



EVERGREEN
Council on Problem Gambling

Treatment. Training. Awareness.

ECPG Insights

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IN TRAINING

Treatment Provider Training Provides CEUs

***NEW Certification and
Supervisor Training
Added!***

[Click here](#)

How can treatment

NEW DIRECTIONS



HOPE & HELP

Maureen Greeley, Executive Director

If you don't have hope for the future, you don't have anything. The Evergreen Council on Problem Gambling was instrumental in getting me the help I needed and finding hope.

--Recovering Gambler,
Washington State

Being able to believe in new, positive beginnings is important for anyone affected by problem gambling. Hope and Help are keys to this. Often, problem gamblers, family members, and friends affected by this compulsive addiction feel trapped and helpless. Problem gamblers often make promises to themselves and to those they love to stop gambling--promises they may not keep.

Problem, or compulsive, gambling is a real disorder--similar to alcohol, drug, or sexual addictions. Fortunately, most people can enjoy recreational gambling responsibly as entertainment. For some, that becomes impossible. While it may be a small percentage of our population, when you or someone you love has a gambling addiction, you don't want to be reduced to a statistic. The problem is all too real. Broken marriages, bankruptcy, depression, and even suicide can result.

That is why the Evergreen Council on Problem Gambling strives to provide support and services, such as the statewide Helpline (1.800.547.6133). The toll-free, confidential Problem Gambling Helpline provides information about problem gambling and referrals to professional treatment and support programs 24 hours a day, every day.

The Council offers education and public awareness programs to a wide variety of community and professional groups through

professionals enhance their knowledge and skills to help individuals, couples, and families affected by problem gambling? What special skills are needed to assist those with personality disorders, understand cultural sensitivities with different populations, and recognize and prevent relapses? Want to learn more about how to become a certified problem gambling counselor in Washington or nationally? Want to learn more about issues facing other problem gambling counselor supervisors or how to become a supervisor?

These questions and more will be answered November 12-15 at the Council's Basic and Advanced Problem Gambling Training Workshops in Seattle. For more information and registration forms, [click here](#). More than 20 continuing education units are available during the four-day session. The units are applicable toward Washington State and National Problem Gambling Counselor Certifications and a variety of state and national counseling certifications, such as:

- National Association of Alcohol and Drug Abuse Counselors (NAADAC)
- Addiction Counselor Certification Board of Oregon (ACCBO)
- National Association of Social Workers

presentations, workshops, and conferences. The Council offers training and certification programs for treatment professionals, including qualified training for certification and continuing education hours through a variety of professional associations.

ECPG is here to help. In order to do that most effectively, we strive to partner with individuals, businesses, organizations, and agencies throughout the Pacific Northwest, and across the country as an affiliate of the National Council on Problem Gambling. Our goal is to bring together members from all sides of the gaming industry, education, counseling, and other health fields to ensure we are taking the most balanced, and most effective approach.

I hope that there is some way in which we at the Evergreen Council on Problem Gambling can partner with you to help provide education and awareness programs that help youth, adults, seniors, and all members of our communities to make healthy choices now and in the future. Whatever your interest and input, we want to hear from you. Please drop me a line at mlgreeley@evergreencpg.org, or call me at 360.352.6133, if you'd like to share information or receive information, get involved in one of our programs or invite us to present a program at your office, to a professional or service group of which you're a member, or to meet with your local PTA, school district, or youth group. My hope is that ECPG can help individuals, families, and communities throughout the Pacific Northwest understand the impacts gambling can have--both positive and negative--and that, if the fun stops and gambling does become a problem, Help IS available. Here's to a Future filled with Hope.

BOARD BRIEFS



MEET THE PRESIDENT

Richard Lobel

Balance. It's important to Richard Lobel--in life, in work, and as President of the Evergreen Council on Problem Gambling (ECPG).

"Our ECPG By-Laws mandate a balanced Board made up of various groups involved in the issues of problem gambling," Lobel said. "Representatives of the gaming industry (tribal and non-tribal), recovering problem gamblers, and treatment providers all sit or have been on the Board. This works because we take a position of neutrality on gambling issues. We are involved in the issue of problem gambling. No one is in favor of problem gambling, so we can focus on how to address the problem rather than engage in differences."

Lobel understands why addressing the problem is important. As a recovering compulsive gambler, he knows what it's like to be controlled by this addictive disease; how much is really at stake; and how crucial it is to find help when desperation sets in. "Today, I'm an incredibly grateful person who is genuinely happy being me," Lobel said. "I have a rich, full life that keeps me busy and fulfilled. It wasn't

(NASW)

- American Counseling Association (ACA)
- Washington Mental Health Counselors Association (WMHCA)
- Washington State Psychological Association (WSPA)

The Council is pleased to offer continuing education for treatment providers. What topics would you like addressed? Join our e-list by noting "Professional Development" in an e-mail addressed to insights@evergreencpg.org.

NOV. 12-15, 2008

Problem Gambling
Training Workshops

Swedish Medical Center
Cherry Hill Campus
500-550 17th Avenue
Seattle, WA 98122



[Click Here](#)

Become a Member

*and be a part of
supporting problem
gambling services and
programs. Other*

always that way."

Once a successful attorney with a bright political future and a loving relationship, Lobel watched it all slip away through his addiction and was left jobless, homeless, and hopeless. That led to finding Gamblers Anonymous, which he credits with giving him back a life he cherishes. Now, with 17 years in the recovery program and almost 12 years without a bet of any kind, he is employed by a multinational law firm headquartered in Seattle as a Senior Trainer. "In my spare time, I am a mediocre woodworker striving to get better, a nature photographer, an avid reader, and a musician interested in learning as many instruments as I can," Lobel added. He served as Area Trustee for Washington at the Board of Gamblers Anonymous and has been on the ECPG Board of Directors for nine years. Several other non-profits remain on Lobel's time and financial contribution list, mostly local Humane Societies and the Sierra Club.

What does Lobel see for ECPG's future?

"This is an exciting time. Our partnerships are increasing rapidly," Lobel said. "The number of gaming establishments seeking to implement Responsible Gaming Programs gives me great hope that Washington will join the states with successful programs and that there will be more resources available to those affected by problem gambling."

Lobel points out that, for years, even the idea that problem gambling is an illness deserving recognition as an addiction in the same way alcoholism and drug addiction are recognized was rare. "I think society as a whole is beyond that now," Lobel said. "The issues have begun to turn to how best to deal with the problem, not whether a problem exists. We need to do more. As a state, we're moving in the right direction. Our Council has always been at the forefront of these issues, and we'll continue to be a leader in the years ahead."

To read the full interview with Richard Lobel, [click here](#).

COMMUNITY CONNECTION



WELCOME!

*New Community Education Coordinator
Rhonda Stone*

Background:

Rhonda has a rich background in message development, public information, grants development, and community education. She worked with people of all ages during her work with public schools, a hospital, and two foundations, including the coordination of student foreign exchange programs, national conferences, parent trainings, and more. Rhonda has a BA in journalism and more than 20 years of experience working with non-profit and for-profit organizations,

benefits include:

- 🌀 Training & conference discounts
- 🌀 Quarterly e-newsletter
- 🌀 Periodic legislative reports & news releases
- 🌀 Display-quality certificate



Western Regional Conference

Informative, Interactive, Cutting-Edge Sessions

Looking for information, inspiration, and exciting training opportunities?

The Western Regional Conference on Problem Gambling Awareness has it all! Join us May 1-2, 2009, at the Vancouver Hilton for **Focus On the Future**, the region's most complete and dynamic conference on problem gambling awareness. Sessions are available for:

- Problem gamblers, friends, and family members seeking information.
- Gaming industry

including nearly five years as an assistant to a Ph.D. in education, working directly with brain science and learning theory. Rhonda is available for presentations. E-mail her at rstone@evergreencpg.org.

In Rhonda's own words:

Wow! What an amazing opportunity to make a difference for people throughout the Northwest. I cannot think of a better place to be professionally than ECPG. As a life-long, 40-something resident of Washington, I have watched two phenomena occur simultaneously: the growth of gambling as a recreational activity and the growth of gambling as a revenue-producing industry for economic development.

When I was young, my father enjoyed pull-tabs and poker on occasion at his favorite local establishment. He was the only person I knew who gambled, until my young adulthood when a few gal pals joined the Bingo craze. Bingo sounds harmless, doesn't it? Well, one dear friend became obsessed, to the point of leaving her very young children at home alone several nights a week in order to satisfy her addiction. It became a source of considerable concern for her family and friends.

Back then, we didn't know what to do and so we just watched. She died 20 years later from complications related to high blood pressure--secretly addicted to online poker and, subsequently, thousands of dollars in debt.

My father never had a problem with gambling, but my friend of many years did. Since then, I have been acutely aware that gaming activities can be a lot of fun--but they can also become an object of obsession. I look forward to helping the Evergreen Council on Problem Gambling educate people of all ages about problem gambling. Awareness is the single most important step on the path to prevention.

To read the News Release on the Council's growth, [click here](#).

RESEARCH REPORT



STUDY EXAMINES

Effective, Low Cost Intervention for College Students

Disordered gambling affects millions of Americans and is associated with higher rates of depression, anxiety, suicide (attempts and completions), work and academic failure, criminal activity, relationship disruptions, and more. Despite these social and health consequences, disordered gambling rarely receives sufficient attention as a significant public health concern. A proposed research

representatives seeking proactive partnerships.

- Government officials and liaisons seeking to understand the issues.
- Treatment providers seeking information to enhance their skills, certification, CEUs, and more.

Interested? E-mail us at insights@evergreencpg.org with **Focus On the Future** in the subject line to be on our list for periodic updates. Mark your calendar! [Click here](#) for more information.

MAY 1-2, 2009
Focus on the Future
3rd Annual Western
Regional Conference on
Problem Gambling
Vancouver Hilton
301 W. 6th Street
Vancouver, WA 98660



*The fact that
the Evergreen
Council on Problem
Gambling exists lets
people know they
are not alone in
their problem. When
a person calls the
Helpline and finds
out there is help
available--that no*

project is aimed at identifying college students currently experiencing problematic gambling and providing personalized normative feedback and/or brief advice on protective behavior strategies in order to prevent continuation and exacerbation of problems. The methods under investigation are brief, immediate, and low cost.

While rates of pathological gambling have been reported as between 1 to 3 percent of the general adult population, college students have been characterized as an at-risk group with 9 to 15 percent currently experiencing some problems related to their gambling. Approximately five percent meet criteria for pathological gambling and, as a result, are unlikely to seek treatment until years of compounding problems have caused sometimes devastating harm. The current study seeks to test the efficacy of web-based screening and immediately delivered interventions for at-risk or disordered college student gamblers. The research project is currently under way and actively recruiting participants.

The project is funded by a grant from the National Institute of Drug Abuse, as well as funds from the Evergreen Council on Problem Gambling and the Washington State Department of Social and Health Services Division of Alcohol and Substance Abuse.

--Ty Lostutter, MS

Clinical Psychology Graduate Student

Department of Psychology

Research Coordinator

Center for the Study of Health & Risk Behaviors

University of Washington

*cost or low-cost
treatment options
exist--a light is seen
at the end of a long,
dark tunnel.*

**--Recovering Gambler,
Washington State**



**When gambling
becomes a
problem, there's
hope...**

**HELP STARTS
HERE**

**1.800.547.61
33**

**Free,
confidential
information and
referral to
treatment 24
hours a day**

Office: 360.352.6133 / Evergreen Council on Problem Gambling / Confidential 24-Hour HelpLine 1.800.547.6133

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