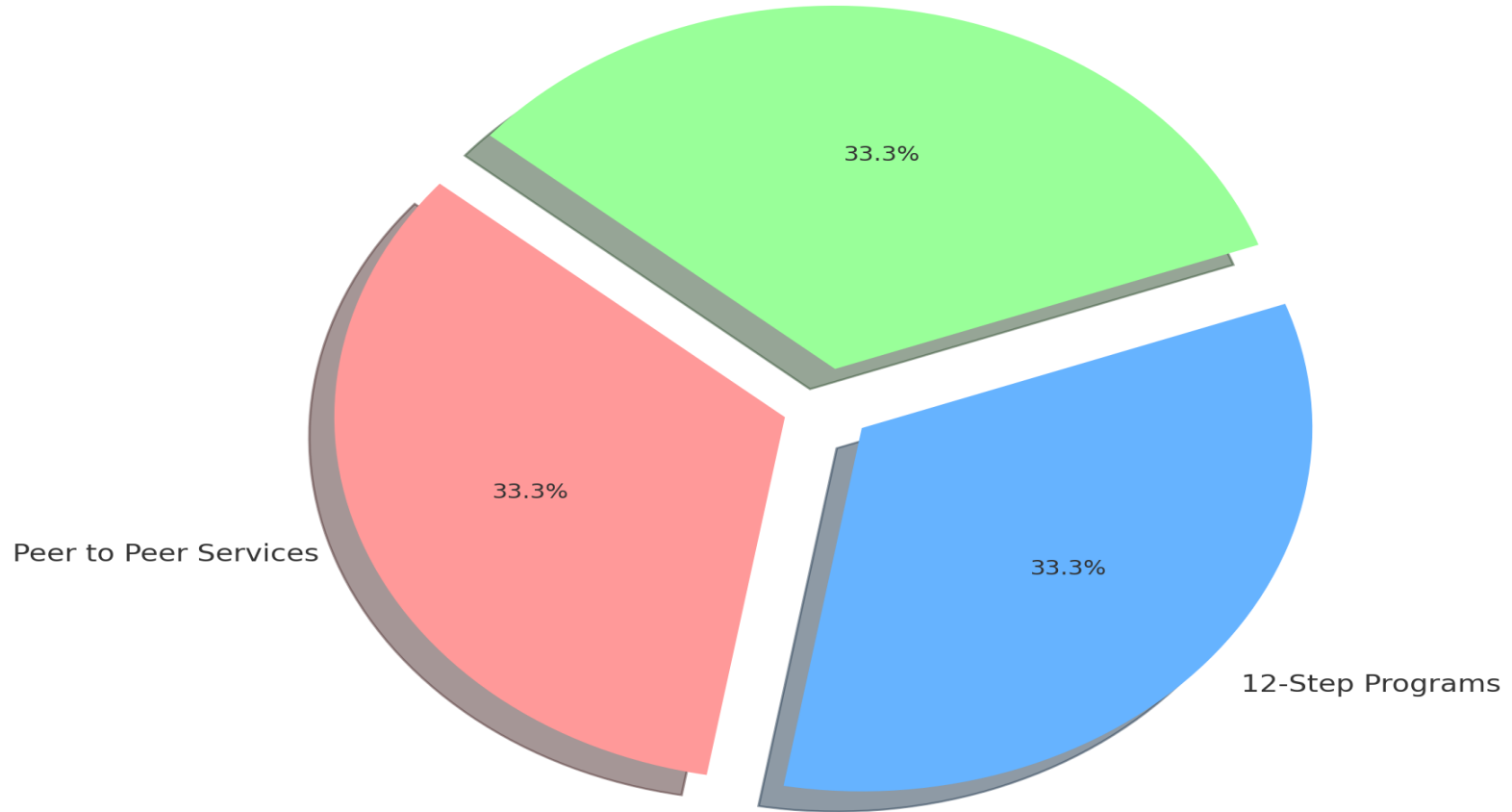
Accountability and Monitoring:

- **Peer-to-Peer Services:** Peer support may involve a level of mutual accountability, where individuals share their progress, challenges, and successes with their peers. Peers provide encouragement, motivation, and support each other's recovery efforts.
- **Clinical Supervision:** Clinical supervisors provide accountability and monitoring for therapists or counselors. They review cases, assess treatment plans, offer feedback, and ensure ethical and professional standards are maintained. Clinical supervision enhances the quality of treatment provided.
- **12-Step Programs:** 12-step programs encourage personal accountability through self-reflection, sharing experiences, and working through the steps. Members are encouraged to find a sponsor who provides additional guidance and support in maintaining abstinence.

Integration with Treatment:

- **Peer-to-Peer Services:** Peer support can complement traditional treatment approaches by providing additional support, encouragement, and insights from personal experiences. Peers can offer practical strategies for maintaining recovery outside of formal treatment settings.
- **Clinical Supervision:** Clinical supervision is typically integrated into formal treatment programs to ensure therapists or counselors receive ongoing guidance, support, and professional development. It helps improve the quality of treatment provided to individuals with gambling addiction.
- **12-Step Programs:** 12-step programs can be used as a standalone approach or in conjunction with professional treatment. They provide a supportive community and ongoing support beyond formal treatment, emphasizing long-term recovery and relapse prevention.


Strengths of Different Pathways in Gambling Addiction Recovery





Note:

These approaches are not mutually exclusive, and individuals may find value in combining different forms of support based on their individual needs and preferences



Peer-to-peer services, clinical supervision, and step programs each offer unique benefits and can work together to enhance the overall recovery journey from problematic gambling.

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