

FOR IMMEDIATE RELEASE CONTACT:  
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## **Recovery is for Everyone**

This September the New York Council on Problem Gambling (NYCPG) is excited to celebrate Recovery Month! The National Recovery Month theme for 2021 is “Recovery is for Everyone: Every Person, Every Family, Every Community” because it reminds us all that people in recovery from problem gambling and those who support them, that recovery belongs to us all. Recovery is for everyone because it benefits everyone. NYCPG is proud to share the National Recovery Month theme and adopt it as our own.

While it may be tempting to characterize recovery as a universal experience or single journey, our community is proof that there are as many pathways to and of recovery as there are people. Our strength is our diversity and because of who we are, the recovery community has unique opportunities to learn, challenge, grow, and dream. Problem gambling does not impact every person in the same way, so it is with that same uniqueness that people find their paths to recovery.

### **THE FACTS:**

- Gambling disorder is most often occurring with individuals who also have anxiety disorders and depression disorders
- Only about 10% of people with a gambling disorder reach out for help
- Recovery is possible and there are many pathways to get there

### **Connection Builds Recovery**

One of the things that makes recovery exciting is that there is a place for everyone at the table. Recovery needs individuals, families, co-workers, and communities to take part. When people come together, their connection builds a robust system of recovery for everyone involved. Recovery not only helps reduce and prevent reoccurrences of gambling but promotes healthy lifestyles. Recovery isn't just for individuals. Recovery is for families and communities as well. When a family is in recovery, they are working to heal from past trauma and hurt. Physical, emotional and relationship health are equally important and living a life of recovery helps people, families and communities find that balance. While there are countless pathways to recovery, the result is universal: healthy individuals, families and communities.

### **Help Initiate People's Recovery Through Screening**

Providing screening for problem gambling can sometimes be the first step towards a recovery journey. It is important that treatment providers, mental health practitioners, human service workers, faith leaders, medical providers and anyone who works with people are all screening for problem gambling. Screening can help reveal if someone is struggling with their own gambling or if someone is being affected by a loved one's gambling.

### Three Simple Questions

- During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?
- During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- During the past 12 months did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

Asking the questions can save lives. During Recovery Month, we are encouraging everyone who works directly with individuals and families to screen for problem gambling. NYCPG has created a toolkit, available on our website, for any providers that would like to implement problem gambling screening into their practice. If you have questions or plan to start using a problem gambling screening tool, let us know how we can help you. Also available is a self-screening tool that anyone can use:

<https://nyproblemgamblinghelp.org/e-screener/>.

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For more information about Recovery Month and Problem Gambling, visit:

[nyproblemgambling.org/resources/recovery-month.org](https://nyproblemgambling.org/resources/recovery-month.org).

***If you or someone you love is struggling, please visit  
[NYProblemGamblingHELP.org](https://nyproblemgamblinghelp.org) 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](https://nyproblemgambling.org).