

2017 Problem Gambling Awareness Month Toolkit

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MARCH IS PROBLEM GAMBLING AWARENESS MONTH

#HaveTheConvo



Throughout the year, the [New York Council on Problem Gambling](#) works diligently to bring together prevention, treatment, and recovery professionals, and community members and leaders, to **HAVE THE CONVERSATION** about problem gambling in New York State.

For 2017, the New York Council on Problem Gambling is encouraging all New Yorkers to **HAVE THE CONVERSATION** with your kids, your community, your coworkers and partnering associations, and with everyone with whom you come into contact.

We hope that everyone will have at least **ONE CONVERSATION** with someone about problem gambling. This toolkit will serve as a resource to help you **GET THE CONVERSATION STARTED!**

THE REASON

In honor of Problem Gambling Awareness Month, the New York Council on Problem Gambling encourages everyone to have at least **ONE CONVERSATION** about problem gambling during the month of March.

There are a limitless number of people each one of us could have the conversation with:

- Talk with peers about the risks to friendships, family, and their health that is associated with underage gambling;
- Talk to your kids about the dangers associated with underage gambling;
- Talk to your school personnel about the importance of preventing underage gambling and helping those in need get the services they need;
- Talk to your senior family members about how problem gambling can become an addiction and affect their financial stability, among other things;
- Talk to anyone who will listen to just one fact about problem gambling!

THE TOOLKIT

This toolkit includes background information, talking points, and resources to help you **HAVE THE CONVERSATION** with the person or group of your choosing.

Thank you for helping to raise awareness of
problem gambling in New York State!

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YOUTH ACTION SHEET

Are your PEERS gambling?

Nearly 90% of youth **DON'T** gamble on a regular basis (Welte, 2007). Youth who do participate in underage gambling are more likely to:

- suffer poor relationships with friends and family,
- depression,
- substance abuse disorders.

CALL TO ACTION

Speak to peers, parents, and community leaders about the risks of underage gambling.

TALKING POINTS

- Gambling is not a guaranteed way to make money.
- You're more likely to be struck by lightning than you are to win a large-sum lottery jackpot.
- 2% of U.S. youth age 14-21 meet criteria for problem gambling, and an additional 6.5% are at risk (Welte, 2007)!
- Increase your media literacy, especially about gambling advertisements, so you can make the best choices for yourself!

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Resources:

- [Odds and Ends Video](#)- Great video on youth problem gambling!
- [YOU\(th\) Decide NY](#)- Learn what youth, parents and community leaders can do!
- [DID YOU KNOW Brochure](#)- A fact-filled brochure about underage gambling.
- [Strange Odds Palm Cards](#)- Fun facts to print out and give away.
- [Link for HELP!](#)- Find the help that best suits you're needs!

PARENT ACTION SHEET

Teens are experiencing problem gambling!

Of U.S. residents age 14-21, approximately 2.1% struggle with problem gambling, and another 6.5% are at-risk (Welte, 2007). Underage gambling can have devastating consequences that affect the rest of kids' lives! If you don't say anything, kids may assume you support their participation in underage gambling.

CALL TO ACTION

Talk to your kids about the dangers of underage gambling, and express your disapproval for underage gambling!

TALKING POINTS

- Teens who gamble are more likely to have depression issues, get lower grades and attempt suicide.
- Gambling for fun can quickly turn into an addiction.
- Be critical of media messages.
- Youth are more likely to become an astronaut in the next 54 years than win a large-sum lottery jackpot.
- Underage gambling is NOT safe!

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Resources :

- [Teen Gambling PSA](#)- PSA about Underage Gambling from parents view.
- [Underage Gambling Fact Sheet](#)- A fact sheet to print and hand out.
- [Dangers of Youth Gambling Addiction](#)- an eBook on underage gambling.
- [Link for HELP!](#)- Find the help that best suits you're needs!

SCHOOL PERSONNEL ACTION SHEET

Gambling can affect academic success!

Underage gambling occurs in your school. 2% of youth struggle with problem gambling (Welte, 2007), and their struggles affect an average of 10 other people (such as close friends and family members). Problem gambling is affecting youth in your school!

CALL TO ACTION

Be aware of jargon and behavior associated with underage gambling, and talk to youth about the risks!

TALKING POINTS

- Underage gambling is not safe!
- Underage gambling increases the risks of student delinquency.
- Youth falsely believe gambling is a guaranteed way to make money.
- Many times, gambling is a hidden addiction because you can't see or smell its effects like with other addictions.
- If a student lives with a parent problem gambler, they may be struggling with depression and anxiety because of the gambling.

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Resources :

- [YOU\(th\) Decide](#)- A great resource for addressing underage gambling.
- [Don't Bet Yet](#)- Here's a great resource talk with youth about gambling.
- [Odds and Ends \(Brian\)](#)- Video on effects of underage gambling.
- [Understanding Problem Gambling](#)- A great eBook to raise awareness.
- [Link for HELP!](#)- Find the help that best suits your needs!

ADMINISTRATOR ACTION SHEET

Create a SAFE school climate for youth!

Approximately 2.1% of U.S. youth age 14-21 struggle with problem gambling, and another 6.5% are at-risk (Welte, 2007). Underage gambling can have devastating consequences especially increasing the risk for delinquency and substance abuse! Youth awareness of risks may improve academic performance.

Gambling AFFECTS the school climate!

60% of U.S. adults have gambled in the past year, and 2-4% of them struggle with problem gambling ([NCPG](#)). In homes with someone struggling with problem gambling, 50% of spouses suffer abuse, and child abuse has been seen to raise by 40% (Day, 2008). Adults struggling with problem gambling, or with a loved one's problem gambling, who get help could find more joy, feel less anxiety and help improve the atmosphere at your school.

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Resources:

- [School Policy Ideas](#)- A great resource for including gambling in policies.
- [The Hidden Addiction PSA](#)- Learn how problem gambling stays hidden.
- [Understanding Problem Gambling](#)- An eBook about problem gambling.
- [Link for HELP!](#)- Find the help that best suits you're needs!

CALL TO ACTION

Talk to your staff about gambling and how to address underage gambling in your school.

TALKING POINTS

- Express concern for gambling by including it in your policies.
- Those struggling with problem gambling are often preoccupied with thoughts of gambling.
- Nearly 3 of 4 problem gamblers have an alcohol use disorder.
- 1 in 5 problem gamblers attempts or completes suicide.
- People struggling with problem gambling live with anxiety.
- Someone struggling with gambling addiction can seek help.

SENIOR CAREGIVER ACTION SHEET

Gambling: NOT just a game.

Limited independence, grief from loss, and lonesomeness may guide U.S. senior citizens to gambling. Many live on a fixed budget with limited income. They may not have gambled much in the past and be unaware of the signs and dangers of problem gambling.

CALL TO ACTION

Develop and maintain non-judgmental relationships with family to ensure safety in leisure activities.

TALKING POINTS

- Many seniors have excess free time on their hands and are looking for social interaction to escape loneliness and grief.
- Senior centers and churches regularly sponsor trips to casinos.
- Many seniors may be gambling as a means to cope with stress.
- Seniors may be gambling despite lack of money.
- Accessibility + Life Factors + Lack of Knowledge about Problem Gambling = Vulnerability to Gambling Addiction.

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Resources:

- [Warning Signs of Gambling Addiction](#)- Learn the warning signs.
- [Empty Spaces](#)- video about addressing problem gambling with a senior.
- [Know The Odds](#)- Learn more about problem gambling and its effects!
- [Link for HELP!](#)- Find the help that best suits you're needs!

CALL TO ACTION

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Want to stay in the loop for Problem Gambling Awareness Month? Follow the New York Council on Problem Gambling on all of your social media networks in order to stay up-to-date on the most recent research, news, and tips surrounding problem gambling.

FACEBOOK

[NYCouncilonProblemGambling](#), [KnowTheOdds](#), [YouthDecideNY](#)

TWITTER

[@NYProbGambling](#), [@KnowTheOdds](#)

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RESOURCES

NEW YORK COUNCIL ON PROBLEM GAMBLING RESOURCES

www.NYProblemGambling.org – NYCPG’s main website

www.KnowTheOdds.org – Website aimed at NYS as a whole to raise awareness of problem gambling

<http://es.knowtheodds.org/> – **Spanish version of KTO** site listed above

www.DontBetYet.com – Website and video resource for parents of, and, 9-12 year olds (video and resources specific to those audiences)

www.NYRGHub.org – Website intended for industry professionals

www.QueensCFE.org - A program of the New York Council on Problem Gambling. QCFE is dedicated to addressing the issue of problem gambling within Queens County through increasing public awareness and connecting those adversely affected with services that can help them.

SUPPORT AND TREATMENT RESOURCES

<http://knowtheodds.org/find-help/gambling-support-directory/> - Locate professional support near you.

<https://www.oasas.ny.gov/providerDirectory/> - Locate an OASAS treatment and prevention provider.

www.GamblersAnonymous.org – Home of GA, a self-help group for those who want to stop gambling.

www.GamANON.org – Home of Gam-ANON, a self-help support group for those affected by a loved one’s gambling

GENERAL RESOURCES

<https://www.oasas.ny.gov/gambling/> - Information regarding problem gambling services from **OASAS**

www.NCPGambling.org – Home of the **National Council on Problem Gambling**