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New York Council on Problem Gambling Hosts First Statewide Recovery Event: Shine-A-Light Recovery Picnic & Walk

(Dutchess County, NY) - On Saturday, September 9th, the New York Council on Problem Gambling will be holding its very first statewide recovery event to commemorate the beginning of National Recovery Month. Recovery month is a time to celebrate the strides made by those in recovery from substance misuse, mental health issues, and gambling harm. Our Shine A Light Recovery event is designed to call attention to those impacted by gambling harm as well as to highlight the ever-growing recovery community surrounding gambling addiction. This family friendly event will provide a one-mile walk, lawn games, stories of hope and more! A light lunch will also be provided. We encourage you and your loved ones to sign up for this fun and hope inspired event.

Gambling addiction is often known as the “hidden addiction” because it is something that can be easily concealed as there are often no overt visible signs to indicate that someone is struggling. Due to the ability to conceal this issue, those impacted are often unaware of resources available to them leading to increased feelings of isolation, depression, and shame.

THE FACTS:

- Populations that are at higher risk of developing issues with gambling include veterans; older adults; the justice-impacted population; and college students.
- People from different backgrounds, cultures, and experiences may not consider that some activities are gambling.
- Two-thirds of those who gamble report that their mental health has suffered due to their gambling.
- One in five who struggle from gambling harm will either attempt or die by suicide, the highest among any other addiction.
- Brief 2-3 question screens can help detect gambling harm and only take a few minutes to administer.

The NY Council on Problem Gambling has worked hard to remove the veil that shrouds those negatively impacted by gambling. Our Shine a Light theme aims to raise awareness of gambling harm; earlier this year several notable landmarks and gaming facilities illuminated yellow during

Problem Gambling Awareness month. Keeping up with the theme, our statewide event is an opportunity to highlight the journey that comes after treatment, recovery.

Recovery for many symbolizes hope, a new beginning, progress, and most of all connection. Our event aims to connect attendees with providers, advocates, fellow peers, recovery resources and activities. With any addiction we know family, friends, and communities are also impacted. Our event is a space not only for the individual struggling from gambling harm but for their affected loved one(s); bringing home the message that recovery is for everyone.

The Details

The recovery picnic will be held at Bowdoin Park on Saturday September 9th from 11A.M-5P.M. Registration is necessary to attend. Click the link to [Register](#) or email Justina Ferrara at jferrara@nycpg.org. Registrants will be contacted with more specifics prior to the event. This event is FREE to attend.

If you or someone you love is struggling, please visit NYProblemGamblingHELP.org or call (833)- HERETOHELP (437-3864) to connect with resources in your community.

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The New York Council on Problem Gambling (NYCPG) is a not-for-profit independent corporation dedicated to increasing public awareness about problem and compulsive gambling and advocating for support services and treatment for persons adversely affected by problem gambling. NYCPG maintains a neutral stance on gambling and is governed by a Board of Directors. Find out more at NYProblemGambling.org.