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EVERGREEN

council on problem gambling

Directions by Executive Director Maureen Greeley

Focus on the Future is almost here. The scope of this conference makes me reflect on our first conference in 2007. **Focus on the Future** has grown, thanks to support from partner organizations, feedback from attendees, and changes in our field these past eight years. What hasn't changed is the original purpose.

Focus on the Future was created to support people who help those affected by problem gambling—who advocate for healthy choices, responsible gaming, and integrated behavioral health services. When I ask colleagues why they chose this field, their answers inspire me and the work we do at ECPG. A professional relationship that empowers diverse individuals, families, groups, and communities to accomplish health, wellness, and life goals is the top answer, followed by:

- Being a part of something larger than themselves
- Paying it forward
- Fulfillment in the challenges and joys of work
- A desire to help people work through life's challenges

We'd like to support all of these goals at **Focus on the Future**. Here are some of the great opportunities available:

RECOVERY COACH ACADEMY—APRIL 21–24

Recovery Coach Academy (RCA) offers participants skills to coach and support individuals struggling with addiction. A dynamic approach blends process

and content and is open to anyone interested in serving as a personal mentor to someone in recovery. Limited partial scholarships are available!

BASIC TRAINING/ALFIE—APRIL 23–24

Basic Training offers an introduction to problem gambling, the scope and prevalence, risk factors, and practical application of screening and diagnostic tools. Basic Training (April 23–24) can be combined with our online program **ALFIE** (Adult Learning Forum for Integrated Education), which offers a unique chance to enjoy face-to-face training with the freedom of online training completed at your own pace.

MAIN CONFERENCE—APRIL 25–26

More than 20 presenters offer a variety of workshops, panels, and keynote sessions on Friday and Saturday, April 25–26. Sessions include Mindfulness and Addiction, Assessing Suicide Risk and Treating Depression, Working with Veterans and Active Duty Military, Coping with Professional Stress Reactions, and more. Scholarships are still available for Washington State treatment providers and students.

Join us at **Focus on the Future**—a chance to network with colleagues, learn from experts, and support your goals for being a part of this fulfilling field. Thank you for all you do!

If you are interested in attending or obtaining a scholarship, please contact us at 360.352.6133. ■

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 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 and Fred Chappelle

Racism of the Well-Intended: "Not Knowing What You Don't Know..."

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 and Fred Chappelle: *Racism of the Well-Intended: Examining Power and Privilege*

LUNCH PLENARY (1.5 CEUs)

Brian L. Odlaug

Neurology of Addiction: What Clinicians Need to Know

AFTERNOON BREAKOUT SESSIONS (EACH 2 CEUs)

- Michael Goldman: *Assessing Suicide Risk for Compulsive Gamblers*
- Heather Chapman: *Rules of Engagement: Working with Veterans and Active Duty Military*
- Wes Wood and Dick Johnson: *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

Good Morning, Vancouver! Can We Talk?

MORNING BREAKOUT SESSIONS (EACH 1.5 CEUs)

- Chris Shea: *A Holistic Approach to Coping with Professional Stress Reactions in Addiction Professionals*
- 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: *Successful Group Therapy: How to Get Groups Started and Keep Them Going*
- Mark Douglass: *Dangerous Thoughts: Gambling and the Distortions of the Mind*
- Oscar Sida: *Re-Life*

REGISTER TODAY!

www.evergreencpg.org

360.352.6133 | info@evergreencpg.org

ECPG BOARD MEMBERS

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

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

Jessica Crouce, PhD, Treasurer/Secretary
University of Washington

TerryAnn Bowen, Board Member
Catholic Educator | Doctoral Candidate

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

Kris Kraus, Board Member
Recovering Member

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FOCUS ON THE FUTURE OFFERS GREAT NETWORKING OPPORTUNITIES

Join fellow Oregon and Washington treatment providers for a networking and informational breakfast

In addition to the wonderful training opportunities during **Focus on the Future**, attendees are invited to a special breakfast to learn about new certification guidelines, state program updates, and network with peers.

- **OREGON** treatment providers will meet on Saturday, April 26 from 7–8am in the Sacajawea Conference Room.
- **WASHINGTON** treatment providers will meet on Saturday, April 26 from 7–8am in the Chinook and Klickitat Ballrooms.

For more information, please contact ECPG Training and Events Manager **Julie Harper** or drop by the registration desk during the conference. ■



YPGA GRANT RECIPIENTS OFF TO STRONG START

Greater Maple Valley Community Center and Shelton High School SADD Club move forward with projects

Evergreen Council is proud to announce the recipients of this year's Youth Problem Gambling & the Arts Grant: Greater Maple Valley Community Center (GMVCC) and Shelton High School SADD Club. Each year, at least two Washington State schools/colleges or youth-based organizations are selected to create a program or project using the arts to educate their peers and community about youth problem gambling awareness and prevention.

GMVCC will use Grant funds to create an iPad/phone app with an original song that educates the player about the warning signs of problem gambling, types of gambling, and how to have a healthy balance in life. The Shelton High School SADD Club (Students Against Destructive Decisions) will create a rap music video about the consequences of problem gambling and the advantages of youth making healthy choices.

One of last year's YPGA Grant recipients, Asian Counseling and Referral Service (ACRS), created a video in partnership with Visual Affairs about a teen who travels through a gambling problem to recovery. The finished product, *The Comeback Kid*, was so impressive that ECPG used snippets of the video in a recent public service announcement, which aired across Washington State. To view the PSA and *The Comeback Kid*, visit our [YouTube channel](#). ■

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: ECPGambling

READ OUR BLOG!

www.evergreencpg.org/blog

NPGAM MESSAGING A HIT

National Problem Gambling Awareness Month recognized and celebrated across the country

Throughout the month of March, you may have seen TV commercials, news segments, posters, and social media using the hashtag #NPGAM, press releases, and more. The National Council on Problem Gambling and its affiliates launched a month-long campaign that covered topics such as the warning signs of problem gambling, how to gamble responsibly, treatment and recovery, and where to go for help.

In Washington State, the Recreational Gaming Association recognized NPGAM by creating paycheck stuffers listing the Helpline number. The Lottery and other organizations and individuals placed awareness posters at lottery terminals and other highly populated areas.

ECPG hit the airwaves with a teen-focused public service announcement while Executive Director Maureen Greeley and Board Member Dr. Chuck Maurer were guests on *New Day Northwest*, a Seattle-based talk show, to discuss problem gambling as an addiction and public health concern. Watch the PSA on our [YouTube channel](#) and the *New Day Northwest* segment at <http://bit.ly/1hgWFrJ>. Check out Governor Jay Inslee's Proclamation on our [website!](#)

NAVIGATE PROBLEM GAMBLING
 If you or a loved one struggles with a gambling problem, there is HOPE. HELP is just a phone call away.
1.800.547.6133

- HEAL SIGNIFICANT RELATIONSHIPS
- RECONNECT WITH FRIENDS & LOVED ONES
- RECOVERY AND SUPPORT
- IMPROVED CASH FLOW
- BETTER HEALTH
- HIGHER WORK PERFORMANCE
- MORE TIME
- STRONGER COMMUNITIES
- POSITIVE THINKING

NPGAM
 National Problem Gambling Awareness Month
www.npgam.org

NEW YOUTH RESOURCE AVAILABLE!

If you are looking for a new or additional resource on youth problem gambling, ECPG has a new informational brochure to offer, *What's the Big Deal?* highlighting youth and young adult prevalence, statistics, warning signs, where to go for help, and how to gamble responsibly. Contact Communications and Outreach Coordinator [Rachelle Alongi](#) for more information or to request a brochure.

WHAT'S THE BIG DEAL?
 Youth are at a higher risk of developing a gambling problem than adults. Easy access to online gambling, gambling on sports, or engaging in other risky behaviors such as drinking, drug use, and sex can put an adolescent at a higher risk of developing a gambling problem.

WHAT'S THE BIG DEAL?
 A Guide to Problem Gambling

EVERGREEN
 council on problem gambling
 1871 Fourth Avenue East
 Olympia, WA 98506
 360.352.6133
www.evergreencpg.org

YOUTH GAMBLE TO:

- Escape problems, boredom, or pain
- Get an adrenaline rush
- Make "easy" money
- Impress others or get attention
- Make friends

YOUTH GAMBLE ON:

- Sports (including Fantasy Football and NCAA March Madness)
- Card and dice games
- Raffles
- Lottery and scratch tickets
- Social gaming and Internet gambling
- Casino games (blackjack, craps, roulette, and slot machines)

WARNING SIGNS

- Gambling to escape boredom, pain, or loneliness
- Needing to bet more and more money to maintain thrill
- Unexplained absence from school or work
- Losing a job or college scholarship because of gambling
- Talking frequently about gambling
- Becoming irritable and angry when trying to quit
- Gambling to win back losses or to chase wins
- Constantly borrowing money from friends to gamble
- Stealing money to gamble
- Possessing large sums of money or bragging about gambling wins
- Gambling to impress friends or family
- Damaging relationships with parents or others because of gambling

WHERE DO I GO FOR HELP?
 If you or someone you care about has a gambling problem, there is hope. Help starts today by calling 1.800.547.6133. More information is available at www.evergreencpg.org.

ECPG YOUTH PROGRAMS

- PEER-TO-PEER CAMPAIGN WITH MEDIA PARTNER**
 Each year, at least two schools (high school or college) are selected whose business students run a competitive, full marketing campaign with multi-media elements, such as logos, radio and TV commercials, and social media messaging. Students work in teams to "market" a youth problem gambling awareness campaign to their peers, with the winning team's commercial airing on our media partner's radio station.
- YOUTH PROBLEM GAMBLING & THE ARTS GRANT**
 The YPGA Grant program empowers youth and young adults to make healthy choices around risky behavior, such as 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.

For more information on our youth programs, visit www.evergreencpg.org ▶ Youth Programs.

help starts here ▶ **1.800.547.6133**
 Washington State Problem Gambling Helpline | AVAILABLE 24/7
 CONFIDENTIAL INFORMATION AND REFERRALS

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: REBECCA KALDOR

Healthy communities and strong relationships matter!

Rebecca Kaldor has served on the ECPG Board since 2011. Her knowledge, experience, energy, and collaboration have been essential in establishing and maintaining relationships with Tribal Governments and communities across Washington State.

For nearly four years, Rebecca has worked for the Washington Indian Gaming Association (WIGA) as a Deputy Director. Prior to joining WIGA, Rebecca was a Communication and Outreach Specialist with the Governor's Office of Indian Affairs, where she worked as a liaison between the Governor and Tribal leaders. Rebecca and her husband also own a frozen yogurt shop called *Yo! G's* in Gig Harbor, Washington.

"Healthy communities are in-line with my cultural values," Rebecca replied when asked about her interest in first serving on the ECPG Board. "Addressing someone's needs—not only in Indian Country, but for those who need help with a gambling problem—is a huge passion to me."

In her spare time, Rebecca enjoys running, traveling, and spending time with her family and friends. She has even trekked to base camp one of Mount Everest.

One surprising thing about this Board member? "I wanted to be a Barker Beauty on the *Price is Right* when I young. Boy, am I glad I dedicated myself to this work instead!"

Rebecca's parents are her biggest inspiration, as both are hardworking, dedicated to helping others, and incredibly supportive. "Both my parents love unconditionally and have taught me leadership skills, compassion, integrity, and to always give back to my community," she says. By no coincidence, these are the very qualities we see and admire in Rebecca. We are so glad to have her as part of our Board! ■



MEET THE STAFF: KATHY BISHOP

A passion for efficiency and helping others!

Office Manager Kathy Bishop began working for ECPG in 2008. Her special gifts of organization and efficiency have certainly paid off, as she enjoys the behind-the-scenes work that supports and maintains ECPG—an organization that is about helping others.

"I'm proud that what I do helps ECPG to accomplish its mission," says Kathy. "I take care of the small details while the rest of the team focuses on the big picture."

In her free time, Kathy enjoys playing board games with her partner, Rich, and their friends. Kathy has participated in international board game tournaments and attended board game conventions. Kathy also is a talented costume designer and enjoys music, beading, ballroom dancing, genealogy research, and playing with her grandchildren.

When asked what people would be most surprised to learn about her, Kathy replied, "I am a member of the Society for Creative Anachronism, a nonprofit historical reenactment organization."

Much of Kathy's inspiration comes from her mother, who is the very person Kathy wants to be when she grows up. No doubt Kathy's mother has helped her become the talented and caring person she is. We are so fortunate to have Kathy on board—and are grateful for her organization, support, and hard work to keep the ECPG mission alive! ■

