

WISCONSIN COUNCIL ON PROBLEM GAMBLING

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

PUBLIC AWARENESS CAMPAIGN FUNDED by the State of Wisconsin, Department of Health/Family Services—Bureau of Mental Health & Substance Abuse Services

Fall 2006

MAJOR CONTRIBUTOR: Forest County Potawatomi Community of Wisconsin



In Memory of Lynn Carlson

It is with great sadness that we tell you that Lynn Carlson, a WCPG Board Member since August 1999, passed away on September 30, 2006. Lynn was supportive and dedicated to the mission of the Wisconsin Council on Problem Gambling. Lynn was vice-president of the WCPG since 2001. We will miss Lynn's bright smile and enthusiasm that he brought to every board meeting. Lynn always had a story to tell and we will miss that. The WCPG Board of Directors and Staff offer our condolences to Lynn's wife and family.

"Two roads diverged in a wood, and I—
I took the one less traveled by,
And that has made all the difference.

Robert Frost



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CONGRATULATIONS

MARY BETH MANNING

Mary Beth Manning has completed training and is now a Nationally Certified Gambling Supervisor.

THANK YOU

The Lac du Flambeau Band of Lake Superior Chippewa Indians and Lake of the Torches Resort and Casino helped fund Phase I And Phase II trainings for counties in upper Wisconsin. This funding helped provide 30 hours of gambling specific education for Treatment Providers who are interested in providing services to compulsive gamblers and their loved ones.

When Gambling Becomes a Bad Bet

Most gamblers enjoy games of chance without problems, but some gamblers do develop problems. The most serious problems occur when the desire to play becomes an obsession, an over-powering urge to gamble.

What is Pathological Gambling?

- ⇒ Preoccupation with gambling-thinking about the "Big win" or planning the next gambling trip.
- ⇒ Higher bets to retain the excitement of gambling. Betting more frequently.
- ⇒ Concealing gambling by lying to family and friends.
- ⇒ Is unable to stop gambling, even after attempting to do so.

⇒ Trying to recoup losses.

⇒ Criminal activity to finance gambling addiction.

Effects of Pathological Gambling

- ⇒ Growing financial problems.
- ⇒ Marital problems.
- ⇒ Loss of job.
- ⇒ Legal problems.

Inside this issue:

Gambling Tool Kit	2
Inspiring Story	2
Executive Director Note	3
Thank You	3
New Law Bans Internet Gambling	4
Youth Gambling: High Stakes	4
Upcoming Trainings	5
Jim Aro Scholarship	5
Ninth Annual Conference	5
Facts from the WCPG	5
Mission Statement	6

NEW!!! Problem Gambling Tool Kit for Substance Abuse Professionals

The National Clearinghouse on Alcohol and Drug Information (NCADI) has free copies of the Problem Gambling Toolkit for Substance Abuse Professionals, which include advanced information on assessment, treatment and financial issues for both healthcare providers and family members of problem gamblers. These kits were jointly developed by the National Council on Problem Gambling and NCADI. All materials in the Clearinghouse are available free of charge.

Contact NCADI to order at: <http://ncadi.samhsa.gov> or 800.662.4357. Inventory number: PGKIT.

The Tool Kit includes:

- TIP 42: Substance Abuse Treatment for Persons with Co-Occurring Disorders (*excerpts on problem gambling*)

Excerpts from TIP 42 identify key elements of programming in substance abuse treatment agencies that address co-occurring disorders. The elements described have relevance for mental health agencies and other service

systems that seek to coordinate mental health and substance abuse services for their clients who need both. (Prepared by the Substance Abuse and Mental Health Services Administration's Center for Substance Abuse Treatment (CSAT))

- Problem Gamblers and Their Finances: A Guide for Treatment Professionals

This guide is designed to provide treatment professionals with a basic understanding of the financial issues that confront the problem gamblers and potential financial strategies.

- Personal Financial Strategies for Loved Ones of Problem Gamblers

This handbook is designed to help loved ones of the problem gambler. It will suggest ways to deal with personal financial issues due to gambling before they become a major financial problem...or it can help the loved one of a problem gambler recover financially if he/she already has serious money problems.

- Diagnostic criteria for problem gambling.
- Nationwide problem gambling referrals and resources: www.ncpgambling.org or 800.522.4700.

Individual and bulk copies of the booklet Financial Issues for Loved Ones of Problem Gamblers are also available through NCADI. Inventory number: BKD535

St. Paul Pioneer Press

By Hap LeCrone

Elderly man's life-affirming wisdom a worthy lesson

Dear Dr. LeCrone: I received these words of wisdom from a friend via e-mail, and she encouraged me to pass them on. The readers of your column may enjoy reading this powerful message because the five simple rules to being happy can be applied to almost any age.—A Reader in Texas

Dear Reader: I agree with you and will pass the message on.

A 92-year old, petite, frail, well-poised and proud man, who is fully dressed each morning by 8am, with his hair fashionably combed and

shaved perfectly, even though he is legally blind, moved to a nursing home today. His wife of 70 years recently passed away, making the move necessary. After many hours of waiting patiently in the lobby of the nursing home, he smiled sweetly when told his room was ready.

As he maneuvered his walker to the elevator, I provided a visual description of his tiny room, including the eyelet curtains that had been hung on his window.

"I love it!" he stated with the enthusiasm of an 8-year-old having just been presented with a new puppy. "Mr. Jones, you haven't seen the room; just wait."

"That doesn't have anything to do with it," he replied. "Happiness is

something you decide on ahead of time. Whether I like my room or not doesn't depend on how the furniture is arranged; it's how I arrange my mind. I already decided to love it. It's a decision I make every morning when I wake up. I have a choice; I can spend the day in bed recounting the difficulty I have with the parts of my body that no longer work, or get out of bed and be thankful for the ones that do."

"Each day is a gift, and as long as my eyes open, I'll focus on the new day and all the happy memories I've stored away, just for this time in my life. Age is like a bank account. You withdraw from what you've put in."

So, my advice to you would be to deposit a lot of happiness in the "bank account of memories." Thank you for your part in filling my Mem-

ory Bank. I am still depositing.

Remember the five simple rules to be happy:

1. Free your heart from hatred.
2. Free your mind from worries.
3. Live simply.
4. Give more.
5. Expect less.

Hap LeCrone is a clinical psychologist. For more columns, visit his website at: <http://www.haplecrone.com/>

From the Desk of the Executive Director



As 2006 comes to a close, I would like to thank everyone who has supported the council throughout 2006 financially, by volunteering or in some other way. Working together, we can continue to provide services to compulsive gamblers and their families.

Through the 24-hour Helpline, callers continue to receive help in an immediate crisis and referrals to Gamblers Anonymous meetings, Gam-Anon meetings and Treatment Providers. Callers can receive packets of educational information. Calls to the Helpline continue to increase.

The WCPG training program has provided 219 training units during 2006. We had the wonderful opportunity this year to implement a new training program providing 60 hours of gambling specific training. Joanna Franklin, an expert in the field of compulsive gambling treatment, wrote the Council's new training program. The Phase 1-4 training covers all the information needed for treatment providers to be able to pass the national certification test.

Our 8th Annual conference was held at the Country Springs Hotel and Conference Center in Waukesha on March 30-31, 2006. One hundred fifty seven people attended the conference. The An-

nual Conference continues to bring together national experts and trainers to provide the most up to date information on research and treatment in the field of gambling addiction. Planning is underway for the 9th Annual Conference to be held in Green Lake at the Heidel House Resort on March 22-23, 2007.

We continue to distribute our middle and high school curriculum "Gambling: Choices and Challenges" throughout the state. This eight-lesson curriculum assists educators in providing information to teens on making good choices and being aware of the possible risks in gambling. The WCPG is currently revising the curriculum. We hope to have it ready for implementation sometime in 2007.

We continue to provide public awareness around the state through our billboards, telephone directories, mini-grant program, casino ads, bus ads, and distribution of booklets, brochures and posters.

Without all of you, we could not continue to do the work we do. The Board of Directors and Staff of the Wisconsin Council on Problem Gambling looks forward to working with you in 2007 to continue serving the needs of compulsive gamblers and their families.

I wish you all a blessed and peaceful new year.

Rose Gruber

WCPG Executive Director

THANK YOU

When a call comes into the Helpline, a gambler or family member is looking for help. One of the most valuable resources we have are the treatment providers who have been trained to work with compulsive gamblers and their families. When a gambler is looking for treatment options, we are able to refer them to one of the providers who are listed in our Helpline Referral Directory.

We would like to thank the 95 Providers who are a part of our directory. Working together, we are able to provide positive options for compulsive gamblers and their families.

We would also like to say thank you to our Helpline volunteers who take emergency phone calls after office hours. You are a valuable link to the success of the Helpline.



There's still time...

To make your tax deductible contribution to the Wisconsin Council on Problem Gambling.

We need your help.

New Law Bans Internet Gambling

In a 317 to 93 vote, the House approved a bill to ban online gambling. This legislation makes it illegal to place bets using any kind of electronic funds such as credit cards, ACH transfers, etc. The Unlawful Internet Gambling Enforcement Act of 2006 updates the 1961 Wire Act, which keeps people from placing bets over the telephone, to include all forms of online gambling. The only exemption to this is state-run online gambling on horse racing and lotteries. Rep. Bob Good-

latte (R-Va.), released a media alert that stated, "The Internet Gambling Act is vital to protect our children and communities from the problems of addiction, crime, bankruptcy and family difficulties that come from gambling." (*1)

It is estimated from 8 to 23 million people gamble online each year spending an estimated \$6 to \$12 billion per year.

According to Keith Whyte, National Council on Problem Gambling, the Internet Gambling Act "makes funding your wager on the Internet illegal. So the financial transaction is what is crimi-

nalized here, not necessarily the state of play." (*2) This law will make it more difficult to gamble online, but for those with the gambling addiction, this is in no way a solution to their problem.

For those with a gambling addiction, health is the main issue. Awareness, education, and prevention are the necessary tools to help the gambler and his/her family.

Mr. Whyte states, "It is striking that none of the proposed internet gambling measures contain any funding for prevention programs for youth, treatment programs for problem and pathologi-

cal gamblers or research to learn more about the causes and consequences of gambling problems." (*3)

The Unlawful Internet Gambling Act is another deterrent for those with the gambling addiction, but it is not a cure. Those with gambling problems will find a way to gamble.

*1 Roy Mark, 2-17-06, internetnews.com.

*2 Newshour, 10-16-2006, pbs.org

*3 National Council on Problem Gambling website

From: [Teaching Today](#) / October 2006

Youth Gambling: High Stakes

By Julie Pangallo

Gambling is *not* a problem at your school, right? Don't bet on it! That's the word from Rose Gruber, Executive Director of Wisconsin's Council on Problem Gambling.

Ms. Gruber says that gambling issues are skyrocketing among youth. Calls to their office from or about teenagers used to be rare. Now when she addresses a classroom, virtually every student either gambles or has a friend that does, and 60 to 70% report gambling on a regular basis. The Council has dealt with children as young as 8 and 9 years old.

Research indicates teens are *twice as likely* as the adult population to develop a gambling addiction. Five to seven percent of adults develop problems, while gambling will become a problem for 10 to 14% of teens.

Middle and high school age students are naturally drawn to high-risk behaviors, and gambling fits the bill. Teens are also highly motivated to fit in and impress their peers. Gambling makes them feel important. They also see gambling as a quick way to make easy cash. Plus, gambling has become much more acceptable and accessible in recent years. The Internet has made it possible for teens to explore all types of gambling, virtual and otherwise. There is also a high correlation between video games and gambling.

Gambling has become quite mainstream in America. Teens are picking up on the recent Poker craze, watching dramatic high stakes tournaments on television, and playing Texas Card Hold-'Em. Card sharks are glamorized

on TV, and many programs show exciting casino lifestyles. Furthermore, retailers, car dealers, convenience stores and fast food restaurants offer "scratch off" games that seem innocent enough. However, they add to the illusion that gambling is simply fun. Combined with the right set of risk factors, these seemingly harmless activities can be the forerunner to gambling addictions.

Ms. Gruber went on to say that part of the problem is that adults see "playing cards" as a harmless alternative to what their kids could be getting into. Many parents host poker nights in their homes. Some school districts and church programs still hold "casino nights" or "poker nights" as entertainment and fund raisers. Unwittingly, they may be contributing to the very problems they are trying to circumvent. Although most kids can gamble for fun and will never have a problem, for kids who are at risk, these activities can be the beginning of a gambling problem. Ms. Gruber warns that the stakes are high, and gambling can contribute to other addictive behaviors, including drugs and alcohol.

The Wisconsin Council on Problem Gambling takes the stand that prevention is just as important as intervention. They offer School presentations, videos and curriculum for middle and high school students with an emphasis on making healthy choices.

They also offer a panel of speakers who can address classrooms, teachers, civic and Parent-Teacher organizations.

If you know someone with a gambling problem, call The Wisconsin Council on Problem Gambling at 1-800-Gamble-5 (1-800-426-2535) or visit their website at www.problemgamblers.org.

Warning Signs of Gambling Addiction

- ◆ Change in Spending Habits
- ◆ Unexpected Extra Money
- ◆ Sudden Interest in Sports
- ◆ Bragging About Wins
- ◆ Unexplained Absences
- ◆ Selling Personal Items
- ◆ Borrowing Money from Peers
- ◆ Using Gambling Lingo
- ◆ Purchasing Expensive Items
- ◆ Drop in Grades
- ◆ Changes in Behavior
- ◆ Moodiness
- ◆ Signs of Anxiety
- ◆ Fatigue
- ◆ Lying
- ◆ Cheating
- ◆ Stealing

The presence of 1 or 2 signs may be cause for concern.



Upcoming Trainings: Contact the WCPG for Details

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

2007 Jim Aro Scholarship

The Jim Aro scholarship was established in 2005 by the WCPG. The best way for us to honor the memory of Jim is to encourage future pioneers working in the compulsive gambling addiction field. This scholarship provides financial assistance to one person every year to attend a Phase 1 & Phase 2 training. For more information, please contact WCPG 920-437-8888 for an application. Deadline is December 31, 2006.

Ninth Annual Wisconsin Council on Problem Gambling Statewide Conference

Our 2007 state conference will be held March 22 & 23, 2007, at the Heidel House Resort in Green Lake, Wisconsin. Make your hotel reservation by calling 1-800-444-2812. Please make your reservation by February 28, 2007 to be eligible for our conference room rate of \$79.00 per night.

Upcoming Opportunity for Milwaukee, Ozaukee, Racine or Waukesha County Treatment Providers

The Wisconsin Council on Problem Gambling is pleased to offer Phase 1 & Phase 2 training for Milwaukee, Ozaukee, Racine, and Waukesha counties at a discounted rate of \$125.00 for both trainings. These training programs were written by Joanna Franklin, a national compulsive gambling expert. Phase 1 will be presented on January 11 & 12, 2007. Phase 2 will be presented on February 8 & 9, 2007. This opportunity is sponsored by a grant from the Forest County Potawatomi Community of Wisconsin. Contact Cheri at (920)437-8888 for more information about this training.

Facts from the WCPG:



- The WCPG provides education and awareness on the issues of problem and compulsive gambling while maintaining strict neutrality on legalized gambling.
- Approximately 285,000 Wisconsin residents have a gambling problem.
- Calls to the Wisconsin Council on Problem Gambling's 24-hour Helpline have increased 256% since 1996.
- Female gamblers calling the Helpline have increased 307% since 1996.
- Gambling related embezzlements have risen sharply in Wisconsin over the past two years.

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

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WISCONSIN COUNCIL ON PROBLEM GAMBLING

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Fax: (920)437-8995

The WCPG offers training workshops that give the necessary tools and techniques to deal with the often under-diagnosed gambling addiction.

Check out this newsletter on the web at:
www.wi-problemgamblers.org

The Wisconsin Council On Problem Gambling promotes public awareness and education on problem and pathological gambling disorders while maintaining strict neutrality on the issue of legalized gambling.

Our goals are to:

- Promote public education and awareness of pathological and problem gambling disorders.
- Maintain a toll-free statewide Helpline where pathological and problem gamblers and their families can call for immediate and continuing assistance in dealing with the addiction.
- Advocate quality assistance for all individuals affected by gambling problems.
- Identify “high risk” individuals and groups of problem and pathological gamblers and provide prevention activities and information.
- Provide expert training to professional counselors in the treatment of pathological and problem gamblers.
- Compile and maintain a database of statistical information concerning problem and pathological gambling in Wisconsin.

VOLUNTEERS SOUGHT:

The WCPG is currently accepting volunteers. Anyone interested in donating their skills and time to the organization by answering Helpline calls or helping with administrative projects is encouraged to contact us at (920)437-8888.

RESOURCE LIBRARY

The WCPG has both books and videos in our lending library. Materials can be loaned out on a two week basis. These materials can also be mailed to you. For more information, call Cheri at (920)437-8888 or email her at: wcpgamble5-cheri@new.rr.com.

“THE GREATEST DISCOVERY OF THIS GENERATION IS THAT A HUMAN BEING CAN ALTER THEIR LIFE BY ALTERING THEIR ATTITUDE.”
WILLIAM JAMES