

# WISCONSIN COUNCIL ON PROBLEM GAMBLING

PUBLIC AWARENESS CAMPAIGN Funded by the State of Wisconsin, Department of Health/Family Services - Bureau of Mental Health & Substance Abuse Services  
MAJOR CONTRIBUTOR: Forest County Potawatomi Community of Wisconsin

For help, call:  
1-800-GAMBLE-5

Winter 2007

## Welcome to 2007

Happy New Year! As 2007 begins, the staff and Board of Directors for the Wisconsin Council on Problem Gambling look forward to continuing and expanding the services we provide to compulsive gamblers, their family members and to the state of Wisconsin. Callers to the 24-hour Helpline receive referrals to Gamblers Anonymous meetings, Gam-Anon meetings and treatment providers who have been trained specifically to work with the Compulsive Gambling addiction. Our number of Helpline volunteers increased in 2006 which helps enhance the effectiveness of the Helpline.

On March 22-23, the Ninth Annual Compulsive Gambling Awareness Conference will take place at the Heidel House in Green Lake. We look forward to hosting the conference as we bring in national and local speakers.

As our statewide public awareness campaign continues, we look for new ways to provide quality information throughout the state on the compulsive gambling addiction and to let people know that help is available for those who are affected.

During 2007, we look forward to continuing our partnership with the Forest County Potawatomi Community of Wisconsin. The partnership with Potawatomi helps keep the Helpline operating and expanding its services, provides sponsorship and scholarships for the Annual Conference, and provides training programs for Milwaukee and its surrounding counties.

As 2007 moves forward, I look forward to working with all of you and keeping you updated on what is happening at the Council.

*Rose Gruber, WCPG Executive Director*



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Rose Gruber  
Executive Director  
Marge Allen-Trinkner  
Conference Coordinator  
Cheri Braley  
Helpline/Training Coordinator



## Festival of Trees

To get into the Christmas spirit and to promote gambling awareness, the Wisconsin Council on Problem Gambling sponsored a tree for the annual Festival of Trees. This event was held at the National Railroad Museum in Green Bay, WI. Over 5000 people were in attendance.

## National Gambling Awareness Week March 5-11, 2007

The Wisconsin Council on Problem Gambling, along with the National Council on Problem Gambling, is working to raise awareness about the consequences of those with the gambling addiction. We hope the information in this newsletter will in some way help in our mission of promoting education on problem and pathological gambling. We have inserted a flyer promoting National Gambling Awareness Week for you to display in an office, break room, bathroom, or other public area.

For more information or resource materials, please contact us at 1-800-GAMBLE-5.

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# WISCONSIN COUNCIL ON PROBLEM GAMBLING

## Understanding Yourself—Problem Gambling: What You Should Know

(NAPS) - Americans spend more on gambling than all other recreation combined. For most, it's a fun diversion but for a few, gambling can become a serious, life-altering problem.

Problem gambling is behavior that causes disruptions in any major area of a person's life. It affects as many as six to nine million Americans.

Would you recognize a gambling problem in someone you know? It may be easier if you know the signs. Here are some questions from the National Council on Problem Gambling. If you or someone you know answers yes to *any* of the following questions, it is likely that gambling has become problematic.

- 1). Have you gambled until your last dollar is gone?
- 2). Have you often gambled longer than you had planned?
- 3). Have you lied about your gambling to friends or family?
- 4). Have you used your income or savings to gamble while letting bills go unpaid?
- 5). Have you made repeated attempts to stop gambling?

6). Have you broken the law or considered breaking the law to get money to gamble?

7). Have you borrowed money to finance your gambling?

8). Have you felt depressed or suicidal because of your gambling losses?

9). Have you been remorseful after gambling?

10). Have you gambled to try to get money to meet your financial obligations?

"Problem gambling is not a bad habit or a moral weakness. It's a serious condition that responds well to treatment," explains Keith Whyte, executive director at the National Council on Problem Gambling. Whyte says that anyone can develop a problem with gambling. It can affect men or women of any age, race or religion, regardless of their social status. Some risk factors, individually or in combination, might make a person more vulnerable:

- ◆ A stressful life event such as the death of a loved one, divorce, job loss, injury/disability
- ◆ An early big win

- ◆ Pre-existing mental health problems such as depression, anxiety, alcoholism
- ◆ Family history of addictions such as alcoholism, compulsive gambling and drug addiction.

There is hope and help for problem gamblers and their loved ones—and many people who seek help do recover. For more information call 1-800-GAMBLE-5 (426-2535).

For more information, visit the National Council on Problem Gambling website:  
[www.ncpgambling.org](http://www.ncpgambling.org)

or

[wi-problemgamblers.org](http://wi-problemgamblers.org)



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**Congratulations**

to

***Alan Pristelski***

on passing the

**National Gambling**

**Counselor**

**Certification Board**

**Examination.**

## Problem Gambling in the Workplace

Compulsive gambling can be a progressive disorder causing a psychologically uncontrollable pre-occupation and urge to gamble. Individuals can eventually lose the ability to control the impulse to gamble. The Wisconsin Council on Problem Gambling has a new brochure, "Problem Gambling in the Workplace", that is available at no cost.



### Some of the Warning Signs of Problem Gambling at Work:

- ⇒ Chronically late for work.
- ⇒ Excessive use of sick days.
- ⇒ Leaves work early to gamble or meet bookie.
- ⇒ Vacation time centered around gambling activity.
- ⇒ Borrows money from co-workers or advances from employer.
- ⇒ Theft of company merchandise or property.

### Would you like to receive the newsletter via email?

Please contact the Wisconsin Council on Problem Gambling at 1-800-Gamble-5, or email: [wcpgamble5@new.rr.com](mailto:wcpgamble5@new.rr.com).

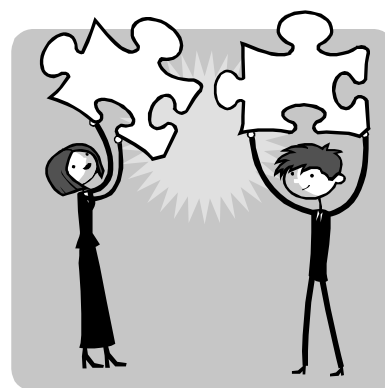
**Upcoming Trainings: Contact the WCPG for Details**

DATE	TRAINING	LOCATION	Registration Deadline
April 19-20, 2007	Phase 1	Green Bay, WI	April 12, 2007
May 17-18, 2007	Phase 2	Green Bay, WI	May 10, 2007
September 13-14, 2007	Phase 3	Green Bay, WI	September 6, 2007
October 11-12, 2007	Phase 4	Green Bay, WI	October 4, 2007

**There is Still Time to Register!  
 March 22 & 23, 2007**

**Ninth Annual Wisconsin Council on  
 Problem Gambling Statewide Conference**

**“Putting the Pieces Together to Build a Strong Foundation  
 Through Awareness, Education and Prevention”**



There is still time to register for our 2007 state conference, which will be held March 22 & 23, 2007, at the Heidel House Resort in Green Lake, Wisconsin. Early registration rates are good until February 28, 2007. Hotel reservations should be made prior to February 28, 2007 to be eligible for the conference rate of \$79.00 per night. To reserve your room, call Heidel House Resort at 800-444-2812 or direct at 920-294-3344.

This conference will bring together Treatment Providers, Researchers, Criminal Justice Personnel, EAP Professionals, Social Workers, Tribal Officials, Elected Officials, Educators, Students, HR Personnel, Clergy, Compulsive Gamblers, and Family/ Friends of Problem Gamblers.

We are offering Continuing Education Credits from the Wisconsin Certification Board, Employee Assistance Certification Commission, National Council on Problem Gambling, and the Wisconsin Association for Marriage and Family Therapy.

We have several full and partial scholarships available for this conference. For more information or to download a conference brochure or scholarship form, you can visit our website at: [wi-problemgamblers.org](http://wi-problemgamblers.org).

**National Rural Institute Workshop**

The National Rural Institute will offer a workshop track on the treatment of compulsive gamblers. This will be a 12.5 hour training session that is part of a 25 hour annual conference which covers a variety of addiction treatment issues. The gambling treatment track will be taught by Sandy Brustuen, NCGC who is the program coordinator for the Vanguard Treatment program in Granite Falls, MN and Paul Mladnick, NCGC who is supervisor of extended care at Hazelden and a trainer for WCPG. Scholarships are available. **The dates are June 3 - 7 and anyone wanting more information can contact UW Stout at 715 - 232 - 2460 or via e-mail at [conferencesolutions@uwstout.edu](mailto:conferencesolutions@uwstout.edu)**

