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EVERGREEN

council on problem gambling

LAST YEAR'S WORK PICKS UP MOMENTUM IN 2014

Thanks to our efforts in 2013, this year is shaping up to be the best year yet

There's no doubt. Last year was one of ECPG's busiest and most successful years. The foundation we've built in 2013 is picking up speed in 2014—creating an even bigger year in terms of training and conference opportunities, and a wider and deeper scope of problem gambling awareness on the state and national level.

Through our media partnership with Northwest Cable News, we launched our first quarter public service announcement (PSA) this month, reaching across Washington State, some parts of our neighboring states, and traffic on the Northwest Cable News and King 5 News websites. View our "hide and seek" PSA on our YouTube channel at http://youtu.be/bitB8_L1XkM.

In addition to our PSAs and online ads, ECPG will be a guest on **New Day Northwest**, a daily talk show, on Wednesday, March 12, 2014. Each Wednesday is "Wellness Wednesday," where guests share their expertise on a particular health issue or topic with

the studio audience and TV viewers. During the show, ECPG will also have the opportunity to serve on a Wellness Panel and answer questions from the studio audience as well as social media and website inquiries.

On the training and conference side of things, ECPG is proud to have partnered with Recreational Gaming Association and Division of Behavioral Health and Recovery to offer Responsible Gaming Training to more than 1,200 card room employees in 2013.

This year continues to offer great training opportunities, including the first Recovery

Coach Academy with Drs. Jim Wuelfing and Ruby Takushi on April 21–24 in conjunction with our **Focus on the Future** conference. The conference will be held April 23–26 in Vancouver, Washington—providing 30+ continuing education units for participants. Please look through our newsletter to receive more detailed information on our upcoming training and events, or visit www.evergreencpg.org. ■

BE A PART OF THE NEW DAY NORTHWEST STUDIO AUDIENCE!

Wednesday, March 12, 2014
10–11:30 a.m.

Contact Rachele Alongi at
ralongi@evergreencpg.org to reserve your seat!

CAN'T MAKE IT?

Check your local listings for **New Day Northwest** on KING 5 TV or watch the show online at www.king5.com/new-day-northwest

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WE'VE MOVED!

PLEASE VISIT US AT OUR NEW LOCATION!
1801 4TH AVENUE EAST
OLYMPIA, WA 98506

OUR CONTACT INFORMATION

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www.evergreencpg.org

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MARCH DESIGNATED NATIONAL PROBLEM GAMBLING AWARENESS MONTH

ECPG BOARD MEMBERS

Dave Malone, Board President
Attorney at Miller, Malone & Tellefson

Dolores Chiechi, Board Vice President
Executive Director, Recreational Gaming Association

Jessica Cronce, PhD, Treasurer/Secretary
University of Washington

Charles Maurer, PhD, Board Member
Psychologist

Kris Kraus, Board Member
Recovering Member

Rebecca Kaldor, Board Member
Deputy Director, Washington Indian Gaming Association

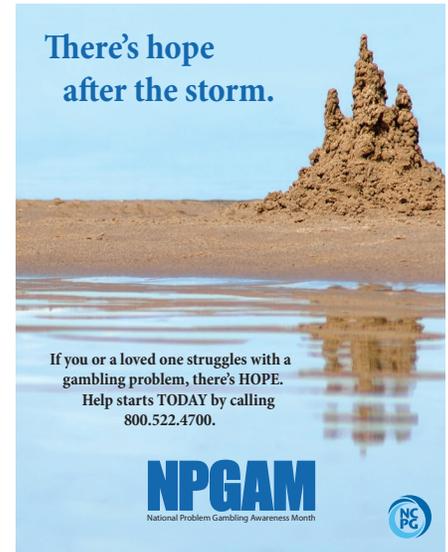
Ty Lostutter, PhD, Board Member
University of Washington

This year marks an important year, as National Problem Gambling Awareness Week becomes **National Problem Gambling Awareness Month** (NPGAM).

National Council on Problem Gambling and its affiliates across the country will launch the NPGAM campaign in March.

Each week, the campaign will cover a topic specific to problem gambling, such as the warning signs, how to gamble responsibly, treatment and recovery, and where to go for help. As in previous campaigns, NPGAM has an annual theme. The 2014 theme is "Navigate Problem Gambling." Technology plays a pertinent part in how we connect and, unfortunately, technology may also play a role in how a person develops a problem with gambling.

If you would like to participate in NPGAM or help us spread the word through posters, brochures, and other marketing materials, please contact ECPG Communications and Outreach Coordinator Rachele Alongi at ralongi@evergreencpg.org or 360.352.6133. ■



ECPG STAFF MEMBERS

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Rachele Alongi
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WHAT DOES A GAMBLING PROBLEM LOOK LIKE?

Signs and symptoms can point to a problem

Problem gambling is often referred to as a "hidden" addiction because it is not well understood in our society and the "signs" of problem gambling are not always easy to see. Although drugs and alcohol have visible effects on a person (sometimes quickly), such as bloodshot eyes or slurred speech, it is not easy to see the physical effects of problem gambling until the disease is more advanced. Specific tests like the urine analysis or Breathalyzer test determine if someone is under the influence of drugs or alcohol, but there is no physical test to determine if someone is dealing with any negative influences of gambling. You cannot smell Blackjack, pull tabs, or a slot machine on someone's breath.

A licensed and certified Problem Gambling Counselor will determine a patient's treatment needs using various assessments, such as the South Oaks Gambling Screen (SOGS), Lie-Bet Test, or the DSM-5 diagnostic criteria. However, the behavioral signs and symptoms listed below are indicators that a gambling problem may be present.

- Gambling to escape boredom, pain, or loneliness
- Spending more and more time gambling
- Preoccupied with the thought of gambling
- Losing interest in other activities
- Needing to bet more and more money to maintain thrill
- Lying to loved ones about gambling habits
- Going without basic needs in order to gamble
- Receiving bailouts from loved ones
- Irritable and angry when trying to cut back on or stopping gambling activity
- Constant borrowing
- Chasing losses and wins

If you or someone you love struggles with a gambling problem, there is HOPE. Help starts TODAY by calling 800.547.6133. ■

CONNECT WITH US!

In addition to receiving our newsletter, stay up-to-date by becoming a follower, fan, or subscriber on Twitter, Facebook, and YouTube!

ECPG recently launched a blog, which is a great resource for information on upcoming events, ECPG happenings, current studies, and more!



Twitter: @Evergreencpg

Facebook: Evergreen Council on Problem Gambling

YouTube: ECPGaming

READ OUR BLOG!

www.evergreencpg.org/blog

GAMING INDUSTRY COMMITMENT TO RESPONSIBLE GAMING TRAINING

RGA members participate in state's first Responsible Gaming Certification Training Program

Evergreen Council on Problem Gambling, Recreational Gaming Association (RGA), Great American Gaming Corporation, and Washington Gold Casinos made history in late 2013. Gaming employees, supervisors, and managers up and down the I-5 corridor participated in the first Responsible Gaming Certification Program, provided by ECPG and RGA with support from Washington State Division of Behavioral Health and Recovery.

"This is such an important cause for the gaming industry. As President of the RGA, we are proud our industry took the lead on creating awareness among our employees for this important mental health issue," said Victor Mena, Vice President of Washington Operations for Washington Gold Casinos and President of the RGA.

Jennifer Shatley, Vice President of Responsible Gaming for Caesar's Entertainment and ECPG Executive Director Maureen Greeley led the training across Western Washington. Attendees learned that certain risk factors, such as regular exposure to gambling and a perception of having "insider knowledge," increase the likelihood of a gaming employee developing a problem.

ECPG will continue to provide Responsible Gaming Certification training to recreational gaming and tribal casinos across Washington State who are interested in making a commitment to responsible gaming. While most people enjoy gambling for fun and entertainment, some—including gaming industry employees—can develop a gambling problem that affects the individual, their loved ones, employers, and communities. If you are interested in receiving Responsible Gaming Certification training, please contact ECPG at info@evergreencpg.org or 360.352.6133. ■

GRANT OPPORTUNITY EXTENDED!

YPGA Grant available until Friday, February 7, 2014



The *Youth Problem Gambling & the Arts Grant* is designed to empower youth and young adults in Washington State to make healthy choices around risky behavior like gambling. Each year, at least one student group is selected to produce a program or project using the arts—such as music, dance, visual, or media arts—that educates their peers and community about youth problem gambling prevention and awareness.

YPGA Grants range from \$500–\$5,000. Visit www.evergreencpg.org for more information or to apply. But hurry! Applications are due by **Friday, February 7, 2014**. ■

ARE YOU A MEMBER?

When you become an [ECPG](#) member, you'll receive:

- Discounts on trainings and conference registrations for certification training workshops
- Subscription to *Insights* newsletter

When you become a joint member of [ECPG](#) and [NCPG](#), you'll receive:

- Full National voting rights
- 1-year subscription to NCPG newsletter and other publications
- Discounts on literature and conferences

Join NCPG **AND** ECPG and save \$40!
That's like getting your ECPG membership for **FREE!**

Visit www.evergreencpg.org/membership to become a member today!

WHY BECOME A MEMBER?

Help support ECPG and NCPG's 24-hour, toll-free Problem Gambling Helpline (**800.547.6133** for Washington State, **800.522.4700** for National), public education and awareness programs, and referral and treatment support.



National Council
on Problem Gambling



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NATIONAL COUNCIL ON PROBLEM GAMBLING INTERNET RESPONSIBLE GAMING STANDARDS

Standards provide awareness, guide discussions, and encourage safe choices around gambling and problem gambling

Whether or not to lift the decades-old U.S. ban on Internet gambling is a debate that grows louder and louder just as gambling has exploded in popularity in that same time frame. The National Council on Problem Gambling (NCPG) and its affiliate members, including the Evergreen Council on Problem Gambling (ECPG), maintain a neutral stance on gambling. It is an important part of our mission and goals that we work to present a balanced picture that helps people weigh the benefits and the costs, including the social costs, of gambling. With that in mind, NCPG reviewed current Internet responsible gaming codes and regulations from around the world to guide the development of its Internet Responsible Gaming Standards.

The standards contain specific recommendations in the areas of policy, staff training, informed decision-making, assisting players, self-exclusion, advertising and promotion, game and site features, and working with research.

OVERVIEW

Gambling has benefits but also has well documented negative consequences. Internet gambling is no exception. It is clear that some who gamble online will develop problems and that these problems are serious. The most ethical and cost-effective response to gambling addiction issues raised by Internet gambling is a comprehensive public health strategy that includes prevention, education, treatment, enforcement, and research services. Responsible gaming standards are an important aspect of this approach. NCPG has developed these standards to help guide discussions among all stakeholders on Internet gambling, including operators, regulators, advocates, and the public.

The NCPG standard is a work in progress as Internet gambling-related legislation, regulation, and technology continue to evolve rapidly. The graphical and interactive structure of the Internet provides an opportunity to create informed consumers with access to a variety of information designed to encourage safe choices and discourage unsafe behavior, including through setting personal limits and self-excluding.

It is strongly recommended that operators and regulators consult with experts in the problem gambling field during the development and implementation of Internet gambling. Problem gambling, like other diseases of addiction, will likely never be eliminated, but we must make better efforts to mitigate the damage. A portion of all gambling revenue must be dedicated to reduce the social costs of gambling addiction.

Download a PDF of NCPG's Internet Responsible Gaming Standards at <http://bit.ly/1jlrLhM>. ■

ABOUT US

Evergreen Council on Problem Gambling provides treatment, training, and awareness programs and services about problem and responsible gambling. ECPG provides statewide confidential support through its 24-hour Problem Gambling Helpline (800.547.6133) and public awareness, education, prevention, and resource development services for individuals, families, employers, the gaming industry, and business and community groups.

OUR MISSION

The Evergreen Council on Problem Gambling is dedicated to increasing public awareness of problem gambling, expanding the availability of services for those affected by problem gambling, and supporting research, and programs for education, prevention, treatment, and responsible gambling.

Washington State Problem Gambling Helpline

800.547.6133

Confidential. Free. 24/7

If you or someone you know has a gambling problem, there is HOPE. Help starts TODAY by calling the Washington State Problem Gambling Helpline.

MEET THE BOARD

Jessica Cronce—A passion for helping others (and for great food)

Dr. Jessica Cronce, ECPG Board Treasurer, received her Ph.D. in clinical psychology from Yale University and returned “home” in 2008 to the University of Washington, where she got her undergraduate degree, to work at the Center for the Study of Health and Risk Behaviors. Jessica joined the ECPG Board in 2011.

Jessica brings valuable expertise in research and understands how fundamental research is to developing better treatment and prevention approaches for problem gambling. She also understands keenly how limited funding is for problem gambling research.

“Unlike alcohol and other drugs of abuse, gambling does not yet have its own institute within the federal research-funding system and there are limited private funding sources,” states Jessica. “People committed to helping advance understanding of problem gambling can help by writing to

their Congressional representatives. Constituents have more power than they think. One letter can make a difference—don’t discount the potential impact of your advocacy.”

When it’s time to relax, Jessica and her boyfriend Steve, an avid fly fisherman, enjoy taking his drift boat on the Skykomish River. Self-proclaimed “foodies,” they relish trying new foods, cooking together, and discovering new restaurants on vacations. “Unquestionably, the best meal we ever ate was at Le Bernardin in New York—a seven-course tasting menu of the freshest, most lavishly prepared seafood I have ever tasted (which is saying something coming from Seattle!).” ■



MEET THE STAFF

A “feel good job” is what’s most important to this ECPG staff member

Communications and Outreach Coordinator Rachele Alongi is just finishing up her first year at ECPG. With a background in communications in K–12 education, Rachele brings energy, passion, and an eagerness to educate others about ECPG and problem gambling.

Rachele began her communications career as a Communications Professional for the Olympia School District and later became the Communications Coordinator and Web Content Manager for Washington Association of School Administrators.

“I’m very proud of the work we do at ECPG, and am honored to contribute to the ECPG mission, values, and purpose” reports Rachele. “Problem gambling is a topic that is often misunderstood, and we have done an outstanding job with educating the public, our partners, and treatment providers. I’m so glad to be a part of it.”

At ECPG, Rachele is excited to wear multiple hats and further develop her communications skills. Rachele enjoys graphic designing, writing for web and print, public speaking, marketing, serving on various committees, and building/strengthening relationships with individuals and ECPG partners.

In her free time, Rachele enjoys spending time with her husband, Brett, their two dogs, Smokey Joe and Goose, baking her infamously delicious cookies, and hanging out with friends and family—particularly her three-year-old niece and five-year-old nephew. We are so fortunate to have Rachele on staff! ■



WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE

April 23–26, 2014



**ECPG/NCPG MEMBERS RECEIVE A
DISCOUNT ON REGISTRATION FEES!**

**HEATHMAN LODGE
VANCOUVER, WA 2014**

RECOVERY COACH ACADEMY

A recovery coach serves as a personal guide and mentor by helping to remove barriers and obstacles that restrain a person

from a successful recovery. Recovery coaches do not provide clinical services; however, they sometimes work with people experiencing difficult emotional and physical states during the recovery process.

If you'd like to become a recovery coach, attend Recovery Coach Academy (RCA) April 21–24, 2014, in Vancouver, Washington, at the Heathman Lodge. The training will explain the various roles played by a recovery coach and provide participants tools and resources useful in providing recovery support services.

RCA will be held during the pre-conference workshops of the *Focus on the Future* conference. Visit our website at www.evergreencpg.org for more details and look for our registration brochure in the mail!



ALFIE HYBRID COURSE

Interested in a hybrid learning course where you learn online and in a classroom setting? Receive 30+ hours towards your problem gambling certification through our **ALFIE** Program (Adult Learning Forum for Integrated Education) in four steps:

- Step 1:** Register for the ALFIE Program at <http://bit.ly/LhkHn0>
- Step 2:** Attend the Introduction to Problem Gambling pre-conference workshop during **Focus on the Future** April 23–24 (16 CEUs)
- Step 3:** Complete online ALFIE training modules (10 CEUs)
- Step 4:** Attend the wrap-up workshop (8 CEUs) to be scheduled in Everett, Washington this summer

The ALFIE hybrid learning course takes approximately two to three months to complete. Visit www.evergreencpg.org or call 360.352.6133 for more details.



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www.evergreencpg.org | 360.352.6133 | info@evergreencpg.org

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE

April 23–26, 2014

—PRE-CONFERENCE SNEAK PEAK—

RECOVERY COACH ACADEMY (30 TOTAL CEUs)

Jim Wuelfing, PhD and Ruby Takushi, PhD

Monday, April 21–Thursday, April 24 *Includes two evenings*

BASIC PROBLEM GAMBLING COUNSELOR TRAINING (16 TOTAL CEUs)

Isabelle Duguay

Wednesday, April 23–Thursday, April 24

RITUAL, STORY, HEALING: TECHNIQUES FOR INTEGRATING CLIENT SPIRITUAL BELIEF INTO THE COUNSELING PROCESS (8 CEUs)

Alan Basham

Thursday, April 24

—CONFERENCE SNEAK PEAK—

Friday, April 25

MORNING KEYNOTE SPEAKER (1.5 CEUs)

Jim Wuelfing, PhD, and Fred Chappelle

Racism of the Well-Intended: Examining Power and Privilege

MORNING BREAKOUT SESSIONS (EACH 1.5 CEUs)

- Isabelle Duguay: *Mindfulness and Addiction*
- Cynthia Moreno Tuohy: *Breaking the Cycle of Impulsivity Through Self-Interventions*
- Jim Wuelfing, PhD and Fred Chappelle: *Racism of the Well-Intended: Examining Power and Privilege—Part 2*

LUNCH PLENARY (1.5 CEUs)

Darryl Inaba, PharmD

The Neuroscience of Addiction

AFTERNOON BREAKOUT SESSIONS (EACH 2 CEUs)

- Michael Goldman: *Assessing Suicide Risk and Treating Depression for Compulsive Gamblers*
- Heather Chapman, PhD: *Rules of Engagement: Working with Veterans and Active Duty Military*
- Wes Wood: *Why Oregon's Problem Gambling Recovery Mentors Are Out of a Job: Assessment Findings*

AFTERNOON PLENARY (1 CEU)

Cynthia Moreno Tuohy

Creating Healthy Relationships—Helping Your Clients Achieve Peace and Calm

Saturday, April 26

MORNING KEYNOTE SPEAKER (1.5 CEUs)

Discussion Panel moderated by Maureen Greeley

Can We Talk? Topics and Trends in Problem and Responsible Gambling

MORNING BREAKOUT SESSIONS (EACH 1.5 CEUs)

- Chris Shea: *A Holistic Approach to Coping with Professional Stress Reactions*
- Oblio Stroyman: *Gender and Sexuality: Opening New Doors to Treatment in Changing Times*
- Julie Hynes: *Risk and Protective Factor Framework: Where Gambling Fits*

LUNCH PLENARY (1.5 CEUs)

Voices of Recovery

AFTERNOON BREAKOUT SESSIONS (EACH 2 CEUs)

- Abby Smith: *Group Therapy: Strategies for Successful Groups*
- Mark Douglass: *Dangerous Thoughts: Gambling and the Distortion of the Mind*
- Oscar Sida: *Effective Interventions*

REGISTER TODAY!

www.evergreencpg.org
360.352.6133 | info@evergreencpg.org