<table>
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<tr>
<th>Session Title</th>
<th>Date</th>
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<th>Presenter(s)</th>
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<tr>
<td><strong>Adventures in Thinking</strong></td>
<td>Wednesday, Jul 11, 2012, 9:00 am-12:00 pm</td>
<td>George Sewell</td>
<td>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.</td>
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<td><strong>Betting On Our Future</strong></td>
<td>Wednesday, Jul 11, 2012, 9:00 am-12:00 pm</td>
<td>Nani Dodson, Thuy Anh Le, Gabriel De la Cruz</td>
<td>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.</td>
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<td><strong>Gambling Prevention using the Risk and Protective Factors Along With Other Alcohol and Other Drug Prevention Models.</strong></td>
<td>Wednesday, Jul 11, 2012, 9:00 am-12:00 pm</td>
<td>Jennifer Clegg, NC9C 1</td>
<td>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.</td>
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<td><strong>Understanding Defense Mechanisms and their Function as Related to Gambling and Other Addictions</strong></td>
<td>Wednesday, Jul 11, 2012, 9:00 am-12:00 pm</td>
<td>Sachin Karnik, PhD</td>
<td>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 groups of 2-3, workshop participants will have a &quot;hands-on&quot; 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.</td>
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<td><strong>Exploring Culture in Problem Gambling Treatment</strong></td>
<td>Wednesday, Jul 11, 2012, 1:00 pm-5:00 pm</td>
<td>Janese Olalde</td>
<td>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-assessment, participants will examine: the significance of client self-identification and personal narrative in problem gambling recovery, therapist interaction with complex cultural identities, identification of systems of oppression and privilege, clinical concerns regarding transference, countertransference and self as therapist.</td>
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### 26TH NATIONAL CONFERENCE ON PROBLEM GAMBLING

#### Session Abstracts

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<tr>
<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, Jim Wuelfing</td>
<td>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.</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>
<td>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.</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>
<td>Oscar Sida, NCGC I</td>
<td>Understanding how the intervention of the personal narrative in the treatment of addictions improves treatment outcomes. The life stories of the individual provide 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 which all persons have in common is their uniqueness.” (Joseph Campbell).</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>
<td>Michael Campos, PhD, Carlos Reinoso, Janese Olalde, Raul De La O, Jesus Navarro Mesa</td>
<td>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 Oregon. The workshop will conclude with a question and answer period and group discussion.</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>
<td>This introduction to problem gambling 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. Additional local and national speakers will participate.</td>
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<td>Beyond the Noise of Addiction</td>
<td>Thursday, July 12, 2012, 1:00-5:00 pm</td>
<td>Chris Anderson, Don Beaucage, Dan Smith, NCGC II</td>
<td>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 presenting problems of gambling addiction. Accepted models of spiritual development describe addiction as a reaction to being stuck in an adolescent developmental...</td>
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## Evidence-Based Treatment of Problem and Pathological Gambling

**Thursday, July 12, 2012, 1:00-5:00 pm**

**Heather Chapman, PhD, NCGC II, Paul Korte, PhD**

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**

**Dr. Jeff Derevensky, Dr. Bill Eadington, PhD, Angela Wiczek**

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, Alyssa N. Wilson**

This presentation will 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: assessing 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**

**Mariene Warner, Kathleen Scanlan**

As states continue to explore expanded gambling as a means of increasing revenue to fill budget gaps, it is important that problem gambling is
### 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 gamblers will then be presented with illustrations from clinical experience. Specific 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 gamblers will then be presented with illustrations from clinical experience.
intervention strategies from the existential perspective will be presented. Time permitting, participants will be able to make brief case presentations for general discussion of these factors in their treatment of gamblers.

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 developed 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, 4:00 -5:00 pm
Janet Zwick, Mark Vander Linden
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, 4:00 -5:00 pm
Bill Swanson, Robert McGuigan
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. 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.

Friday, July 13, 2012, 4:00-5:00 pm
David Ledgerwood, PhD
An incredibly small proportion of problem gamblers ever seek treatment for their gambling problems. Although there is growing evidence
### Strategic Alliances that Strengthen a Responsible Gaming and Consumer Protection Program
**Wynona Redmond, Kellie Gage, Bill Johnson, Matt McCreary**
Friday, July 13, 2012, 4:00-5:00 pm

In 2010, the Illinois Lottery made history becoming the first lottery in the United States to hire a private manager to privatize its operations in an effort to increase revenues for the state of Illinois. Northstar Lottery Group was chosen to be the private manager for the lottery representing a paradigm shift for the U.S. lottery industry as a whole. As part of its commitment to responsible gaming and consumer protection, Northstar Lottery Group has developed programs and strategic alliances to help ensure responsible gaming in Illinois and offer proven methods, strategies, and programs to guard against underage and excessive play while employing advanced technological solutions to ensure that safeguards are in place to maintain responsible operations. This presentation will provide information on how Northstar Lottery group developed a strategic stakeholder engagement plan for the Illinois Lottery that promoted public awareness about problem gambling in Illinois, and fostered collaboration with health and human service providers throughout the state in support of the problem gambling treatment community. These partnerships proved critical to the Illinois Lottery’s responsible internet roll-out throughout the United States.

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

It has been over a decade since the National Endowment for Financial Education (NEFE) and the National Council on Problem Gambling collaborated to create materials to assist family members, counselors, and financial planners on financial actions/strategies related to problem gambling. NEFE will share with you new financial education tools, issues, and opportunities to impact behavior change and awareness on personal finance issues. Though some forms of gambling have now gone high-tech, some of the tried and true advice may still prove useful for problem gambling family members and advisors. This interactive session will give participants the opportunity to raise and frame issues that need to be addressed for problem gambling family members and advisors related to personal finances.

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

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 also summarize key points from the pre-conference workshop.

### Financial Literacy from Three Perspectives
**Marlene Warner**
Saturday, July 14, 2012, 10:00-11:00 am

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 addictions 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 and treatment.
# 26th National Conference on Problem Gambling

## Session Abstracts

### 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 Weigle, 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, Michael Edmonds**

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, Amber Bunch, NCGC, Mark Vander Linden**

In a challenging economic climate, clinicians often face obstacles of meeting the growing needs of their patients. With limited resources and little access to up-to-date training opportunities, treatment providers need low to no-cost resources to learn more about prevalence, diagnosis and treatment of gambling disorders. This panel will give an overview of free research-based trainings, workshops and publications at local, state and national levels that help clinicians better serve their patients. Panelists include NCPG state affiliate chapters, government public health officials and national non-profit organizations who will discuss the resources that have been the most effective in their own experience and ways to access free resources for those who work on a daily basis pathological gambling clients. The panel will also discuss new screening instruments and ways to encourage clinicians who treat other addictions to know more about gambling disorders.

### Targeted Advertising: Getting the BEST Bang for your Buck

**Saturday, July 14, 2012, 11:30 am-12:30 pm**  
**Steve Burton, NCGC I, Sheila Moran**

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, Tom Broffman, PhD, Deron Drumm, Phil Valentine**

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
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**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
Rachel Volberg, PhD

The purpose of this presentation is to provide an overview of findings from recent studies of problem gambling that are relevant to clinicians and policy makers. The initial focus of the presentation will be on a recent analysis of over 200 jurisdiction-wide prevalence surveys that provides evidence that individuals, communities and populations adapt to the availability of new forms of gambling over time. However, different levels of adaptation have specific implications for clinical practice as well as for gambling policy. Another set of findings emerges from longitudinal studies that have recently been completed or are underway in several countries. The results of these studies have contributed to the development of etiological models of problem gambling development and resolution, again with implications for both clinical practice and policy. Finally, there is now empirical evidence for best practices in conducting population assessments of gambling and problem gambling. It is important that these practices be implemented in population studies of problem gambling in the United States to assure that the evidence on which gambling policies are based is valid and reliable.

**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 than “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 address these questions. I do so for two reasons: 1) to encourage more black women to 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 their aim: 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, grades 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 situations, including suicide, female gambling, recovery, and poker.

**2012 Eastern Gambling Awareness Semester**
Tom Broffman

This is the 4th annual campus-based gambling awareness program at Eastern CT State University funded by a mini-grant from the CCPG, HEDGE grant program. The campaign is a community service learning project by Bachelors of Social Work juniors done in conjunction with their SWK community practice and statistics classes. Our presentation will focus on how the students implemented, developed and evaluated their program. Of special interest is their development of a model college gambling housing policy, which Eastern is in the process of implementing.
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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 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
Prevention Showcase (Continued)

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.

Online Prevention Efforts
Mary Drexler
It is the time for prevention efforts in problem gambling to expand their outreach efforts to include the use of current technology to reach a broader audience. The CT Council on Problem Gambling in collaboration with Problem Gambling Services in Connecticut will provide information, as well as demonstrate their recent use of webinars in efforts to increase outreach to high school and college-age youth, as well as educators and administrators in those settings. The technology used to develop those webinars will be shared, as well as data collected from attendees of those webinar sessions. In addition, information will be shared on efforts in Connecticut to address financial literacy online for special populations.

21st Century Resource Sharing: NCPG Prevention Committee Online
Julie Hynes
The newly formed National Council on Problem Gambling Prevention Committee, chaired by Jim Wueffling, has developed an online presence for NCPG prevention partners across the states. This interactive social networking site will be a tool 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 and awareness in the problem gambling field.

Smart Choices: Youth Gambling Prevention Pilot Program
Carl Robertson
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.
Seven Techniques for Treating Problem Gamblers and Their Families: Who Really Pushes the Buttons
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 button of guilt, aggression or enabling. 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
For many men and women who have sacrificed to serve our country, their pre- and post-military experiences have left them with effects that in some cases can lead to or contribute to addictive disorders, mental health challenges, and/or criminal justice involvement. Mental health systems and family members struggle to predict and meet the need for supports to address these invisible wounds. This presentation will assist in the understanding of the unique needs and challenges facing service members, veterans and their families, with special attention to trauma-informed services.