

WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

# FOCUS ON THE FUTURE



April 25-28, 2022  
**Vancouver**



EVERGREEN  
council on problem gambling

Oregon Health Authority **ocpg**

OREGON COUNCIL on PROBLEM GAMBLING

# CONNECT WITH US!



## **READ, WATCH, LISTEN, AND ATTEND.**

### ***ECPG LIVE!***

LIVE VIDEO DISCUSSIONS ON HOT TOPICS WITH INDUSTRY LEADERS

### **KALEIDOSCOPE**

REFLECTIONS OF DIVERSE VIEWS ON MENTAL HEALTH EQUITY

### **CONNECTIONS**

A HEALTHY GAMBLING AND GAMING PODCAST

### **SOCIAL MEDIA, BLOG, AND EVENTS**

[evergreencpg.org/connect](https://evergreencpg.org/connect)



# WELCOME TO ***FOCUS ON THE FUTURE!***

We are thrilled to be back together in person, while still offering professional development through virtual learning opportunities as well. If we've learned anything over the past two and a half years, it is the importance of flexibility!

We also know that our work has never mattered more than it does right now. During these rapidly changing times, we understand how much energy it takes to maintain a level of optimism and resiliency as we continue to serve individuals, families, and communities. How do we begin to gain a sense of normalcy as we continue to do this important work in stressful times?

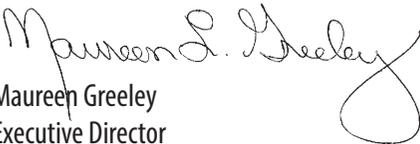
This year's ***Focus on the Future*** Conference has been designed to address these issues. You'll find expert knowledge and experience to learn how COVID-19 has impacted gambling behaviors and our own behaviors around resiliency. Share in the dialogue around post-pandemic trends in recovery services. Enhance your knowledge in crucial areas such as financial therapy; culturally competent approaches; neuroscience and physical/mental health impacts of gambling behaviors; and ethics in the real world today, including a look at how technology impacts clinical practices and procedures.

And, speaking of technology and the gambling environment – so much has changed in recent years. We hope you'll take away valuable knowledge on Sports Betting – as the “new kid on the block;” as a social norm; and as it is intermingled with trends in cryptocurrency and day trading.

Coming back together in person can only enrich our learning, sharing, and networking. There's something powerful about meeting in-person. Great minds coming together in one place fuel creative energy and innovation. ***Focus on the Future*** is the ideal place for collaboration.

Our field is beginning to see the glimmers of a convergence of interests from many allied disciplines. ECPG continues to advocate for integrated services that can address the entire spectrum of services from prevention and treatment to recovery services and responsible gaming initiatives. Therefore, ***Focus on the Future*** will continue the tradition of continuous efforts by ECPG and our partners to bring together the treatment, recovery, prevention, research, primary care, diverse community programs, state agencies, and the gaming industry. When we come together – and work together – we make the greatest positive difference for those we serve.

Thank You – for your great work, passion, and compassion. We have much to look forward to as we ***Focus on the Future***.

  
Maureen Greeley  
Executive Director



# 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) via phone, text, and chat, 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 and outpatient treatment for those affected by gambling and their loved ones, 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



ECPGaming

Share photos & comments during the conference! Tag them **#FoF22**

# CONFERENCE 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.



## Washington State Health Care Authority – Division of Behavioral Health & Recovery Problem Gambling Program

HCA's Problem Gambling program provides treatment services free of charge to individuals and families in agencies throughout the state. 70% of the funding DBHR receives for problem gambling goes toward treatment services. They also fund training and prevention initiatives in collaboration with ECPG, and fund scholarships to treatment providers, peer and recovery coaches, students, teachers, and school counselors to attend ECPG conferences and quarterly training workshops.



# THANK YOU TO OUR SPONSORS

## CONFERENCE PARTNERS



## GOLDEN EAGLE GUARDIANS



The Puyallup Tribe



Nisqually Tribe



RECOVERY  
CAFÉ  
NETWORK

## SILVER SALMON SPONSORS



UPPER SKAGIT INDIAN TRIBE



## SCHOLARSHIP & TRAINING PARTNER

Washington State  
Health Care Authority

## COPPER RIVER CONTRIBUTORS



**KEEP  
IT FUN**

**KNOW YOUR LIMIT**



Proud Partner of the  
Evergreen Council on  
Problem Gambling

**UPPER SKAGIT INDIAN TRIBE**



**Is gambling  
creating problems  
for you or a loved one?**

**There Is Hope. Help Starts Here.**



WASHINGTON STATE'S CONFIDENTIAL 24-HOUR

**PROBLEM GAMBLING HELPLINE**

**CALL. TEXT. CHAT.**  
VISIT [EVERGREENCPG.ORG](http://EVERGREENCPG.ORG) TO CHAT

**1-800-547-6133**

# SAVE-THE-DATE!

## Evergreen Council on Problem Gambling July Quarterly Training

Yakima, WA – July 11-14, 2022

Two training options available:

- ***Gambling Counselor Core Training***
- ***Advanced Training in Behavioral Health***

**SUBSCRIBE TO OUR EMAIL LIST TODAY!**

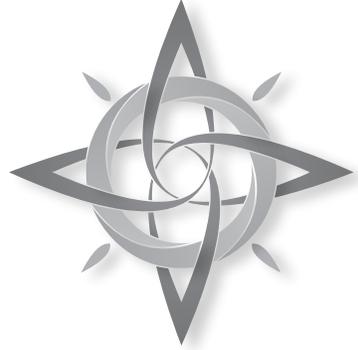
[EVERGREENCPG.ORG/TRAINING](https://evergreencpg.org/training)



EVERGREEN  
council on problem gambling

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

## CONFERENCE SCHEDULE



### Monday, April 25

#### 7 - 8 am

Registration

Foyer

Continental Breakfast

Fort Vancouver Ballroom

#### 8 am - Noon

#### Concurrent Workshops

***Introduction to Problem Gambling for Peer and Recovery Coaches (Part 1 of 2)***

Chinook

Presented by: Tana Russell, SUDP, NCTTP, WSCGC-II

This training is CCAR-approved for continuing education to help you on your way to becoming an RCP. References to Recovery Coach Academy© principles is done with permission of CCAR. As you continue working as a Peer/Recovery Coach, you will inevitably encounter those who have a gambling addiction in addition to other addictive and mental health disorders. Those with substance use disorders have high rates of problem gambling and gambling disorders. We want to help you be proactive about developing your skills through training.

***Financial Therapy for Counselors***

Cowlitz

Presented by: Dave Jetson, MS, LPC-MH, LCPC, QMHP

This session will discuss what financial therapy is and how it helps in dealing with emotional patterns associated with gambling and other financial patterns. Participants will have the opportunity to experience and gain deeper understanding of how the financial and emotional brains work in the patterns of gambling, as well as understanding what motivates financial decisions like gambling. Participants will explore the value of True Boundaries with people who have gambling patterns and learn about consequences versus punishments and rewards.

#### Break Noon - 1 pm

# Monday, April 25 (continued)

1 - 5 pm

Concurrent Workshops

## ***Behavioral Health Stressors and Culturally Competent Approaches***

Cowlitz

Presented by Panel: Priscila Giamassi, MPM, Maxine Henry, MSW, MBA, Susie Villalobos, PhD, and Ruth Yáñez, MSW

Problem gambling is a public health and social justice issue impacting individuals, families, and communities. Research has shown that communities of color and individuals with substance use disorders are disproportionately impacted by gambling. This workshop session is focused on resource-centered efforts to prevent and mitigate harm from problem gambling among Latino communities grounded within public health strategies.

## ***Neuroscience Basis of Pathological Gambling, Recovery, and Relapse***

Chinook

Presented by: Darryl Inaba, PharmD, CATC-V, CADC-III

The science of Substance-Related and Addictive Disorders has now moved “mainstream” in public awareness and that is helping to erode its stigma that persists even though the Addiction Equity Act of 2008 firmly established these conditions to be biological and not a matter of will power or intent. This presentation will explore the evolving neuroscience discoveries of addiction to provide a better understanding of those who struggle with the condition as well as its tendency to result in relapses when treated. A Diathesis-Stress Model will be presented as the cause of addiction. The presentation will also look at the neuroplasticity of brain cells that allow addicted brains to heal and return to healthy functioning which can be observed in those who manage their condition by engaging in the process of recovery. The science of relapse will be examined, inclusive of tools and practices that are conducive to long-term recovery.

# Tuesday, April 26

7 - 8 am

Registration

Foyer

Continental Breakfast

Fort Vancouver Ballroom

8 am - Noon

Concurrent Workshops

## ***TransVisible: Conscious Inclusion of Gender Diverse Professionals and Clients in Problem Gambling***

Cowlitz

Presented by: River McKenzie, BA, QMHA and Oblio Stroyman, M.Ed, MFT, QMHP

Trans/gender diverse people in the US face disproportionately higher rates of unemployment, houselessness, estrangement from family, bullying, harassment, and violence than the general population. While we face higher levels of anxiety, depression, addiction, and suicidality, we simultaneously face higher rates of medical/mental health mistreatment and trauma, so we are less likely to access much-needed resources for recovery and support. This workshop seeks to empower professionals to apply their current knowledge, and think creatively and critically to help change and shape the field from within to support trans/gender diverse clients and colleagues.

**Introduction to Problem Gambling for Peer and Recovery Coaches (Part 2 of 2)**

Chinook

Presented by: Tana Russell, SUDP, NCTTP, WSCGC-II

**Break Noon - 1 pm**

**1 - 5 pm**

**Concurrent Workshops**

***Ethics in the Digital Clinical World***

Chinook

Presented by: Jody Bechtold, LCSW, ICGC-II, BACC

This isn't your ordinary Ethics Training! This training will review ethics for problem gambling treatment to ensure best practices are met in today's digital world. Participants will review Codes of Ethics and Competence as it pertains to problem gambling and technology. Participants will then review technology standards and the HIPAA Privacy Rule to determine if any changes need to be made in their clinical practice. We will conduct a deep dive into Informed Consents and what should be updated for this new era of digital clinical. And last, participants will review various forms of technology that may have potential ethical issues with confidentiality, privacy, informed consent, and boundaries through the use of case vignettes.

***Creating Meaningful and Effective Problem Gambling Prevention Messages***

Cowlitz

Presented by: Francie Winters, CPS

Starting with media literacy, then moving on to identifying shared values, we will practice building effective positive social norming messages with a focus on how we can make a connection to Problem Gambling issues, in the face of low-level community readiness.

**Wednesday, April 27**

**7 - 8:15 am**

Registration

Foyer

Breakfast

Fort Vancouver Ballroom

**7:15 - 8:15 am**

Bonus Session

***Breath and the Brain***

Sacajawea

Presented by: Francie Winters, CPS and Jason Winters

For 2,000 years, eastern cultures have studied the workings of the mind from within while western cultures have taken a path of research. This workshop will introduce participants to stress reduction skills they may use in their personal lives as well as enhancing their support for students or clients. Skills will be drawn from a variety of traditionally grounded lineages including simple movements coordinated with the breath from Taoist Qi Gong, Buddhist/Taoist meditation traditions, and Hatha Yoga. Comfortable clothing encouraged. Yoga togs not needed. This will be a deep breathing zone. Please no scents, smoke, or vaping residue, as instructors and many students are susceptible to breathing discomfort when these vapors are present.

# Wednesday, April 27 (continued)

8:30 - 10 am

Keynote

Fort Vancouver Ballroom

## ***Increasing Acceptance of Gambling: Focus on Sports Betting as a Social Norm***

Presented by: Timothy Fong, MD

As of March 2022, 30 states have legalized sports betting, with more on the way. Through rapid expansion, use of mobile wagering, increased advertising and partnerships between media and professional sport organizations, sports betting has become an acceptable and expected social norm. This presentation will cover the history and evolution of sports betting and current trends that impact problem gambling prevention, treatment, and research. Together, we'll explore why sports betting is so popular, the potential pitfalls and consequences with its ongoing expansion, and the impacts of increased societal acceptance of sports betting as an offshoot of our love of iconic sporting events.

10 - 10:15 am

Break / Exhibits

Fort Vancouver Foyer

10:15 - 11:45 am

## ***Concurrent Breakout Sessions***

### **Clinical / Behavioral Health**

Chinook

#### ***How Gambling Disorder Impacts Physical and Mental Health***

Presented by: Timothy Fong, MD

Gambling disorder can have a significant impact on physical health, including consequences on sleep, cardiovascular functioning, memory, and other stress-related illnesses. This presentation will review the current state of knowledge around how gambling disorder impacts physical health and vice versa. Emphasis will be placed on encouraging treatment providers to discuss physical health and self-care as part of the comprehensive treatment plan for gambling disorder patients. Office-based treatment techniques and strategies to promote exercise, weight loss, health maintenance, and positive self-care will be emphasized and reviewed.

### **Prevention / Education / Innovative Trends**

Klickitat

#### ***Problem Gambling Integration Journey: Risky Behaviors Don't Live in a Vacuum***

Presented by: Andy Cartmill, BS, CPS and Clair Raujol, CPS

This workshop is designed to engage participants in a discussion while sharing examples of integrating Problem Gambling-related messaging into suicide prevention and substance abuse prevention work. We will share what has worked and what challenges have come up along the way. Presenters will share examples/tips that were learned through two recent problem gambling, alcohol, and other drugs prevention projects and the importance of partnerships.

**10:15 - 11:45 am**

***Concurrent Breakout Sessions continued***

**Recovery / Community / Culture**

Cowlitz

***Recovery Coaching Basics (Part 1 of 5)***

Presented by: Stacy Charpentier, RCP, CPRS

This training is based on CCAR's flagship training, the Recovery Coach Academy (RCA). This curriculum provides a basic, introductory version of Recovery Coaching in order to meet the needs of those who want a general understanding of the recovery process to better understand and support the recovery of their loved ones, friends, and colleagues. Our hope is that many of your questions about recovery and the recovery process will be answered. Much like the journey of recovery, this training provides you with an emotionally rich experience, combined with skills and techniques for real life application. Whether you use it to improve your relationships with those in or seeking recovery, or apply it to your own recovery. . . you will be transformed.

**11:45 am - 12:15 pm**

Lunch / Announcements

Fort Vancouver Ballroom

**12:15 - 1:15 pm**

Lunch Plenary

Fort Vancouver Ballroom

***African Drumming for Therapy***

Presented by: Javoen Byrd, MA

This presentation will explore West African music traditions and their healing applications within an indigenous context. We will discuss how many African American communities across the US are utilizing these indigenous practices to promote healing within their lives. Also, we will discuss how The Hawk Foundation has utilized African music pedagogy and epistemology in order to develop innovative practices for the youth in incarceration.

**1:15 - 1:30 pm**

Break / Exhibits

Fort Vancouver Foyer



**Residential  
Treatment Services for  
Gambling Disorder\***

(\*Washington State Residents)

To determine if your clients may be eligible for funding support for residential treatment, contact the Evergreen Council on Problem Gambling.

# Wednesday, April 27 (continued)

1:30 - 2:30 pm

## **Concurrent Breakout Sessions**

### **Clinical / Behavioral Health**

Chinook

#### ***The Future is Now: A Look at Cryptocurrency, Day Trading, and Sports Wagering in the 21st Century***

Presented by: James Syphax, OCPS, CDCA and Dan Trolaro, MS

As the world of gambling continues to expand with the legalization of sports wagering, we are seeing other sectors and industries adapt along the way. One such industry has been the world of financial services and crypto. The panelists will discuss the similarities and differences between gambling and day trading. Additionally, they will take a look at the growth of cryptocurrency, blockchain, and the connection with eSports. Lastly, the panel will explore the growth and changing nature of sports wagering and the implications for education, prevention, and treatment.

### **Clinical / Behavioral Health**

General Grant

#### ***The Final Bet: Tracking the Progression of Addictive Gambling***

Presented by: John Ackley, CADC-II, CGAC-II

Gambling Addiction has the highest incidence of suicide of any addiction. What if the cause of this is because as their tolerance grows, the gambler starts to enfold greater and greater risks/resources into their betting behaviors? What if they end up betting their relationships, safety... their lives?

### **Prevention / Education / Innovative Trends**

Klickitat

#### ***COVID-19 Impact Survey Oregonians: Changes in Gambling Behavior***

Presented by: Greta Coe and Jeff Marotta, PhD

This presentation will discuss findings from the COVID-19 Impact Survey of Adult Oregonians as related to changes in gambling behavior. The study utilized a probability panel sampling approach, resulting in more than 1,000 participants, to explore changes in gambling behavior from the year prior to the COVID-19 pandemic to the year following introduction of public health emergency measures to reduce the spread of the virus. Findings will be presented and discussed, including correlations in changes in gambling behavior with changes in alcohol use, cannabis use, gaming behavior, and stress level. The session will encourage participant discussion by pairing audience questions with graphs of key findings. Participants will learn how stress related to the pandemic impacted gambling behaviors and which groups tended to report using gambling as a coping measure more than other groups. The implications of the findings will be discussed from policy, clinical, and prevention perspectives.

### **Recovery / Community / Culture**

Cowlitz

#### ***Recovery Coaching Basics (Part 2 of 5)***

Presented by: Stacy Charpentier, RCP, CPRS

2:30 - 2:45 pm

Break / Exhibits

Fort Vancouver Foyer

**2:45 - 3:45 pm**

***Concurrent Breakout Sessions***

**Clinical / Behavioral Health**

Chinook

***Occupational Factors in the Development of Treatment of Gambling Addiction***

Presented by: Marti Paulson, RN, CARN, MSOP and Jeff Wasserman, JD, ICGC-I, CPRS

Attendees will learn how an individual's occupation may place them at an elevated risk of developing gambling addiction and the recommended screening tools, medication, mental health and medical diagnosis challenges found within the population of problem gambling.

**Prevention / Education / Innovative Trends**

Klickitat

***Peering into the Future: Post Pandemic Trends in Recovery Coaching***

Presented by Panel: Kitty Martz, CGRM, CGAC-II, Nate Peterson, CGAC-II, CADC-II, QMHA, and Brian Ward, CGRM

This session will include an interactive panel of recovery coaches and their client guest, whose gambling recovery evolved during the COVID-19 pandemic. Learn how these peers, all with lived experience themselves, rallied together and pivoted their service offerings to successfully meet client needs. The session will include a discussion of tools an agency might maintain in a post-pandemic environment, the benefits of virtual recovery coaching (spoiler: perhaps better servicing historically marginalized demographics), and strategize as to how we can revitalize both workforce development and community mutual aid groups.

**Recovery / Community / Culture**

Cowlitz

***Recovery Coaching Basics (Part 3 of 5)***

Presented by: Stacy Charpentier, RCP, CPRS

**3:45 - 4 pm**

Break / Exhibits

Fort Vancouver Foyer

**4 - 5 pm**

Afternoon Plenary

Fort Vancouver Ballroom

***Model Minority or Problem Gambler: Deconstructing Contradictory Asian American Personas***

Presented by: Tam Dinh, PhD, LICSW

The model minority myth, in addition to data aggregation, masks gambling problems in the Asian American community, which results in limited culturally relevant prevention and intervention services for those with a gambling problem. This presentation will explore how cultural traditions, acculturation experience, and targeted marketing contribute to increasing problem gambling behaviors in Asian Americans. Recommendations for educational programs and treatment services, grounded in the shared values of family and community, will be shared.

**5 - 6 pm**

**ECPG 30th Anniversary Reception**

Fort Vancouver Ballroom

# SCHEDULE AT-A-GLANCE: PRE-CONFERENCE

<b>MONDAY, APRIL 25</b>				
7 - 8 am	Registration / Continental Breakfast			Fort Vancouver Ballroom
8 am - Noon	Pre-conference Workshop	Tana Russell, SUDP, NCTTP, WSCGC-II	<i>Introduction to Problem Gambling for Peer and Recovery Coaches (Part 1 of 2)</i>	Chinook
	Pre-conference Workshop	Dave Jetson, MS, LPC-MH, LCPC, QMHP	<i>Financial Therapy for Counselors</i>	Cowlitz
Noon - 1 pm	Lunch Break / Exhibits			
1 - 5 pm	Pre-conference Workshop	Priscila Giamassi, MPM, Maxine Henry, MSW, MBA, Susie Villalobos, PhD, and Ruth Yáñez, MSW	<i>Behavioral Health Stressors and Culturally Competent Approaches</i>	Cowlitz
	Pre-conference Workshop	Darryl Inaba, PharmD, CATC-V, CADC-III	<i>Neuroscience Basis of Pathological Gambling, Recovery, and Relapse</i>	Chinook
<b>TUESDAY, APRIL 26</b>				
7 - 8 am	Registration / Continental Breakfast			Fort Vancouver Ballroom
8 am - Noon	Pre-conference Workshop	Tana Russell, SUDP, NCTTP, WSCGC-II	<i>Introduction to Problem Gambling for Peer and Recovery Coaches (Part 2 of 2)</i>	Chinook
	Pre-conference Workshop	River McKenzie, BA, QMHA and Oblio Stroyman, M.Ed, MFT, QMHP	<i>TransVisible: Conscious Inclusion of Gender Diverse Professionals and Clients in Problem Gambling</i>	Cowlitz
12 - 1 pm	Lunch Break / Exhibits			
1 - 5 pm	Pre-conference Workshop	Jody Bechtold, LCSW, ICGC-II, BACC	<i>Ethics in the Digital Clinical World</i>	Chinook
	Pre-conference Workshop	Francie Winters, CPS	<i>Creating Meaningful and Effective Problem Gambling Prevention Messages</i>	Cowlitz

# SCHEDULE AT-A-GLANCE: MAIN CONFERENCE

WEDNESDAY, APRIL 27				
7 - 8:15 am	Registration / Breakfast			Fort Vancouver Ballroom
7:15 - 8:15 am	Bonus Session	Francie Winters and Jason Winters	<i>Breath and the Brain</i>	Sacajawea
8:30 - 10 am	Welcome and Keynote	Timothy Fong	<i>Increasing Acceptance of Gambling: Focus on Sports Betting as a Social Norm</i>	Fort Vancouver Ballroom
10- 10:15 am	Break / Exhibits			
10:15 - 11:45 am	Clinical / Behavioral Health	Timothy Fong	<i>How Gambling Disorder Impacts Physical and Mental Health</i>	Chinook
	Prevention / Education / Innovative Trends	Andy Cartmill and Clair Raujol	<i>Problem Gambling Integration Journey: Risky Behaviors Don't Live in a Vacuum</i>	Klickitat
	Recovery / Community / Culture	Stacy Charpentier	<i>Recovery Coaching Basics (Part 1 of 5)</i>	Cowlitz
11:5 am - 12:15 pm	Lunch / Announcements			
12:15 - 1:15 pm	Lunch Plenary	Javoen Byrd	<i>African Drumming for Therapy</i>	Fort Vancouver Ballroom
1:15 - 1:30 pm	Break / Exhibits			
1:30 - 2:30 pm	Clinical / Behavioral Health	James Syphax and Dan Trolaro	<i>The Future is Now: A Look at Cryptocurrency, Day Trading, and Sports Wagering in the 21st Century</i>	Chinook
	Prevention / Education / Innovative Trends	Greta Coe and Jeff Marotta	<i>COVID-19 Impact Survey of Adult Oregonians: Changes in Gambling Behavior</i>	Klickitat
	Recovery / Community / Culture	Stacy Charpentier	<i>Recovery Coaching Basics (Part 2 of 5)</i>	Cowlitz
	Clinical / Behavioral Health	John Ackley	<i>The Final Bet: Tracking the Progression of Addictive Gambling</i>	General Grant
2:30 - 2:45 pm	Break / Exhibits			Fort Vancouver Foyer

2:45 - 3:45 pm	Clinical / Behavioral Health	Marti Paulson and Jeff Wasserman	<i>Occupational Factors in the Development of Treatment of Gambling Addiction</i>	Chinook
	Prevention / Education / Innovative Trends	Panel: Kitty Martz, Nate Peterson, and Brian Ward	<i>Peering into the Future: Post Pandemic Trends in Recovery Coaching</i>	Klickitat
	Recovery / Community / Culture	Stacy Charpentier	<i>Recovery Coaching Basics (Part 3 of 5)</i>	Cowlitz
3:45 - 4 pm	Break / Exhibits			
4 - 5 pm	Afternoon Plenary	Tam Dinh	<i>Model Minority or Problem Gambler: Deconstructing Contradictory Asian American Personas</i>	Fort Vancouver Ballroom
5:30 - 6:30 pm	ECPG 30th Anniversary Reception			Fort Vancouver Ballroom
<b>THURSDAY, APRIL 28</b>				
7 - 8:15 am	Registration / Breakfast			Fort Vancouver Ballroom
8:15 - 10 am	Keynote	Maureen Greeley	<i>Advocacy: Even Small Steps Lead to Big Changes When We Step Up Together</i>	Fort Vancouver Ballroom
10- 10:15 am	Break / Exhibits / Hotel Checkout			
10:15 - 11:45 am	Clinical / Behavioral Health	Tanya Friese	<i>Family Dynamics in Counseling (Part 1)</i>	Chinook
	Prevention / Education / Innovative Trends	Tana Russell	<i>Facilitator Curriculum Training: Integrating Problem Gambling Education into MH/SUD Treatment Groups</i>	Klickitat
	Recovery / Community / Culture	Stacy Charpentier	<i>Recovery Coaching Basics (Part 4 of 5)</i>	Cowlitz
11:45 am - 12:15 pm	Lunch / Announcements			Fort Vancouver Ballroom
12:15 - 1:15 pm	Lunch Plenary	Sally Spencer-Thomas	<i>Up on the High Wire: Promoting Resiliency During Tough Times</i>	Fort Vancouver Ballroom

1:15 - 1:30 pm	Break / Exhibits			Fort Vancouver Foyer
1:30 - 2:30 pm	Clinical / Behavioral Health	Denise Quirk	<i>Family Dynamics in Counseling (Part 2)</i>	Chinook
	Prevention / Education / Innovative Trends	Sally Spencer-Thomas	<i>Wellness Workout: Create a Mental Fitness Plan</i>	Klickitat
	Recovery / Community / Culture	Stacy Carpentier	<i>Recovery Coaching Basics (Part 5 of 5)</i>	Cowlitz
2:30 - 2:45 pm	Break / Exhibits			Fort Vancouver Foyer
2:45 - 3:45 pm	Afternoon Plenary	Carlo DiClemente	<i>Mechanism of Addiction and Recovery: Understanding the Pathway and the Process</i>	Fort Vancouver Ballroom

## Thursday, April 28

### 7 - 8:15 am

Registration Foyer

Breakfast Fort Vancouver Ballroom

### 8:30 - 10 am

Welcome and Keynote Fort Vancouver Ballroom

### ***Advocacy: Even Small Steps Lead to Big Changes When We Step Up Together***

Presented by: Maureen Greeley, BS

What are you passionate about? If you believe strongly about something (or many things) – whether it's human rights, the environment, education, the arts, freedom, gender identity, diversity, the first amendment, or hundreds, if not thousands, of important issues – what's your responsibility to be an advocate? What does advocacy mean when it comes to speaking out for and with those impacted by problems with gambling? Whether your passion is fighting to fund programs and services from outreach and prevention to treatment and recovery or working for consumer protections and regulations that support responsible gambling. . . Whether you're raising your voice in your own backyard, across the country, or even on a global scale. . . Even the smallest steps can make a difference when we find ways to step up together as advocates.

### 10 - 10:15 am

Break / Exhibits / Hotel Checkout Fort Vancouver Foyer

# Thursday, April 28 (continued)

10:15 - 11:45 am

## ***Concurrent Breakout Sessions***

### **Clinical / Behavioral Health**

Chinook

#### ***Family Dynamics in Counseling (Part 1)***

Presented by: Tanya Friese, MSW, LICSW, LADC

Working with families impacted by Gambling Disorder has different caveats than working with families impacted by substance use disorders. In this session, attendees will learn these caveats and how to best engage families into treatment of the gambler.

### **Prevention / Education / Innovative Trends**

Klickitat

#### ***Facilitator Curriculum Training: Integrating Problem Gambling Education into MH/SUD Treatment Groups***

Presented by: Tana Russell, SUDP, NCTTP, WSCGC-II

Have you been wanting to integrate problem gambling education into your MH/SUD program but didn't know quite where to start? This session is a facilitator training, for a workbook that functions as a curriculum to integrate problem gambling education into a MH/SUD treatment group setting. It can be adapted to either an outpatient, intensive outpatient, or residential setting. It leaves room for the facilitator to guide the group discussion around what makes most sense for their audience. You do not have to be a certified gambling counselor to use this curriculum as a guide to integrate problem gambling education into your program or group.

### **Recovery / Community / Culture**

Cowlitz

#### ***Recovery Coaching Basics (Part 4 of 5)***

Presented by: Stacy Charpentier, RCP, CPRS

11:45 am - 12:15 pm

Lunch / Announcements

Fort Vancouver Ballroom

12:15 - 1:15 pm

Lunch Plenary

Fort Vancouver Ballroom

#### ***Up on the High Wire: Promoting Resiliency During Tough Times***

Presented by: Sally Spencer-Thomas, PhD

Are we doing enough to invest in mental health and "mental resiliency?" What does it actually mean to be emotionally fit and psychologically hardy? With increasing demands to do more with less and perform with polish, people need coping tools and emotional inoculation to get them through challenges. This plenary looks at the issue of mental wellness and gives participants the tools to help themselves and others sustain a passion for living over the long haul. As a psychologist, mental health advocate, and survivor of her brother's suicide, Dr. Sally Spencer-Thomas brings a unique perspective to the topic. From storytelling to discussing the effects of stress on the brain, Sally will help participants know how to stay mentally fit, avoid burnout, and remain focused on wellness.

1:15 - 1:30 pm

Break / Exhibits

Fort Vancouver Foyer

**1:30 - 2:30 pm**

***Concurrent Breakout Sessions***

**Clinical / Behavioral Health**

Chinook

***Family Dynamics in Counseling (Part 2)***

Presented by: Denise Quirk, MA, MFT, LCADC, CPGC-S, ICGC-II, BACC

This presentation will address ways gambling counselors can increase their knowledge of gambling disorder as it affects families and share tools for success in supporting families. Methods suggested will include face-to-face as well as telehealth strategies, identifying the culture-specific needs of clients to tailor their individual treatment plans, and follow-up tools to help maintain clients in treatment. Resources will be shared to support counselors and clients in their family work.

**Prevention / Education / Innovative Trends**

Klickitat

***Wellness Workout: Create a Mental Fitness Plan***

Presented by: Sally Spencer-Thomas, PhD

Are we doing enough to build our mental muscle of resiliency? What are best practices in developing psychologically hardiness? With increasing demands to do more with less and perform with polish, many people need to develop emotional inoculation to get them through challenges. This workshop looks at the daily workout strategies that build mental fitness and gives participants the tools to help themselves and others sustain a passion for living over the long haul. From storytelling from lived experience to discussing the effects of stress on the brain, Sally gives participants four key ways to build mental strength, flexibility, and endurance: be bold, belong, be well, and believe.

**Recovery / Community / Culture**

Cowlitz

***Recovery Coaching Basics (Part 5 of 5)***

Presented by: Stacy Charpentier, RCP, CPRS

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

Break / Exhibits

Fort Vancouver Foyer

**2:45 - 3:45 pm**

Afternoon Plenary

Fort Vancouver Ballroom

***Mechanism of Addiction and Recovery: Understanding the Pathway and the Process***

Presented by: Carlo DiClemente, PhD

This presentation uses the perspective of the Transtheoretical Model to explore key elements of the journey into addiction and recovery, in developing and modifying addictive behaviors. 1: Understanding important tasks and mechanisms in initiation and recovery (stages and processes). 2: Developing a multidimensional comprehensive view of substance use behavior and how it becomes enmeshed in the life of the individual and difficult to change (Mechanisms of Addiction). 3: Examine client contributions to recovery and the difference between change producing (behavior-specific) mechanisms and change-regulating (Self-Control) mechanisms. Addressing these differences in treatment will be discussed.



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*“Whatever the future holds, do not forget who you are!  
Teach your children, your children’s children, and then teach  
their children also. Teach them the pride of a great people...  
A time will come again when they will celebrate together with joy.  
When that happens my spirit will be there with you.”*

*Leschi, Last Chief of the Nisquallies  
1808 ~ 1858*

# PRESENTERS



**John Ackley, CADC-II, CGAC-II** has been an addictions counselor in the state of Oregon for the past 15 years, with the past 6 years focusing exclusively on Simple and Co-Occurring Gambling Addiction through Bridgeway Recovery Services.



**Jody Bechtold, LCSW, ICGC-II, BACC**, is a highly regarded gambling addiction expert working extensively across the globe with individuals, organizations, and associations. Jody serves on the IGCCB board as Vice President, and is a member of the Pittsburgh chapter of the National Speakers Association. She holds a Master's in Social Work from the University of Pittsburgh.



**Javoen Byrd, MA** is an Olympia-based Ethnomusicologist, dedicated to providing multicultural education and healing through drum facilitation across the Pacific Northwest and beyond. He created the nonprofit "The Hawk Foundation for Research and Education in African/African American Culture," and is also owner of Awodi Drumming LLC, which has won a state contract through the Department of Children and Family Services to provide African music education for incarcerated youth.



**Andy Cartmill, CPS**, has 35 years of experience in community health education. He has presented to local, regional, and national audiences concerning health and wellness issues. Since 1997, Andy has served as a Senior Program Educator with Washington County's Addiction Services program, and is responsible for education and outreach. Andy is a certified trainer for suicide intervention programs QPR (Question Persuade Refer) and ASIST (Applied Suicide Intervention Skills Training).



**Stacy Charpentier, RCP, CPRS**, joined CCAR in January 2013. As a recovery ally, Stacy brings her experience of having a parent in long-term recovery to her position as the Director of the Center for Addiction Recovery Training. She strives to develop and market new, innovative, and high-quality training programs for the performance enhancement of both CCAR Trainers and CCAR trained Recovery Coaches. Stacy believes that by putting a face on recovery, more people will come forward seeking help through hope and the possibility of sustained long-term recovery.



**Greta Coe** has worked for the State of Oregon in behavioral health services for the past 14 years. As Oregon's Problem Gambling Services Manager, she has focused efforts on innovative solutions for expanding services, providing technical assistance, expansion of funding, and the needs for a growing workforce, while managing a compressive problem gambling prevention, intervention, treatment, and recovery system. Prior to coming to state government, she was a community health educator focusing on tobacco prevention, breast cancer prevention, and work-site wellness.

# PRESENTERS



**Carlo DiClemente, PhD** is an emeritus professor of psychology at the University of Maryland Baltimore County and director of the Maryland Tobacco Resource Center at the University of Maryland Baltimore County (UMBC). He is co-developer of the Transtheoretical Model of behavior change, and author of numerous scientific publications on motivation and behavior change with various health and addictive behaviors. He is the author of *Addiction and Change: How Addictions Develop and Addicted People Recover*.



**Tam Dinh, PhD, LICSW** has dedicated her professional and community work for the past 25 years to increasing diverse representation and equitable access and outcomes for marginalized communities. Currently, Dr. Dinh is an Associate Professor at Saint Martin's University where she is the program director of the Social Work Program and of the federally funded Opioid Workforce Expansion Program. Her teaching and research interests are in the areas of diversity and cross-cultural mental health, intergenerational trauma, religiosity/spirituality, and intersectionality.



**Timothy Fong, MD** is a Professor of Addiction Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA and Director of the UCLA Addiction Psychiatry Fellowship. Dr. Fong is also the co-director of the UCLA Gambling Studies Program, which examines the underlying causes and clinical characteristics of gambling disorder to develop effective, evidence-based treatment strategies. Dr. Fong is the Director of the Steering Committee to the UCLA Cannabis Research Initiative, which examines the impact of cannabis on body, mind, and brain.



**Tanya Friese, MSW, LICSW, LADC**, is the Director of Clinical Services for Vanguard Center for Gambling Recovery - Project Turnabout, and has the opportunity to work with patients in Project Turnabout's 131-bed nonprofit treatment center. Tanya's position includes overseeing counseling, medical, mental health, family programming, physical fitness, chaplain, treatment coordinators, and human service technicians. Over Tanya's career, she has worked in various roles, including Family Counselor, Family Program Coordinator, and as Manager of Mental Health and Family Programming.



**Priscila Giamassi, MPM** is a Bilingual/Bicultural Certified Prevention Specialist (CPS). Priscila joined the Behavioral Health world in 2019, working for the National Hispanic and Latino Prevention Technology Transfer Center. As a Latina woman, an immigrant living in the USA, Priscila strongly believes that it is her duty to use her voice and resources to advocate for mental health and substance abuse prevention, and she is committed to the improvement and enhancement of behavioral health service delivery for Latinx and other underserved communities.



**Maureen Greeley** has worked with and for the Evergreen Council on Problem Gambling (ECPG) since 1998, becoming Executive Director in 2006. Maureen serves as President the National Council on Problem Gambling (NCPG) Board. In 2018, Greeley received NCPG's Lifetime Achievement Award for Advocacy – recognizing dedication to improving the lives of individuals impacted by problem gambling and their families through advocacy, training, and public awareness.

# PRESENTERS



**Maxine Henry, MSW, MBA** is the Associate Director for the National Latino Behavioral Health Association (NLBHA), and Project Director for the National Hispanic and Latino Addiction and Prevention Technology Transfer Centers (ATTC and PTTC). Maxine has collaborated on a variety of projects, including co-writing funded grant applications, co-founding the Behavioral Health Fair in New Mexico, co-authoring/contributing to issue briefs and training curriculums, and hosting and presenting webinars.



**Darryl Inaba, PharmD, CATC-V, CADC-III** is Director of Clinical and Behavioral Health Services for the Addictions Recovery Center and Director of Research and Education of CNS Productions in Medford, Oregon. He is an associate Clinical Professor at the University of California in San Francisco, and a Lifetime Fellow at Haight Ashbury Free Clinics, Inc., (Health Right 360). Dr. Inaba has authored several papers, award winning educational films, books, and is co-author of *Uppers, Downers, All Arounder*.



**Dave Jetson, MS, LPC-MH, LCPC, QMHP**, is a member of the Financial Therapy Association, a National Certified Counselor (NCC), and a member of Nazrudin, an organization of financial planners and therapists. He is a pioneer of more than 16 years in offering both individual and group experiential coaching via internet video conferencing. Dave uses intuitive experiential therapy to help clients deal with and work through emotional trauma.



**Jeff Marotta, PhD, ICGC-II** serves as President and Senior Consultant with Problem Gambling Solutions, Inc. Dr. Marotta has specialized in the field of problem gambling for the past 30 years, with more than 100 publications and national presentations. Dr. Marotta has assisted with the development of programs and policies to address problem gambling in many jurisdictions, both within the U.S. and abroad.



**Kitty Martz, CGRM, CGAC-II** has witnessed and experienced the relevance of gambling availability as it impacts addiction: before, during, and through the COVID-19 pandemic. As community aide meetings were all but eliminated in the Pacific Northwest, she led the charge in pivoting one peer coaching program's offerings to virtual online services. The outcomes have been profound, enduring, and scalable.



**River McKenzie, BA, QMHA** is a non-binary queer person who works with the LGBTQIA community in both their professional and activist spheres. They work as a Mental Health and Problem Gambling Administrative Program Director at Odyssey Community Counseling at Emergence, where they are developing a trans and gender diverse counseling program. River's experiences of living in a variety of areas, especially in rural Louisiana, inner city Memphis, Dallas, and rural Pennsylvania have focused their framework and way of thinking around anti-oppression and decolonization.

# PRESENTERS



**Marti Paulson, RN, CARN, MSOP** is the Executive Director/CEO of Project Turnabout Addiction Recovery Centers. Marti is a founding member and current President of the Minnesota Alliance of Rural Addiction Treatment Programs (MARATP). She also sits on the Board of Directors for the Minnesota Rural Health Association. Marti holds a Bachelor of Science Degree in Business Management and a Master of Science in Business/Organizational Performance. Marti is also a Registered Nurse, and one of very few nurses in Minnesota who are Internationally Certified as an Addictions Registered Nurse (CARN).



**Nate Peterson, CGAC-II, CADC-II, QMHA** is a gambling counselor in long-term recovery. He continued to actively serve clients in person and through telehealth over the course of the COVID-19 pandemic, and documented significant enrollment variability, which he correlates to gambling availability in the PNW region. As the supervisor of a gambling treatment program for the largest county in Oregon, Nate has valid concerns about the gambling workforce crisis and decimation of mutual aid support groups in recent years.



**Denise Quirk, MA, MFT, LCADC, CPGC-S, ICGC-II, BACC** is certified as a clinical supervisor and gambling counselor specializing in treatment for families. She founded the non-profit Reno Problem Gambling Center, which served families affected by Gambling Disorder for 16 years. Denise created and teaches an online problem gambling course for the University of Nevada, Reno. She serves as a Board member for the Nevada Council on Problem Gambling and is a member of the Nevada Governor's Advisory Committee for Problem Gambling. Denise is co-author of *Gambling Patient Placement Criteria*, and was a field reviewer for The ASAM Criteria.



**Clair Raujol, CPS**, has 11 years of experience in prevention work, which includes direct service, coalition development, and local government oversight. Clair currently serves as the Addictions Prevention Coordinator in Multnomah County, and is responsible for developing prevention strategies that reduce the negative impacts of substance use and problem gambling on the community. Clair believes there is no one-size-fits-all strategy for effective prevention, and that community buy-in and integration are critical if we are to make true strides in health equity.



**Tana Russell, SUDP, WSCGC-II, NCTTP**, joined the ECPG staff as Assistant Director in September 2019. Tana has a passion for training and enjoys presenting on topics related to gambling, gaming, tobacco, addictions, treatment, and recovery. She has written program curriculum for a tobacco cessation education course and a co-occurring Gambling and Substance Use Disorder (GSUD) Relapse Prevention Treatment program, designed specifically to include both alcohol/drug and gambling terminology.



**Sally Spencer-Thomas, PhD** is a clinical psychologist, inspirational international speaker, and an impact entrepreneur. She was moved to work in suicide prevention after her younger brother died of suicide after a difficult battle with a bipolar condition. Known nationally and internationally as an innovator in social change, Sally has helped start up multiple large-scale, gap-filling efforts in mental health, including the award-winning campaign Man Therapy, and the nation's first initiative for suicide prevention in the workplace.

# PRESENTERS



**Oblio Stroyman, M.Ed, MFT, QMHP** holds a Master's degree in Education in Couples and Family Therapy, and an undergraduate degree in Sociology and Women and Gender Studies with a focus in family and sexuality. Oblio worked as a family therapist in the Eugene/Springfield community for 8 years, most specifically with LGBTQIA+ people and their significant others. Oblio sits on the Lane County Behavioral Health Mental Health and Addictions Advisory Board, The Trillium Community Advisory Board, is a backup for the WeCU city diversity advisory board, and the Dance Collective Northwest Board.



**James Syphax, OCPS, CDCA**, serves as a Community Prevention Manager at Prevention Action Alliance, the state-level behavioral health prevention provider in Ohio. In addition to providing training and technical assistance to prevention coalitions across Ohio, he also manages the agency's problem gambling prevention activities. James is a member of Ohio's Problem Gambling Advisory Board, an advisory board member for Ohio's NCPG affiliate, and is part of the team managing the Before You Bet and Change the Game campaign.



**Dan Trolaro, MS** is the VP of Prevention—US for EPIC Risk Management. He graduated from The College of New Jersey with a major in Finance and a concentration in Economics, and spent 12 years in the world of Investment Banking. Despite a successful career, Dan had also been suffering in silence with a gambling disorder since high school. In 2013, and after a series of life events, he went on to receive his Master's in Psychology in order to help educate others around the country on prevention, education, and emerging trends in the world of gambling.



**Susie Villalobos, PhD** is the NLBHA Co-Director for the SAMHSA-funded Addiction Technology Transfer Center (ATTC). Her professional background includes a 15-year career in public health, working for clinical, academic, and non-profit public health agencies that focus on mental and behavioral health disparities among Hispanics. Dr. Villalobos represents NLBHA as cultural broker for the National COVID-19 Resources Network funded by Morehouse University in helping to bridge current information regarding the COVID-19 virus to Latinos.



**Brian Ward, CGRM** is the host of Voices... The Podcast, a coach with lived experience and a highly skilled "SMART" Self Management and Recovery Training facilitator. He continued to offer the only in-person mutual aid group of this type in the Pacific Northwest throughout the duration of the COVID-19 pandemic. While navigating regulatory mandates and exercising an abundance of caution, he propagated a much needed resource for individuals who needed a face-to-face connection to support their gambling recovery.



**Jeff Wasserman, JD, ICGC-I, CPRS**, is the Judicial Outreach and Development Director for the Delaware Council on Gambling Problems where he leads efforts to raise awareness of gambling addiction among judges, lawyers and others in the legal system. He has an International Gambling Counselor Certification and is a Certified Peer Recovery Specialist.

# PRESENTERS



**Francie Winters (CPS)** has worked with youth creating Prevention messages and advocating for positive change since 2006. In 2014, the State of Nevada honored her as a “Woman of Distinction” for her work in helping young people find their voices using media and the arts. Two decades in Prevention and the challenges of informing populations who may be resistant, combined with her background as a writer/director and storyteller, have informed her approach to teaching messaging.



**Jason Winters** is the long-term partner of Francie Winters, with whom he often co-teaches. Studying alongside his wife at the Lohan School of Shaolin, he completed his teacher training in Hatha Yoga at the Stress Management Center of Nevada, specializing in Senior populations and adaptations for those for whom physical injuries may present a barrier to comfortable practice.



**Ruth Yáñez, MSW**, works at the National Latino Behavioral Health Association and the National Hispanic and Latino Addiction Technology Transfer Center, where she serves as a Program Specialist. Ruth is a bilingual bicultural professional, providing services in both Spanish and English. Her native tongue is Spanish, and this has enabled her to communicate with the Latinx community in extensive ways. As an immigrant herself, Ruth continues to advocate for her Latinx Immigrant community to have equitable access to healthcare and behavioral health services.

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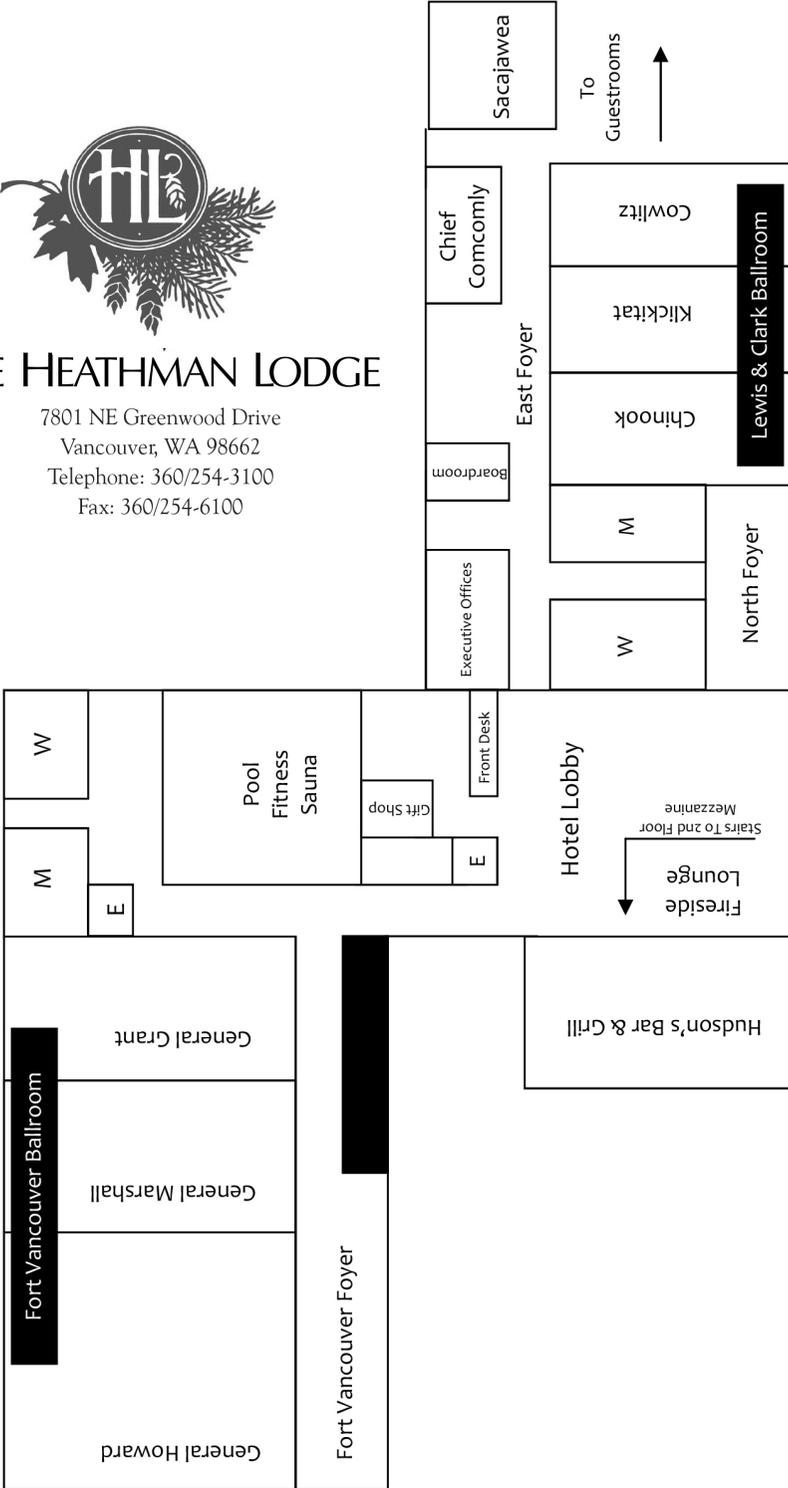
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# FOUR DIRECTIONS

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# FOCUS ON THE FUTURE

## MAIN CONFERENCE SCHEDULE AT-A-GLANCE

### Wednesday, April 27

7 - 8:15 am	Registration and Breakfast
7:15 - 8:15 am	Bonus Session
8:30 - 10 am	Welcome & Keynote
10:15 - 11:45 am	Morning Breakout Sessions
11:45 am - 12:15 pm	Lunch / Announcements
12:15 - 1:15 pm	Lunch Plenary
1:30 - 2:30 pm	Afternoon Breakout Sessions
2:45 - 3:45 pm	Afternoon Breakout Sessions
4 - 5 pm	Afternoon Plenary
5 - 6 pm	30th Anniversary Reception



### Thursday, April 28

7 - 8:15 am	Registration and Breakfast
8:30 - 10 am	Welcome & Keynote
10 - 10:15 am	Break / Exhibits / Hotel Checkout
10:15 - 11:45 am	Morning Breakout Sessions
12:15 - 1:15 pm	Lunch Plenary
1:30 - 2:30 pm	Afternoon Breakout Sessions
2:45 - 3:45 pm	Afternoon Plenary