

# Community Resources

## **Frontline Services (A crisis hotline)**

[www.frontlineservice.org](http://www.frontlineservice.org) 216.623.6888

## **Gam-Anon**

[www.gam-anon.org](http://www.gam-anon.org)

## **Gamblers Anonymous**

[www.gamblersanonymous.org](http://www.gamblersanonymous.org)

## **Get Set Before You Bet**

[www.beforeyoubet.org](http://www.beforeyoubet.org)

## **National Alliance on Mental Illness**

[www.nami.org/Affiliate?state=OH](http://www.nami.org/Affiliate?state=OH)

## **National Council on Problem Gambling**

[www.ncpgambling.org](http://www.ncpgambling.org) 1.800.522.4700

## **Ohio for Responsible Gambling**

[www.org.ohio.gov](http://www.org.ohio.gov)

## **Ohio Problem Gambling Hotline**

1.800.589.9966

## **Ohio Suicide Prevention Foundation**

[www.ohiospf.org](http://www.ohiospf.org)

## **Problem Gambling Network of Ohio**

[www.pgnohio.org](http://www.pgnohio.org) 614.750.9899

## **Recovery Resources**

[www.recres.org/gamblingaddiction](http://www.recres.org/gamblingaddiction) 216.431.4131

## **Suicide Prevention Lifeline**

[www.suicidepreventionlifeline.org](http://www.suicidepreventionlifeline.org) 1.800.273.8255

## **Voluntary Exclusion Program**

[www.casinocontrol.ohio.gov/ResponsibleGambling](http://www.casinocontrol.ohio.gov/ResponsibleGambling)



Cuyahoga Problem  
Gambling Coalition

# Community Resource Guide on Gambling Addiction

For individuals, families, or anyone who  
wants to know more about gambling  
addiction, treatment, and resources.

Revised May 2018



# What is Gambling Addiction & Problem Gambling?

## What is Gambling?

Gambling is risking something of value on an event that is determined mostly by chance. For example, the lottery, scratch-offs, dice games, card games, sports betting.

Things of value are money, jewelry, cell phones, cars, clothing, and even homes.

## Did you know that gambling is high-risk if:

- You are using money that is needed for living expenses
- You are borrowing or using credit to fund your gambling
- Gambling is used to escape from unpleasant emotions or cope with difficult situations
- You are recovering from mental health or substance use disorders
- Alcohol and/or drugs are being used while gambling

## What is Problem Gambling?

Problem Gambling is when people's gambling habits start causing issues with:

- mental health
- physical health
  - work
  - school
  - activities
- relationships
- finances
- reputation
- spiritual being

## What is Gambling Addiction?

The official name is Gambling Disorder under the DSM-5. A healthcare professional diagnoses a person with Gambling Disorder. It is when a person experiences severe distress and life problems due to their problematic gambling habits.

# GAM-ANON A Program for Friends & Family



Gam-Anon is a **free**, 12-step program for individuals who have been affected by the gambling problem of a loved one.

## The Purpose

1. To welcome and give assistance and comfort to those affected by a loved one's gambling problem.
2. To communicate Gam-Anon's understanding of compulsive gambling and its impact on our lives.
3. To share our experience, strength, and hope in coping with the gambling problem.
4. To use the steps and tools of the Gam-Anon program to nurture our spiritual and emotional growth and recovery.



Locate a meeting near you  
Hotline Ohio: 412.281.7484  
Visit: [www.gam-anon.org](http://www.gam-anon.org)

**"Treatment is not only a personal decision, but a family decision as well." - Recovery Advocate**



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Partners in health. Partners in hope.

# Advice for Family & Friends

If you have a loved one who is addicted to gambling, coping with their behaviors can be exhausting. The first thing you need to know is that it is not your fault, it is theirs. You can't make them acknowledge their problem or get them to stop, but what you **can** do is just be there for them.

Gambling can take a toll on your relationship with the gambler. In this situation, you need to let the person know how their gambling is negatively impacting your life as well. Let the person know that you want to help them, and that you are there as support.



## Protecting Yourself & Your Family's Finances

Most people who have a gambling problem, tend to have a hard time handling money. In order to help protect yourself and your family from financial burden, here are a few suggestions:



- Ask a professional for help on how to protect your family's assets
- Do not lend the gambler any money or pay off their debt
- Remove your name from any joint accounts shared with them
- Make sure that you are checking the mail yourself for bills

# Get Set Before You Bet! Gambling Responsibly

## Responsible Gambling Tips

- ✓ Set a limit on how much to spend and stick to it
- ✓ Set a time limit, leave whether you are winning or losing
- ✗ Do not use money needed for living expenses
- ✗ Do not gamble on credit (loans or credit cards)
- ✗ Do not try to win back lost money, expect to lose
- ✗ Avoid gambling while using alcohol
- ✗ Do not gamble as a way to cope with physical or emotional pain

"I wanted to work in prevention because half of all illnesses and addictions can be prevented. Be it heart disease, diabetes, or gambling addiction, prevention is key."  
- Prevention Professional

"Prevention is better than a cure."  
- Desiderius Erasmus

## Gambling Awareness Education Classes



We offer Gambling Awareness Classes at **no cost** to various audiences including colleges, high schools, community groups, senior centers, faith-based organizations and health & human service providers. To learn more about our services contact Ashley Yee at [ayee@recres.org](mailto:ayee@recres.org), 216.431.4131 x2524



# Have the Conversation



**PROBLEM GAMBLING  
AWARENESS MONTH**  
→ HAVE THE CONVERSATION

March is Problem Gambling Awareness Month hosted by the National Council on Problem Gambling (NCPG).

Six to eight million Americans meet criteria for gambling addiction, and many more are affected by a loved one's gambling problem. If you are concerned about a loved one's gambling, show them you care and have the conversation with them, don't wait.

## Warning Signs of a Gambling Problem



- Lying to loved ones about gambling habits and money spent
- Developing financial problems due to gambling
- Becoming restless or irritable when trying to stop or cut down on gambling

## Who's at Risk?

- 18-24 year-olds
- 65+ year-olds
- Veterans
- Asian Community
- Those in recovery from alcohol/drug addiction
- Persons with a mental illness
- Those living within 50 miles of a casino
- Those with a family history

\*Adapted from the National Council on Problem Gambling



# Get Involved! Make Change Possible!

## Cuyahoga Problem Gambling Coalition (CPGC)



Cuyahoga Problem  
Gambling Coalition

The Cuyahoga Problem Gambling Coalition is a place for diverse stakeholders to come together and develop strategies to eliminate problem gambling in Cuyahoga County. We are always looking for new members! Contact Ashley Yee at [ayee@recres.org](mailto:ayee@recres.org), 216.431.4131 x2524 if you are interested in joining.

## Free Trainings

We offer gambling addiction education trainings located across Ohio and through online distance learning at **no cost**. To learn more visit [www.recres.org](http://www.recres.org) or contact Mike Buzzelli, Gambling Services Coordinator 216.431.4131 x2612, [mbuzzelli@recres.org](mailto:mbuzzelli@recres.org)

## Free Consultation Services

Recovery Resources provides consultation services for agencies and organizations to develop strategies on incorporating Problem Gambling services into their practice. Consultations are on an as needed basis and are specifically designed to the needs and goals of the organization. Contact Mike Buzzelli, Gambling Services Coordinator, for more details 216.431.4131 x2612, [mbuzzelli@recres.org](mailto:mbuzzelli@recres.org)

# Help is Here

text  
✉ 1.800.522.4700

call  
☎ 216.431.4131

chat  
💻 ncpgambling.org/chat

## Recovery Resources Gambling Treatment

Recovery Resources is a leading provider of treatment for gambling addiction. We offer individual and family counseling at **no cost**. Completing an assessment is the first step in enrolling in our program. We offer assessments on a walk-in basis at our Pearl and Chester locations from 8 am–2 pm and by appointment only at our Lakewood office. Please bring your photo ID.



All gambling treatment services are free of charge, you **DO NOT** need insurance coverage.

For more  
information  
please call  
216.431.4131

"Problem gambling is a disease. It is not something you can cure. It is a chronic illness. And once you accept you are a compulsive gambler, life gets better for you!" - Recovery Advocate

### Locations

4269 Pearl Rd. Old Brooklyn, OH 44109

3950 Chester Ave. Cleveland, OH 44114

14805 Detroit Ave., Suite 200 Lakewood, OH 44107

216.431.4131 for all locations



RECOVERY RESOURCES  
Partners in health. Partners in hope.

# Suicide is Preventable! YOU Can Save a Life!

Need help now?

Text "4HOPE" to 741741

Call 1.800.273.8255

## DID YOU KNOW?



Out of **all** addictions, gambling addiction has the **highest** rate of suicide of 1 in 5.



- 39% of those with a gambling addiction have suicidal thoughts
- It's 100% okay to ask for help

\*Statistics from National Council on Problem Gambling

## Suicide Warning Signs

- Talking about death, dying, suicide
- Hopelessness
- Seeking out lethal means
- Self-loathing, self-hatred
- Getting affairs in order
- Saying goodbye
- Withdrawing from others
- Dangerous or risky behaviors
- Sudden sense of calm

## How to Help

- Ask them **directly** if they are thinking of killing themselves. If yes, ask them if they have a plan, if they have a plan, get them help immediately.
- If they do not have a plan, help the individual connect with a professional.
- You don't have to have all the answers. Listening can be the difference in saving someone's life.

# Gamblers Anonymous

## 20 Questions

Gamblers Anonymous (GA) is a non-religious, twelve-step program for people who have a gambling problem.

**"You have to go into GA self willingly! You need to do it for yourself. You need to be selfish on your recovery. You need to take care of yourself the most!" - Recovery Advocate**

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?

13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry, trouble, boredom, loneliness, grief or loss?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?



If you answered **YES** to more than **SEVEN** questions, you may have a gambling addiction. GA is one path to recovery from a gambling addiction. To learn more about GA and find local meetings please visit their website at [www.gamblersanonymous.org/ga/](http://www.gamblersanonymous.org/ga/)