



For Immediate Release

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A Day of Action

This September, the New York Council on Problem Gambling (NYCPG) celebrates National Recovery Month, a time to highlight the strides made by those in recovery from substance use disorder, mental health issues, and gambling harm. This year, in celebration of National Recovery Month, NYCPG is co-hosting, along with Friends of Recovery-NY (FOR-NY), a Day of Action! During the Day of Action, we will have guest speakers including Senator Addabbo, Congressman Tonko, and guests from OASAS talking about the topic of gambling harm including a panel of discussion from people in recovery themselves. The NYCPG's partnership with FOR-NY establishes a powerful union advocating for those in recovery.

FOR-NY Director of Policy Christopher Assini shared "Recovery from problem gambling and substance use disorder (SUD) complement one another, as both involve a transformative journey toward healing and self-reclamation. Addressing one often enhances the recovery process from the other, creating a synergistic effect that strengthens overall well-being. By tackling these challenges together, individuals can build a more resilient foundation for their future, drawing on the insights and skills gained from each recovery path to foster a more comprehensive and sustainable healing experience."

THE FACTS:

- Populations in New York State that are at higher risk of developing issues with gambling include adults ages 18-24; black men; income lower than 30k; those with a HS diploma or less; and individuals living with a substance use disorder.
- 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.

Connections to outlets, people, initiatives of hope, and policy change are just a few examples of what can help a person walk towards the path of self-discovery. NYCPG Executive Director Jim Maney shared, "Connection with FOR-NY and others in the recovery community strengthened the message, recovery is for all. Those impacted by gambling harm have long been without a voice, this day of advocacy amplifies those voices alongside these champions in the field".

Educating yourself and those around you about the risks associated with gambling and the harm it can bring is essential to preventing further harm and promoting recovery for those who have experienced gambling harm. Join us for the virtual Day of Action, on Thursday, September 26th from 10:00am-12:00 noon to enhance your knowledge of both risk and recovery associated with gambling. Registration is required to get the Zoom link and there is no cost associated with this Day of Action. You can register by clicking [here](#).

If you or someone you love is struggling, please visit NYProblemGamblingHELP.org or call the NYS OASAS HOPEline at [1-877-846-7369](tel:1-877-846-7369).

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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.