



# Problem Gambling Awareness Month



# The Facebook LIVE Challenge

In honor of **Problem Gambling Awareness Month (#PGAM)**, the New York Council on Problem Gambling is challenging you to tell the world about your problem gambling related efforts. You can record a brief video and post it to your personal or organization’s Facebook profile, or you could host a Facebook Live event.

Here are some TIPS for your video:

TIP #1: Plan your questions/content ahead of time. No need to get real detailed here, but be sure you know the basic points you want to tell listeners and what your “ask” is. \*We’ve included some sample questions and content you can use to guide your interview/commentary. (See below)\*

TIP #2: If you’re doing a live event, be sure to let people know ahead of time so they can join in on the fun and you can interact with their comments.

TIP #3: When you start the video or live event, be sure to introduce yourself and your guests (if applicable) and let them know a little bit about your agency and where you’re located in New York State.

TIP #4: Make sure you tell followers/listeners that you’re posting the video in honor of Problem Gambling Awareness Month.

<p><b>Week #2 (Feb 7): Focus on Screening/Intervention</b></p> <ul style="list-style-type: none"> <li>• Why do you/your agency care about problem gambling?</li> <li>• What do you/your agency do to help identify when people are struggling with problem gambling?</li> <li>• What tips do you have for other professionals that might help them identify problem gambling among their clients?</li> </ul>	<p><b>Week #3 (Feb 14): Focus on Prevention</b></p> <ul style="list-style-type: none"> <li>• Why do you/your agency care about problem gambling?</li> <li>• What do you/your agency do to prevent problem gambling?</li> <li>• Why is it important to limit youth access to gambling?</li> <li>• Why is it important to educate adults about the warning signs of problem gambling?</li> </ul>
<p><b>Week #4 (Feb 21): Focus on Treatment</b></p> <ul style="list-style-type: none"> <li>• Why do you/your agency care about problem gambling?</li> <li>• Why should people reach out and get formalized treatment if they’re struggling to control their gambling?</li> <li>• How can problem gambling affect individuals and family members?</li> <li>• How can treatment professionals/support help family members of someone who is experiencing problem gambling?</li> </ul>	<p><b>Week #5 (Feb 28): Focus on Recovery</b></p> <ul style="list-style-type: none"> <li>• Why do you/your agency care about problem gambling?</li> <li>• How do you/your agency help to reduce triggers for individuals struggling with a gambling problem?</li> <li>• What have you learned about the importance of peer and family support during recovery?</li> <li>• What’s the best thing about recovery from problem gambling?</li> </ul>

If you have any questions or don’t know where to start on the PGAM Facebook Video Challenge, reach out to: Jaime Costello at the NY Council on Problem Gambling [JCostello@NYProblemGambling.org](mailto:JCostello@NYProblemGambling.org) or (518) 852-7107.