

# grm RESOURCE CENTER

VOLUME I, ISSUE I

SEPTEMBER 2007

**gambling recovery ministries**  
life saving outreach  
to problem gamblers and their loved ones

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*This issue:*  
**SPECIAL FOCUS MATERIALS!!**

**TEEN** gambling



## RESOURCE CENTER

- both a newsletter *and* a resource packet! Thanks to a Peace with Justice Grant from South Indiana Conference, this project now comes to you, your parish, and associates.

In 2001, at GRM's beginning, we started from scratch. Over the years, God has blessed us with a wide variety of excellent program and outreach materials.

Consistently, deep gratitude is expressed for the information and materials we share. Then too, the message from treatment providers continues: *Please, do what you can to spread the word about this invisible addiction and that there is hope and help!*

Thus the **grm RESOURCE CENTER** has been created to provide helpful materials to serve an ever-growing group of hurting people; and the "masters" are instantly ready for your copier! This edition's focus is **YOUTH GAMBLING**, an increasing international and home-state concern. As always, we invite your questions, concerns, and suggestions.

Blessings!

*Janet*

Reverend Janet Jacobs, Director

### **MIDCENTRAL STATES PROBLEM GAMBLING CONFERENCE!!**

**SAVE THE DATES!! SEPTEMBER 19-21**

**French Lick, Indiana**

A premier, professional continuing educational event for our entire region!  
Featuring current research, treatment practices, faith-based and family issues!

*See clergy scholarship information on page 4.*

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Resource Materials!



**GRM is an Advance Special of the South Indiana Conference of The United Methodist Church.**

## HOW TO TELL A FRIEND . . .

*When you feel that someone you know has a gambling problem, what do you say? How can you be of help? Here are some ways to communicate your concern.*

1. **Learn about problem gambling** so that you can speak informatively with your friend. *Check out the websites below* for information and resource materials. Gam-Anon is a support organization for family members, friends, and associates of problem gamblers. This group of people can be of considerable help to you as you attempt to deal with this situation.
2. **Have a plan**; and speak with the person when you are calm and not stressed.
3. **Have the conversation in a safe place** with little chance for distraction and interruption. *However*, if you are not sure what your friend's response will be and you have a safety concern, include another trusted friend in your conversation and meet where others are nearby.
4. **Speak directly to the topic** of your concerns and express specific observations about your friend's actions.
5. **Share your feelings and how your friend's behavior is impacting you.**  
*I feel ... I am concerned ... I am worried ... I care ...*

(Steps # 6 – 10 will be included in the next edition of the GRM newsletter.)

### HELPLINES AND WEBSITES

#### State of Indiana Problem Gambling Referral Line

*Provides information on Indiana (state-endorsed) problem.....(800) 994-8448  
gambling treatment centers and GA and Gam-Anon meetings*

#### Regional GA and Gam-Anon Hot Lines

*Provides meeting dates and times for GA and Gam-Anon Meetings*

Indianapolis (all of Indiana)..... (866) 442-8621  
Cincinnati and Northern Kentucky..... (888) 746-4942  
Dayton.....(937) 449-9911  
Louisville .....(888) 442-0628  
Chicago .....(866) 442-8620

#### Websites and Phone Numbers

National Council on Problem Gambling Helpline.....(800) 522-4700

[www.ncpgambling.org](http://www.ncpgambling.org)

Indiana Council on Problem Gambling..... (800) 699-4274

[www.indianaproblemgambling.org](http://www.indianaproblemgambling.org)

Indiana Problem Gambling Awareness Program .....(812) 855-1237

Indiana Problem Gambling Treatment Providers



## **FREQUENTLY ASKED QUESTIONS . . .**

### *What is Gam-Anon? What happens at a Gam-Anon Meeting?*

Gam-Anon is a 12 Step, self-help fellowship of men and women whose lives have been adversely affected by a problem gambler. The program's purpose is to learn what compulsive gambling really is and how to respond in ways for us to return to normal living *and* to emotionally support the gambler in our lives.

Gam-Anon Meetings are very informal. We have no offices, no dues, and very few rules. Anonymity is a cornerstone and is strongly stressed. We have a topic to discuss (*therapy*); and this time of therapy gives a person the opportunity to "vent"- which is especially helpful for new members.

We share how to protect assets, avoid enabling the gambler, and avert other pitfalls that are detrimental to ourselves or to the gambler. Also, we work on how to improve relationships and show support for the gambler. We do this by relating how we have learned to cope under similar circumstances and from information provided within Gam-Anon materials that are made available through the Gam-Anon International Service Office.

*Gam-Anon Member*

## **A TESTIMONY TO RECOVERY**

"Problem gambling has been called the hidden addiction. I hid it well. My family, friends, and coworkers saw me struggle, but I always had an explanation. I couldn't admit to anyone what was causing the problems in my life, because I was afraid. Afraid of their judgment, their anger and afraid that if I told them the truth, they would know that I was crazy. I didn't know that I was suffering from an illness that can be treated; I thought I was insane. After all, wouldn't you have to be crazy to become so obsessed with something that you would lie, cheat, steal, and risk the lives of your children for it?

*But what about the addiction to gambling? It isn't new, yet we are only just beginning to understand it. Like all addictions it doesn't discriminate. You can't be too young, too old, too educated or too religious to become a problem gambler.*

Many positive steps are being taken to address the issue of problem gambling, but there is still much to be done. Addiction is a community health issue and we need to address it as such. Problem gamblers are not bad people. They are people like you and me who all too often suffer in silence, hiding the pain of their addiction and living in fear of judgment by others."

*Permission has been given personally by Carol O'Hare for GRM to share her story of recovery from The Hidden Addiction. Carol is Executive Director of the Nevada Council on Problem Gambling.*



# more grm news!

a year at a  
glance: 2007 ...  
so far

**February** Kentucky Council  
on Problem Gambling

Annual Education & Awareness:  
*Clergy Issues & Problem Gam-  
bling* Columbus District

Missions Conference Workshop

*At Home with the Compulsive  
Gambler* Mt. Tabor UMC

Dearborn Co UMC Lenten Ser-  
vice and GRM Resource Center

Open House **April** Aberdeen

UMC Switzerland Co Home-  
makers Annual Awards Day

Speaker Nevada Council on

Problem Gambling Nevada 1st

State Conference on Problem

Gambling: Workshop: *Faith*

*Based Approaches* **May**

Indiana Public Health

Association Annual State Spring

Conference: Workshop *A Family*

*Album: At Home with the*

*Compulsive Gambler* GRM /

Community Mental Health

Center Problem Gambling

Training Conference **June**

SIC Annual Conference: GRM

Information Booth Aurora First

UMC **August** Many Voices,

One Vision State Conference

Workshop: *Problem Gambling*

*Curriculum* Workshop: *A Family*

*Album* Aurora First UMC

**September** MidCentral

States Conference on Problem

Gambling: Workshop: *Faith*

*Based Approaches and Family*

*Issues* **October** US Census

Bureau Annual Health Fair

GRM Information Booth

**\*\*Throughout the Year:**

praying for and supportive  
consultation with individuals

## MIDCENTRAL STATES CONFERENCE

### *Partnerships for the Future*

*Examining the Impacts of Problem Gambling on Society*

**September 19 - 21**

French Lick Springs Hotel

Excitement is building for the MidCentral Six State Conference on Problem Gambling and Other Counseling Issues! This three-day event is a rare opportunity for a wide range of professionals and interested citizens to learn from leading international specialists as they examine the impacts of problem gambling on society.

A plus for the program is the very affordable registration fee with 1 and 3 day rates offered. A brochure copy is included in this edition's materials. ***The Indiana Council on Problem Gambling is offering a limited number of registration scholarships to Indiana clergy!*** This is quite an exceptional continuing education opportunity! Call the ICPG office (1.800.699.4274) for more information on the scholarships.

GRM Director Rev. Janet Jacobs will serve as Co-Presenter for the Workshop *Faith Based and Family Issues* along with Tom Johnson, PhD (Indiana State University) and Courtney Land, PhD (Family Counselor, Louisville). Also, a Community Forum "*Increasing Awareness*" is scheduled for Thursday, September 20 from 7-8 PM. (Contact ICPG for the location of this evening public event.)

## **PERSON-TO-PERSON WORDS OF HOPE & HELP!**

Calls requesting information for help with problem gambling continue to come to the GRM Office. It is very much a privilege and a blessing to speak words of *real* hope and help, in a confidential setting, to both the gamblers and their loved ones. Then too, the blessings continue as prayer is offered for the individuals' concerns.

*Your* prayers are truly appreciated for this ministry!

## **On the shelves . . . grm resource materials**

Many resource materials are available from the GRM Office and Resource Center. Check out the list of **TEEN GAMBLING** brochures, flyers, and videos/DVDs included in this edition!

*If you wish to be removed from the newsletter mailing list, please, e-mail [jjacobs@grmumc.org](mailto:jjacobs@grmumc.org)*

## **Newsletter Inserts**

**(Printed on Both Sides)**



# SPECIAL FOCUS

## *Youth and Gambling*

### Fact Sheet:

- **This is the first generation of Indiana youth who have been exposed to legalized gambling and an array of advertising (for various gambling venues) throughout their lives.**
- **Children may begin gambling as early as grade school age (age 10) and usually continue their gambling over a number of years.**
- **“Approximately 70 percent of kids between the ages of 12 and 17 have gambled at least once in the past year. That’s the highest [percentage] in our nation’s history.”**  
(Keith Whyte, Director, National Council on Problem Gambling, quoted in *Current Health 1*, February 2006)
- **Young people who engage in the *least* risky behaviors cite their parents as the most significant influence, while those who engage in the *most* risky behaviors cite their peers.**  
(Connecticut Council on Problem Gambling)
- ***However!* Youth who have an addiction to gambling are more likely to have (1) parents with gambling problems; (2) become involved in illegal activities; (3) experience suicidal thoughts.**

### **DO YOU REALLY HAVE A CHANCE ... TO WIN??**

(Connecticut Council on Problem Gambling)

- **Winning \$1,000 on “Rainy Day” scratch tickets = 1 in 125,000**
- ***Dying in a fire = 1 in 70,913***
- **Winning \$100,000 on “Cash 5” lottery tickets = 1 in 324,632**
- ***Being hit by a falling piece of space junk = 1 in 10,000***
- **Winning the PowerBall jackpot = 1 in 80,089,128 (yes that’s 80 million)**
- ***Death from a lightning strike = 1 in 4,210,857***

**REMEMBER, THE ODDS APPLY TO EVERYONE!!**

# **SPECIAL FOCUS:**

## *Youth and gambling*

### **on the shelves . . .**

#### **grm resource materials**

##### **Brochures:**

- GA "Young Gamblers in Recovery"  
Talking to Students About Gambling  
Adolescent Compulsive Gambling A Serious Issue
- Special Focus: Teen Gambling: A Serious Issue*
- Underage Gambling: Indiana Problem Gambling Awareness program

##### **Flyers:**

Fact Sheet: Youth and Gambling  
Suggestions for School Systems

##### **Videos/DVD's (to be used for GRM outreach programming)**

- Minor Bettors, Major Losers (Conn. Council on PG)
- Play to Win (NJ Council on Compulsive Gambling)
- Wanna Bet: Preventing Adolescent Compulsive Gambling (North American Training Institute)
- Wanna Bet: A Program about "Problem Gambling" for Jr. & Sr. High School Students (Illinois Dept. of Human Resources)
- What are the Odds? A Program on Problem Gambling for and About College Students (Illinois Dept. of Human Resources)
- The Amazing Chateau (Level I – Elementary School): Youth Gambling Awareness and Prevention Program (McGill University)
- Hooked City (Level II – High School): Youth Gambling Awareness and Prevention Program (McGill University)

##### **Guidebooks/Training Programs**

- Youth Gambling: Recreation with Risk (Shawnee Regional Prevention & Recovery Services, Inc.)

- \*Contact Rev. Janet Jacobs for more information on these & other materials with GRM programming.**



## *Do You Have A Gambling Problem ? ... Warning Signs For Teens*

1. Do you miss school, activities, or other events due to gambling?
2. Have your grades dropped because of gambling?
3. Do you display intense interest in sports related literature or sporting events on TV?
4. Do you make a few calls a week to sports phone?
5. Has gambling jargon increased in your conversation?
6. Do you flash large amounts of money or show an exaggerated display of clothes or jewelry?
7. Do you ever gamble to escape worry or trouble?
8. Have your family members or friends noticed a change in your behavior or personality (e.g., irritable, impatient, or sarcastic)?
9. Do arguments, disappointments or frustrations create within you an urge to gamble?
10. Did you ever do anything illegal to finance your gambling?
11. Is gambling the most exciting activity in your life?
12. Has anyone expressed concern about your gambling?
13. Do you borrow money to gamble?
14. Have you sold personal belongings to get money for gambling?
15. Have you stolen from your family, friends, or employer to gamble or to pay back gambling debts?
16. After losing, do you try to win your money back?
17. Have you tried to stop gambling but can't?
18. Have you ever lied about the nature or extent of your gambling?

## *Does Your Friend ... Have A Gambling Problem?*

1. Does (s)he constantly borrow money *and* not pay you back *and* then want more?
2. Does (s)he break dates and promises?
3. Does your friend get angry at you when (s)he loses?
4. Does (s)he steal your CDs?
5. Are you scared and losing sleep due to a loved one's gambling?
6. Is your friend frequently showing signs of irritability, restlessness, depression and/or despair?
7. Has (s)he been selling her/his personal belongings?
8. Has there occurred a decrease in your friend's academic performance?
9. Have you noticed a pattern of lying by your friend to family and friends (including to you)?



## *Parents: Some indicators of a Possible Gambling Problem in Youngsters*

*(The Council on Compulsive Gambling of New Jersey: [www.800gambler.org](http://www.800gambler.org) )*

1. Unexplained need for money
2. Missing money or valuables from the home
3. Weekly or daily card game in child's room
4. Truancy from school
5. Unusual time spent watching sports on TV
6. Is there an unusual interest in newspapers, magazines, and periodicals having to do with sports or horse racing?
7. Large amounts of money in his/her room
8. Boasting about winnings
9. Intense interest in gambling conversations
10. Unaccountable explanation for new items of value in their Possession (e.g., jewelry, clothes)
11. Several calls to sports phone on telephone bill (watch for 900 numbers)
12. Change of personality (e.g., irritability, impatience, criticism, sarcasm)
13. Unaccountable time away from home
14. Playing gambling type games on the Internet
15. Sports gambling tickets and/or lottery tickets in his/her possession



## How Can I Tell?

Typical attributes of young Compulsive gamblers are:

Some indications of a gambling problem are:

- Borrowing from family and friends
- Selling of personal belongings
- Decrease in academic performance
- Increase in debt
- Irritability
- Restlessness
- Depression
- Stealing
- Despair
- Lying to family and friends
- Thoughts/attempts of suicide

## Do You Have A Gambling Problem?

Here are (10) questions that can help you identify a teenage compulsive gambling problem:

1. Do you lose time from school due to gambling?
2. Have your grades dropped because of gambling?
3. Do you display intense interest in sports related literature or sporting events on TV?
4. Do you make a few calls a week to sports phone or Indiana Lottery?
5. Has gambling language or references increased in your conversation?
6. Do you flash large amounts of money or show an exaggerated display of clothes or jewelry?
7. Did you ever gamble to escape worry or trouble?
8. Have your family or friends noticed a change in your behavior or personality (e.g., irritable, impatient or sarcastic)?
9. Do arguments, disappointments or frustrations create within you an urge to gamble?
10. Did you ever do anything illegal to finance your gambling?

If, after answering these questions, you think you need help.....

*Take the First Step Toward Recovery*

**CALL THE HELPLINE .....**

**National Council on Problem Gambling  
24 Hour Help Line  
1-800-522-4700.**

## *Special Focus*

# *Teen Gambling:*

# *A Serious Issue*





## THE PROBLEM

*"Little will change until society begins to view teenage gambling with the same alarm directed at drugs and alcohol. Gambling is the addiction of the 90's."*

— Dr. Durand Jacobs, a psychologist and Vice President of the National Council on Problem Gambling--

A survey from the University of Minnesota, by Dr. Ken Winters, indicates that youth are four times the risk of adults for developing pathological (compulsive) gambling.

In 1999, Atlantic City casinos refused entry to approximately 53,400 underage gamblers. However, over 39,000 had to be removed from the casino floor.

### THE TEEN GAMBLER

**Tim**, 17, was caught at an Atlantic City blackjack table. At 18, he owed a loan shark \$6,000. "You don't do it for the money" he says, "you do it for the action. You sometimes lose to punish yourself."

**Mary**, 16 gambles everyday. "I'm worried about my friend. I think she has a problem and I don't know where she gets the money" says her friend, age 15.

**Dave**, 17, made book at his North Jersey high school. He was caught when another boy tried to sell his mother's ring to pay a debt to Dave while on school property. According to both police and school officials, "Both youths face serious charges."

## THE ILLNESS

In 1980, the American Psychiatric Association accepted pathological (compulsive) gambling as a "disorder of impulse control." Teenage compulsive gamblers are driven to gamble in the same way that an alcoholic needs a periodic drink or a drug addict needs a "fix."

### THE PROGRESSION OF THE ILLNESS

According to Robert L. Custer, M.D., compulsive gambling has three phases: the winning phase, the losing phase and the desperation phase.

#### THE SEARCH FOR ACTION OR WINNING PHASE

The gambling wins enhance the youth's self-image and ego. Losses are rationalized as bad luck. Youths may daydream about gambling to escape reality and think that gambling is their most exciting activity. Free time, lunch break or recess is often spent involved in gambling activities.

#### THE CHASE OR LOSING PHASE

As losses increase and self-esteem is jeopardized, the young gambler will borrow money to get even and continue to bet. Lies to family, girl or boyfriends, and family disputes escalate. Selling of prized possessions such as stereos, CD collection, sporting equipment, or musical instruments occurs to cover increasing bets. Other common danger signals include missing school, work or other important events due to gambling.

#### THE DESPERATION PHASE OR ROCK BOTTOM

Desperation occurs as the teen gambler becomes obsessed with getting even to cover money lost through gambling. The young gambler can experience severe mood swings, fail in school, and commit crimes such as selling drugs, shoplifting, stealing from parents or embezzling from their employer to get money to gamble. Panic sets in at the thought that the gambling action will cease and at this point, nothing or no one comes before a bet. Suicidal thoughts may be considered as a way out.

## HOPE FOR RECOVERY

Working with parents, teachers, and community resources, teens can learn that gambling has its downside; and like drugs or alcohol, gambling can lead down the road to addiction. However, just like other addictions, compulsive gambling is diagnosable and treatable. Gamblers Anonymous can help young persons with gambling problems; and Gam-Anon can be a great help to family members and friends of problem gamblers.

## LSU STUDY: PROBLEM GAMBLING IN INDIANA

*In 1998, Louisiana State University made a study of problem gambling in the State of Indiana. The study found that approximately 5.3% of adults were problem gamblers and 0.8% were compulsive gamblers. This number is consistent with national data. A survey of Indiana adolescents in grades 6 through 12 gave a problem gambling rate of 11.2% and a compulsive gambling rate of 7.5%. A comparison of the combined problem-compulsive rate of 6.1% for adults and the combined problem-compulsive rate of 18.7% for adolescents highlights the increased risk to children in Indiana. The rates of problem-compulsive gambling for Indiana adults and adolescents are consistent with national data for the United States and Canada.*





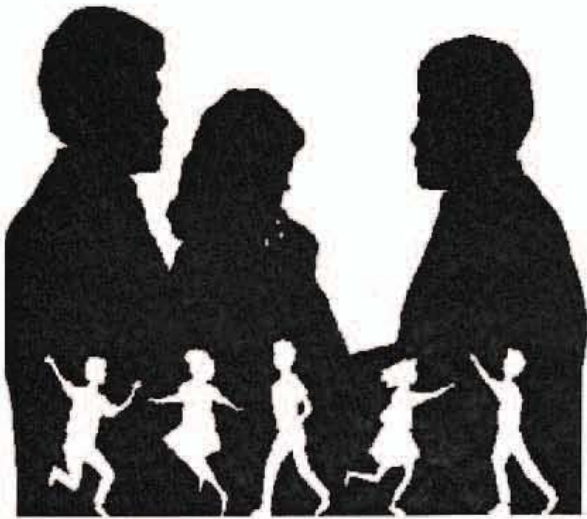
*Be kind and compassionate  
to one another;  
forgiving each other,  
just as in Christ  
God forgave you.  
Ephesians 4:32*

Evidence shows  
that prevention efforts  
used to address teen  
drug use  
can also be used  
to curb  
problem gambling  
behavior.

Between  
76 -91 %  
of all teens  
will have gambled  
by the time  
they are seniors  
in high school.







## STUDY

Louisiana State University

1998

Survey of Indiana  
adolescents grades 6-12:

11.2 % problem gamblers

7.5 % compulsive  
gamblers

Youth  
prevalence rates  
of pathological gamblers  
are 2 to 4  
times  
that  
of adults

