Adventures in Thinking
Wednesday, July 11, 2012, 9:00 am-12:00 pm
George Sewell

No matter who you are, what you do, where you’re from, or where you’re going, you think. From the moment of birth you’re processing the energy fields around you. Soon you’re able to distinguish your specific niche in the thought process. You learn how to direct your thinking. That never stops. The knack is managing thinking to create a better life – right now. Before anything is the thought. Although self-evident, many people can become so wrapped up in their immediate environment that they’re unaware of this fundamental order. The thought comes first. The condition, thing, action, or situation follows the thought in time. This power point presentation examines some historical concepts regarding thinking and suggests a contemporary application – reducing complaining – that can benefit clients, practitioners, you, me, and anyone else.

Betting On Our Future
Wednesday, July 11, 2012, 9:00 am-12:00 pm
Nani Dodson

This workshop will focus on the process of creating a youth-led awareness campaign that illustrates the risk and signs of problem gambling among young people. Panelists will showcase a variety of public service announcements, documentaries, and video dramas created by youth participants throughout California for the “Betting on Our Future” (BOOF) media campaign. Utilizing a youth development framework, the BOOF program partners with young people. This innovative strategy of working hand-in-hand with young people is an effective peer-driven approach to raise awareness of the issue and cause positive change in local communities. Highlights will include cultural influences of problem and pathological gambling and how it affects young people, specifically in Asian American communities. Adult allies will also present effective engagement strategies to implement an awareness campaign at the local level. Additionally, panelists will share the experiences of youth participants in creating the awareness projects as well as their processes on research techniques, skill set development, community engagement, and media arts design.

Gambling Prevention using the Risk and Protective factors along with other alcohol and other drug prevention models.
Wednesday, July 11, 2012, 9:00 am-12:00 pm
Jennifer Clegg, NCGC I

There have been limited programs for gambling prevention. This workshop will explore how to implement gambling addiction prevention programs using the risk and protective factors, the developmental assets and other alcohol and other drug prevention models. This workshop will also explore ways to utilize the CSAP SPF (Strategic Planning Framework Model) with gambling prevention. Participants will learn about the responsible gambling and how to implement that into prevention programs.

Understanding Defense Mechanisms and their Function as Related to Gambling and Other Addictions.
Wednesday, July 11, 2012, 9:00 am-12:00 pm
Sachin Karnik, PhD

Participants in this workshop will be exposed to the nature of defense mechanisms such as dissociation, projection, intellectualization, etc. The workshop will examine in detail the relationship between psychological defense mechanisms, decision-making, and addictions. Specifically, gambling addiction will be used as the locus around which all the other related ideas will be linked. During the workshop, role plays to bring out the major concepts as listed above and specific scenarios will be shown for each defense mechanism. In group of 2-3, workshop participants will have a “hands-on” opportunity to examine methods of unraveling defenses. Additionally, specific techniques will be demonstrated on how to handle tough clients who are putting up defenses to cover up painful memories, actions, and emotions.

Exploring Culture in Problem Gambling Treatment
Wednesday, July 11, 2012, 1:00 pm-5:00 pm
Janese Olalde

This full-day interactive workshop utilizes current problem gambling research on diverse populations to provide a schema for examining clinician cultural effectiveness. Through a series of experiential exercises that build on one another throughout the day, practitioners will develop practical tools for increasing cultural awareness within their own work. Through cultural education and reflective self-
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<th>Title</th>
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<td>Talk the Talk and Walk the Walk: Supporting People in Recovery in Your Office through Appropriate Services and Policies</td>
<td>Wednesday, July 11, 2012, 1:00 pm-5:00 pm</td>
<td>Marlene Warner</td>
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<td>Evidence-Based Treatment Models for Gambling as a Behavioral Addiction</td>
<td>Wednesday, July 11, 2012, 1:00 pm-5:00 pm</td>
<td>Alyssa N. Wilson</td>
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<td>Effective interventions for problem gambling and addictions</td>
<td>Thursday, July 12, 2012, 9:00 am-12:00 pm</td>
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<td>Gambling Among Hispanics: Prevalence, Prevention, Outreach and Treatment</td>
<td>Thursday, July 12, 2012, 9:00 am-12:00 pm</td>
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<td>Introduction to Problem Gambling Treatment</td>
<td>Thursday, July 12, 2012, 9:00 am-5:00 pm</td>
<td>Marc Lefkowitz, NCGC I, Gary Lange, PhD, NCGC II</td>
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<td>Beyond the Noise of Addiction</td>
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<td>Chris Anderson, Don Beaucage, Dan Smith</td>
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Many organizations talk about how they work to help people in recovery from gambling, but haven’t put a system in place to support that recovery when those same people (or those in recovery from any addiction) come to work for the organization. This pre-conference workshop will walk participants through all the various steps that help to create an environment healthy and supportive to people in recovery. This workshop requires at least two people from an office or an organization to attend. These groups of colleagues will go through a process to determine an all-encompassing definition of recovery, determine whether they can best support harm reduction or abstinence-based recovery and then start to develop related programs and policies.

The purpose of this workshop is to provide participants with an in-depth look into using Acceptance and Commitment Therapy (ACT) for behavioral addictions, with an emphasis on problem and pathological gamblers. ACT is a new form of therapy based from Cognitive Behavior Therapy (CBT), and focuses on client acceptance, present moment focus, and values-based action. Participants will be exposed to a series of experiential exercises beneficial for behavioral addictions in general, with a strong focus on gambling addictions. Empirical evidence of the effectiveness of ACT with gamblers will also be showcased. While this workshop will focus primarily on gambling, any addiction therapist/counselor will be able to quickly adapt the presented materials to their specific population.

Understanding how the intervention of the personal narrative in the treatment of addictions improves treatment outcomes. The life stories of the individual provides an unbroken personal narrative that offers a full understanding of the individual’s personal myth. “The techniques of storytelling and the psychology which underlies them rest on a discovery of the obvious: that what all persons have in common is their uniqueness” (Joseph Campbell).

Hispanics are a large and fast-growing segment of the United States (US) population. Over 80% of Hispanics in the US have gambled in the past year. Some data suggest that Hispanics are at increased risk for gambling problems. Currently, there are few studies of gambling behavior, gambling problems, and gambling problem treatment among Hispanics. Those studies that exist are limited due to methodological issues. This workshop will be composed of three segments. Segment one will focus on outreach and prevention efforts among Hispanics in Connecticut. Segment two will present data on gambling behavior among Hispanics in California with an emphasis on acculturation and country of origin; two factors which have been neglected in the literature. Segment three will focus on the delivery of gambling problem treatment services to Hispanic individuals residing in the state of Oregon. The workshop will conclude with a question and answer period and group discussion.

The workshop is an introduction to problem gambling. The topics will include Treating Problem Gamblers, Working with Families, Legal Issues, Special Populations, Multicultural Issues, Working with Financial Issues, Gamblers Anonymous/Gam-A-Non, and Responsible Gaming. This practical training should appeal to drug/alcohol counselors and anyone interested in getting a complete overview of the world of problem gambling including: government workers, casino managers, regulators and others. The class will be led by Marc Lefkowitz and Gary Lange with additional local and national speakers.
This workshop will challenge the clinician to look beyond the necessary early practical interventions to the greater mystery of the transcendent, transformational journey of the soul and spirit - a journey beyond what is commonly understood as recovery. Even seasoned clinicians easily become entangled in what we call the ‘noise of addiction,’ - the hard and challenging work of treating the myriad of presenting problems of gambling addiction. Accepted models of spiritual development describe addiction as a reaction to being stuck in an adolescent developmental phase. The presenters believe that the clinicians’ task is to call addicts out of adolescence into psychological maturity, and then beyond into maturity of the soul and spirit. We cannot take others where we ourselves are not willing to go. If we, as clinicians, are not on our own journey into soul and spirit, we cannot lead others there.

Join these three wanderers (who combined have almost 100 years of treatment experience) as they invite you on a journey beyond the limitations and confines of the therapy office and treating adolescence, to greater maturity in our personal and professional lives.

Evidence-Based Treatment of Problem and Pathological Gambling
Thursday, July 12, 2012, 1:00-5:00 pm
Heather Chapman, PhD, NCGC II

Participants will review through lecture, case study and practice evidenced based practices specifically for the treatment of problem and pathological gambling. Workshop content will be drawn from the literature as it has been directly applied in clinical practice.

Welcome and Keynote: Internet Implications
Friday, July 13, 2012, 9:00 -10:45 am
Bill Eadington, PhD, Bob Vincent

What are the implications of recent laws allowing states to legalize internet gambling? The expert panel provides multiple perspectives on key questions, including: How and where will internet gambling expand across the US? Who or what is driving this development? What are the possible risk and protective factors of internet gambling? Can the internet be an effective way of delivering responsible gaming and problem gambling interventions? Are there particular impacts on young people?

Bridging the Gap between Research and Practice in the Treatment of Gamblers
Friday, July 13, 2012, 11:00 am -12:00 pm
Mark R. Dixon, PhD

The purpose of this presentation will be to showcase emerging basic and applied research on the addiction of gambling. Of particular interest will be how, as a clinician, you may be able to apply evidence-based findings into practice. The presentation will incorporate research that examines a wide variety of environmental contexts, physiological responses, and maintaining functions all necessary in understanding the complexity of gambling behaviors. We will trace the biological pre-dispositions, environmental influences, and potential effectiveness of evidence-based treatments. Empirical evidence will be presented highlighting neurobiological changes following psychotherapy targeting the reduction of gambling. Furthermore, we will highlight the importance of identifying potential maintaining factors of gambling and targeting these factors during treatment. Implications for incorporating various gambling measures, including neurological, behavioral, and environmental, will also be discussed.

Designing Effective Prevention of Problem Gambling Programs
Friday, July 13, 2012, 11:00 am -12:00 pm
Jim Wuelfing

This session will discuss a practical approach to designing effective prevention programs. The established protocol of the strategic planning framework will be explored including: assess their prevention needs based on epidemiological data; building the prevention capacity of community partners; developing a strategic plan; implementing effective community prevention programs, policies and practices; and evaluating efforts for outcomes. Participants will explore the six broad prevention strategies (information dissemination, prevention education, alternative activities, community-based processes, environmental approaches, and problem identification and referral) as well as prevention domains (individual, peer, family, school/work, community and environment). The process of deciding how to use multiple strategies over multiple domains will be discussed. Cultural competence, sustainability and the inclusion of evidenced-based practices will also be addressed. The necessity of choosing strategies that will increase protective factors and decrease risk factors will be explored. The information will be practically illustrated through the use of case studies.

Latest Developments in Motivational Interviewing
Friday, July 13, 2012, 11:00 am -12:00 pm
Heather Chapman, PhD, NCGC II
In this workshop, you will become familiar with the “spirit,” principles, and basic techniques of Motivational Interviewing (MI) specific to the treatment of problem and pathological gambling. Learn the principles of MI, the MI counseling style, and techniques for motivating change while reducing resistance. Lecturing is minimized in favor of demonstration, discussion, experiential exercises, and role play.

**Problem Gambling Provisions when a State Proposes Expansion**  
**Friday, July 13, 2012, 11:00 am-12:00 pm**  
**Marlene Warner**

As states continue to explore expanded gambling as a means of increasing revenue to fill budget gaps, it is important that problem gambling is included in the discussion, and, ultimately, in any legislation that results. It is also important for advocates to equip themselves with the appropriate data, tools and resources to which they can point to as effective or model programs. This workshop will use the experiences and knowledge in Massachusetts as a case study—advocating for problem gambling provisions in proposed expanded gambling legislation for nearly 10 years. The workshop will also go into detail regarding the next steps after the statute went into law in November 2011. Presenters will address general principles that relate to advocating for problem gambling services, remote planning efforts that are essential for influencing legislation, and components to include in current efforts to secure the support of legislators in understanding and including problem gambling provisions. Participants will have an opportunity to develop their own strategies for advocating for problem gambling services.

**Mindfulness for Treating and Preventing Addiction Relapse for Problem Gamblers**  
**Friday, July 13, 2012, 1:30-2:30 pm**  
**Denise Gour, MD**

This presentation introduces Mindfulness Based Relapse Prevention for Addictive Behaviors, an 8-week, empirically validated curriculum, developed by Dr. Alan Marlatt, Dr. Sarah Bowen, and Dr. Neha Chawla at the Center for Addictive Studies, University of Washington, Seattle. In addition to experiencing key mindfulness exercises, participants will also receive an overview of the model components and current research outcomes demonstrating its success as both a relapse prevention and primary treatment model.

**Smart Choices: Youth Problem Gambling Prevention Program: The Results of a Three Year Pilot Program- Done by the Book**  
**Friday, July 13, 2012, 1:30-2:30 pm**  
**Joanna Franklin, NCGC II**

The decrease in resources and increase in need has left prevention specialists searching for ways to maximize the use of classroom time on high risk problem areas with today’s youth. The Smart Choices program was developed to meet this need. It was designed to meet SAMHSA guidelines for primary prevention. More than 1,000 evaluations were analyzed to compare program results in a number of areas. Study results, data analysis and the important lessons learned in design, training, implementation and evaluation will be discussed with a focus on applicability to a variety of settings, budgets and ages of students.

**Taking a Survey of Gambling Attitudes and Behaviors from Paper to Practice**  
**Friday, July 13, 2012, 1:30-2:30 pm**  
**Mark Vander Linden**

Gambling Attitudes and Behaviors: A Survey of Adult Iowans goes well beyond a typical prevalence survey of problem and pathological gambling. The survey of 1,700 adult Iowans sheds light on how people gamble, why people gamble, what the impact is of problem gamblers around them and what they know and believe about publicly funded services. The findings of this study can help prevention professionals, clinicians and policy makers make data based and informed decisions to reduce the impact of problem gambling in their communities.

**The Great Escape - The Female Compulsive Gambler**  
**Friday, July 13, 2012, 1:30-2:30 pm**  
**Coleen Moore**

This workshop will examine the unique features of the female escape gambler and discuss treatment strategies to address special needs. Participants will investigate what women seek and receive when gambling, and discuss current trends specific to female gamblers. Co-morbidity inherent with female escape gamblers will also be discussed and evaluated.

**Existential Factors in the Treatment of Problem Gamblers**  
**Friday, July 13, 2012, 2:30-3:30 pm**  
**Charles Maurer, PhD, NCGC II**

There has been limited discussion of existential factors in the treatment of problem gamblers. This presentation will first describe basic existential factors (mortality, aloneness, freedom and responsibility and meaning) that are often "missed" by clinicians. A model for integrating existential issues into the treatment of problem gambler will then be presented will illustrations from clinical experience. Specific intervention strategies from the existential perspective will be presented. Time permitting, participants will be able to make
One Step Ahead-Teen Leadership as a Prevention Model
Friday, July 13, 2012, 2:30-3:30 pm
Marty Toomey

Prevention Consultants and members of the Massachusetts T.A.G.Team, Teens About Gambling, will facilitate this interactive session. We will demonstrate how involvement in a leadership program increases a teen’s self-esteem, confidence, and desire to do better academically and socially. Participants will talk to teens and hear first-hand how this involvement has influenced their lives. The presentation will focus on the teens’ participation in the development and implementation of the C.A.P.S. (Creative Activities for Probability and Statistics) Curriculum, the development of the T.A.G. Team and the importance of Teen Leadership/Empowerment as a Prevention Model. The interactive presentation will address T.A.G., C.A.P.S., and the four postulates of the Empowerment Theory as it relates to youth empowerment. Participants will have the opportunity to actively experience some of the activities the Team developed.

Using Mindfulness as a Clinical Intervention with Pathological Gamblers
Friday, July 13, 2012, 2:30-3:30 pm
Rory Reid, PhD

Mindfulness interventions have been applied to a constellation of problems in the field of mental health in an effort to reduce psychological distress and emotional suffering. Mindfulness appears to be a useful practice particularly in disorders where behavior regulation is compromised such as pathological gambling. This presentation will report on the combined efforts to develop a Mindfulness-Based Treatment Protocol for pathological gamblers that was develop as a collaborative project between the UCLA Mindfulness Awareness Research Center and the UCLA Gambling Studies Program. Participants will receive information about Mindfulness, have the opportunity to practice a few Mindfulness exercises, and learn about the protocol used at UCLA. Additionally, this presentation will report on the outcomes of our research associated with this intervention including pre-post findings associated with structural and functional neuroimaging data conducted on the pathological gamblers in work.

What the Public Thinks About Problem Gambling: New Data from Surveys and Focus Groups
Friday, July 13, 2012, 2:30-3:30 pm
Don Feeney

This presentation will feature new data on the public perception of problem gambling. It includes data from a national survey done for the National Council on Problem Gambling in 2011 as well as qualitative (individual interview and focus group) and quantitative research done in Minnesota. The portrait that emerges is one of a populace with little knowledge about problem gambling and many misperceptions, but one that is open to persuasion. Of particular interest is the testing of alternative messages that provides clear guidance on what sort of information the public finds persuasive and what they don’t.

Fitting the Pieces Together: Shifting Culture, Service Delivery and Administration to a Recovery Oriented Systems of Care
Friday, July 13, 2012, 2:30-3:30 pm
Janet Zwick

A Recovery Oriented System of Care (ROSC) supports person-centered and self-directed approaches to care that build on the strengths and resilience of individuals, families and communities to take responsibility for their sustained health, wellness, and recovery from alcohol and drug problems and problem gambling. A ROSC offers a comprehensive menu of services and supports that can be combined and readily adjusted to meet the individual’s needs and chosen pathway to recovery.

Most states recognize that addiction is a chronic illness, but the treatment service system is based on an acute care model. The services have gotten shorter and shorter over the last 15 years, family and community have not been involved and individuals may be given the impression at discharge that they can sustain their recovery without additional assistance. The goal is not to foster dependence on the system, but to create a network of natural supports in the community that can help individuals sustain their recovery.

Positive Use of Life Experiences
Friday, July 13, 2012, 2:30-3:30 pm
Bill, Robert McGuigan, Ed Talbot, Lisa Talbot Lundrigan

Recovering gamblers, their family members and loved ones will discuss how they have been able to build positive outcomes out of lives devastated by gambling addiction. Father and daughter presenters Ed and Lisa will share how they worked on both of their individual paths to recovery and in the recovery of their relationship with each other, and the successful development of Partners in Recovery.

Robert and Bill are forever connected by a gambling-related murder/suicide that claimed members of their families. They will discuss why and how they have been able to change focus to advocacy for problem gambling prevention.

What gets in the way of going to treatment? Barriers to care and strategies for breaking them down.
Friday, July 13, 2012, 4:00-5:00 pm
An incredibly small proportion of problem gamblers ever seek treatment for their gambling problems. Although there is growing evidence about what types of treatments are effective for helping problem gamblers, there is much less evidence on how to engage them into treatment. In this presentation the author will discuss findings from a recent prospective study that examined predictors of treatment attendance by callers to a state help-line. Several factors predicted whether or not gambling help-line callers eventually went to treatment including gambling-related financial difficulties, greater gambling disorder severity, spousal conflict and past problem gambling treatment. Several barriers to treatment (e.g., cost, availability) also distinguished whether callers eventually sought treatment. Furthermore, help-line callers who did not follow-through on their treatment referral from the help-line were more likely to report low motivation to change gambling behaviors and feeling like they can handle their gambling problem on their own. The author discusses these findings within the context of developing strategies for engaging problem gamblers into treatment, and maintaining therapeutic alliance once clients enter treatment. The author will include several sample strategies that may improve treatment engagement including computer-based outreach interventions and motivational interviewing techniques.

Strategic Alliances that Strengthen a Responsible Gaming and Consumer Protection Program
Friday, July 13, 2012, 4:00-5:00 pm
Wynona Redmond

Welcome and Morning Plenary-- Personal Finance Issues: Gambling and Beyond
Saturday, July 14, 2012, 9:00-10:00 am
Brent Neiser

Gambling Among Hispanics in the US: Prevention , Outreach, Treatment, and Acculturation
Saturday, July 14, 2012, 10:00-11:00 am
Michael Campos, PhD

Hispanics are a large and fast-growing segment of the United States population. Over 80% of Hispanics in the US have gambled in the past year. Some data suggest that Hispanics are at increased risk for gambling problems. Currently, there are few studies of gambling behavior, gambling problems, and gambling problem treatment among Hispanics. The session provides an overview of gambling prevention, treatment and research programs in the Hispanic community. Panelists will summarize key points form the pre-conference workshop in a conference break-out session.

Financial Literacy from 3 perspectives
Saturday, July 14, 2012, 10:00-11:00 am
Marlene Warner

Post Treatment: How Do We Support Gamblers in Recovery
Saturday, July 14, 2012, 10:00-11:00 am
Jim Wuelfing

This session, which will be a combination of presentation and panel, will address the issue of supporting recovery through recovery support services. The professionalization of the additions treatment field, while being a positive and essential development, has limited the peer-to-peer common experience support and mentoring aspect of treatment services. Concurrently, once a patient/client leaves treatment services, the role of recovery support has fallen largely to 12 step programs. The value of 12 step programs would be difficult to overstate yet clearly they do not work for everyone. Another limiting factor in this approach is the 12 step tradition of singleness of purpose. 12 step programs do not address many of the other supports that people in early recovery may need such as housing, education, vocational services, physical health, etc. A contributing factor to low outcomes regarding the treatment process then may be tied more to the lack of supports in early recovery. The question arises as to how to either provide these supports or to connect the person to existing recovery supports such a transitional housing, education and vocational pursuits, recovery coaching, connections to the recovery community in its broad definition and recovery community organizations. This session seeks to raise these questions, discuss existing programs and urge an ongoing dialogue on the topic.

Promising and Best Treatment Practices- What we know and what we need to find out
Saturday, July 14, 2012, 10:00-11:00 am
Louis Weigele, NCGC II

In spite of an increase in research on problem and pathological gambling, there is a lack of empirical studies indicating promising and evidence based practices and what interventions are indicated for specific populations. This presentation, based upon a systematic review of research intervention studies, will discuss recent interventions used to reduce the negative impacts of problem and pathological gambling. Three related non-medical interventions have been identified as indicated in the treatment of problem and/or pathological gambling; cognitive behavior therapy (CBT), motivational interviewing (MI), and brief intervention (BI). In several studies of
individuals with less severe problem gambling behaviors, brief interventions of one or two sessions were indicated to be more effective than either more intensive CBT or MI. Studies of individuals with more severe gambling problems encountered significant problems of non-completion. This was also a problem with treatments of longer duration. While CBT, MI and BI have the greatest body of intervention research, this presentation will discuss other treatment alternatives as well as discuss reasons that only a small percentage of individuals engage in treatment and what we know about what is described as natural or spontaneous recovery.

Effective Legislative Relations  
Saturday, July 14, 2012, 11:30 am-12:30 pm  
Don Feeney

In the next few years, state legislatures will increasingly confront issues relating to the provision and regulation of gambling, particularly Internet gambling. At the same time, they will be making decisions about the availability of services for those with gambling problems. How can organizations and individuals who advocate for those affected by problem gambling be heard, and heard effectively?

A panel of people with extensive legislative experience will provide advice on how to make your voice heard at the legislature. The format will be more of an informal discussion than formal presentations, with a moderator and the audience asking questions of the participants.

Publications, Trainings and More to Address Gambling Disorders and Addictions  
Saturday, July 14, 2012, 11:30 am-12:30 pm  
Amy Martin

Targeted Advertising: Getting the BEST bang for your buck  
Saturday, July 14, 2012, 11:30 am-12:30 pm  
Steve Burton, NCGC I

Many states are cutting budgets, including money for helping problem gamblers. Faced with these cuts, programs often cut their advertising budgets first. This creates a vicious cycle, because it often results in programs receiving fewer clients, therefore making it appear that the program requires even less money. We will discuss how to avoid this cycle, and how to make the most of your limited advertising dollars. Special focus will be on using electronic media outreach, including Google and Facebook ads. We will show you some of the ads we’ve done that have worked—and some that have not. We will compare the demographics reached and results accomplished using both traditional and social media advertising methods.

The Impact of Gambling on Recovery: Making Problem Gambling a Topic of Conversation in the Recovery Advocacy and Support Community  
Saturday, July 14, 2012, 11:30 am-12:30 pm  
Lori Rugle, PhD, NCGC II

This panel presentation will describe a structured strategy that has been effectively developed in Connecticut to comprehensively integrate issues of problem gambling into two statewide and nationally recognized recovery support organizations: The Connecticut Community for Addiction Recovery (CCAR) and Advocacy Unlimited (AU): Recovery University (RU). Phil Valentine, Executive Director of CCAR and Deron Drumm, Deputy Director of AU and Director of RU will participate on this panel along with Lori Rugle and Tom Broffman to present lessons learned from participation in the Disordered Gambling Integration Project. The panel will discuss the collaborative process of enhancing understanding and awareness of the impact of gambling on recovery within their recovery organizations. Results from staff and client surveys will be presented, along with a Tool Kit for Problem Gambling Integration that incorporates motivational/stage wise techniques.

Lunch Plenary-- From the Research Frontier: What We Are Learning from Population Studies of Problem Gambling  
Saturday, July 14, 2012, 12:30-2:00 pm

African American Women and Gambling Addiction  
Saturday, July 14, 2012, 2:00-3:00 pm  
Sandra Adell, PhD

About two years ago, The South Florida Times published results from a 2009 study that showed African American women living in Florida had a 51 percent higher rate of compulsive gambling addiction than African American men. The Florida study also suggested that African American women have statistically higher gambling addiction rates that “white, Hispanic, or Asian men or women.” Yet these women are virtually silent about their addiction, which raises a question: Where are they going to seek help? More important, What kind of therapy is available to them? To what extent might issues of race affect their decisions not to seek therapy. In this paper I use my own experiences with an addiction to slot machine gambling and my efforts to seek counseling in a predominately white community to interrogate these questions. I do so for two reasons: 1) to encourage more black women share their stories about how they became addicted to gambling; 2) to open up meaningful dialogues among mental health care providers about how they deal with
race and racism in their practices. I feel strongly that if the Florida study is any indication of pervasiveness of gambling addictions among African American women in the U.S., then we must work together to identify them and help them move from addiction to recovery.

### Examining the Clinical Utility of Brief Gambling Assessments

**Saturday, July 14, 2012, 2:00-3:00 pm**

**Kevin Young, PhD**

Given the push in healthcare towards brief assessments, measures like this deserve a closer look to see if they can accomplish what they aim to; to reliably and validly differentiate someone who has a gambling problem from someone who does not.

To determine the clinical utility of the Lie/Bet questionnaire, the SOGS-R, the NODS and the Windsor 11, they were given at intake to individuals entering into two treatment programs at the Louis Stokes VAMC in Brecksville. Individuals completed each screening instrument twice, once on intake and once two weeks later. The tests are examined for their ability to identify pathological gambling as opposed to general addictive behaviors, and for their sensitivity to treatment effects.

### Prevention Showcase

**Saturday, July 14, 2012, 2:00-3:00 pm**

**Curriculum for k-12**

**Jeffrey Beck**

This Prevention Showcase will highlight a curriculum program developed by the Council on Compulsive Gambling of New Jersey for school systems, grade K-12. This is known as the GAP-USA (Gambling Awareness Program) It develops a comprehensive one period a year approach for education on decision making and problem gambling for school aged children. Information on the activities and DVDs of the curriculum will be available for participants, including vignettes by college students depicting teen gambling including suicide, female gambling, recovery, and poker.

**Successfully Growing a Social Media Presence**

**Margot Cahoon**

The Massachusetts Council on Compulsive Gambling has dramatically grown its social media presence over the past two fiscal years. This session will explain the development and uses of several social media tools. The Council has also used social media to begin blogging, and in turn established deeper connections with its target audiences. In addition, the Council has developed several websites aimed at reaching populations identified as “at risk” for developing gambling problems with culturally competent messages, materials and other resources for help. The Council has achieved much success with Facebook and Twitter. Facebook has also allowed the Council to carefully target its advertising efforts. The group has developed several ads on everything from its helpline to sports betting and tailored the messages to specific groups, based upon age, location and interests. The Council feels that blogging is a good way to help the public to feel connected to its work and to generate more awareness about all of its programs, services and thoughts on the current events.

**Betting On Our Future**

**Nani Dodson**

Panelists will showcase the Betting On Our Future program through a variety of streaming videos and printed publications. Betting On Our Future is a problem gambling awareness campaign developed by young people throughout California. Utilizing a youth development framework, the BOOF program partners with young people to produce projects that are showcased at premieres statewide in promotion of the 1-800-GAMBLER hotline as well as additional resources available for those in need. This innovative strategy of working hand-in-hand with young people is an effective peer-driven approach to raise awareness of the issue and cause positive change in local communities.

**Mary Drexler**

**21st Century Resource Sharing: NCPG Prevention Committee Online**

**Julie Hynes**

The newly formed National Council on Problem Gambling Prevention Committee, chaired by Jim Wuelfing, has developed an online presence for NCPG prevention partners across the states. This interactive social networking site will be a tool for for prevention providers to connect, ask questions and share ideas, and connect each other with evidence-based resources. With participation, this "e-community" will be a valuable tool for all those interested in prevention & awareness in the problem gambling field.

**Smart Choices: youth gambling prevention pilot program**

**Carl Roberston**

Smart Choices is a 3 year pilot program focused on awareness, education and primary prevention. The objectives included: providing cognitive understanding; dispelling of myths; warning signs and reduce prevalence of gambling among youth from Middle School through College students,
An extensive Pre and Post assessment was administered to all student participants, which was analyzed by the staff at McGill University. Program materials primarily consisted of McGill University award winning materials. The assessment process resulted in significant improvements in knowledge, behaviors and attitudes of the participants. The showcase is intended to provide a model that can be used in various school and community settings.

*Teen Website: Teensknowyourlimit.org*

**Amanda Poggenburg**

Teensknowyourlimits.org is a website designed primarily for teens who are interested in finding out about problem gambling. The website was designed based solely on appealing to teens and making sure that they don’t get bogged down in language and confusing navigation. The site has a lot of graphics, color, and flash so the teens won’t get bored. We have a “Games & Quizzes” section with fun, interactive games based on problem gambling vocabulary and facts. This page also supports artistic submissions from the teens to keep coming back for more. Common social media, such as Twitter, facebook, and Blogger, have been included so the Council can receive feedback on the site, our programs, etc. We have also integrated a message board by creating a Teens Know Your Limits facebook page.

**“The future: Our children and how online gambling will affect them”**  
**JosephTurbessi**

Online gambling is right around the corner and when it becomes legal, there is going to be a need for more awareness, especially with young adults. When that time comes, are we (people in the gambling field) going to be able to provide them with the information that they’re willing to receive and going to learn something from? But now more than ever, it’s time to form a collaboration within the individual states to provide youngsters with the opportunity to learn and grow in this ever changing online gambling world. Never before have they been presented with such technology that could change their lives in such extreme ways. I’ll discuss the reactions I have received from the students themselves and their teachers. Then I will propose different suggestions for going forward, giving my input on how the gambling awareness campaign can be successful with young adults. I’ll make connections between my own experiences and with those I’ve reached, presenting the audience with a viewpoint that is very raw and real. That may be the best chance for tackling this overwhelming challenge.

**“Who really pushes the buttons?” 7 techniques for Treating Problem Gamblers and their Families.**  
**Saturday, July 14, 2012, 2:00-3:00 pm**  
**Gary Lange, PhD, NCGC II**

Spouses, parents and children of Problem Gamblers can unintentionally complicate the recovery process for the gambler. Clearly the gambler pushes the buttons on the slot machine but all family members push each other’s buttons and exacerbate the problems. In our current economy, helping families devastated by pathological gambling is imperative. This workshop will help professionals make proper early assessments of concomitant psychological, physical, emotional and safety issues which can assist more sustained recovery. Some of the seven techniques of treatment include stopping the financial “bleeding”, helping with acceptance and communicating healthy boundaries. Treating the enraged spouse, scared parent or pessimistic child as well as the gambler doubles the gambler’s recovery rates and greatly increases the level of functioning for the family. Some family members are immersed in guarding, controlling or monitoring the funds and activities of the problem gambler while others are dependent, distracted or distant. Basic education about the impaired brain and harm reduction help get the family closer to “the truth”. Clients can stop pressing the wrong guilt, aggression or enabling buttons. Therapists can learn to reframe problems, help clients make healthier decisions and offer specific exercises that build trust and hope.

**Rules of Engagement: Working with Veterans and active Military Duty**  
**Saturday, July 14, 2012, 3:30-5:00 pm**  
**Heather Chapman, PhD, NCGC II**