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**About ECPG**

The Evergreen Council on Problem Gambling was established in 1991 as a private, nonprofit organization under the name Washington State Council on Problem Gambling. The Council is committed to providing support and services for problem gamblers, their families, employers, students, treatment professionals, and the greater community through information and education, advocacy, and referral to treatment services. The Council provides statewide confidential support through its 24-hour Problem Gambling Helpline (800.547.6133) and public awareness, education, prevention, training, and resource development services.

**DIRECTIONS**

**Not-So-Lazy Days of Summer**

*Maureen Greeley, Executive Director*

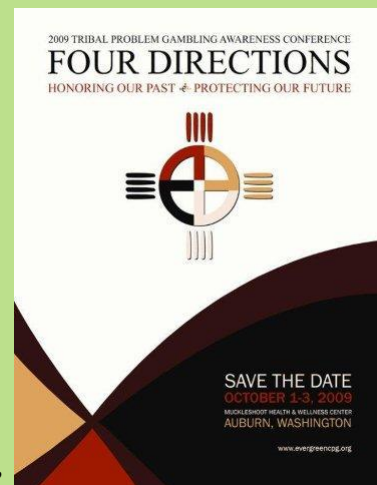
Ahhh, at last the lazy days of summer are here! Or are they? While we've welcomed beautiful, sunny weather to the Pacific Northwest, our days here at the Evergreen Council on Problem Gambling are anything but lazy.

On the heels of our most successful Focus on the Future Conference ever, which featured many great presentations by experts in the fields of treatment, prevention, legal and policy issues, and education, we're deep in the planning for our first Tribal Problem Gambling Awareness Conference--Four Directions. The theme of this conference is Honoring Our Past; Protecting Our Future. The conference will feature workshops and seminars by several distinguished Native American presenters from across the country, as well as a host of experts in the field. Conference Tracks include:

- Behavioral Health/Best Practices for Clinicians
- Family/Community Support and Services
- Prevention (with an emphasis on youth)

This year's conference partner is the Muckleshoot Tribe of Indians, and the conference will be held October 1-3 at the Muckleshoot Health & Wellness Center and the White River Amphitheatre Lodge in Auburn, Washington.

Also featured at **Focus on the Future** in April were several remarkable presentations by student groups, including the



The Council maintains a position of neutrality on gambling, recognizing that most people who gamble do so for recreation and suffer no serious problems. However, for some, gambling becomes a serious addiction, devastating to the individual and family. Our Council's core purpose is to advocate for programs and services to assist problem gamblers and their families. The Evergreen Council on Problem Gambling is an affiliate of the National Council on Problem Gambling ([www.ncpgambling.org](http://www.ncpgambling.org)), with access to the latest research, treatment alternatives, and other issues of importance relating to problem gambling.

## IN TRAINING

# BEGIN THE JOURNEY TO CERTIFICATION

**September 16-19, 2009**

Problem Gambling  
Training Workshop  
Earn Up to 27.5 CEUs

### **Location:**

Enzian Inn  
590 Highway 2  
Leavenworth, Washington

The Evergreen Council on

award-winning music video project *Game Over* created by Gear Up with Music (see more below), and the hip-hop opera *Shake 'Em Up Break 'Em* by the Interagency Academy of Seattle. Students at the conference were so inspired by these prevention programs that they asked for more. And that's just what our staff is working on -- a week-long **New Directions: Tribal Youth Summer Music Academy** that will allow students to explore issues around problem gambling and prescription drug abuse and help create effective prevention messages that will speak to their peers. Youth at the Summer Music Academy will also assist our Council on developing a new youth Website, and will test our new "Are you Gambling with Your Future?" problem gambling awareness curricula, which is set to launch in the Fall. See more about **New Directions** below.

*The great thing in this world is not so much where you stand, as in what direction you are moving.*

--Oliver Wendell Holmes

What moves us in any new direction? Is it need, is it vision, is it passion, is it curiosity, is it hope? Perhaps it is all of these ... and more. At the Evergreen Council on Problem Gambling, our mission directs us to increase public awareness of problem gambling, expand services for problem gamblers and their families, and encourage research and programs for prevention and education. The growing need for awareness and services directs us. The vision of a passionate Board, staff, and partners directs us. And we are consistently amazed at what comes of this incredible synergy.

During these tough economic times, there is great need to support treatment programs for problem gamblers and their families in Washington State. Our Council will launch a new treatment support program in late summer that will include provisions to help reimburse certified problem gambling treatment providers in Washington for services; offer support for problem gamblers whose treatment providers deem residential treatment necessary for their successful recovery; and assist treatment providers seeking problem gambling counselor certification in Washington with financial support to help cover the costs of the needed supervisory hours.

If you're interested in any of these programs and services, or want to know more about the direction our Council is taking, please feel free to contact us at 360.352.6133 or visit our Website at [www.evergreencpg.org](http://www.evergreencpg.org). There's much more to share, and we look forward to doing just that in the months ahead.

Until then, enjoy these not-so-lazy days of summer!

Problem Gambling coordinates quality training throughout Washington State. The next treatment provider training will take place September 16-19 in Leavenworth. An array of information will be provided, from treatment basics to advanced skills. September's sessions at the Enzian Inn include:

**Mosaic or Melting Pot? Incorporating Cultural Diversity into Problem Gambling Treatment and Prevention**, Deborah Haskins, Ph.D., LCPC, NCGC, BACC, Assistant Affiliate Professor and Director of Undergraduate and Masters Field Education in Psychology at Loyola College in Maryland. Dr. Haskins will discuss the Multicultural Awareness Knowledge and Skills model to help assess diverse clients.

**Case Planning with Problem Gamblers**, Linda Graves, NCGC-II certified gambling counselor and Problem Gambling Program Manager for Washington State's Division of Alcohol and Substance Abuse (DASA). Linda will discuss a holistic approach, using six domains, to develop a treatment plan for problem gamblers and/or their families.

**Evidence-based Best Practices for Families/Couples in Outpatient Counseling**, Daniel Smith, MA, LCSW, CCGC, NCGC-II, BACC, Clinical Director of BetNoMore Gambling Programs in St. Louis, Mo. Daniel will discuss group counseling techniques and the recovery process for family members or couples where one or both of the partners is a problem gambler.

## GEAR UP WITH MUSIC



### It's a Rap! ECPG & Gear Up Teens Receive National Award

The project began with a group of rap-loving Washington State high school students asking a 20-year-old college student about her life as the daughter of a problem gambler. A little more than a month after its release, the students' completed music video, *Game Over*, has won national gold.

Last winter, the Evergreen Council on Problem Gambling was pleased to participate in a Youth Problem Gambling Awareness and the Arts Program initiated by Washington State's Division of Alcohol and Substance Abuse. Four excellent proposals were received from student groups, but funding was available for only three. ECPG volunteered to fund the fourth project, proposed by Gear Up with Music and the Washington Music Mentors, led by program director Todd Denny.



"What the students produced blew us away," says Rhonda Stone, ECPG community education coordinator. "The music, the lyrics, and the video are wonderfully memorable and of professional quality."

Students performed the song live on May 2 at the Western Regional Conference on Problem Gambling and received standing ovations in both the morning break-out and plenary luncheon sessions. On Friday, June 26, the National Council on

Also:

- Certification Information Overview

- Counselor Supervisor/  
Clinical Consultant Workshop

For more information or to register, call Anita Fong at:

360.352.6133

Or contact her by email at:

[afong@evergreencpg.org](mailto:afong@evergreencpg.org).

## Leavenworth Offers Taste of Europe

Nestled among mountains, forests, lakes, and rivers, Leavenworth is a charming town with a Bavarian theme. Indeed, even though you will be only 118 miles from Seattle, you will feel as though you were in the heart of Germany's gorgeous countryside. Shops and restaurants abound, as does the stunning scenery.

Our training will take place at the 104-room Enzian Inn, where European furnishings and down comforters further the feeling that you're in the Alps. Rooms include a full breakfast buffet of made-to-order omelets, potato dishes, meat selections, homemade pastries, and fruit -- and an alphorn musical performance by the owner and his son!

Problem Gambling honored the piece with its national public awareness award.

*Game Over* can be viewed online at

<http://www.youtube.com/user/Evergreencpg>.



## Rockin' The Rez Music Academy for Tribal Youth July 19-24

What started as a youth arts awareness project for ECPG has grown into a youth initiative. This summer, Todd Denny and his Gear Up with Music team will work with nearly 80 Native American youths from throughout Washington State in the process of training them to be music mentors in their own communities. The six-day, five-night **New Directions: Tribal Summer Youth Music Academy** for Prevention and Awareness is being funded in part with a grant from the Washington State Attorney General's Office, as well as funding granted to ECPG for a variety of purposes by the Chehalis, Muckleshoot, Nisqually, Shoalwater Bay, Spokane, Stillaguamish, Upper Skagit, and Yakama nations.

Teens will learn to write prevention-based poetry, prose, and



## CONTACT US:

[insights@evergreencpg.org](mailto:insights@evergreencpg.org)

## VISIT US:

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

## Multi-talented Sarah Clark Joins ECPG

ECPG's newest team member has many talents: computerizing offices, bookkeeping, supporting House of Representatives sub-committees, and competitive cycling. One of the activities nearest and dearest to her heart, however, is working with her miniature poodle, Alfie, as a registered "pet partner" for Providence St. Peter Hospital's Pediatrics Unit.



"When you're helping somebody, you both feel more alive," says Sarah, who is bringing that same sense of caring and commitment to her new position as Office Manager for ECPG. She joined the staff in April.

With a degree in journalism from the University of Oregon, Sarah worked as a newspaper reporter before moving to

music that will be professionally recorded before the end of the week. While they learn to express themselves through the Arts, students also will train to be "Music Mentors" in their own communities.

For more information, visit <http://www.evergreencpg.org/html/Event-NewDirections09.html> or call Rhonda Stone at 360.352.6133.

## NATIONAL AWARD

### Dr. Chuck Maurer Honored by National Council on Problem Gambling

*Dr. Robert Custer Award Recognizes Lifetime Achievement in Direct Service*

**D**r. Robert Custer, perhaps the foremost pioneer in the field of problem gambling programs and services, initially asked Chuck Maurer to become a treatment provider for problem gamblers and their families and to become involved with the National Council on Problem Gambling (NCPG). Dr. Custer was a wise man, and while he would not be surprised at all with the impact Chuck Maurer has had in this field, he would, without doubt, be proud.

Dr. Chuck Maurer is a mentor, teacher, counselor, problem gambling treatment pioneer in the Pacific Northwest, and so much more. He has touched the lives of many people in Washington and across the country. It is his passion and connection with others -- making a difference and building relationships -- that mean the most to him.



"I deeply believe that coalitions have power and positive impacts," Maurer said, "and that is reflected in our collaborations with the recovering community, the gaming industry, legislative and government entities, and tribal nations. That model has helped our Council and the NCPG create solid foundations, legitimacy, and social and political acceptance."

Dr. Maurer has been treating problem gamblers and their families for almost 30 years. Looking back 30 years ago at how society viewed problem gambling, it is easy to recognize the daunting tasks that faced those with a passion to make a difference in this field. Much of Dr. Maurer's early work with problem gamblers and their families revolved around legitimizing their issues and challenges when resources and acceptance of problem gambling were almost nonexistent in our region. As public awareness grew, Dr. Maurer encouraged clients to inform

Olympia in 1996. Upon arrival, she accepted a temporary position as office manager for Bicycle Adventures, where her job encompassed everything from computerizing office systems to public relations.

"I fell in love with it," she says, acknowledging that "temporary" lasted 12 years. She became an avid cyclist while working for the company, which operates luxury bicycle vacations all over the West Coast, Hawaii, and New Zealand.

Her work as a session legislative assistant with the Washington State House Committee on Agriculture and Natural Resources in part led Sarah to ECPG. Among the committee members is Rep. John McCoy, who is the prime sponsor of a proposed bill to pilot therapeutic justice for problem gambling.

As a registered "pet partner," Sarah and Alfie visit children in St. Peter's Pediatric Unit twice a month. Last year, Sarah was nominated to receive a national Pet Partner award. Other recent accomplishments include placing second on June 20 in her category in the Capitol Criterium bicycle race and, the next day, third in the Boston Harbor Road Race. The victories came on the heels of a birthday celebration and a marriage proposal on June 19.

Congratulations, Sarah, and welcome aboard!

their health care providers about the impacts of their gambling on their general health.

This type of grassroots outreach and prevention has always been an important part of Chuck's contribution in the field -- whether reaching out to Gamblers Anonymous and speaking at GA conclaves; involving other mental health providers through CPE workshops he taught in conjunction with the Washington State Psychological Association and our Council; or testifying to the Legislature.

Chuck Maurer has been a central figure in founding the Washington State Council on Problem Gambling (now Evergreen Council on Problem Gambling), advocating for the first prevalence studies in our state; then playing a key role in the design and implementation of a Pilot Problem Gambling Treatment Program. That ultimately led to state-funded treatment in Washington. He currently serves as ECPG's Vice President.

Chuck's involvement with NCPG began when he became a member in 1979. He has served on the Board as a member and as President, and at June's NCPG conference, he was voted President-elect for 2010-2011. He was chair of the first HelpLine Committee and he initiated Problem Gambling Awareness Week. He has been active in committees that have focused on gambling in the military, federal advocacy, and self exclusion.

Thank you, Chuck, for your tireless efforts, and congratulations on this significant and well-deserved recognition!

## BOARD BRIEFS



### Dr. Ruby Takushi

#### Probes Questions of Meaning

*Longtime board member has holistic approach to addiction treatment*

**W**hy can't we do the things we know are good for us?

Why can't we stop doing things we know are not good for us?



These are the questions that have captivated Ruby Takushi and shaped her career. Dr. Takushi, who has a master's degree in theology and a Ph.D. in clinical psychology, joined the Evergreen Council on Problem Gambling's Board of Directors in the late 1990s.

"It's the human condition that we do things we don't want to do and we can't stop it," says Dr. Takushi. "It could be shopping, working, driving poorly, smoking, or any



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

**HELP STARTS HERE**

number of things. Sometimes behavior gets larger than life and the question becomes, how do we get back to ourselves?"

Some of those larger-than-life behaviors involve substances, but others, like problem gambling, are more behavior focused. At the University of Washington's Addictive Behavior Research Center in 1997, Dr. Takushi studied whether a brief intervention aimed at high-risk alcohol use could be effective with students who showed signs of problem gambling.

"Gambling doesn't have an actual substance, and yet it has many of the same characteristics as substance addiction -- the sense of craving, an inability to stop the behavior despite negative consequences, a feeling of being out of control -- and there is evidence of similar changes in the brain," Dr. Takushi says. "Our pilot research had some promising results. Students with beginning signs of problem gambling appeared to respond well to a brief intervention."

During her research, Dr. Takushi met with ECPG'S Board of Directors and learned more about the Council's mission. She joined the Board two years later.

What I value about being on the Board is being with a group of people who are really interested in being of assistance to the problem gamblers, their families, and the larger community," Dr. Takushi says. "The Board has a broad vision, and everyone on the Board brings a unique perspective."

Currently, Dr. Takushi divides her time between her family, ECPG, a part-time private practice in Seattle, an adjunct faculty position at Seattle University, and her role as the Director of Programs for Seattle's Recovery Café. The Café offers support and services to men and women traumatized by homelessness, addiction, and mental health challenges.

"My work with the Café really ties into my work with the Council," Dr. Takushi says. "Our belief is that recovery from addiction is a holistic process that involves moving toward physical, psychological, social, and spiritual health. It inevitably comes to questions of meaning: What is this person's sense of themselves? What is their sense of purpose and how do they relate to people and the world around them?"

"When you're caught in the throes of addiction, you're far from who you want to be," Dr. Takushi says. "The journey of recovery involves coming to a place where you can be who you need to be."

**1.800.547.613  
3**

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