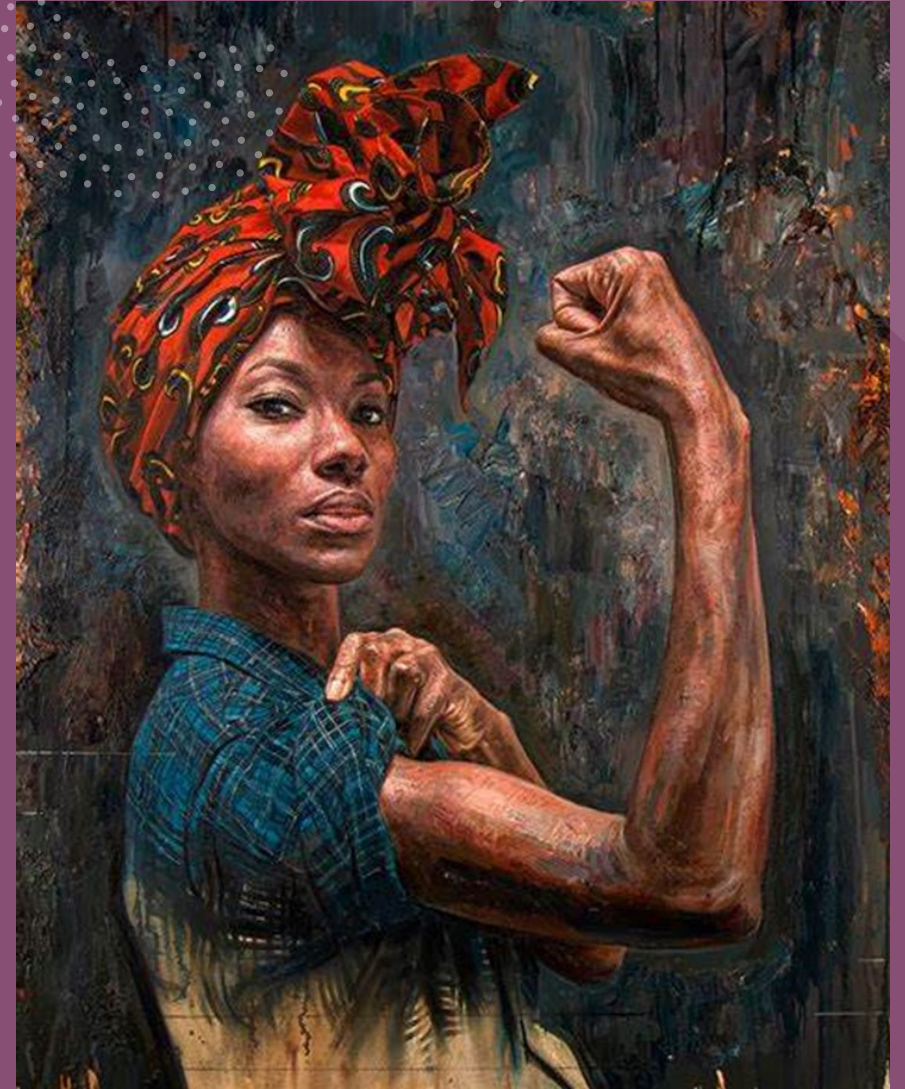


Say It Loud, I'M Black and I'm Proud! Empowering Healing for People Who Gamble and Cultural Communities©

- Deborah G. Haskins, Ph.D., LCPC, MAC, ICGC-II, CCGSO, BACC, CGT
- Focus on the Future 2024 Conference
- May 1, 2024





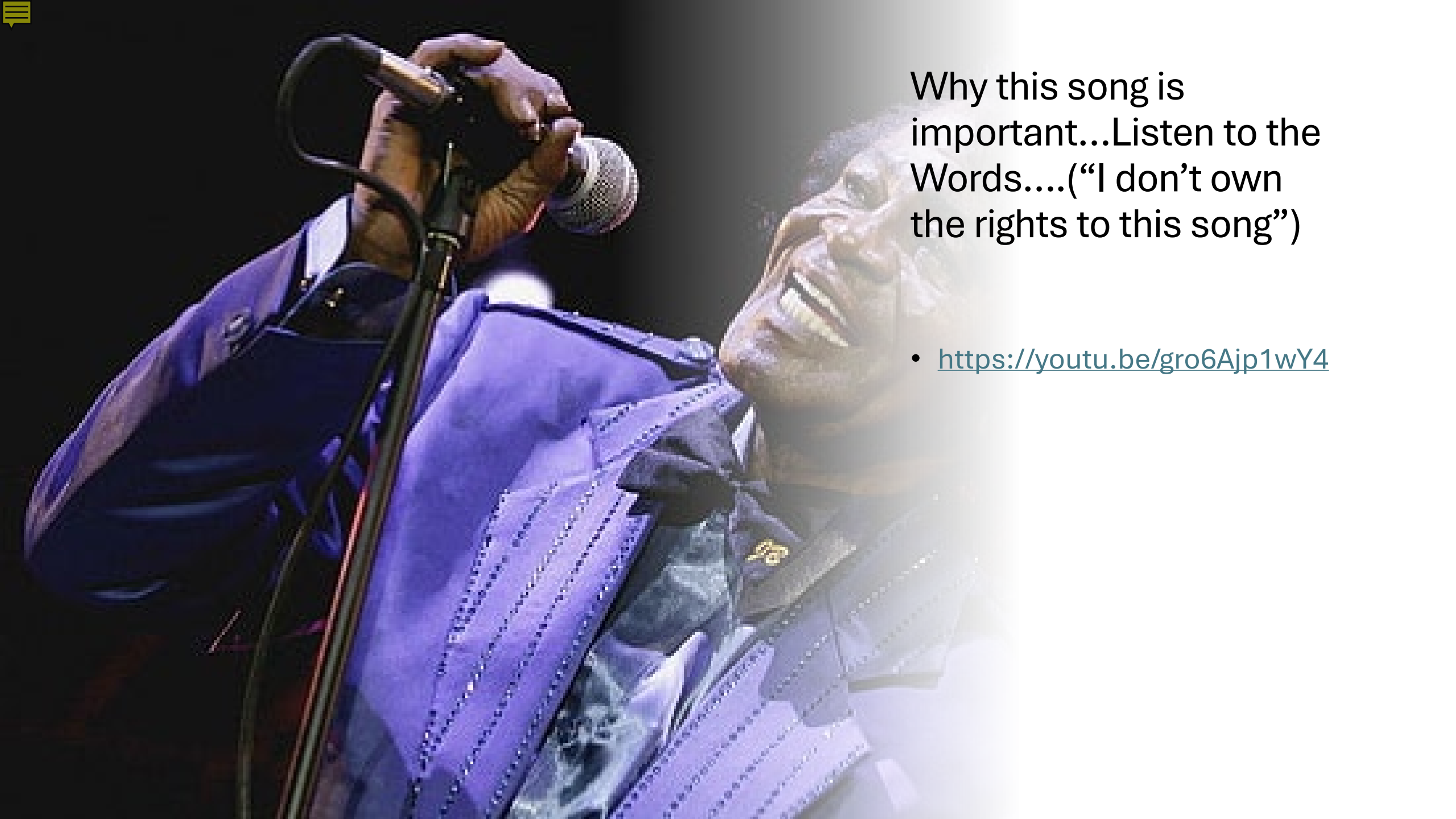
Objectives

1. Identify **cultural humility, equity, and social justice** barriers affecting visible racial, ethnic, and culturally diverse communities impacting access to treatment and holistic healing from disordered gambling
2. Identify **lessons learned** for empowering healing for persons who gamble and cultural communities along with “outside the box” strategies to integrate in disordered gambling and co-occurring SUD/mental health treatment and community wellness
3. Highlight a “**call to action**” for expanded disordered gambling **advocacy** to reach often “overlooked” cultural communities.

Set the stage....I AM

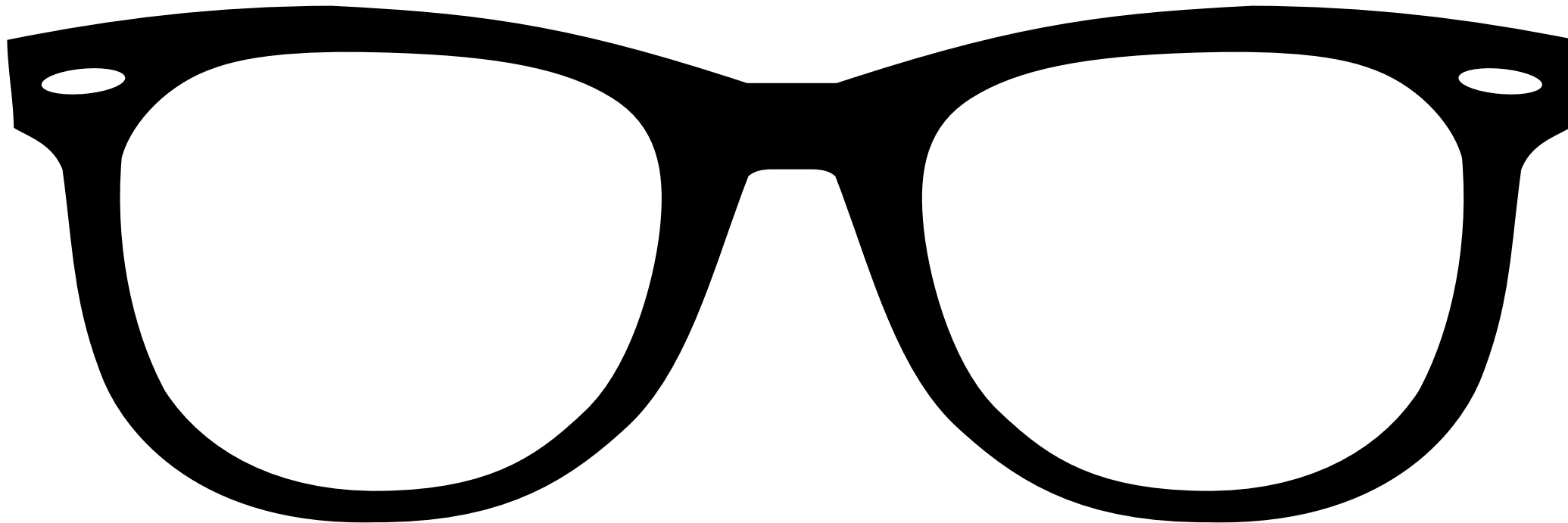
- A Visible Racial Person strongly identified with African descent ancestry
- Person with Lived Family Experiences of Risky Gambling/Gambling Addiction and Addictions
- Committed to change the generational transmission of disease and **dis-ease!**





Why this song is important...Listen to the Words....("I don't own the rights to this song")

- <https://youtu.be/gro6Ajp1wY4>





And
embrace
that Culture
is Home!!!!



- Ortiz & Hernandez (2019)
- Public Health Models must include more than responsible gambling at the individual level—the individual experience of gambling, with particular emphasis and advocacy on treatment.

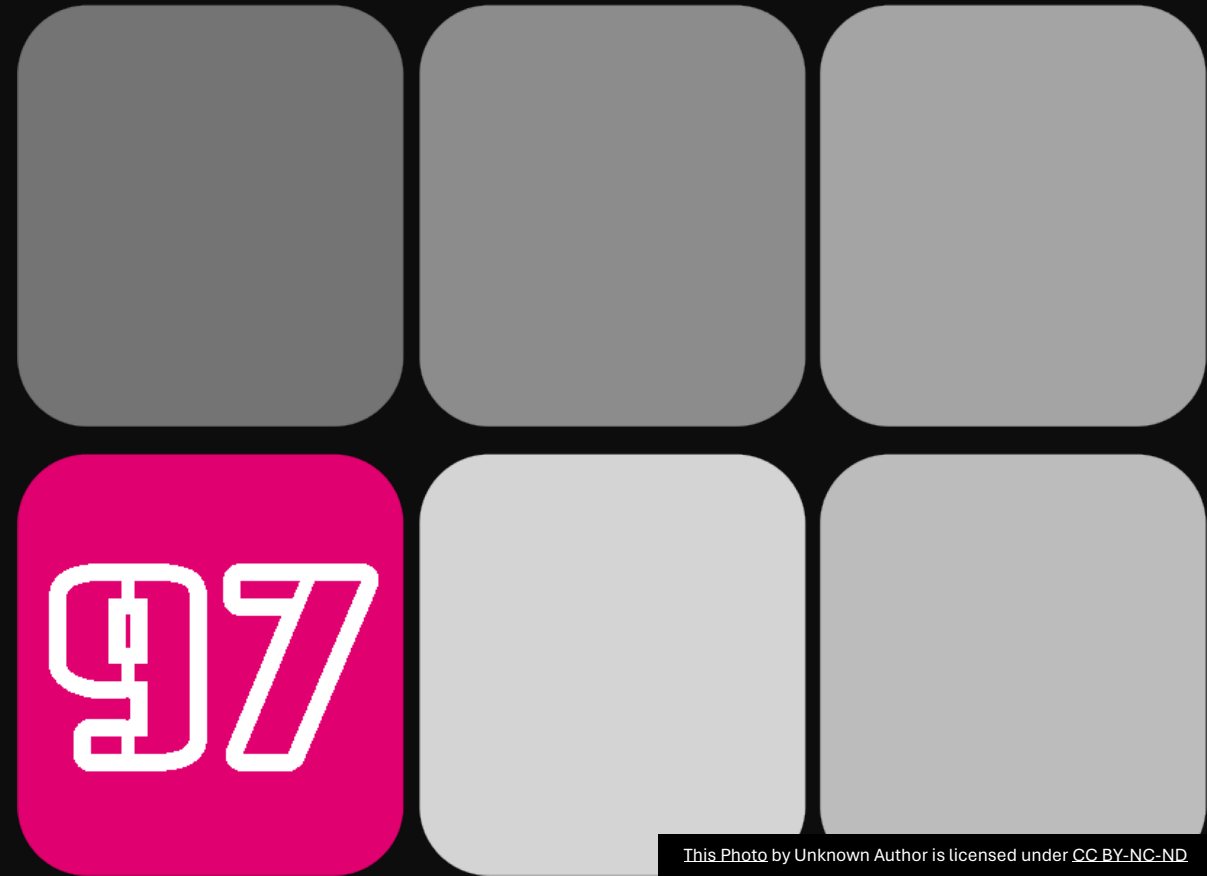


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Why important?

- 1-3% of the general population meet the criteria of disordered gambling (ncpgambling.org)
- But
- Less than



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Lessons Learned for Empowering Healing

Including Outside the Box Strategies



THINK
OUTSIDE
THE BOX



Lesson #1: Use a Health Equity & Social Justice Framework (www.rwjf.org)

- Health equity means **increasing opportunities for everyone to live the healthiest life possible, no matter who we are, where we live, or how much money we make.**

4 Key Steps to Achieve Health Equity

(www.rwjf.org)

1. Identify important health disparities
2. Change and implement policies, laws, systems, environments, and practices to reduce inequities in the opportunities and resources needed to be as healthy as possible *(eliminate the unfair individual & institutional social conditions that give rise to the inequities)*



4 Key Steps to Achieve Health Equity (www.rwjf.org)

3. Evaluate and monitor efforts using short-term and long-term measures

4. Reassess strategies in light of process and outcomes and plan **next steps** (here is our opportunity...why are we still using outdated, ineffective GD public awareness, advocacy, and assistance that only reaches a small segment of our population)



Take a look at this important scholarship...
(Ortiz et al., 2021)

[s40429-021-00369-5 \(1\).pdf](#)





Lesson 2: Take Time to Know Your Communities Served

A top-down photograph of a diverse group of about 12 people of various ages and ethnicities holding hands in a circle around a large white circular sign. The word "Community" is written in a large, black, cursive font across the center of the sign, with a thick red underline. The background is a light-colored concrete floor.

Community

- “When I visit a country, I don’t want to stay in the hotel or area surrounding the hotel only...I want to see where the people live....I want to experience what life may be in the village.....”

Toni Morrison, African American esteemed author

Lesson 3: Understand that People Are Doing Group Therapy in their Own Communities!!! (Quote, Dr. Deborah G. Haskins)



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Lesson 5: Eliminate the “Quick Bandages” in Gambling Disorder Treatment

Go deeper...take time to explore the Lived Experiences...all of them (racial and ethnic stress, cultural identities marginalization, etc.)

Lesson #6: Use Outside the Box Techniques to Engage and Empower Client Healing

- Music
- Arts
- Films
- Nature
- Native Indigenous Healing (explore what they are with client/families)



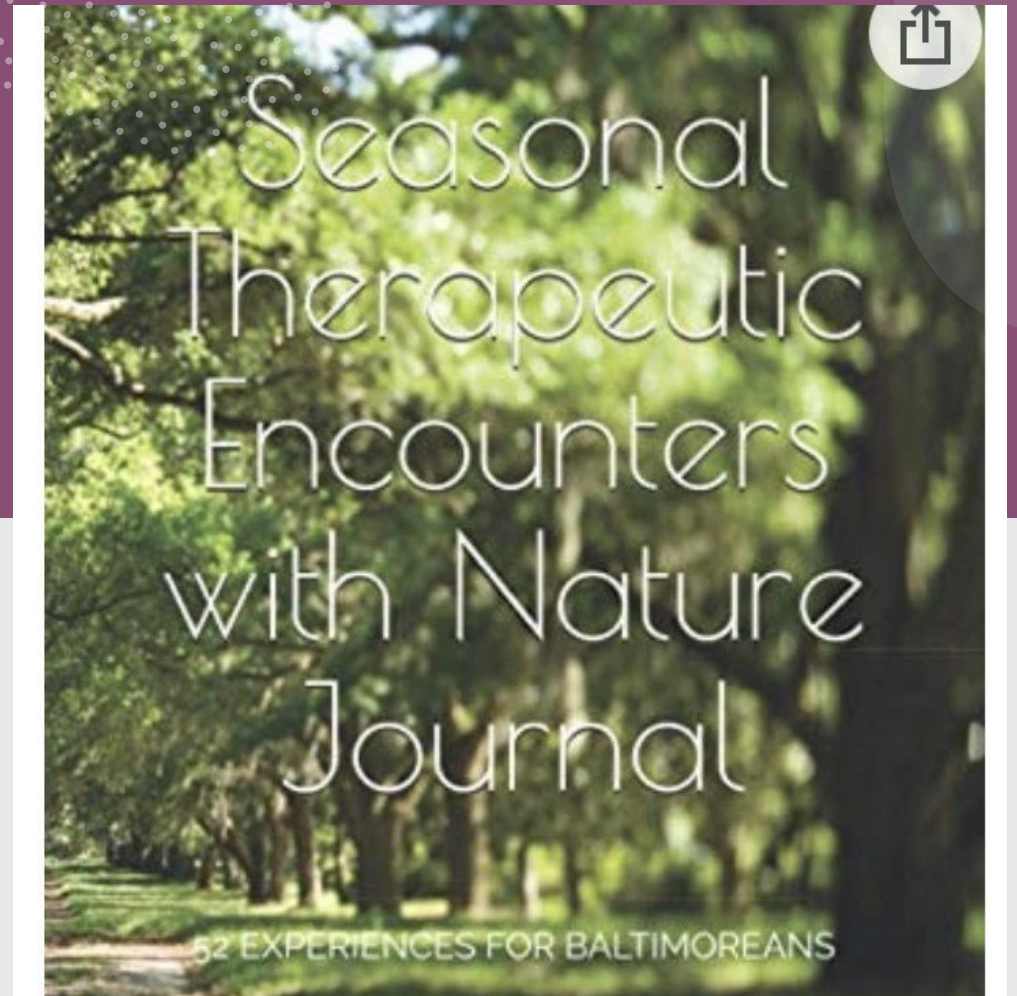


Films as technique...

- [126 Best Bipoc Stories Movies to Watch - A Good Movie To Watch](#)
- **Is there a character that connects with your story/journey?**
- **Can you identify any parts of the film that connect with your struggle?**
- **Can you identify any emotions that are difficult—how does the character help you heal in an area that is hard**

Get creative...look for nature activities

- Identify places that persons with gambling and co-occurring SUD/mental health challenges can access in their own communities (if not triggering)
- Ask the client/affected other to identify places that are healing
- Disordered/risky gambling is experienced as trauma often—including their affected others
- Important to get the trauma out of the body...nature helps move stress.





Last Lesson: What are we doing
To help the 97%.....?

Examples

- **Evergreen Council on Problem Gambling “Social Justice requires real change—lasting change.** Kaleidoscope Reflections of Diverse Views on Mental HealthEquity
- <https://www.evergreencpg.org/tag/kaleidoscope/>
- **Massachusetts Problem Gambling Ambassadors Initiative** – identified Men of Color with lived experiences and showing greatest health disparities, educated them in problem gambling and made them staff members to support gambling prevention/assistance; <https://www.mass.gov/info-details/about-the-office-of-problem-gambling-services#our-community-partners->
- **Maryland Council of Problem Gambling: Cultural Humility/Social Justice core mission;** Faith Initiative (trained over 300 spiritual supporters/faith leaders since 2017); ***Strive to Thrive Initiative***
- **Criminal Injuries Compensation Fund (*Just Passed in Maryland 4/6/2024, Dr. Deborah G. Haskins Advocacy!!!*)**



Call to Action: “There’s No Stopping Us Now!!!”



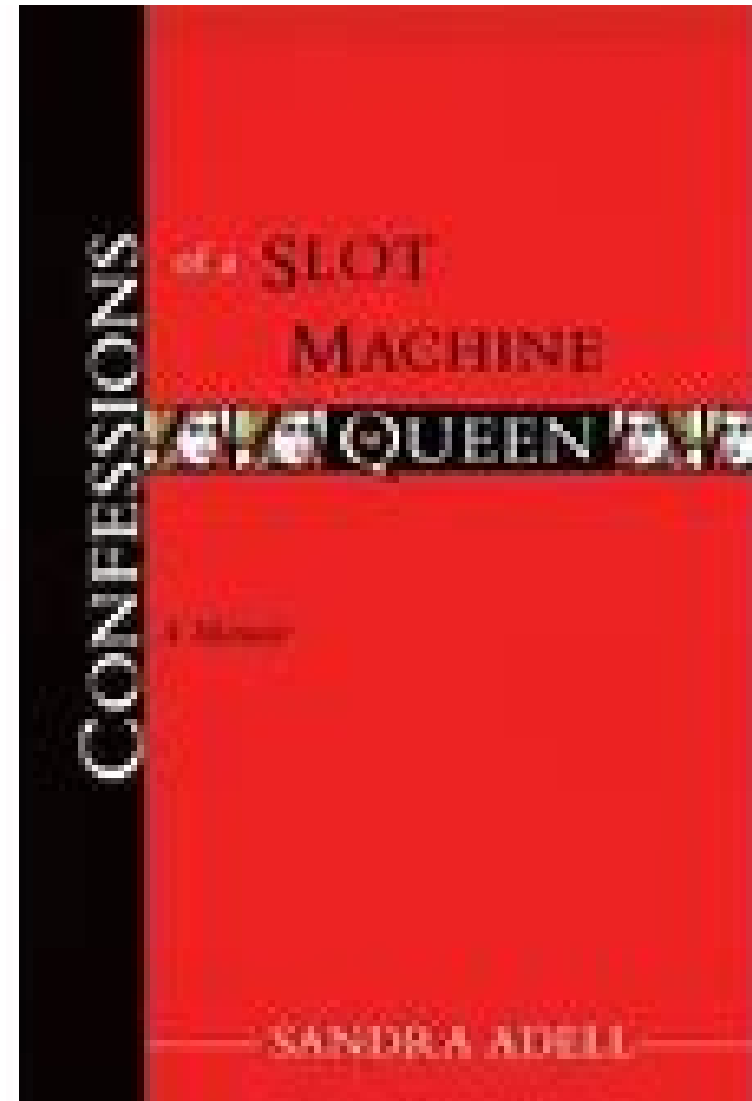
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Dr. Sandra Adell

- **How Gambling Nearly Destroyed this College Professor's Life**

- <https://youtu.be/VJwcH3HA7Lg>

(13 min.)



SHEILA WISE ROWE

Foreword by Soong-Chan Rah

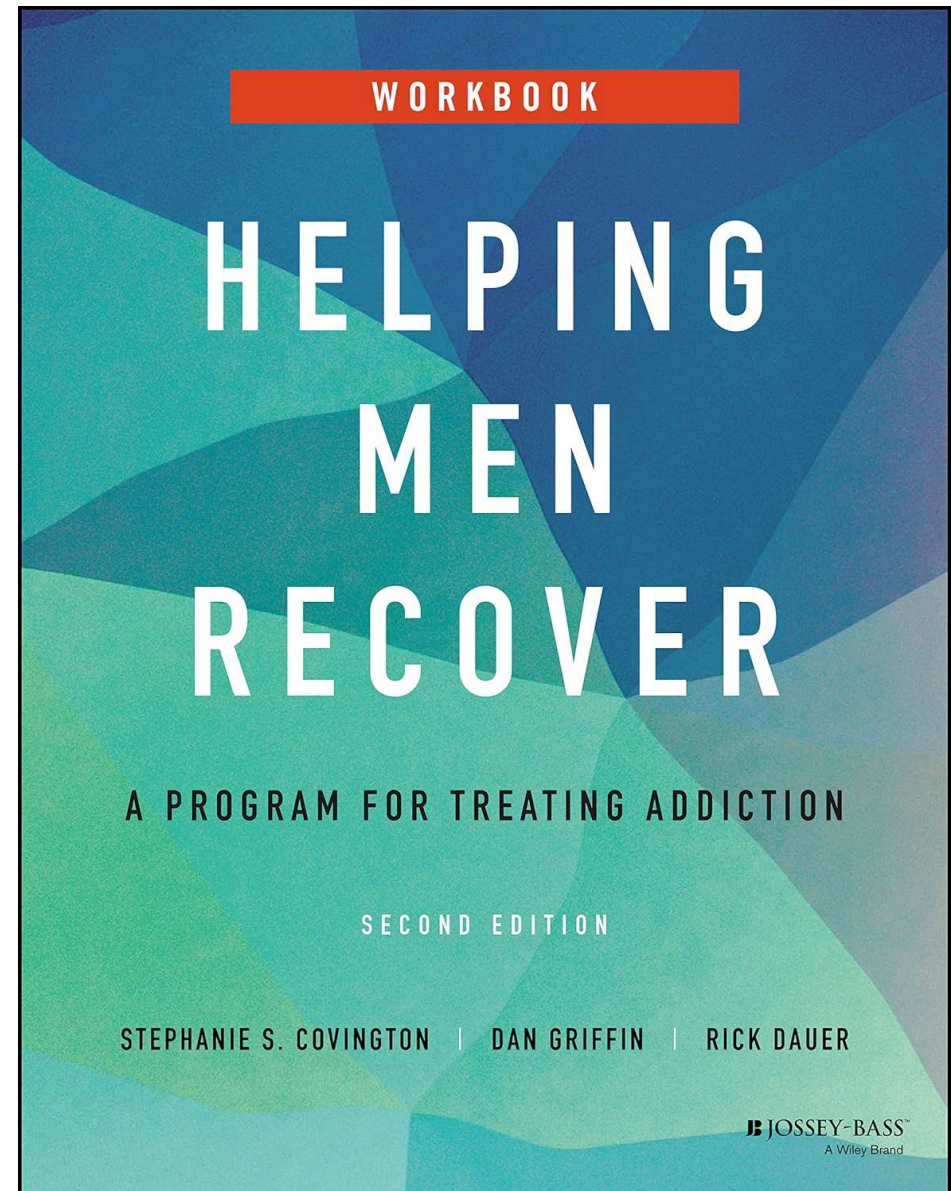
HEALING RACIAL TRAUMA

THE ROAD TO RESILIENCE

Excellent Guide for Practitioners...

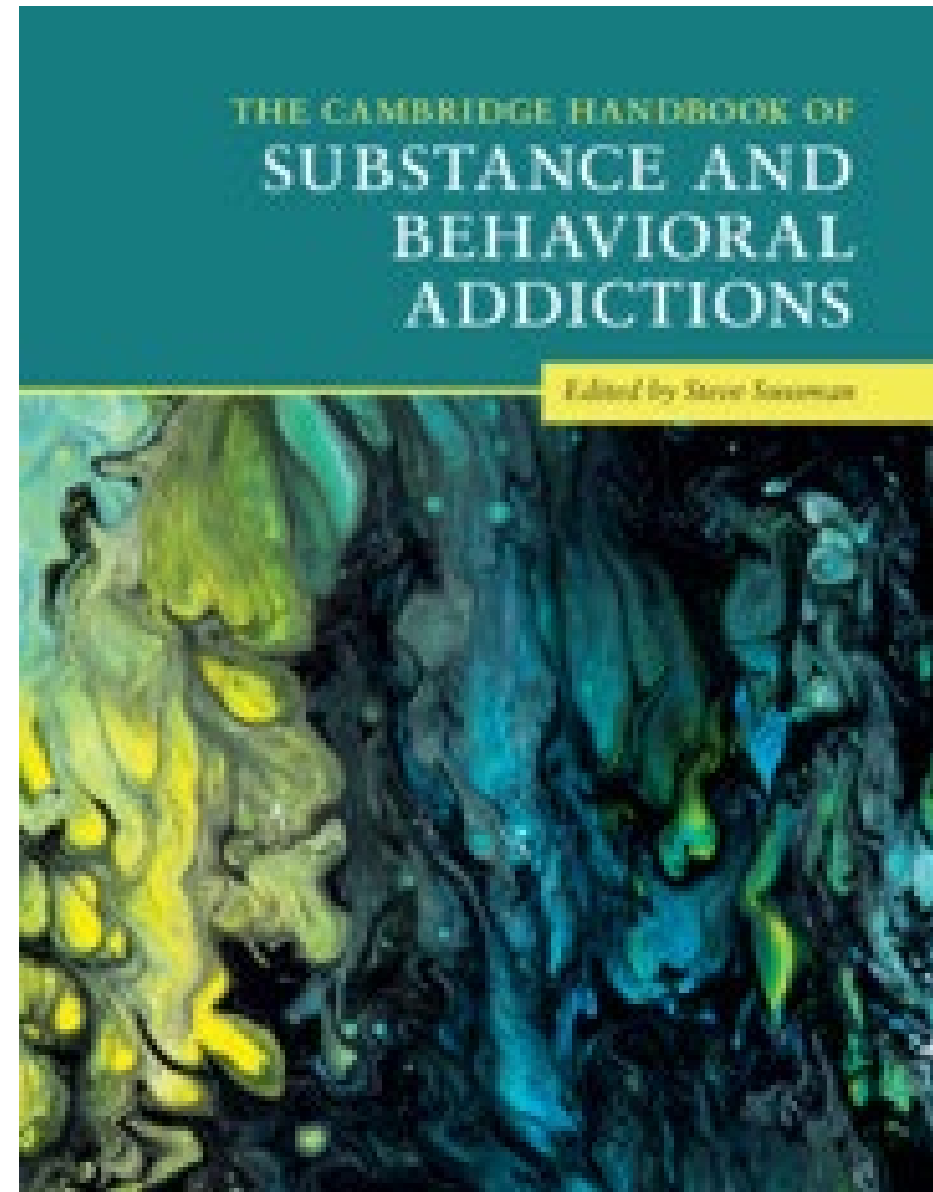
- **“People of Color have endured traumatic histories and almost daily assaults on our dignity. We have prayed about racism, been in denial, or acted out of anger, but we have not known how to individually or collectively pursue healing from the trauma” (Amazon.com)**
- ***Note this book was written for Christian audiences but easily modified (substitute God for God of your Understanding...Spirit).**

Resources



Chapter 13: The Role of Culture in Addictions

(Steve Sussman, Ed.)



My Future Book...Stay Tuned!



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*Thank you for
learning...*

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