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Nisqually Tribe

St. Peter Chemical Dependency Center
Dear Focus on the Future Conference Attendees:

Welcome to the Western Regional Conference on Problem Gambling Awareness. The conference continues to grow in many ways since its founding in 2007. This is an opportunity for treatment providers, prevention specialists, educators, researchers, state service providers, gaming industry representatives and members of the recovery community to come together. It is also where you can learn from each other, network, and build relationships. Experts in the field from across the country and around the world will share new information on treatment practices, prevention services, cultural competency, and key issues such as Daily Fantasy Sports wagering, social gaming and gambling, internet addiction and responsible gaming.

This conference is a perfect place to share your ideas, voice your concerns, and brainstorm new and innovative ways to address these issues in a strong, collaborative partnership. Building bridges in partnership to support anyone affected by problem gambling and gaming is the best way to continue to make positive impacts in our communities – here in the Northwest, across the country, and around the world.

It is my honor to serve as the honorary chair of Focus on the Future. The great work and dedication each and every one of you offers every day makes an incredible difference. For 22 years I made school presentations around making healthy choices around substance abuse and mutual respect. Throughout these presentations I sang the hit song All Star by the group Smash Mouth as a way to reinforce to the students that each one is an all-star, and that “Only shooting stars break the mold.” Thank you all for breaking the mold and advocating for those who need support in preventing and fighting gambling disorders that can devastate lives. Thank you for being all-stars for taking on the issue of problem gambling.

Sincerely,

Brad Owen
Lt. Governor
Honorary Chair
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 at Focus on the Future 2016. The conference has grown in so many ways since our first conference was held at the University of Washington in 2007. I hope you are as excited as I am to hear Mark Griffiths, PhD, Psychologist, Professor, and Director of the International Gaming Research Unit at Nottingham Trent University. The breadth of knowledge he can share on prevention and treatment around gambling and gaming with adolescents and students, in the areas of social media, the internet, and social gaming will be thought provoking and, I hope, help us all in our work.

Trauma informed care and understanding how trauma affects individuals, families, and communities is also crucial to our field. We are fortunate to have at our conference Mandy Davis, PhD, Clinical Director for the Trauma Informed Care project and Co-Director for Trauma Informed Oregon at the Regional Research Institute at Portland State University’s School of Social Work.

And, of course, celebrating successes and sharing recovery stories is an important way for the recovery community to help broaden awareness and remind us all why we gather at Focus on the Future each year. We thank our Voices of Recovery panel members for their courage in sharing the stories of the journey that is recovery.

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 joining us.

Sincerely,

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. In addition to problem gambling, Dr. Lostutter also conducts research on substance use, mental health, and cultural factors associated with health and risk behaviors.
ABOUT THE EVERGREEN COUNCIL ON PROBLEM GAMBLING

The Evergreen Council on Problem Gambling (ECPG) is dedicated to increasing awareness of public health issues around problem gambling and gaming, expanding the availability and integration of services, and supporting advocacy, research, and programs for education, prevention, treatment, and responsible gambling and gaming. 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.

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
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ECPGambling

Share photos & comments during the conference! Tag them #FoF16
CONFEREE PARTNERS

Oregon Council on Problem Gambling

The Oregon Council on Problem Gambling was established in 1996 and has been an affiliate of the National Council on Problem Gambling since 1998. The Council’s purpose is to promote the health of Oregonians by supporting efforts to minimize gambling-related harm through research, education, and advocacy.

Oregon Health Authority

Helping people and communities achieve optimum physical, mental, and social well-being through partnerships, prevention, and access to quality, affordable health care is the mission of the Oregon Health Authority. Problem Gambling Services is part of OHA’s Health System Division. Oregon invests more than five million dollars annually to reduce and/or prevent the negative effects of gambling.

INTRODUCTION TO PROBLEM GAMBLING TRAINING

Are you interested in or in the process of working toward becoming a Certified Problem Gambling Counselor? Do you need CEUs or advanced training in problem gambling? Our next Introductory and Advanced Training Workshops will be held July 25-28, 2016 at the Red Lion at the Park in Spokane, WA. Visit www.evergreencpg.org for more information.
Thursday, April 28

7:30 - 9 am
Registration and Continental Breakfast
Belmont Foyer

9 - 10:30 am
Welcome & Keynote
Belmont Ballroom

*The Convergence of Gambling, Gaming and Social Media: Issues, Concerns, and Recommendations*

Presented by: Mark Griffiths, PhD

This presentation will cover empirical findings relating to online forms of gambling and gaming, key issues surrounding situational and structural characteristics of online environments and what makes them addiction-inducing, and concerns relating to the psychosocial impact of convergent gambling and gaming.

10:30 - 10:45 am
Break / Exhibits
Belmont Foyer

10:45 am - 12:15 pm
Concurrent Breakout Sessions

Clinical / Behavioral Health
Belmont C

*Gambling in the Golden Years*

Presented by Panel: Nirmala Dhar, LCSW, ACSW; Peter Walsh, MA, QMHP; Philip Yassenoff, LPCC

Older adults gamble for many reasons. What are the demographic trends for late-life gambling now and in the future? Are there distinct risk factors that place older adults at risk for disordered gambling? What programs and services are available now and how can we tailor existing services to meet the needs of older adults? Are there specific barriers to seeking treatment for older adults? This panel will explore issues and trends and encourage interactive dialogue to help expand our awareness and share challenges and successes in this important field.
Thursday, April 28

10:45 am - 12:15 pm

Concurrent Breakout Sessions Continued

Innovative Topics / Emerging Trends

Families & Enabling

Presented by: Kyle S. King, LMFT, LCPC

How do addictions survive over time despite the fact that addicts often generate serious negative consequences as a result of their addictive behavior? In many families, the answer is “enabling”. This presentation will allow attendees to look in-depth into the family systems of addicts, studying how family members can find themselves, even against their better judgment, enabling their loved ones’ addictive or problematic behavior. Enabling will be defined and numerous clinical case examples will be presented. Participants will learn the common warning signs of enabling, and understand how the positive intentions of loved ones can lead them into enabling behaviors. Participants will learn why and how enabling is produced and sustained by certain types of family systems. Finally, a thorough discussion of boundary-setting and “healthy help” options, as alternatives to enabling, will be presented, and participants will learn how the families of addicts may be able to break their enabling habits and adopt healthier and more effective ways of relating to their addicted loved ones.

Prevention / Community Engagement

Innovative Community-based Problem Gambling Prevention Projects

Presented by Panel: Roxann Jones, BS, Danette Killinger, BS, MS, CPS, Monica YellowOwl, CADC-I, CPS, and Daniel Felizardo, MPA, CDP

In this session, panelists will address problem gambling prevention through innovative community-based projects that are integrated with other prevention activities. The panelists will present on specific projects implemented within their communities, and share challenges and successes on integrating problem gambling prevention.

12:15 - 2:15 pm

Lunch Plenary

Voices of Recovery

Presented by: Members of the Recovering 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.

2:15 - 2:30 pm

Break / Exhibits
2:30 - 4:30 pm

**Concurrent Breakout Sessions**

**Clinical / Behavioral Health**

*Tipping the Scale: A Gambler’s Journey from Unmanageability to Sustained Recovery*

Presented by: Sheryl Anderson, MS, BCC, LADC, ADCR-MN, NCGC-II, Ann Gray, MS, and Maureen Greeley, BS

The life of a compulsive gambler can be riddled with chaos, failed relationships, financial devastation, and an overall sense of hopelessness. Seeking help isn’t always easy. When a compulsive gambler does seek help, the journey requires a level of commitment from him/her and an understanding of the level of care needed from his/her treatment provider. In this interactive presentation, a gambler’s journey from the initial referral to treatment (outpatient and inpatient) down the road to sustained recovery will be presented. The focus will include: work in outpatient treatment and what leads to inpatient/residential treatment; critical components of inpatient/residential treatment; and after treatment: components of the critical care plan.

**Innovative Topics / Emerging Trends**

*Gambling and ‘Gaming’ in Adolescents and Students: Issues in Prevention and Treatment*

Presented by: Mark Griffiths, PhD and Ty Lostutter, PhD

This session will discuss issues for prevention and treatment for gambling and gaming in adolescents and students. Issues to be covered include empirical findings relating to youth gambling across the world, prevention and treatment of youth gambling from a research perspective, and key studies concerning prevention and treatment of youth gambling.

**Prevention / Community Engagement**

*Developing Culturally Relevant Outreach and Treatment Services to Diverse Problem Gamblers*

Presented by Panel: Janese Olalde, MEd, MFT, CADC-II, CGAC-II, Michael Braxton, MBA, MSW, CADC-III, CRM, Julio Íñiguez, QMHP, CGAC-II, CADC-I, Victor Leo, MSW, LCSW, CPS, Azusa Ogawa, MS, CGAC-II, CADC-I, and Margarita Robles, CGAC-I

This session will address the needs of the African-American, Asian-American, and Latino population in order to attain effective, culturally appropriate services related to problem gambling. Panelists will address barriers to services, outreach, and messaging, and effective strategies to overcome or bypass the barriers for each population.

5:00 - 6:00 pm

Open GA Meeting

Open Gam-Anon Meeting
# SCHEDULE AT-A-GLANCE

## THURSDAY, APRIL 28

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<tr>
<th>Time</th>
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<td>12:15 - 2:15 pm</td>
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<td>Members of the Recovery Community</td>
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<td>Panel featuring representatives from Oregon PGS Multicultural Committee</td>
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**Gambling in the Golden Years**

**Families & Enabling**

**Innovative Community-based Problem Gambling Prevention Projects**

**Voices of Recovery**

**Tipping the Scale: A Gambler’s Journey from Unmanageability to Sustained Recovery**

**Gambling & ‘Gaming’ in Adolescents & Students: Issues in Prevention and Treatment**

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8 Focus on the Future | 2016
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<td>Ann Gray, MS; Maureen Greeley, BS; Mark Griffiths, PhD; Chris Stearns; Keith Whyte</td>
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<td>Good Morning, Portland!</td>
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<td>10:30 - 11 am</td>
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<td>Overview of Treatment Modalities</td>
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<td>Fantasy Sports – From Simple to Serious: What’s Our Role?</td>
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<td>Afternoon Plenary</td>
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<td>Mandy Davis, PhD, MSW, LCSW, BSSW</td>
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<td>Join a panel of regional, national, and international experts in the field as we explore emerging issues, attitudes, and trends that are shaping our work around gambling and gaming treatment, prevention, awareness, and legislation, such as: state of the nation in gambling; international trends and topics; working with the recovery community; fantasy sports legalization, regulation, and our roles; and more.</td>
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<td>This session will review different psychotherapeutic treatment approaches for the treatment of problem gambling and gambling use disorder. These approaches include known evidence-based practices for gambling treatment, such as Cognitive Behavioral Therapy (CBT), and evidence-based practices that have been effective in the treatment of disorders that are frequently comorbid with and/or similar to gambling disorders (e.g., substance use disorders), including Motivational Interviewing (MI) and Dialectical Behavior Therapy (DBT). The evidence supporting these approaches will be discussed, as well as considerations for their use in practice. The session will include an exercise applying this knowledge to treatment planning for a hypothetical case study.</td>
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<td>This session will cover treating gaming addiction in young adults, as well as key empirical findings relating to online addiction (including an examination of “generalized internet addiction” versus “specific internet addiction”). Questions about the existence (or not) of “technological addiction” will be addressed, and a brief overview of the literature concerning social gambling and gaming will be given. In addition, the reSTART program will be highlighted.</td>
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**11:00 am - 12:30 pm**

*Concurrent Breakout Sessions Continued*

**Prevention / Community Engagement**  
Belmont C

*The Effects of Advertising on Gambling Clients in Treatment: A Focus Group Study*

Presented by: Jerry Bauer Kemper, BS, CDGC

This presentation will highlight the results of several focus groups designed to evaluate the impact of numerous forms of advertising with three populations: 1) clients with gambling problems currently in counseling, 2) counselors who work in addictions, and 3) the general public. The goal of the focus groups was to access gambling advertising and the ability to “trigger” a population to gamble. In addition, the focus group was asked to assess current “help” advertising and determine what would help them seek treatment.

**12:30 - 2:30 pm**

**Lunch Plenary**  
Belmont Ballroom

*Fantasy Sports — From Simple to Serious: What’s Our Role?*

Presented by Panel: Julie Hynes, MA, CPS, Chris Stearns, and Keith Whyte

Are Fantasy Sports games a simple social sideline or a complicated scenario of statistical minutiae? What was once seen as a quiet little community game has branched off to become a booming billion dollar business. How do we separate the facts from the fantasy about an issue that continues to grow in popularity and contention? When do Fantasy Sports become a potential addictive preoccupation rather than a predominantly benign pastime? What’s our role in prevention, consumer protection, regulation, and helping those who do experience problems? Join us as our panel of experts weighs in on an issue that is top of mind across the country.

**2:30 - 2:45 pm**

**Break / Exhibits**  
Belmont Foyer

**2:45 - 4:45 pm**

Afternoon Plenary  
Belmont Ballroom

*Trauma Informed Care 101*

Presented by: Mandy Davis, PhD, MSW, LCSW, BSSW

To understand the benefits of a trauma informed system, it is necessary to understand how trauma impacts individuals and families. Participants will learn about trauma informed care, the impact of trauma, and how trauma affects how people engage in services. During this session, participants will: 1) begin to identify how service systems, often unknowingly, re-traumatize survivors of complex trauma; 2) learn the difference between trauma specific services and trauma informed care; and 3) understand the basics of clinical impacts of trauma on clients coming into care.
**PRESENTERS**

**Sheryl Anderson, MS, BCC, LADC, ADR-MN, NCGC-II**, Coordinator of the Vanguard Center for Compulsive Gambling program in Granite Falls, Minnesota, has more than 30 years of experience in the mental health field. She received her Master of Science degree from Minnesota State University and has presented at many conferences both regionally and nationally.

**Jerry Bauerkemper, BS, CDGC**, Executive Director of the Nebraska Council on Compulsive Gambling, is an internationally recognized expert on problem gambling and has provided training throughout the United States and Southeast Asia. He has been providing counseling to gamblers and their families since 1986.

**Michael Braxton, MA, MSW, CADC-III, CRM**, Executive Director of Empowerment Clinic Inc., has more than 15 years experience in the field of Addiction and Mental Health, and founded Empowerment Clinic Inc. in 2008. Mr. Braxton earned a Bachelor’s degree in both Business and Social Work. He has created a gambling outreach program for Oregon state prisons.

**Hilarie Cash, PhD, LMHC**, is the Chief Clinical Officer and co-founder of reSTART Life LLC, the first long-stay retreat program in the US or Canada for adults who are experiencing serious problems with their digital screen use. She has received recognition as one of the nation’s leading experts in the growing field of Internet addiction.

**Jessica Cronce, PhD**, is an Assistant Professor in the Counseling Psychology and Human Services Department at the University of Oregon. She received her PhD in clinical psychology from Yale University in 2009. Her research focuses on the etiology, maintenance, prevention, and treatment of addictive behaviors, in particular, problematic alcohol use and gambling among college students.

**Nirmala Dhar, LCSW, ACSW**, received her Master’s in Social Work from Washington University, St. Louis, MO and Bombay University, India. She is the Older Adult Behavioral Health Coordinator for Oregon Health Authority’s Health Systems Division. She has more than 30 years of experience in behavioral health, primarily in the public sector in Missouri, New Jersey, and Oregon.
Mandy Davis, Phd, LCSW, MSW, BSSW, is the Clinical Director for the Trauma Informed Care project and Co-Director for Trauma Informed Oregon at the Regional Research Institute at Portland State University’s School of Social Work. She has over 20 years of experience working with survivors of trauma of all ages through individual and group interventions.

Daniel Felizardo, MPA, CDP, is the Program Manager for the Puyallup Tribal Treatment Center, as well as an NIATx process improvement coach working with tribal behavioral health systems to improve access and retention in treatment.

Ann Gray, MS, is an ECPG Board Member, and has a passionate interest in the recovery community, specific to increasing awareness and support for problem gambling at an early age, and throughout our communities. She holds a Master's in School Counseling and Student Services, and certification as a school administrator.

Maureen Greeley, BS, is the Executive Director of ECPG, holds an Affiliate seat on the Board for NCPG, and is the NCPG Board’s Immediate Past President. In 2013, Maureen received the NCPG Award for Advocacy, which recognizes dedication to improving the lives of problem gamblers and their families through advocacy, training, and the promotion of public awareness.

Mark Griffiths, PhD, is a Chartered Psychologist and Professor of Behavioural Addiction at Nottingham Trent University, and Director of the International Gaming Research Unit. He has spent almost 30 years in the field and is internationally known for his work in gaming and gambling. He has won many national and international awards for his work.

Julie Hynes, MA, CPS, coordinates the Problem Gambling Prevention Program with Lane County Public Health (“PreventionLane”) and is faculty with the University of Oregon’s Department of Counseling Psychology and Human Services. She has specialized in problem gambling prevention for the last 14 years.

Julio Iñiguez, QMHP, CADC-I, CGAC-II is a bilingual/bicultural Family Therapist completing his hours for LMFT licensure working with individuals, couples, and families affected by problem gambling at Adelante, a Latino culturally-specific addictions prevention and treatment program in Portland.
Roxann Jones, BS, State of Oregon Problem Gambling Prevention and Treatment Services Coordinator (Oregon Health Authority) brings more than 25 years of experience in designing and implementing prevention programs to address risky behaviors, as well as program management in problem gambling prevention/treatment, and children’s intensive mental health services.

Danette Killinger, BS, MS, CPS, coordinates the Behavioral Health Promotion and Prevention Program for Linn County Health Services, and is a Certified Prevention Specialist in the state of Oregon. She has extensive experience working with community partners specializing in resource development and community engagement.

Kyle King, LMFT, LCPC, provides individual, family, and couples therapy to clients with a range of presenting issues. Located in Lake Bluff, IL, her clinical specializations include family therapy with adolescents and their parents, couples recovering from infidelity, and individuals with anxiety and panic disorders.

Victor Leo, MSW, LCSW, CPS, is a Licensed Clinical Worker in private practice in Portland. He is the only Certified Prevention Specialist of Chinese descent in Oregon, and is also a board member on the Asian Pacific American Senior Coalition.

Ty Lostutter, PhD, is an Assistant Professor of Psychiatry, Center for the Study of Health and Risk Behaviors at the University of Washington, and the President of the ECPG Board of Directors. His work is focused on the etiology, prevention, and treatment of problem gambling, and conducts research on other addictive behaviors, substance use, HIV prevention, and cultural issues.

Azusa Ogawa, MS, CGAC-II, CADC-I, is a problem gambling counselor with InAct/Volunteers of America Oregon, in outreach and prevention for Asian communities in the Portland Metro area. She is the first native Japanese to be certified as a CGAC by ACCBO in Oregon.

Janese Olalde, MEd, MFT, CADC-II, CGAC-II, has more than 20 years experience in the addiction and education fields, including as an addictions counselor with Spanish-speaking clients. She previously worked for the State of Oregon DHS as a Problem Gambling Treatment Specialist, and is currently a Human Services instructor at Lane Community College.
Margarita Robles, CGAC-I, has been with the Oregon Problem Gambling Helpline for eight years and is also an active member of the Multicultural Advisory Committee on Problem Gambling, advocating for services throughout local communities.

Commissioner Chris Stearns was appointed by Governor Inslee to the Washington State Gambling Commission in July 2013. In October 2014, he was unanimously elected as Chair of the Commission. He has been instrumental in keeping gambling legal and honest in the state of Washington.

Peter Walsh, MA, QMHP, is the Manager of the VIEWS Senior Peer Counseling Program, training and supervising older adult volunteers to provide emotional support and reduce isolation for seniors through peer support groups and topic-specific Conversations on Aging.

Keith Whyte, Executive Director of the National Council on Problem Gambling (NCPG), has presented on gambling issues in more than 40 US states and internationally in more than a dozen countries. He has testified multiple times at the request of the United States Congress on gambling-related Federal legislation, and has appeared before numerous state legislative and regulatory bodies. He is an Editorial Board member of Gaming Law Review and Analysis of Gambling Behavior, and sits on the Advisory Boards of the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University and the Center for Gambling Studies at Rutgers University.

Philip Yassenoff, LPCC, Program Manager of Cascadia’s Problem Gambling Treatment program, is on the board of Voices of Problem Gamblers in Recovery and is committed to changing the landscape of gambling prevalence in Oregon State.

Monica YellowOwl, CADC-I, CPS, is a Prevention Specialist with Klamath Tribal Health and Family Services. She is a lifelong resident of Klamath County, and is an enrolled member of the Pit River Tribe and a Modoc descendant. She also serves as a board member for the Klamath County Local Alcohol & Drug Planning Committee.
SUQUAMISH CLEARWATER CASINO RESORT
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WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

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April 26–29, 2016 | Portland

MAIN CONFERENCE SCHEDULE AT-A-GLANCE

Thursday, April 28

7:30 - 9 am  Registration and Continental Breakfast
9 - 10:30 am  Welcome & Keynote
10:30 - 10:45 am  Break / Exhibits
10:45 am - 12:15 pm  Morning Breakout Sessions
12:15 - 2:15 pm  Lunch Plenary
2:15 - 2:30 pm  Break / Exhibits
2:30 - 4:30 pm  Afternoon Breakout Sessions
5-6 pm  Gambler’s Anonymous Meeting

Friday, April 29

8 - 9 am  Registration and Continental Breakfast
9 - 10:30 am  Morning Keynote
10:30 - 11 am  Break / Exhibits / Hotel Check Out
11 am - 12:30 pm  Morning Breakout Sessions
12:30 - 2:30 pm  Lunch Plenary
2:30 - 2:45 pm  Break / Exhibits
2:45 - 4:45 pm  Afternoon Plenary