

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE



April 27-30, 2015

**DoubleTree Suites by Hilton
Seattle**



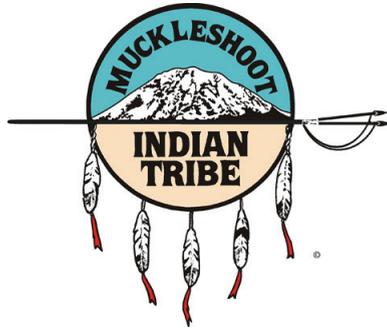
EVERGREEN
council on problem gambling

THANK YOU TO OUR SPONSORS

GAMBLING SUMMIT SPONSORS



GOLDEN EAGLE GUARDIAN



SILVER SALMON SPONSORS



Nisqually Indian Tribe

SCHOLARSHIP & TRAINING PARTNER



BHSIA Behavioral Health and Service Integration Administration



BRONZE BIG LEAF MAPLE BENEFACTOR



UPPER SKAGIT INDIAN TRIBE



COPPER RIVER CONTRIBUTOR

CONFEDERATED TRIBES of



the CHEHALIS RESERVATION
1864

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS **FOCUS ON THE FUTURE**

ABOUT THE CONFERENCE

Dear Conference Attendees:

Welcome to the seventh **Focus on the Future** Conference, the Western Regional Conference on Problem Gambling Awareness. This is an opportunity for us to learn from experts across the country on every facet of treating problem gambling, from prevention to ethics, to cultural competency, and developing impactful programs and delivering services. In addition, it is a place where you can exchange your ideas, experiences, and knowledge to become a collective voice in raising awareness on problem gambling and the importance of gambling responsibly.

As technology advances rapidly, it is our responsibility as stakeholders to consider and discuss the impacts that new games, devices, and access to gaming have on both the industry and the general public. This conference is the perfect vehicle to start that conversation, as treatment and healthcare providers, gaming industry members, educators, researchers, prevention specialists, and policy makers join together to collaborate on one of our state's, and our region's, most serious public health issues. By joining us, you are an important part in sharing relevant messages about problem gambling in our communities.

Together, we can learn more about the resources needed to assist those affected by problem gambling and help reduce the stigma surrounding this very serious disorder. Thank you for attending **Focus on the Future**. With your help and participation, we can make a difference in our communities, state, nation, and world.



Sincerely,

A handwritten signature in cursive script that reads "Brad Owen".

Brad Owen

Washington State Lieutenant Governor

Honorary Chair

Brad Owen was elected as Washington State's 15th lieutenant governor in 1996 and re-elected in 2000, 2004, 2008, and 2012. He has dedicated his term of service to providing leadership in the field of public health and safety, with an emphasis on substance abuse and prevention.

A MESSAGE FROM TY LOSTUTTER, PHD EVERGREEN COUNCIL ON PROBLEM GAMBLING BOARD PRESIDENT

On behalf of the Evergreen Council on Problem Gambling, welcome and thank you for joining us for our seventh ***Focus on the Future*** conference. This year we are pleased to expand our sessions into the very important realm of cultural competency, as well as continuing to focus on the needs of special populations, innovative treatment approaches, and the psychology and neurobiology of problem gambling. It is our hope that through these disciplines and areas, we will address emerging issues and best practices in problem gambling awareness, prevention, and treatment.

The increase of available technology brings with it an increase of access to gaming and gambling. We are fortunate to have several sessions and discussions devoted to these topics, to understand how social gaming and social media are intersecting with traditional gaming industry practices and what that means, especially for vulnerable populations such as youth and seniors. Additionally, we will focus on cutting-edge science to see what processes occur in the brain around problem gambling and how that can better inform treatment strategies.

It is our hope that this conference will assist each of you by providing you with the latest information, allowing you access to a host of experts in the fields of gambling awareness, prevention, and treatment, and, perhaps most importantly, a forum for you to learn from one another. Again, welcome and thank you for participating in the 2015 ***Focus on the Future*** conference.



Sincerely,

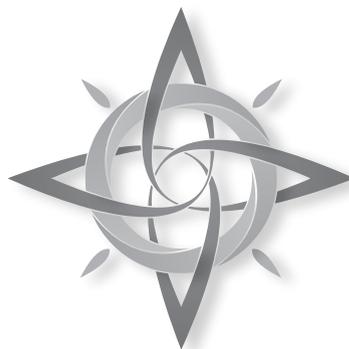
A handwritten signature in black ink that reads "Ty W. Lostutter". The signature is written in a cursive, flowing style.

Ty Lostutter, PhD
President, Board of Directors
Evergreen Council on Problem Gambling

For more than a decade, Dr. Lostutter's work at the University of Washington has focused on the etiology, prevention, and treatment of problem gambling and other addictive behaviors. He and his colleagues were the first to examine problem gambling among youth and young adults in Vietnam, the results of which have been recently published in the journal *Youth & Society*. In addition to problem gambling, Dr. Lostutter also conducts research on substance use, HIV prevention, and cultural issues.

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS
FOCUS ON THE FUTURE

CONFERENCE SCHEDULE



Wednesday, April 29

7 - 8:15 am

Registration and Continental Breakfast

Ballroom Foyer

8:15 - 8:30 am

Welcome

Dallas/Phoenix Ballroom

8:30 - 10 am

Keynote

Dallas/Phoenix Ballroom

Good Morning Seattle! Topics & Trends in the Field

Presented by: **Maureen Greeley**, ECPG Executive Director; **Bo Bernhard**, PhD; **Jeff Marotta**, PhD; **Hilarie Cash**, PhD; **Craig Durbin**, Major, Oregon State Police

Join a panel of experts in the field from our region and across the country as we explore current topics and trends around gambling, problem gambling, and responsible gambling, such as:

- Blurring lines between Social Gaming and Gambling
- How does our region compare to other regions and specific states in funding, services, expansion of gambling, etc.
- What do policy makers need to know and how do we get our messages to them?
- How do we regulate gambling and gambling expansion, and how do we ensure that support for treatment, prevention, and awareness are considered as expansion is discussed?

10 - 10:15 am

Break / Exhibits

Ballroom Foyer

10:15 - 11:45 am

Concurrent Breakout Sessions

Continued next page

10:15 - 11:45 am

Concurrent Breakout Sessions

Clinical / Behavioral / Integrated Care

Monterey I

Thinking About Co-occurring Symptoms Among Problem Gamblers

Ruby Takushi, PhD

Through lecture, discussion, and interactive exercises participants will discuss ways to conceptualize co-occurring symptoms with a particular eye toward understanding addictive behaviors. This session will also examine recommended principles of recovery from mental health symptoms that include problem gambling and interventions aimed at addressing co-occurring symptoms among problem gamblers.

Prevention / Outreach

Monterey II

Focusing on the Future: Problem Gambling and Healing the Family System

Isabelle Duguay, MA, LPCC, PCGC

Family members and friends can be directly impacted when someone has a gambling problem. This session will provide data on the impact of problem gambling on the family unit, followed by an interactive discussion of best practices and treatment strategies for family members and friends of problem gamblers.

Community / Culture

Paradise

Strategies and Barriers to Working with the Latino Community

Carlos Reinoso, MS, LOS; Victor Ortiz, MSW, LADC-I, CADC-II; Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II

This breakout session will discuss cultural issues for Latino clients that affect the counselor-client relationship. The panel will discuss how to incorporate specific cultural issues in the assessment and planning of care for Latino problem gambling clients, and consider approaches to provide treatment that are Latino-sensitive.

11:45 - Noon

Break / Exhibits

Ballroom Foyer

Noon - 2 pm

Lunch Plenary

Dallas/Phoenix Ballroom

Adult ADHD, Brain Science, and Gambling Disorder

Presented by: **Rory Reid, PhD**

Research indicates a disproportionate number of problem gamblers also meet diagnostic criteria for adult ADHD. There are unique aspects of this comorbidity that can be challenging for mental health providers. In this presentation, Dr. Reid will discuss assessment issues for ADHD based on the DSM-5 criteria among problem gamblers. The latest findings from the scientific literature and brain science about ADHD will also be addressed. Finally, Dr. Reid will offer pragmatic solutions and empirically supported interventions for problem gamblers with ADHD.

2 - 2:15 pm

Break / Exhibits

Ballroom Foyer

2:15 - 4:15 pm

Concurrent Breakout Sessions

Clinical / Behavioral / Integrated Care

Monterey I

Feedback-Informed Treatment

Rick Berman, MA, CCGC

Evidence shows that most individuals who participate fully in problem gambling (PG) psychosocial treatment benefit from it. But a key challenge is engaging and retaining them in services long enough to have a positive impact. The factors that lead to good outcomes in behavioral health care are increasingly better understood. The therapist's contribution to the therapeutic alliance appears to be the single biggest factor that can be modified to reduce dropout rates and improve outcomes. And research strongly suggests that the client's perception of the therapist's contribution to the therapeutic alliance is a critical factor. This improved understanding led to the development of Feedback Informed Treatment (FIT). In FIT, the client provides very brief written feedback to the therapist each week on the therapist's performance and any changes in her/his symptoms. The client and therapist review this feedback together and use it in treatment planning. This workshop will explain the principles and practice of FIT, demonstrate outcomes with PG, and share the experience of using a web-based program to implement FIT in two Oregon PG clinics.

Prevention / Outreach

Monterey II

Financial Management: Money Matters in Problem Gambling Treatment

Isabelle Duguay, MA, LPCC, PCGC

Participants explore the emotional meaning of money and how personal beliefs and values surrounding money can cause dysfunction in the way clients deal with money. We will review common barriers manifested by clinicians, which impact them in helping clients explore their finances. Participants will also learn therapeutic tools to use in counseling sessions to help clients explore their distorted thinking with money and gambling addiction.

Community / Culture

Paradise

Problem Gambling: The Hidden Addiction

Victor Ortiz, MSW, LADC-I, CADC-II

This workshop is aimed at identifying the relationship of problem gambling, mental health, and addiction, as well as effective strategies in integrating problem gambling services. With the DSM-5 reclassification of Gambling Disorder, it creates a clinical opportunity in the treatment of addiction. This training is aimed at exploring the new diagnostic criteria of Gambling Disorders, as well as exploring its relationship to clinical practice. This workshop will explore best practices and identify strategies for managing treatment barriers.

SCHEDULE AT-A-GLANCE

WEDNESDAY, APRIL 29				
7 - 8:15 am	Registration and Continental Breakfast	Ballroom Foyer		
8:15 - 8:30 am	Welcome	Dallas / Phoenix Ballroom		
8:30 - 10 am	Keynote	Dallas/ Phoenix Ballroom	Panel Discussion	<i>Good Morning Seattle! Topics & Trends in the Field</i>
10 - 10:15 am	Break / Exhibits			
10:15 - 11:45 am	Clinical / Behavioral / Integrated Care	Monterey I	Ruby Takushi, PhD	<i>Thinking About Co-occurring Symptoms Among Problem Gamblers</i>
	Prevention / Outreach	Monterey II	Isabelle Duguay, MA, LPCC, PCGC	<i>Problem Gambling and Healing the Family System</i>
	Community / Culture	Paradise	Carlos Reinoso, MS, LOS; Victor Ortiz, MSW, LADC-I, CADC-II; Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II	<i>Strategies and Barriers to Working with the Latino Population</i>
11:45 - Noon	Break / Exhibits			
Noon - 2 pm	Lunch Plenary	Dallas / Phoenix Ballroom	Rory Reid, PhD	<i>Adult ADHD, Brain Science and Gambling Disorder</i>
2 - 2:15 pm	Break / Exhibits			
2:15 - 4:15 pm	Clinical / Behavioral / Integrated Care	Monterey I	Rick Berman, MA, CCGC	<i>Feedback-Informed Treatment</i>
	Prevention / Outreach	Monterey II	Isabelle Duguay, MA, LPCC, PCGC	<i>Financial Management: Money Matters in Problem Gambling Treatment</i>
	Community / Culture	Paradise	Victor Ortiz, MSW, LADC-I, CADC-II	<i>Problem Gambling: The Hidden Addiction</i>

THURSDAY, APRIL 30

7 - 8 am	Registration and Continental Breakfast	Ballroom Foyer		
8 - 8:15 am	Welcome	Dallas / Phoenix Ballroom		
8:15 - 9:45 am	Keynote	Dallas / Phoenix Ballroom	Scott Breedlove, MS	<i>Life Lessons from an African Elephant and Other Surprising Places</i>
9:45 - 10 am	Break / Exhibits			
10 - 11:30 am	Clinical / Behavioral / Integrated Care	Monterey I	Sheryl Anderson, MS, BCC, LADC, ACR-MN, NCGC-II	<i>Addressing Cognitive Distortions and CBT/Mindfulness Approaches</i>
	Prevention / Outreach	Monterey II	Julie Hynes, MA, CPS	<i>App'rehensive: How the Lines Have Blurred Between Games & Gaming, and How to Protect Our Most Vulnerable</i>
	Community / Culture	Paradise	Scott Breedlove, MS	<i>The Rest of the Story...</i>
11:30 - 11:45 am	Break / Exhibits			
11:45 am - 1:30 pm	Lunch Plenary	Dallas / Phoenix Ballroom	Members of the Recovery Community	<i>Voices of Recovery</i>
1:30 - 1:45 pm	Break / Exhibits			
1:45 - 3:45 pm	Clinical / Behavioral / Integrated Care	Monterey I	Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II	<i>Ethics in Addiction Counseling</i>
	Prevention / Outreach	Monterey II	Pete Pennington, NCGC-I	<i>Yoga and Gambling Disorder: Treating the Mind, Body, and Spirit</i>
	Community / Culture	Paradise	Carlos Reinoso, MS, LOS	<i>Problem Gambling Among Older Adult Populations</i>

Thursday, April 30

7 - 8 am

Registration and Continental Breakfast

Ballroom Foyer

8 - 8:15 am

Welcome

Dallas/Phoenix Ballroom

8:15 - 9:45 am

Keynote

Dallas/Phoenix Ballroom

Life Lessons from an African Elephant and Other Surprising Places

Presented by: **Scott Breedlove, MS**

This upbeat motivational session will help to remind attendees that what we do every day impacts lives and makes a difference, and to enjoy every moment of it. We are all on a journey of learning and if we are watching closely, there are unique moments that teach us valuable life lessons. These lessons can provide insight into the behaviors of the clients we serve.

9:45 - 10 am

Break / Exhibits

Ballroom Foyer

10 - 11:30 am

Concurrent Breakout Sessions

Clinical / Behavioral / Integrated Care

Monterey I

Addressing Cognitive Distortions and CBT/Mindfulness Approaches

Sheryl Anderson, MS, BCC, LADC, ACR-MN, NCGC-II

Several cognitive distortions, including superstitions, attributional biases, and beliefs in control contribute to the development and maintenance of disordered gambling. This session will focus on the cognitive distortions associated with various types of gambling along with an introduction to therapeutic interventions that reinforce the randomness of gambling, drawing attention to distorted thinking to improve treatment outcomes.

Prevention / Outreach

Monterey II

Apprehensive: How the Lines Have Blurred Between Games & Gaming, and How to Protect Our Most Vulnerable

Julie Hynes, MA, CPS

In this presentation, we will examine the rapidly-shifting world of technology that has outpaced even many experts' abilities to keep up. From video games to social network gaming, we will look into recent trends with regard to online and mobile technology and play, and how the lines have become blurred between traditional "games" and gambling. We will look into specifics such as development of games that are more attractive to younger populations, laws (and how kids work around them), similarities and differences between various platforms and game play, different methods of incentives, and forms of payment. *(continued next page)*

10 - 11:30 am

Concurrent Breakout Sessions Continued

App'rehensive: How the Lines Have Blurred Between Games & Gaming, and How to Protect Our Most Vulnerable

Julie Hynes, MA, CPS

(continued from previous page) We will examine the research on gaming disorders and gambling disorders—including similarities, differences, and common risk factors and vulnerable populations (and discuss the DSM-5). And we won't just stay stuck in the problem—you will be equipped with practical and evidence-based tips and tools that aim at protecting and advocating for vulnerable populations, with a special focus on youth and those in addictions recovery.

Community / Culture

Paradise

The Rest of the Story...

Scott Breedlove, MS

This session describes how each client is living out their life story and often when we first meet them, the current chapters aren't very good. We have an opportunity to help each client start a new chapter and write the rest of the story of their life. This is a motivational and humorous session that encourages people to continue the work they are doing.

11:30 - 11:45 am

Break / Exhibits

Ballroom Foyer

11:45 am - 1:30 pm

Lunch Plenary

Dallas/Phoenix Ballroom

Voices of Recovery

Presented by: **Members of the Recovery Community**

Celebrating successes and sharing recovery stories is an important way for the recovery community to help broaden awareness and educate others about addiction, treatment, and the journey that is recovery. The courage to share these stories is, we hope, matched by the positive impact they make on all of us who work in the fields of problem gambling treatment, prevention, training, and support.

1:30 - 1:45 pm

Break / Exhibits

Ballroom Foyer

1:45 - 3:45 pm

Concurrent Breakout Sessions

(continued next page)

1:45 - 3:45 pm

Concurrent Breakout Sessions

Clinical / Behavioral / Integrated Care

Monterey I

Ethics in Addiction Counseling

Janese Olalde, M.Ed, QMHP, CADC-II, CGAC-II

Participants of this workshop will build knowledge of ethical issues that could create barriers to engagement and retention in problem gambling treatment, as well as learn specific ethical strategies and techniques to incorporate in the assessment and planning of care for problem gamblers. Participants will also have the opportunity to examine personal values and attitudes that may impact professional work, in addition to enhancing and applying knowledge to working with problem gambling clients and their families.

Prevention / Outreach

Monterey II

Yoga and Gambling Disorder: Treating the Mind, Body, and Spirit

Pete Pennington, NCGC-I

Do you want to offer your clients physical, mental, and grounding experiences that support your current treatment program? Decades of research shows that Yoga increases functional capacity, well-being, and quality of life for people with disorders from schizophrenia to addiction. This presentation gives you the tools to create a yoga program and integrate it with your treatment system.

Community / Culture

Paradise

Problem Gambling Among Older Adult Populations

Carlos Reinoso, MS, LOS

This workshop will teach prevention strategies on how to effectively reach the older adult population based on lessons learned. Participants will gain an understanding of gambling behaviors among the older adult population and how to try to prevent some of our most vulnerable citizens from becoming victims.



SAVE THE DATES!

FOUR DIRECTIONS

Problem Gambling and Health Awareness Conference



*Honoring Our Past
Protecting Our Future*

*Through Holistic Health,
Wellness, and Recovery Support*

September 21 - 24, 2015

The Westin Wall Centre

Vancouver Airport

Richmond, British Columbia

Presented By



EVERGREEN
council on problem gambling

Conference Partner

BC Responsible &
Problem Gambling
Program



BASIC TRAINING

Are you interested in or in the process of working toward becoming a Certified Problem Gambling Counselor? Do you need CEUs, advanced training in problem gambling, or a refresher on ethics? Our next Basic Training is June 22-25, 2015 at the Red Lion in Pasco, WA. Visit www.evergreencpg.org for more information.

ABOUT THE EVERGREEN COUNCIL ON PROBLEM GAMBLING

The Evergreen Council on Problem Gambling (ECPG) 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. We provide confidential support for Washington State residents through our 24-hour Problem Gambling Helpline (800.547.6133) and public awareness, education, prevention, and resource development services for individuals, families, employers, students, the gaming industry, and business and community groups. ECPG also provides qualified training and certification programs and continuing education units (CEUs) for treatment professionals.



EVERGREEN
council on problem gambling

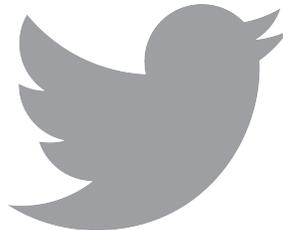
The Council offers support for residential treatment for problem gamblers and outpatient treatment for problem gamblers and family members, as well as education and public awareness programs to a wide variety of community and professional groups through presentations. The Council works with the Gaming Industry to provide employee training and responsible gaming policy and program development, and offers a Responsible Gaming Certification program.

The Evergreen Council on Problem Gambling is pleased to work with schools and youth groups, educators and PTAs, civic and social service organizations, and others to develop and tailor education and awareness programs to meet your needs. For more information, or to schedule a presentation, call our office at 360.352.6133.

STAY SOCIAL!



Facebook.com/
EvergreenPG

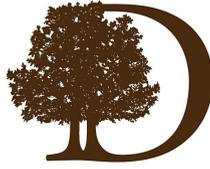


@EvergreenCPG



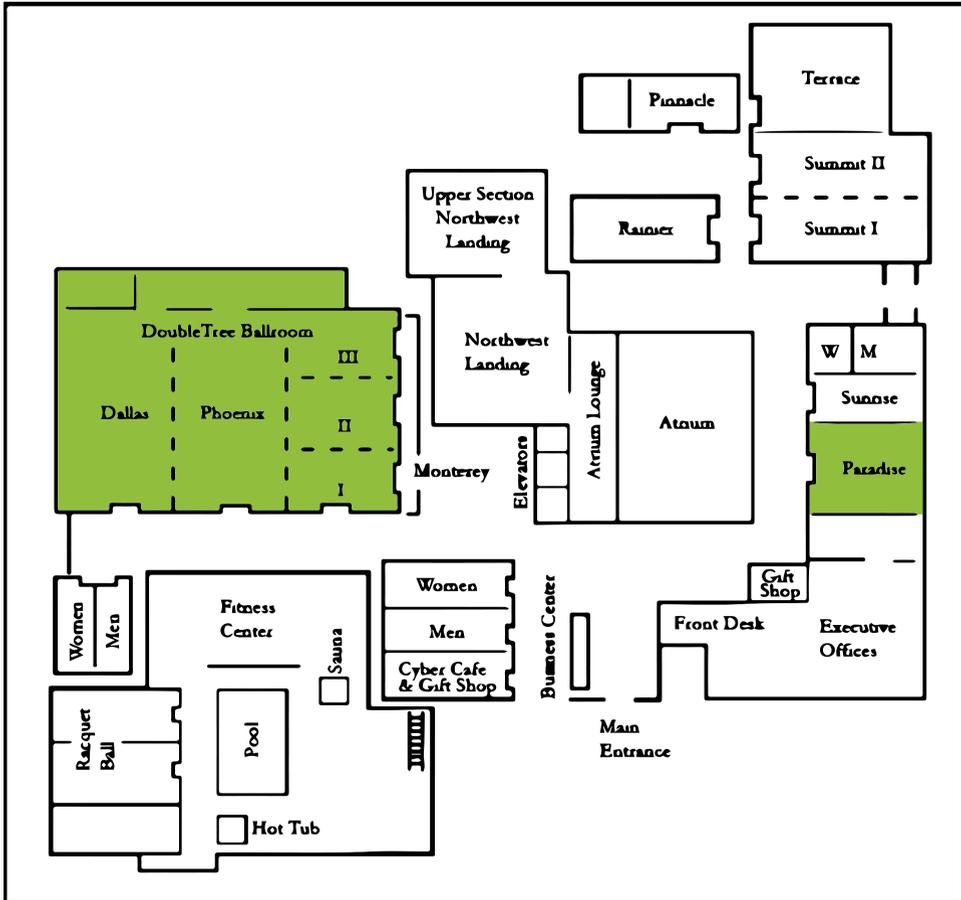
ECPGambing

Share photos & comments during the conference! Tag them **#FoF15**



DOUBLETREE
BY HILTON™

Meeting & Banquet Facilities



WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE

April 27–30, 2015 | Seattle

CONFERENCE SCHEDULE AT-A-GLANCE

Wednesday, April 29

7 - 8:15 am	Registration and Continental Breakfast
8:15 - 8:30 am	Welcome
8:30 - 10 am	Morning Keynote
10 - 10:15 am	Break / Exhibits
10:15 - 11:45 am	Morning Breakout Sessions
11:45 am - Noon	Break / Exhibits
Noon - 2 pm	Lunch Plenary
2 - 2:15 pm	Break / Exhibits
2:15 - 4:15 pm	Afternoon Breakout Sessions

Thursday, April 30

7 - 8 am	Registration and Continental Breakfast
8 - 8:15 am	Welcome
8:15 - 9:45 am	Morning Keynote
9:45 - 10 am	Break / Exhibits
10 - 11:30 am	Morning Breakout Sessions
11:30 - 11:45 am	Break / Exhibits
11:45 am - 1:30 pm	Lunch Plenary
1:30 - 1:45 pm	Break / Exhibits
1:45 - 3:45 pm	Afternoon Breakout Sessions



EVERGREEN
council on problem gambling