

Take A Travel On The Connecticut Prevention, Integration and Treatment Experience



CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**



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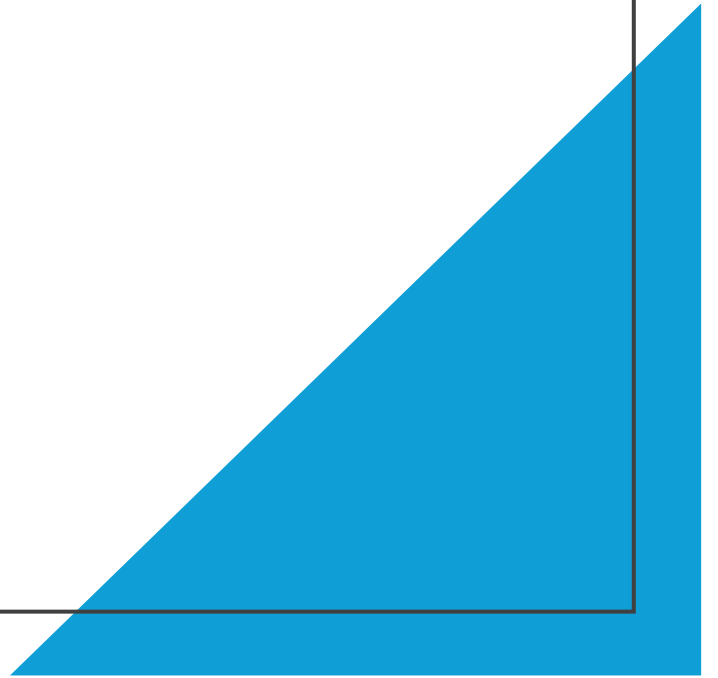
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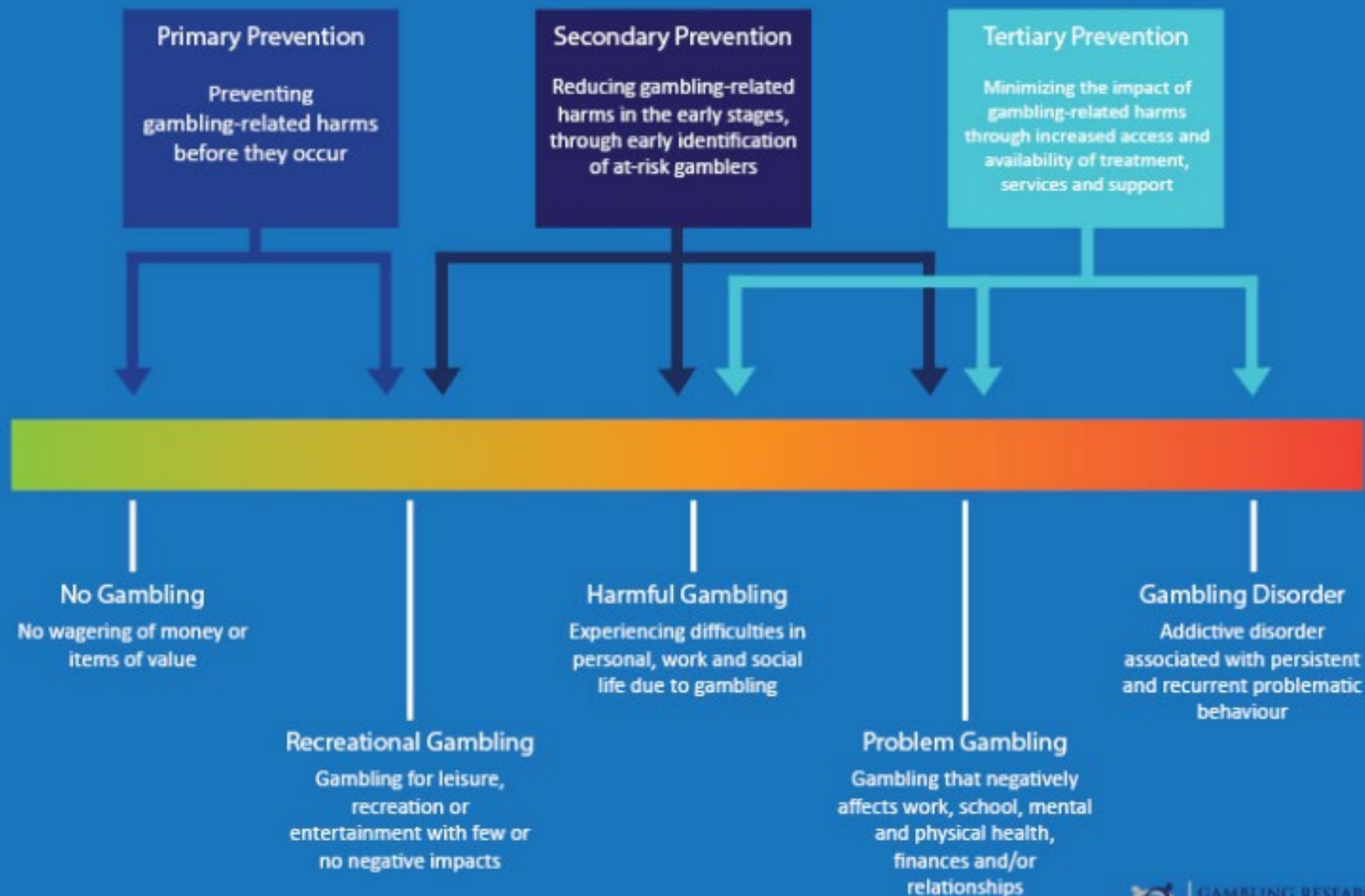
Case Study

Prevention

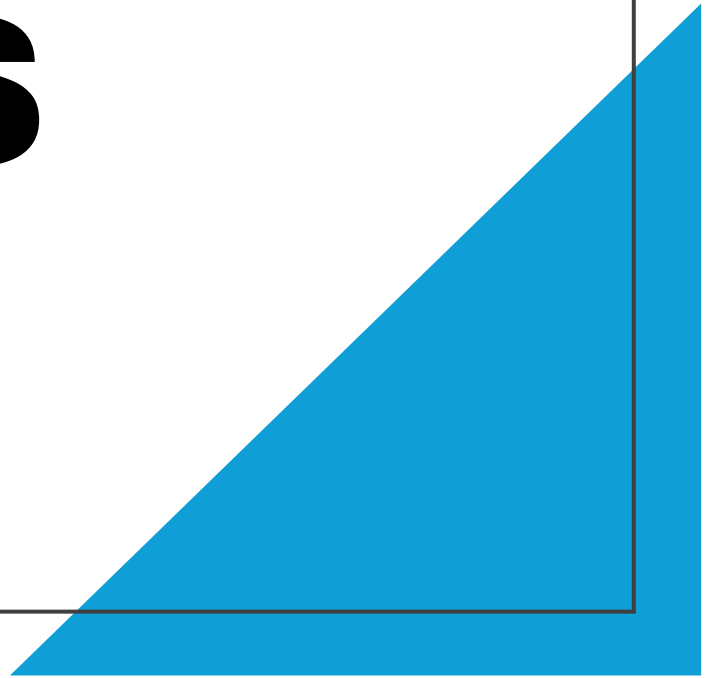


USING A PUBLIC HEALTH LENS TO REDUCE GAMBLING HARMS

A public health framework works across the continuum of gamblers, addressing both severe harms and the potential harms facing gamblers



Special Populations



ThinkArgus Campaign PGS

BEFORE YOU GAMBLE, KNOW THE RISKS

ResponsiblePlayCT.org



GAMBLING CAN LEAD TO ADDICTION



TAKE BREAKS FROM GAMBLING

WARNING SIGNS

- ☐ Gambling causes problems
- ☐ Feeling stressed
- ☐ Gambling to escape
- ☐ Keeping secrets
- ☐ Chasing losses
- ☐ Borrowing money
- ☐ Can't quit

BEFORE YOU GAMBLE, KNOW THE RISKS

ResponsiblePlayCT.org



BEFORE YOU GAMBLE, KNOW THE RISKS

For some, gambling can lead to mental health problems and impact families.

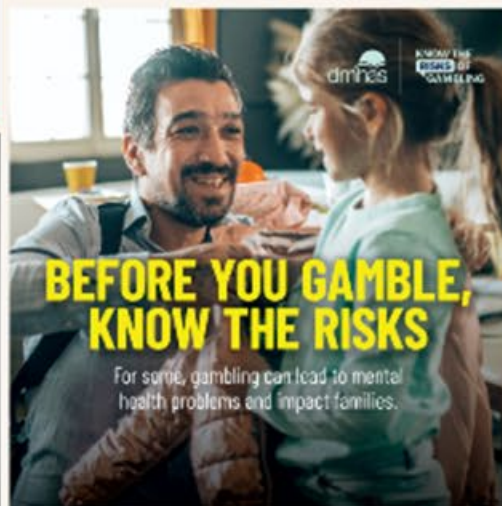
Know your risks. Some people are at greater risk for problem gambling than others.

Learn more and find resources to help at

ResponsiblePlayCT.org.



Problem gambling help is here
Call 1-888-789-7777 or visit responsibleplayct.org



BEFORE YOU GAMBLE, KNOW THE RISKS

For some, gambling can lead to mental health problems and impact families.

KNOW THE RISKS OF GAMBLING

Return to Responsible Play Homepage



BEFORE YOU GAMBLE, KNOW THE RISKS

For some, gambling can impact their relationships and family life. It's important to know the risks of gambling and the warning signs that can indicate if you or a loved one is struggling with problem gambling.

What is problem gambling?

Problem gambling involves a pattern of gambling that causes serious distress or damage to a person's family, or employment or finances.

Why this matters

Among people who experience problem gambling:

- 67.2% experience mental health problems
- 61.6% experience financial problems
- 30% experience relationship problems
- 19.9% have work/life problems
- 16.7% struggle in the job/believe
- 10% experience physical health problems



Responsible Gambling

The best way to avoid the risks of gambling is to not play at all. But if you're going to play, there are ways to play it safe.

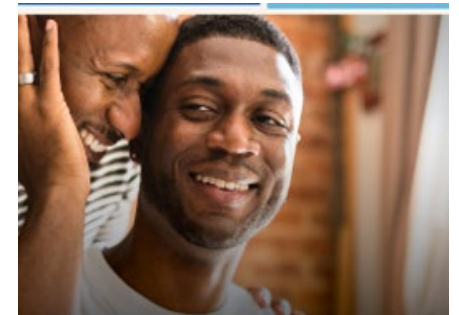
- Set limits on time and money you're willing to spend when you play.
- Take breaks.
- Never gamble money to gamble.
- Calculate potential losses before you play.
- When gambling is no longer fun, stop as a way to make money.



CT Council on Problem Gambling Multicultural Problem Gambling Prevention Program & ThinkArgus Campaign



- Will identify and fund five (5) organizations within the five (5) DMHAS regions.
- Identified organizations (through an RFP process) will reach specific populations with an emphasis on underserved communities based on their needs assessment and other data gathered.
- Organizations selected will utilize the Strategic Prevention Framework to design and promote activities that help to understand culturally-based motives to gamble and increase protective factors within communities to decrease the harm associated with gambling.
- Identified organizations will utilize the ThinkArgus Multicultural Campaign to further engage with special populations and increase awareness of problem gambling related risk and protective factors.



PROBLEM GAMBLING AWARENESS THROUGH THE ARTS INITIATIVE

Through an RFP process
5 Artists and Organizations
were selected and funded to
increase problem gambling
awareness using art to engage
with special populations.

**More Events
to come!**

The Cultural Coalition and DHMAS Present

Problem Gambling Awareness Through the Arts Events

02 MAY **BET ON BLACK**
The Significance of Self Love: Problem gambling awareness in the Black Community. Featuring the CT Poet Laureates and IShowtime Jazz Band and Live Painting by Iyaba Ibo Mandingo. Hosted by Frederick-Douglass Knowles.
6pm Flavours of Life 81 Bank Street New London CT

26 MAY **CAPE VERDEAN FESTIVAL**
Celebrate with Culture of the Cape Verdean community at an all day outdoor Music and food festival! Stop by the Problem Gambling booth to get valuable information and pick up a scavenger hunt card! Downtown Norwich CT-Franklin Street

10 AUG **NEW LONDON PRIDE**
D.Derek, artist and friends will hold arts and craft making booth at OutCT's 11th annual LGBTQ+ Pride Festival Aug 10, 2024, 11:00 AM - 6:00 PM. New London, 98 Neptune Ave, New London, CT 06320

TBD SEP **SPLIT & PAINT**
Winning Ways Inc. will partner with OIC Of New London County to host a Paint and Split night that features a Painting Class, DJ, Hip Hop artists and information on Problem Gambling

VARIOUS SEP **THEATER PROJECT**
Artreach Inc. and theater artists will create monologues highlighting how gambling addiction impacts the lives of five people of various cultural backgrounds.

SAVE THE DATES!

CULTURAL COALITION
serving southeastern & northeastern CT

dmhas

**Bet on Black Event
121 Participants**



**Cape Verdean Festival
3,000-4,000 Attendees**



Youth Media Project





FOX61 Student News

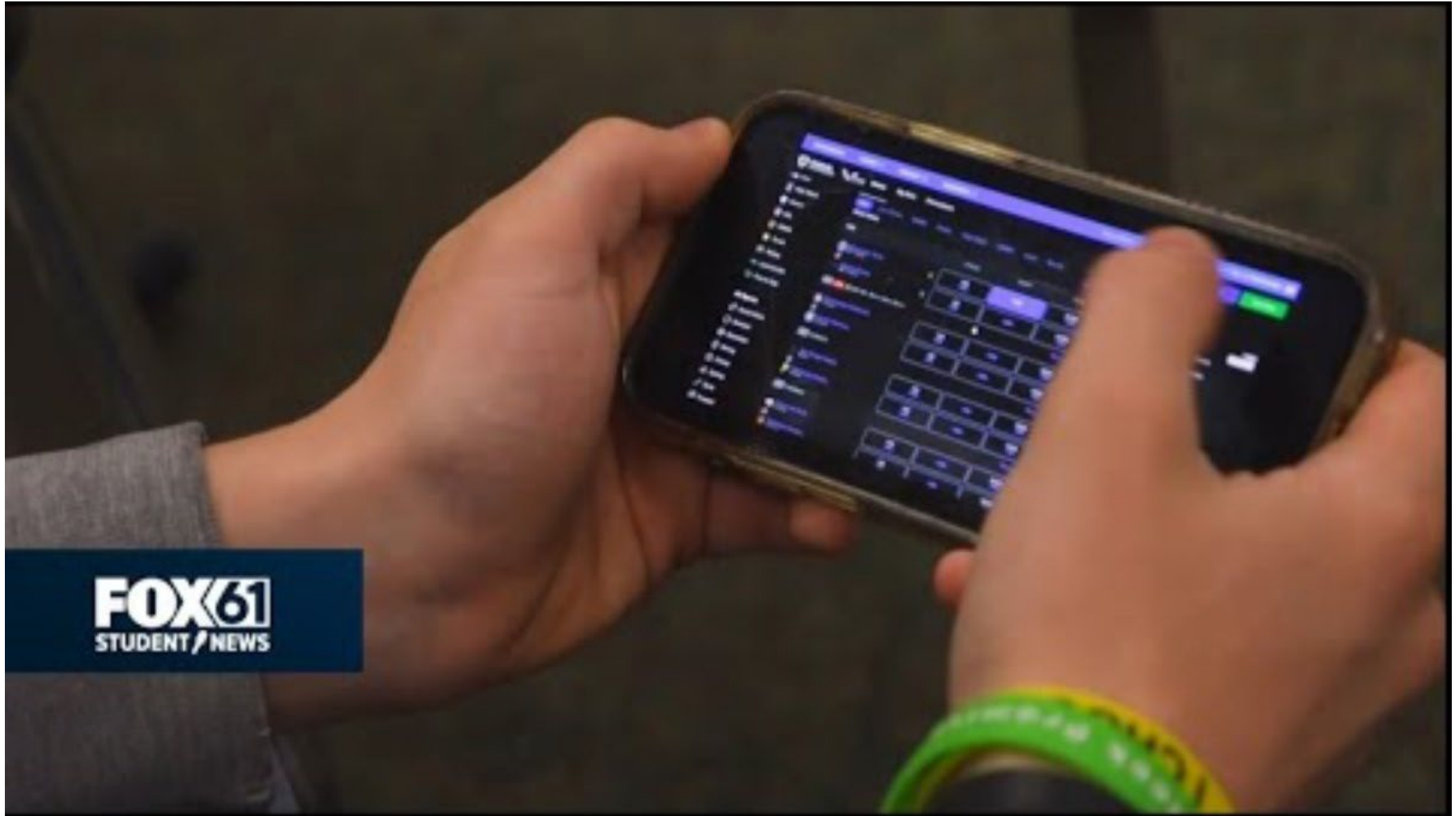
Not Just a Game

Empowers Connecticut high school students to explore the world of multi-media journalism

Participating students capture, edit and publish original content under the guidance of industry professionals.

The *Not Just a Game* category is sponsored by CCPG in partnership with DMHAS.

Helps raise awareness that gambling is not a risk-free activity.



FOX61
STUDENT / NEWS



College Campus Gambling Prevention Initiative



Seven Prevention Strategies for Community Change

Provide information

Enhance skills

Provide support

Enhance
access/barriers

Change
consequences
through incentives
and/or disincentives

Change physical
design

Modify and change
policies

PARTICIPATING COLLEGE ACTIVITIES

Southern Connecticut State University held a screening event

"I Screen, You Screen, We all Screen for Ice Cream"

~200 students screened for risk

Incentivized with ice cream truck

SCREENING

Wesleyan University partnered with Film Department where students made PSA's ahead of the Super Bowl

Shared on their social media platform. Over 8K views, 218 likes, and 39 shares

PSA PROJECT

Trinity College worked with their RA staff to train them in gambling risks and warning signs

Each dorm delivered their own specific program

**RESIDENCE
ASSISTANCE**

Eastern Connecticut State University increased awareness about the existing gambling policy on campus.

Shared policy through multiple channels such as posters hung in all residence halls and academic buildings and digital displays on all TV campuses

**POLICY
AWARENESS**



WFAN radio host Craig Carton spoke at Sacred Heart University

A focus group from Eastern Connecticut State University reported that the most popular form of gambling among students to be **blackjack, sports betting, lottery tickets, and fantasy sports**

Most students gamble on their phones or online, specifically in their **residence halls**



Brian Hatch, Wheeler's Better Choice Peer Specialist, spoke at Wesleyan, CCSU, and ECSU. At ECSU he spoke with over **100 student athletes** about the impact of gambling related harm



If you are interested in participating in the program reach out to Kaitlin Brown at kaitlinf@ccpg.org

CONNECTICUT COUNCIL on PROBLEM GAMBLING

COLLEGE CAMPUS GAMBLING PREVENTION INITIATIVE

CCPG has been working with several Connecticut colleges to utilize the seven prevention strategies for community change to address problem gambling.

Participating campuses promote activities to educate students and staff to raise awareness about gambling related harm.



"Gambling, including but not limited to, promoting, wagering, receiving monies for wagering or gambling for money or property is prohibited on CSCU premises."

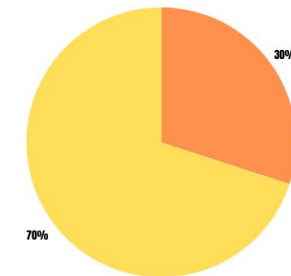
ECSU student handbook gambling policy



University of Bridgeport held a panel discussion about sports betting and the risks for student athletes



March Madness materials disseminated at ECSU



In a survey conducted by Gateway Community College **30%** of students (n=350) reported gambling to solve financial difficulties





DAVID RUELLA
AMPLIFY PROGRAM COORDINATOR

8 12:35
48°
WTHL.COM

Glastonbury center helps veterans recover from gambling addiction

Alliance
for Prevention & Wellness
A program of BHcare

THE REGION 2 GAMBLING RUNDOWN

November 15, 2023

The bi-weekly Problem Gambling, Problem Gaming and Mental Health Awareness offering in South-Central CT

WHAT ARE GAMBLING & PROBLEM GAMBLING?

Gambling: the act of risking something of value on an uncertain outcome; **something of value does not always mean money**

Problem Gambling: a pattern of gambling that causes an individual to experience problems in various significant parts of their life
source: CT Council on Problem Gambling (ccpg.org)

NICE-TO-KNOW NEWS:

This CT Insider article written in May of this year expertly describes the impact of the expansion of online gambling in college-aged individuals. Brian Dolan talks about the observations he is making on campus [here](#).

MEET SAUL



- I've been there
- Vendor of 5 Texas school districts
- Keynote speaker on problem gambling
- Experience with parents and behavioral health centers



RECOGNIZE BEHAVIOR

Checking phone.
A LOT

Preoccupation
with sports

Asking others
for money



Mindfulness for the Helping Professional

Thursday, March 21, 2024, 10am-11:30am
228 W. Town Street, Norwich (recommended) or virtual option

Take a moment to reset and refresh. Everyone deserves a moment to be with themselves. People working with people can get complicated and it's only natural to feel a bit stressed and strained at times. We will learn about the body as a nervous system and ways to release stress before it builds up. We will also explore how mindfulness promotes prevention, treatment, and recovery orientation!



Use the QR Code to
register or contact
dwalker@seracct.org

Presenter Michaela Fissel, MA, is the Executive Director of Advocacy Unlimited Inc. She has 16 years of experience working in the peer recovery field, with an expertise in supporting recovery during the transition to adulthood. She holds a masters in conscious studies, is a certified coach, yoga instructor and breathwork practitioner.



To learn more about SERAC
visit www.seracct.org



Small group questions



What does prevention look like in your community?

Are you working with any special populations?

Considering the case study what are the programs you can identify that would have been beneficial for the individual?

CT Disordered Gambling Integration (DiGIn)

Mission

To increase the capacity of substance use disorder and mental health treatment/recovery/prevention programs to address gambling and problem gambling through enhanced screening, assessment, awareness, intervention, recovery and health promotion strategies.

DiGIn:



**Disordered
Gambling
Integration**

DiGIn:



**Disordered
Gambling
Integration**

DiGIn Criteria

Identify a management level staff member, as the coordinator, to oversee the program.

Coordinators attends statewide meetings once every two months.

Coordinator attends the quarterly gambling awareness team meeting.

Work with DMHAS on integrating gambling into assessments.

Integration of gambling into clinical interventions.



DiGIn:



**Disordered
Gambling
Integration**

DiGIn Criteria

Integrate problem gambling into mission statement, policies, protocols and procedures.

Identify 3 key staff who will be working towards gambling-related credentialing.

Clinical and direct care staff complete three gambling-specific training hour annually.

Fidelity reviews and quarterly team meetings.





Goals Achieved

DiGIn Providers Surveys

Comparisons From Initial to
Follow Up Surveys:

**Where change was identified,
86% represented growth.**



DiGIn Providers Surveys

Areas of Greatest Change:

- 1) Awareness of programs in the region that address problem gambling issues.
- 2) Improvements with assessing for problem gambling.
- 3) Diagnosing clients who have a gambling disorder.
- 4) Talking about the impact of gambling on recovery.



DiGIn Client Surveys

Comparisons From Initial to
Follow Up Surveys:

**Where change was identified,
90% represented growth.**



DiGIn Client Surveys

Areas of Greatest Change:

- 1) Improvements with screening for problem gambling.
- 2) Staff talking about the impact of gambling on clients' recovery.
- 3) Not using other substances while gambling.



Integrating Gambling Into Assessments and Protocols

In the past year, have you participated in any of the following: keno, lottery scratch offs, betting on sports, playing cards for money, going to the casino, online gambling, Off Track Betting, Daily Fantasy Sports, and purchasing loot boxes in videogames?

- None
- Less Than Monthly
- Monthly
- Weekly
- Daily

Integrating Gambling Into Assessments and Protocols

- All clients are screened for problem gambling.
- Brief Biosocial Gambling Screen / Problem Gambling Severity Index.
- Integrate gambling into similar discussions as substance use:
 - Treatment history
 - Legal history
 - Stage wise assessment (substance use, mental health and gambling)
 - Recreational activities
 - Relationship impacts
 - Severity of the addiction
 - Assessing for Suicidality

Integrating Gambling Into Assessments and Protocols

- Include gambling resources on the agency's website within other behavioral health resources.
- Protocols created where all staff take a gambling training as part of the orientation process (e.g. e-learning platform and created trainings).
- Reduction of gambling behaviors in the workplace.
- Recovery Community Center Presentations on Gambling.

Additional Achievements

- Staff Certification (e.g. GACC, SCPG/ICOGS, ICGC-I).
- Gambling integration into Outpatient, Intensive Outpatient (IOP) and Residential groups.
- Building partnerships with regional gambling treatment providers.
- Integrating gambling into the Telephone Recovery Supports program.

DiGIn Criteria:

Complete Problem Gambling Capability

Site Visit Evaluation: Non-Gambling Integrated – Capable – Enhanced

PROGRAM
CHARACTERISTICS

PROGRAM
STRUCTURE

PROGRAM
MILIEU

CLINICAL
PROCESS:
ASSESSMENT

CLINICAL
PROCESS:
TREATMENT

CONTINUITY OF
CARE

STAFFING

TRAINING

Break / Small Group Questions

- Based on what you have heard so far today, how can you improve gambling integration in your own agency / place of employment?
- How would you design an integration procedure to help Kevin?

What are the Better Choice Programs?

OP LOC providing individual, group, peer support, family treatment, medication management, and budget counseling for both problem gamblers and persons affected



Region 1

Southwestern CT



Region 2

South Central CT



Region 3

Eastern CT



Region 4

North Central CT



Region 5

Northwestern CT

Clinician and Peer: The Working Relationship

- ▶ Supports a whole-person approach to recovery
- ▶ “The sense of mutuality created through thoughtful sharing of experience is influential in modeling recovery and offering hope (Davidson, Bellamy, Guy, & Miller, 2012)
- ▶ People receiving peer recovery support may experience: improved relationship with treatment providers, increased treatment retention, increased satisfaction with the overall treatment experience, improved access to social supports, and reduced relapse rates

Core competencies

Of Clinicians:

- ▶ Understanding and applying theories of mental health & well-being
- ▶ Assessing and diagnosing
- ▶ Developing and implementing treatment plans
- ▶ Providing therapeutic support

Of Peer Support Specialists:

- ▶ Sharing personal experiences
- ▶ Providing emotional support
- ▶ Helping individuals develop coping skills
- ▶ Providing resources and referrals

The Work We Do: The Intersection Between Clinician and Peer

- ▶ Group co-facilitation
- ▶ Individual sessions
- ▶ May meet with the peer first, to help bridge the gap into treatment and reduce any potential barriers to engagement

Small Group Discussion

For the next 5-10 minutes, review the case study and then break up into small groups and discuss the following:

1. What are some of the ways the Bettor Choice team could intervene?
2. What are some of the traits Kevin has that could indicate a problem with gambling?
3. What are some of Kevin's risk and protective factors?

Case Study Discussion

- ▶ Treating Kevin through the Bettor Choice program



Bettor Choice Gambling Treatment Program

IF YOU OR SOMEONE YOU LOVE IS STRUGGLING WITH GAMBLING ADDICTION, TURN TO US.

Meet some of the CT Regional Gambling Awareness Team Coordinators!



Region 1
Dena Miccinello



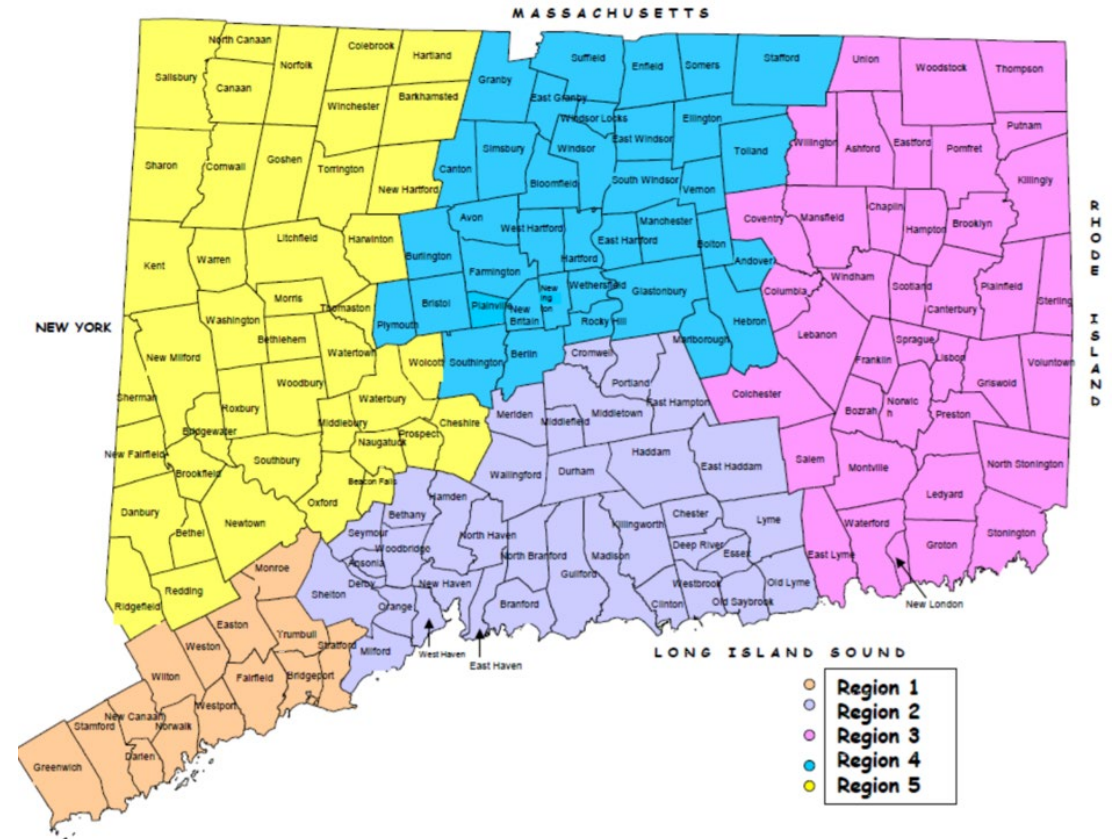
Region 4
David Ruela



Region 3
Deborah Walker



Region 2
Brailee Whan



Thank You!

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