



2017 New York Council on Problem Gambling
Annual Conference on Problem Gambling

Readiness and Collaboration in a Time of Change

November 15-17, 2017
Marriott Hotel Albany, New York



Executive Director's Welcome

Dear Conference Participant,

We are pleased to welcome you to the 2017 NYCPG Annual Conference! Each year the Council's Annual Conference brings together those in the problem gambling and human services fields to foster communication, to promote the advancement of professional knowledge and to explore partnership opportunities.

This year's title, *Readiness and Collaboration in a Time of Change* represents the Council's continued commitment to drive New York's problem gambling services towards valuable growth in the coming years. With preparation, and with your participation, we know we will be looking towards a future NY better equipped to address the needs of individuals, families, and communities.

This conference represents a valuable opportunity to exchange ideas and share experiences, whether you work in problem gambling, prevention, treatment, recovery or other human service careers. We hope that you find our event an occasion to establish networks and to further recognize opportunities for collaboration with the Council as well as each other.

We encourage your participation over the next few days as well as throughout the coming year, and we look forward to our continued work together to address this serious and important issue. Raising the awareness of problem gambling and bringing services to those adversely impacted takes a community of collaboration and we are pleased to count you as part of that team.

Sincerely,

A handwritten signature in black ink that reads "Jim".

James J. Maney, Executive Director
HERE TO HELP, NO BARRIERS

President of Board of Directors' Welcome

November 16, 2017

Dear Conference Attendee,

It is with great pleasure that the Board of Directors and the Staff of the New York Council on Problem Gambling welcomes you to our 2017 Annual Conference, "Readiness and Collaboration in a Time of Change." We come together, with our varied backgrounds, interests and levels of experience to add to our knowledge about problem gambling, its treatment and prevention.

Since its inception, twenty-four years ago, the New York Council on Problem Gambling has been a strong advocate of treatment and prevention, and has helped prepare counselors to work with problem gamblers. By integrating the efforts and expertise of concerned individuals, the Council maintains a grasp on the evolving big picture, and partners with those who can influence, enrich and fulfill its goals and mission statement.

While maintaining its mission, the Council has adapted over the years to respond to the changing needs for public awareness, treatment and prevention. Our ultimate goal is to provide services in all 62 counties of New York State.

The reclassification of problem gambling in the DSM-5 shines a light on the need for increased awareness and increased funding for prevention and treatment.

Our cutting edge websites continue to provide important information and links to a variety of services that problem gamblers and their families, as well as treatment providers, those in the medical, legal and criminal justice professions, and government and industry policy makers may access.

Our on-going KnowTheOdds Campaign continues to raise awareness about problem gambling and the resources available to help those adversely affected.

Our partnership with the New York Gaming Commission and OASAS is helping to continue the conversation, while advocating for prevention and treatment.

As you attend workshops during, no matter what your role or profession, please don't underestimate the value and the power of the work you do. Your participation is critical. Be inspired by and learn from everyone you meet, and seize the opportunities to face challenges and build capacity. It is our hope that as a result of this conference, knowledge will be disseminated, ideas will be discussed, and collaborations will grow, strengthening your passion to be advocates for compulsive gamblers and their families. With your assistance and support, the Council looks forward to continuing to provide leadership and advocacy at all levels.

Respectfully,

Stephen Block

President, Board of Directors, NYCPG

NYCPG Mission Statement

The New York Council on Problem Gambling, Inc. is dedicated to increasing public awareness about problem and compulsive gambling, and advocating for support services and treatment for persons adversely affected by gambling. NYCPG maintains a neutral stance on gambling.



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THURSDAY November 16, 2017

8:00am – 9:00am	Registration and Refreshments
9:00am – 9:30am	<p>Conference Welcome</p> <p>Steve Block, President, Board of Directors, New York Council on Problem Gambling Sean Byrne, Executive Deputy Commissioner, NYS OASAS Ronald Ochrym, Executive Director, NYS Gaming Commission <i>(Salon ABCD)</i></p>
9:30am – 10:30am Keynote	<p>The Latest App-etites in the Gambling World*</p> <p>Julie Hynes <i>(Salon ABCD)</i></p>
10:30am – 10:45am	Movement Break and Refreshments
10:45am – 11:45am Workshop Session 1	<p>Gambling App-etites: Trends, Concerns and What We Can Do*</p> <p>Julie Hynes <i>(Salon ABCD)</i></p> <p>Tips, Tidbits, and Techniques to Achieve Financial Recovery Goals for Disordered Gambling*</p> <p>Kayte Conroy <i>(Salon F)</i></p> <p>The Efficacy of Cognitive Motivational Behavioral Therapy (CMBT) for Gambling Disorder*</p> <p>Edelgard Wulfert <i>(Salon E)</i></p>
11:45am – 12:15pm	<p>OPEN GA Meeting <i>(Schenectady/Troy Room)</i></p> <p>Meet the Conference Speakers <i>(Albany Room)</i></p>
12:15pm – 1:15pm	LUNCH <i>(Empire Room)</i>
1:15pm – 2:15pm Keynote	<p>The Impact of Gambling Disorder on Physical Health*</p> <p>Tim Fong <i>(Salon ABCD)</i></p>
2:15pm – 2:45pm	<p>OPEN GamAnon Meeting <i>(Schenectady/Troy Room)</i></p> <p>Meet the Conference Speakers <i>(Albany Room)</i></p> <p>Movement Break and Refreshments</p>
2:45pm – 3:45pm Workshop Session 2	<p>Engaging Youth in Problem Gambling Prevention and Recovery Efforts</p> <p>Elizabeth Toomey, DJ Rhodes <i>(Salon G)</i></p> <p>Our Stories Have Power: Recovery Community Messaging *</p> <p>Ruth Bowles <i>(Salon F)</i></p> <p>A Budding Issue: Marijuana and Gambling *</p> <p>Dr. Timothy Fong <i>(Salon ABCD)</i></p> <p>NYS Youth Development Survey Data on Youth Gambling*</p> <p>Dr. Deborah Chapin, Jennifer Berg <i>(Salon E)</i></p>
4:15pm – 5:15pm	OPTIONAL FREE YOGA class for all levels! <i>(Schenectady/Troy Room)</i>

*ALL SESSIONS are eligible for OASAS clock hours
 Sessions with an * are eligible for social work contact hours*

FRIDAY November 17 2017

8:00am – 9:00am	Registration and Refreshments
9:00am – 9:15am	Day 2 Welcome Steve Block, President, Board of Directors, New York Council on Problem Gambling (Salon ABCD)
9:15am – 10:15am Keynote	Keynote: Mindfulness and Gambling Disorder* Judson Brewer (Salon ABCD)
10:15am – 10:30am	Movement Break and Refreshments
10:30am – 11:30am Workshop Session 3	Effective Outreach Through the Use of Media - Traditional and Not So Traditional Bruce Kelly (Salon E) Who Gets Stressed? Not Me! Recognizing how we feed our everyday stress and anxiety, and how we can step out of the cycle to unwind these habits* Judson Brewer (Salon ABCD) Gambling Disorder and Medications Management: Practice Recommendations* Mayumi Okuda (Salon G) Beginner's Mind and Problem Gambling Counseling: Perspectives on Counseling & Supervision Dr. Loreen Rugle (Salon F)
11:30am – 12:00pm	OPEN GamAnon Meeting (Schenectady/Troy Room) Meet the Conference Speakers (Albany Room)
12:00pm – 1:00pm	LUNCH (Empire Room)
1:00pm – 2:00pm Keynote	It's Not a Crisis, It's an Inconvenience! The Art & Science of Change, Steve Birchak (Salon ABCD)
2:00pm – 2:30pm	OPEN GA Meeting (Schenectady/Troy Room) Meet the Conference Speakers (Albany Room) Movement Break and Refreshments
2:30pm – 3:30pm Workshop Session 4	Building Capacity for Problem Gambling Prevention in Rural Areas* Rachel Truckenmiller (Salon F) The Power of Positivity and Resilience in Recovery from Problem Gambling* Stephen Birchak (Salon ABCD) Strategies for Starting the Conversation: Developing and Implementing a Problem Gambling SBIRT (Screening, Brief Intervention and Referral to Treatment)* Dr. Loreen Rugle (Salon G) Trauma and Gambling Disorder: An Overview* Rachel Lauria (Salon E)

Keynote Descriptions

It's Not a Crisis-It's an Inconvenience! The Art and Science of Change

Stephen Birchak, Ed.D., Professor of Counseling, The College of Saint Rose

As life changes, our ability to adapt may change as well. We tend to gravitate toward pleasure as a replacement for long-term joy. Altering our perceptions of our roles in relationships and learning to collaborate are our most important skills. As tension escalates in the world we have many more opportunities to escape and develop addictions to gambling, substances, and instant pleasure. Dr. Bird will explore strategies for de-escalating our own tension and then passing those skills on to individuals struggling with addiction.

The Craving Mind: From Cigarettes to Smartphones to Slot Machines, the Mechanisms Underlying How Mindfulness Helps Change Habits

Judson Brewer, M.D., Ph.D., Director of Research at the Center for Mindfulness, University of Massachusetts Medical School

In 2014 the cover of Time magazine declared a “mindful revolution” due to its growing popularity and growing body of research suggesting that mindfulness may help to treat a number of health-related problems from general stress to anxiety to addiction. However, little is known about the underlying mechanisms of how it works. Drawing on his clinical work, research studies and development of next-generation therapeutics for habit change, Dr. Brewer will discuss the underlying behavioral and neurobiological mechanisms of why habits are formed and how mindfulness can paradoxically tap into these very processes to uproot them. He will also discuss how we can apply these insights to our own lives and interactions with others both professionally and personally.

The Impact of Gambling Disorder on Physical Health

Timothy W. Fong, M.D., Director of Addiction Psychiatry Fellowship, Co-Director of Gambling Studies Post-Doctoral Fellowship, School of Medicine at UCLA

Gambling disorder can have a significant impact on physical health, including consequences on sleep, cardiovascular functioning, memory and other stress-related illnesses. This keynote will review the current state of knowledge around how gambling disorder impacts physical health and vice versa. Emphasis will be placed on encouraging treatment providers to discuss physical health and self-care as part of the comprehensive treatment plan for gambling disorder patients. Office-based treatment techniques and strategies to promote exercise, weight loss, health maintenance and positive self-care will be emphasized and reviewed.

The Latest App-etites in the Gambling World

Julie Hynes, Coordinator of the Problem Gambling Prevention Program, PreventionLane

New apps and types of gambling come about almost continuously. Keeping up with digital gaming/gambling trends can be overwhelming and exhausting for many in problem gambling and addictions professions. In this workshop, we look at an overview and key concerns of some of the latest trends in the online gaming world, and how the lines often are blurry between what is gaming and what is gambling.

Workshop Descriptions

A Budding Issue: Marijuana and Gambling

Timothy W. Fong, M.D., Director of Addiction Psychiatry Fellowship, Co-Director of Gambling Studies Post-Doctoral Fellowship, School of Medicine at UCLA

This workshop will discuss the current landscape of how cannabis and gambling behavior interact. Clinical cases and real-life scenarios of how marijuana and gambling interact with each other will be described. Data taken from California Gambling Education and Treatment Services Program (CalGETS) will spotlight these relationships. Emphasis will be placed on understanding how legalization of marijuana is likely to impact gambling and gambling disorder in a variety of settings, from gaming venues to the treatment clinic. Lastly, clinical guidance will be offered to review best treatment practices on how to manage cannabis use disorders and gambling disorder.

Beginner's Mind and Problem Gambling Counseling– Perspectives on Counseling and Supervision

Loreen Rugle, Ph.D., Director of the Center for Excellence in Problem Gambling, University of Maryland

For many providers in New York, Dr. Rugle has been a disembodied voice on the supervision phone calls provided by the New York Council on Problem Gambling. This workshop invites all to come and meet her in person. Lori will talk about her own journey as a clinician in the problem gambling field over the past 33 years. In this interactive workshop participants will have a chance to ask questions of Lori about her own practice and evolution as well as to role play, share favorite therapeutic activities, learn, laugh and connect. This is a chance to learn about and support each other in this challenging field.

Building Capacity for Problem Gambling Prevention in Rural Areas

Rachel Truckenmiller, Ed.S., Associate Executive Director, HFM Prevention Council

How do you get your problem gambling message out when you have no billboards, no local television or radio stations and just one weekly newspaper? Rural areas come with unique challenges when it comes to promoting your problem gambling prevention message. This workshop will explore different ways to connect and advocate with people in your community to build the capacity you need to effectively promote problem gambling prevention. This workshop will also present non-traditional media methods and talk about the importance of capacity building in sustaining your efforts.

Effective Outreach Through the Use of Media—Traditional and Not So Traditional

Bruce Kelly, Coalition Coordinator for Coalitions That Care, The Prevention Council of Putnam

Bruce will give hands on advice on how to make underage gambling prevention efforts a visible and viable part of the community fabric. From paid media such as billboards and newspaper ads, to earned media such as letters to the editor and tv interviews, you will learn how to best utilize the contacts you already have to get the word out.

Engaging Youth in Problem Gambling Prevention and Recovery Efforts

Elizabeth Toomey, Prevention Education and Information Services Team Leader, Prevention Network

EJ Rhodes, Family and Youth Specialist, New York State Office of Alcoholism and Substance Abuse Services

In this workshop we'll examine why we are sometimes hesitant to hand the reins over to youth and young adults, and why it's so important to do just that for effective underage gambling prevention and recovery efforts. Topics to be covered include youth and young adult development, engagement vs. involvement, meeting youth where they are at, and guiding youth into leadership positions. Practical examples and tools will be shared!

Workshop Descriptions (cont.)

Gambling App-etites: Trends, Concerns, and What You We Can Do

Julie Hynes, Coordinator of the Problem Gambling Prevention Program, PreventionLane

This workshop will cover in more depth the issues discussed in the keynote, “The Latest App-etites in the Gambling World.” We will cover recent trends, concerns and legality of internet gaming trends such as daily fantasy sports, esports, and other internet-based games. We will then talk about what each of us can do to help address concerns, not just as prevention and treatment specialists, but as community and family members.

Gambling Disorder and Medications Management: Practice Recommendations

Mayumi Okuda, M.D., Assistant Attending, Columbia University Medical Center

Gambling Disorder is now widely recognized as an important public health problem associated with substantial personal and social costs, poor physical health, and elevated suicide rates. Furthermore, Gambling Disorder presents high rates of psychiatric comorbidity. Among individuals with a diagnosis of Gambling Disorder, 50% have also had a mood disorder, 41% an anxiety disorder, and 61% a personality disorder in their lifetime. In terms of substance use disorders, 73% of individuals with Gambling Disorder have an alcohol use disorder, 38% a drug use disorder and 60% have a diagnosis of tobacco use disorder in their lifetime. Several studies have examined the use of medications for the treatment of gambling disorder. This workshop will summarize evidence from open label and randomized controlled trials examining the use of medications to treat Gambling Disorder. Participants are introduced to different case studies that illustrate the current treatments for Gambling Disorder, their mechanism of action, and how they target treatments. Finally, this workshop provides a platform for discussion of future directions in treatment.

New York State Youth Development Survey Data on Youth Gambling: A Look At Gambling Behaviors, Substance Abuse, and Risk and Protective Factors

Deborah Chapin, Ph.D., State Partnership for Success Project Data Coordinator, New York State Office of Alcoholism and Substance Abuse Services

Jennifer Berg, B.S., CASAC, Addiction Program Specialist 2, New York State Office of Alcoholism and Substance Abuse Services

In 2014-2015, the New York State Office of Alcoholism and Substance Abuse Services (OASAS) conducted a survey of 13 New York State school districts, both middle schools and high schools, using the Youth Development Survey. The survey gathered information on student alcohol and drug consumption, gambling behaviors, age of onset, perceptions of parent approval, and factors associated with risk and protection in their lives. In this presentation, discussion will focus on these statistics and how their interconnections influence the participation of youth in these risky behaviors. Dialog will comprise ways to use this information to form gambling prevention programs.



We welcome you to visit the
2017 YOU(th) Decide ART SHOWCASE
See the youth artwork from across NYS aimed at raising awareness of the risks of underage gambling at the 2017 NYCPG Annual Conference on Problem Gambling.

Workshop Descriptions (cont.)

Our Stories Have Power: Community Recovery Messaging

Ruth Bowles, CPP-G, CARC, Executive Director of the Rockland Council on Alcoholism and Other Drug Dependence, Inc.

Recovery messaging changes the language from how public perception see people in active addiction or recovery addiction. This message will help address addiction as a public health issue, eliminate barriers, reduce stigma and develop a non-punitive non-judgmental language.

Strategies for Starting the Conversation: Developing and Implementing a Problem Gambling SBIRT (Screening, Brief Intervention and Referral to Treatment)

Loreen Rugle, Ph.D., Director of the Center for Excellence in Problem Gambling, University of Maryland

Research evidence has been accumulating indicating that unidentified problem gambling contributes to increased treatment costs and decreased treatment effectiveness across behavioral and general health care settings. This presentation will review the most commonly employed, evidenced-based brief problem gambling screening instruments currently in use. Research based as well as clinical evidence will be used to discuss pros and cons of screening strategies and to recommend an effective screening, brief intervention and referral process.

The Efficacy of Cognitive Motivational Behavioral Therapy (CMBT) for Gambling Disorder

Edelgard Wulfert, Ph.D., Dean of College of Arts & Sciences, University at Albany

The workshop will focus on the use of a motivationally-enhanced cognitive-behavioral approach, termed CMBT, for treating individuals with gambling disorder. The workshop will cover the theory and research behind the development of CMBT and provide an overview of its treatment components that are comprised of motivational interviewing, cognitive interventions, behavioral approaches and relapse prevention techniques. The importance of building a social support network in the recovery process will be emphasized.



FREE Yoga class intended for all levels

Join us for a relaxation yoga class
on Thursday, November 16
to relax after a long day of
workshops and networking.

Workshop Descriptions (cont.)

The Power of Positivity and Resiliency in Recovery from Problem Gambling

Stephen Birchak, Ed.D., Professor of Counseling, The College of Saint Rose

Changing a destructive habit is one of the most challenging and difficult tasks in life. Habits may be deeply embedded in personality and long-standing routines. Very few individuals are capable of solving serious addictions on their own. Dr. Bird will compare success rates of individuals who attempt to overcome addictions by themselves or within a group. Dr. Bird will also discuss how each of us may be unaware of how we are maintaining habits and why our attempts fix our habits fall short.

Tips, Tidbits, and Techniques to Achieve Financial Recovery Goals for Disordered Gambling

Kayte Conroy, Ph.D., Clinical Assistant Professor, University at Buffalo

Setting financial goals for disordered gambling issues can include unique options and considerations. This workshop will present an overview of various ways a gambler and their family or partner can understand the value system, underlying beliefs, and expectations around money and debt. Learning healthy ways to spend and save, as well as the role of “bailouts” and budgets during recovery will be discussed.

Trauma and Gambling Disorder: An Overview

Rachel Lauria, Project Coordinator, HFM Prevention Council

In this workshop we will talk about the Adverse Childhood Experiences study and how these experiences put people at risk for poor health outcomes, including problem gambling and gambling disorder.

Who gets stressed? Not Me! Recognizing How We Feed Our Everyday Stress and Anxiety, and How We Can Step Out Of The Cycle to Unwind These Habits

Judson Brewer, M.D, Ph.D., Director of Research at the Center for Mindfulness, University of Massachusetts Medical School

In this workshop, together we’re going to explore all the ways that you might have tried to deal with stress and anxiety in the past, and where they might have or continue to be helpful. We’re also going to dive deeply right into the heart of what anxiety feels like for you, what drives or feeds it, and explore ways that you can step out of the process. And with this, instead of feeding anxiety, we’re going to befriend it, which paradoxically stops feeding it while giving us more control in our lives.



LEAF Council on Alcoholism and Addictions

Each year LEAF provides and displays the art work at the NYCPG Annual Conference. Please be sure to visit the LEAF art exhibit at the 2017 NYCPG Annual Conference. It is with great appreciation that we recognize LEAF and their staff for their ongoing support and focus on recovery and problem gambling.

PREVENTION Suggested Workshops

Session 1

Gambling App-etites: Trends, Concerns, and What You We Can Do

Julie Hynes, Coordinator of the Problem Gambling Prevention Program, PreventionLane

Engaging Youth in Problem Gambling Prevention and Recovery Efforts

Elizabeth Toomey, Prevention Education and Information Services Team Leader, Prevention Network

DJ Rhodes, Family and Youth Specialist, New York State Office of Alcoholism and Substance Abuse Services

A Budding Issue: Marijuana and Gambling

Timothy W. Fong, M.D., Director of Addiction Psychiatry Fellowship, Co-Director of Gambling Studies Post-Doctoral Fellowship, School of Medicine at UCLA

New York State Youth Development Survey Data on Youth Gambling: A Look At Gambling Behaviors, Substance Abuse, and Risk and Protective Factors

Deborah Chapin, Ph.D., State Partnership for Success Project Data Coordinator, New York State Office of Alcoholism and Substance Abuse Services

Session 2

Jennifer Berg, B.S., CASAC, Addiction Program Specialist 2, New York State Office of Alcoholism and Substance Abuse Services

Session 3

Effective Outreach Through the Use of Media—Traditional and Not So Traditional

Bruce Kelly, Coalition Coordinator for Coalitions That Care, The Prevention Council of Putnam

Session 4

Building Capacity for Problem Gambling Prevention in Rural Areas

Rachel Truckenmiller, Ed.S., Associate Executive Director, HFM Prevention Council

RECOVERY Suggested Workshops

Session 1

Tips, Tidbits, and Techniques to Achieve Financial Recovery Goals for Disordered Gambling

Kayte Conroy, Ph.D., Clinical Assistant Professor, University at Buffalo

Engaging Youth in Problem Gambling Prevention and Recovery Efforts

Elizabeth Toomey, Prevention Education and Information Services Team Leader, Prevention Network

EJ Rhodes, Family and Youth Specialist, New York State Office of Alcoholism and Substance Abuse Services

Our Stories Have Power: Community Recovery Messaging

Ruth Bowles, CPP-G, CARC, Executive Director of the Rockland Council on Alcoholism and Other Drug Dependence, Inc.

A Budding Issue: Marijuana and Gambling

Session 2

Timothy W. Fong, M.D., Director of Addiction Psychiatry Fellowship, Co-Director of Gambling Studies Post-Doctoral Fellowship, School of Medicine at UCLA

Who gets stressed? Not Me! Recognizing How We Feed Our Everyday Stress and Anxiety, and How We Can Step Out Of The Cycle to Unwind These Habits

Session 3

Judson Brewer, M.D, Ph.D., Director of Research at the Center for Mindfulness, University of Massachusetts Medical School

Session 4

The Power of Positivity and Resiliency in Recovery from Problem Gambling

Stephen Birchak, Ed.D., Professor of Counseling, The College of Saint Rose

Workshop Descriptions on pages 7-11
Presenter Bios on pages 16-20

TREATMENT Suggested Workshops

Session 1

Tips, Tidbits, and Techniques to Achieve Financial Recovery Goals for Disordered Gambling
Kayte Conroy, Ph.D., Clinical Assistant Professor, University at Buffalo

The Efficacy of Cognitive Motivational Behavioral Therapy (CMBT) for Gambling Disorder
Edelgard Wulfert, Ph.D., Dean of College of Arts & Sciences, University at Albany.

Session 2

A Budding Issue: Marijuana and Gambling

Timothy W. Fong, M.D., Director of Addiction Psychiatry Fellowship, Co-Director of Gambling Studies Post-Doctoral Fellowship, School of Medicine at UCLA

New York State Youth Development Survey Data on Youth Gambling: A Look At Gambling Behaviors, Substance Abuse, and Risk and Protective Factors

Deborah Chapin, Ph.D., State Partnership for Success Project Data Coordinator, New York State Office of Alcoholism and Substance Abuse Services

Jennifer Berg, B.S., CASAC, Addiction Program Specialist 2, New York State Office of Alcoholism and Substance Abuse Services

Session 3

Who gets stressed? Not Me! Recognizing How We Feed Our Everyday Stress and Anxiety, and How We Can Step Out Of The Cycle to Unwind These Habits

Judson Brewer, M.D, Ph.D., Director of Research at the Center for Mindfulness, University of Massachusetts Medical School

Gambling Disorder and Medications Management: Practice Recommendations

Mayumi Okuda, M.D., Assistant Attending, Columbia University Medical Center

Clinical Supervision Met and Greet with Dr. Rugle

Loren Rugle, Ph.D., Director of the Maryland Center for Excellence in Problem Gambling, University of Maryland

Session 4

Strategies for Starting the Conversation: Developing and Implementing a Problem Gambling SBIRT (Screening, Brief Intervention and Referral to Treatment)

Loren Rugle, Ph.D., Director of the Maryland Center for Excellence in Problem Gambling, University of Maryland

Trauma and Gambling Disorder: An Overview

Rachel Lauria, Project Coordinator, HFM Prevention Council

Problem Gambling Treatment Providers Clinical Supervision

The New York Council on Problem Gambling (NYCPG) is pleased to once again offer free Clinical Supervision to Problem Gambling Treatment Providers in New York State. Whether you are a CASAC-G or other credentialed provider currently working with problem gambling clients, or you are working toward your specialty designation, these sessions can provide you with the support you need.

SUPERVISOR: LOREEN RUGLE, Ph.D.

Dr. Rugle is a speaker at this year's Annual Conference on Problem Gambling. Read her biography (page 19).

To register for your session(s) please visit our website at nyproblemgambling.org/.

Supervision is available to professionals outside of NYS for a fee of \$15 per session. Please contact Mariangela Milea, Assistant Executive Director at mmilea@nyproblemgambling.org for more information.

Professional Resources

Training Center

Home Study Courses

The New York Council on Problem Gambling (NYCPG) offers specialized training for providers of problem and compulsive gambling services, substance abuse treatment centers, mental health service providers, and other interested health care providers.

All NYCPG trainings satisfy the New York State Office of Alcoholism and Substance Abuse Services (OASAS) requirements for Credentialed Alcoholism and Substance Abuse Counselor (CASAC) and Credentialed Prevention Provider (CPP) with gambling specialty designation clock hours. Our OASAS Education and Training Provider Certificate number is 0367.

All NYCPG trainings have been approved by the National Council on Problem Gambling for Continuing Education Units.

All New York Council on Problem Gambling Training Institute faculty members are certified professionals with demonstrated expertise in their training area. For more information on specific trainings please visit nyproblemgambling.org/

Classes include:

[CPP-G 30 Hour Certificate Program](#)

[CASAC-G 60 Hour Certificate Program](#)

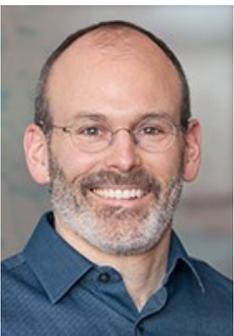
[10 Hour PG Recredentialing Course](#)
and [more!](#)

Keynote Biographies



Birchak, Steve, Ed.D. (stephenbirchak@gmail.com)

Author, professor, counseling psychologist, former college wrestling coach of the year, husband, father, and reformed class clown, Dr. Birchak is a nationally recognized speaker for children and adults and has spoken to over 100,000 educators, parents, and students nationwide. He is the author of “The Jerk Whisperer” and the bestselling- “How To Build A Child’s Character- By Tapping Into Your Own.” Dr. Birchak has a Bachelor’s degree in Health Education from the University of Northern Colorado, A Master’s Degree in Community Counseling from Adams State College, and a Doctorate in Counselor Education from the University of Northern Colorado. He is a Full Professor at The College of Saint Rose, in Albany, New York where he has taught courses in the Graduate Counseling program since 1992.



Brewer, Judson, M.D., Ph.D. (judson.brewer@umassmed.edu)

Psychiatrist Judson Brewer is a thought leader in the “science of self-mastery,” having combined nearly 20 years of experience with mindfulness with his scientific research therein. An internationally known expert in mindfulness training for addictions, Judson has developed novel treatments to help individuals with substance abuse and eating disorders. He has also studied the underlying neural mechanisms of mindfulness using standard and real-time fMRI, and is currently translating these findings into clinical use. In 2012, Judson founded Claritas MindSciences to combine mindfulness and neurofeedback techniques for a variety of conditions; the latest apps are Craving to Quit and Eat Right Now. Judson is currently an Associate Professor of Psychiatry and Medicine at University of Massachusetts School of Medicine, where he is Director of Research at the Center for Mindfulness.



Fong, Timothy W., M.D. (tfong@mednet.ucla.edu)

Dr. Fong is an Associate Clinical Professor of Psychiatry at the Semel Institute for Neuroscience and Human Behavior at UCLA. Dr. Fong completed his undergraduate and medical school at Northwestern University in Chicago. He then came to UCLA and finished his residency in adult general psychiatry in 2002 and was the first accredited addiction psychiatry fellow at the UCLA Neuropsychiatric Institute (2002-2004). Currently, he is the co-director of the UCLA Gambling Studies Program. The purpose of this program is to examine the underlying causes and course of problem and pathological gambling and to develop effective, evidence-based treatments. He is also the director of the UCLA Addiction Psychiatry Fellowship, a ACGME-accredited training program that focused on providing leading edge training in addiction psychiatry.



Hynes, Julie, M.A., CPS (julie.hynes@co.lane.or.us)

Julie has specialized in addictions and problem gambling prevention for over 14 years. She is coordinator of the Problem Gambling Prevention Program with PreventionLane, faculty with the Department of Counseling Psychology and Human Services at the University of Oregon, and a member of the Board of Directors of the National Council on Problem Gambling. Julie has been involved in several statewide and nationwide leadership roles, advocacy efforts, trainings, and publications. A Certified Prevention Specialist, Julie is passionate about keeping pace with the latest in evidence-based prevention strategies as well as changing tides of gaming and gambling in the United States. In 2012, Julie was honored with the Wuelfing Prevention Award from the National Council on Problem Gambling for her work in helping advance the field of problem gambling prevention and awareness.

Workshop Speaker Biographies

Berg, Jennifer, BS, CASAC (Jennifer.Berg@oasas.ny.gov)

Jennifer is an Addiction Program Specialist 2 at the New York State Office of Alcoholism and Substance Abuse services, where she has been for over 10 years. She acts as the Coordinator of Problem Gambling Services for New York State through the Office of Alcoholism and Substance Abuse Services. In this capacity she oversees problem gambling services for the state which includes treatment, prevention, and recovery. Additionally, through the Bureau of Prevention, she provides technical support for prevention providers in the northeastern region of the state and oversees various prevention related initiatives. She has a Bachelor of Science from SUNY Oneonta and has a wide range of clinical, case management and administrative experience working with substance abuse, developmental disabilities, problem gambling and healthcare.

Bowles, Ruth, CPP, CARC (rbowles@rcadd.org)

Ruth is the Executive Director of the Rockland Council on Alcoholism and other Drug Dependence, Inc. Ruth has a Bachelor of Science Degree from State University of NY and is a NYS Credentialed Prevention Professional (CPP-G) with a specialty in problem gambling. Ruth is a NYS Certified Addiction Recovery Coach (CARC). She is certified as a Trainer for the NYS Recovery Coach Academy. Ruth received the NYS Problem Gambling Prevention Professional of the Year Award from the Commissioner of NYS Office of Alcoholism and Substance Abuse Services in 2013.

Chapin, Deborah A., Ph.D. (Deborah.Chapin@oasas.ny.gov)

Dr. Chapin is employed at the New York State Office of Alcoholism and Substance Abuse Services (OASAS) Prevention Bureau as the State Partnership for Success project data coordinator. Deborah earned her doctorate from the University at Albany, State University of New York, in Educational Psychology and Methodology. She has over 15 years of experience in research and evaluation in educational and human services settings. Prior to graduate study, Deborah worked in addictions treatment as a counselor and case manager, with special populations such as people who are homeless, adolescents and young adults, and those with developmental disabilities and HIV and AIDs-related illnesses.

Wellness Center

Make sure to visit our on-site conference wellness center to destress from the excitement, and perhaps overstimulation, of the daytime activities to stay mentally strong for the duration of the conference.



Conroy, Kayte, Ph.D., LMHC, CRC (kconroy@buffalo.edu)

Dr. Conroy is licensed as a Mental Health Counselor, credentialed as a Certified Rehabilitation Counselor, and is a disordered gambling specialist. While working in numerous community agency settings as a clinician and supervisor, she provided services to a variety of populations, including developmental disabilities, forensic, substance abuse, domestic violence, mood disorders, and general mental health issues. Disordered gambling, Internet abuse, and over-spending are specialized areas for Kayte. She is currently a faculty member at the State University of New York at Buffalo (UB).

Kayte provides training and clinical supervision for therapists and graduate students on an individual and group basis. She has been an invited guest speaker for a variety of audiences in local, regional, national, and international settings for conference presentations, lectures and workshops.

Kayte is also actively involved in several national, regional, and local community organizations. She has participated as a member of various Board of Directors for numerous non-profit organizations and has spearheaded local chapters and committees for professional organizations in the counseling field.

Kelly, Bruce (putnamdfcgrantee@gmail.com)

Bruce is the coalition coordinator for Putnam Communities That Care coalition. He was in law enforcement for 30 years in Westchester County both as a police officer and a prosecutor. He spent a number of those years working in community crime prevention, with a focus on young people and the issues of substance abuse and violence. Bruce sat on 17 coalitions and co-chaired the Westchester County umbrella coalition, was instrumental in the passage of the NYS beer keg registration law and helped set up youth courts in Yorktown and Ossining. After retiring from the DA's Office in 2009, Bruce became the coalition coordinator for New Rochelle FOCUS in that city as well as a national trainer for law enforcement and coalitions on issues dealing with underage drinking. He is also the president of Prevention Design, a multimedia graphic design company focused on assisting coalitions in getting their word out.

Lauria, Rachel (rlauria@hfm-preventioncouncil.com)

Rachel has her Bachelor degree in Social Work from the College of St. Rose. She has worked with at-risk youth and families for about six years and has worked in the substance abuse and problem gambling prevention field for four. Rachel also is a certified trainer for Trauma Informed Care.

Okuda, Mayumi, M.D. (mo2339@cumc.columbia.edu)

Dr. Okuda has worked with a wide range of patient populations, focusing her clinical work on minorities. Her research career has focused on addictions and the association of violence and mental health. She has published several manuscripts examining the epidemiology of a wide range of addictions in the United States. She currently directs the Gambling Disorders Clinic at Columbia University/New York State Psychiatric Institute and has experience providing Cognitive Behavioral Therapy and Motivational Interviewing, evidence-based treatments for Gambling Disorder. Dr. Okuda has published several manuscripts and book chapters on gambling disorder and its treatment. At the gambling disorders clinic, Dr. Okuda works on developing practical and clinically relevant interventions to improve treatment availability for minorities and populations with complex addictions and comorbid psychiatric disorders.



Rhodes, DJ (dj.rhodes@oasas.ny.gov)

DJ serves as the Family and Youth Specialist at the NYS Office of Alcoholism and Substance Abuse Services (OASAS) through a grant, New York, Focus on Youth and Families. DJ graduated with high honors from Hudson Valley Community College where he majored in Chemical Dependency Counseling and was as a member of the Phi Theta Kappa International Honor Society. DJ earned his CASAC-T certification and was presented with the award for Professional Services and Values. He completed the CCAR Recovery Coach Training in 2015. Since December of 2015, DJ has been the Chapter Lead of Young People in Recovery (YPR) of Fulton and Montgomery Counties, New York. Most importantly, DJ is a person in Long-Term Recovery, and is passionate about offering education and support to individuals, families, and professionals through Community Outreach.

Rugle, Loreen, Ph.D. (Lrugle@som.umaryland.edu)

Dr. Rugle is Assistant Professor in the Department of Psychiatry, University of Maryland and is currently Program Director of the Maryland Center of Excellence in Problem Gambling. Her previous position was Director of Problem Gambling Services with the Department of Mental Health and Addiction Services for the State of Connecticut. Dr. Rugle brings 30 + years of experience in the treatment, prevention and research of problem gambling to her current position. She has managed problem gambling programs within the Veterans Administration, in the private sector and within state systems. She has participated in research on brief screening for gambling problems, as well as a broad range of other problem gambling related research projects. She has provided consultation and training on gambling disorder throughout the United States, for the military and internationally. She is former Board President for the Association of Problem Gambling Service Administrators and current president for the International Gambling Counselor Certification Board.

Toomey, Elizabeth, CPS (etoomey@preventionnetworkcny.org)

Elizabeth is the Prevention Education and Information Services Team Leader for Prevention Network. She has been an employee with Prevention Network for the past 18 years, and has worked in various programs in her time with the agency, including YOUth Decide, Reality Check, and Teen Institute. Elizabeth is trained in Botvin's Life Skills, Project Adventure, Counselor Wellness, Motivation Enhancement Therapy, Designer Drugs, Gambling Prevention, and many more. Elizabeth takes pride in being well rounded, and aligning her professional development with the needs of her community. In addition Elizabeth is a Credentialed Prevention Specialist through the Office of Alcohol and Substance Abuse Services. Elizabeth has 25 years of combined experiencing serving youth and families, and the community at large.

Meet The Speakers



With each session, you'll have a 30 minute opportunity to meet with any of the speakers who are presenting. Don't miss this opportunity to network and discuss detailed questions related to topic niches in the problem gambling field.



Truckenmiller, Rachel, Ed.S. (rachelt@hfm-preventioncouncil.com)

Rachel is currently the Associate Executive Director of the HFM Prevention Council. Previously, she worked as the New York State OASAS Partnership for Success (PFS) Project Coordinator helping PFS funded coalitions from across the state work through the strategic prevention framework process. In 2005, Rachel began as the coordinator of Fulton County's drug free coalition, ASAPP's Promise, first implementing a Drug Free Communities grant and then coordinating the Prevention First-NY! (SPF-SIG) agreement.

Wulfert, Edelgard, Ph.D. (ewulfert@albany.edu)

Dr. Wulfert earned her Ph.D. in clinical psychology from the University of North Carolina, Greensboro. She completed a pre-doctoral residency at Brown University Medical School and was employed as a forensic psychologist at the University of New Mexico, Albuquerque. She later joined SUNY Albany as a professor of psychology, was director of clinical training, chair of the department of psychology and for the past ten years has served as dean of SUNY Albany's College of Arts and Sciences. Dr. Wulfert is a productive scholar and educator. At SUNY Albany, she has chaired 17 master's and 18 doctoral dissertation committees. In addition to her demanding administrative roles she has maintained an active, federally funded program of research as well as a clinical practice. She has published and lectured extensively in the field of clinical psychology and behavior analysis. Her research focuses on addictive behaviors and deficits in self-regulation, particularly by studying in the area of gambling disorder. Her interest in gambling disorder stems from the fact that its research leads to an understanding of addiction in its "purest" form, i.e., without the confounding effects of substances. Dr. Wulfert and her doctoral students have developed an innovative treatment for gamblers termed Cognitive-Motivational Behavior Therapy (CMBT). The efficacy of CMBT has been demonstrated in several clinical trials.

Open GA & GAMANON Meetings

During each day of the main conference, attendees will have the opportunity to witness and participate in an open GA & GAMANON meeting. These meetings will be held at separate times during the day to ensure everyone has an opportunity to experience each meeting.

Attending these open meetings offers those in recovery a sanctuary from the possible triggers of the conference, as well as an opportunity for attendees to gain a first hand 12-step fellowship experience.

Click to learn more about [GA](#) and [GAMANON](#).

The New York Council on Problem Gambling
would like to extend a special thank you to the

*New York State Office of
Alcoholism and Substance Abuse Services*

for their ongoing support in sponsoring the
2017 NYCPG Annual Conference
on Problem Gambling



The New York Council on Problem Gambling is proud to partner with the National Association of Social Workers of New York State (NASW-NYS). Social work education at the 2017 NYCPG Annual Conference on Problem Gambling was developed in partnership with NASW-NYS. NASW-NYS Social Work CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers (#0014).

NYCPG List of Resources

The New York Council on Problem Gambling is proud to bring you the following resources.

For more information on NYCPG resources please visit nyproblemgambling.org



New York Council on Problem Gambling



KnowTheOdds.org

Website aimed at NYS as a whole to raise awareness of problem gambling.

NYProblemGambling.org

NYCPG's main website for trainings and resources.



YOUthDecideNY.org

Website intended for youth, community leaders and parents who want to prevent underage gambling.



NYRGHub.org

Website intended for industry professionals.



QueensCFE.org

The Queens Center for Excellence is dedicated to addressing the issue of problem gambling within Queens County through increasing public awareness and connecting those adversely affected with services to help them.



NYPGTP.org

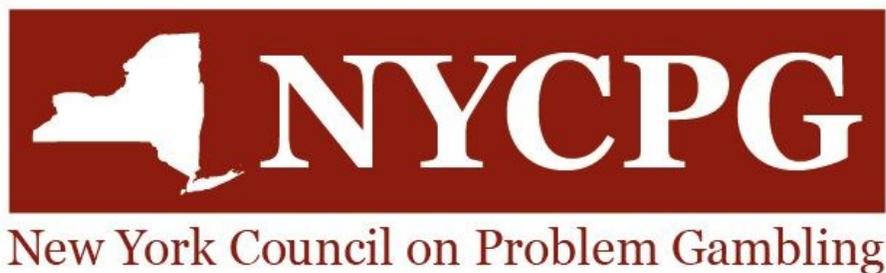
The Problem Gambling Training Partnership is a statewide initiative to provide training on assessment and treatment of gambling disorder to social workers, mental health counselors, marriage and family therapists, and psychoanalysts throughout the state.



DontBetYet.org

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

We thank you for joining us at the
2017 NYCPG Annual Conference
On Problem Gambling.



#NYCPG2017 - Follow us

