

Wilton Youth  
Services

May 10, 2022

CONNECTICUT COUNCIL on  
**PROBLEM**  
**GAMBLING**

**PGS**

*PROBLEM  
GAMBLING  
SERVICES*

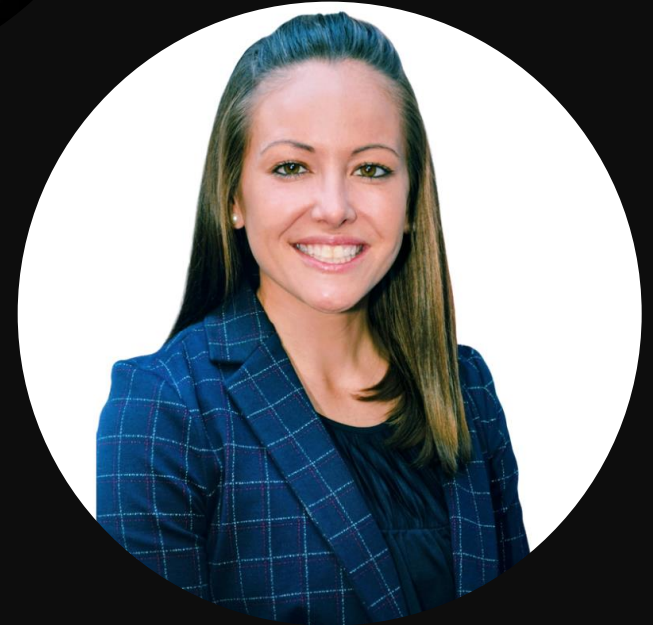


Department of Mental Health and Addiction Services

# About Us

**Kaitlin Brown**  
Director of Programs &  
Services  
CCPG

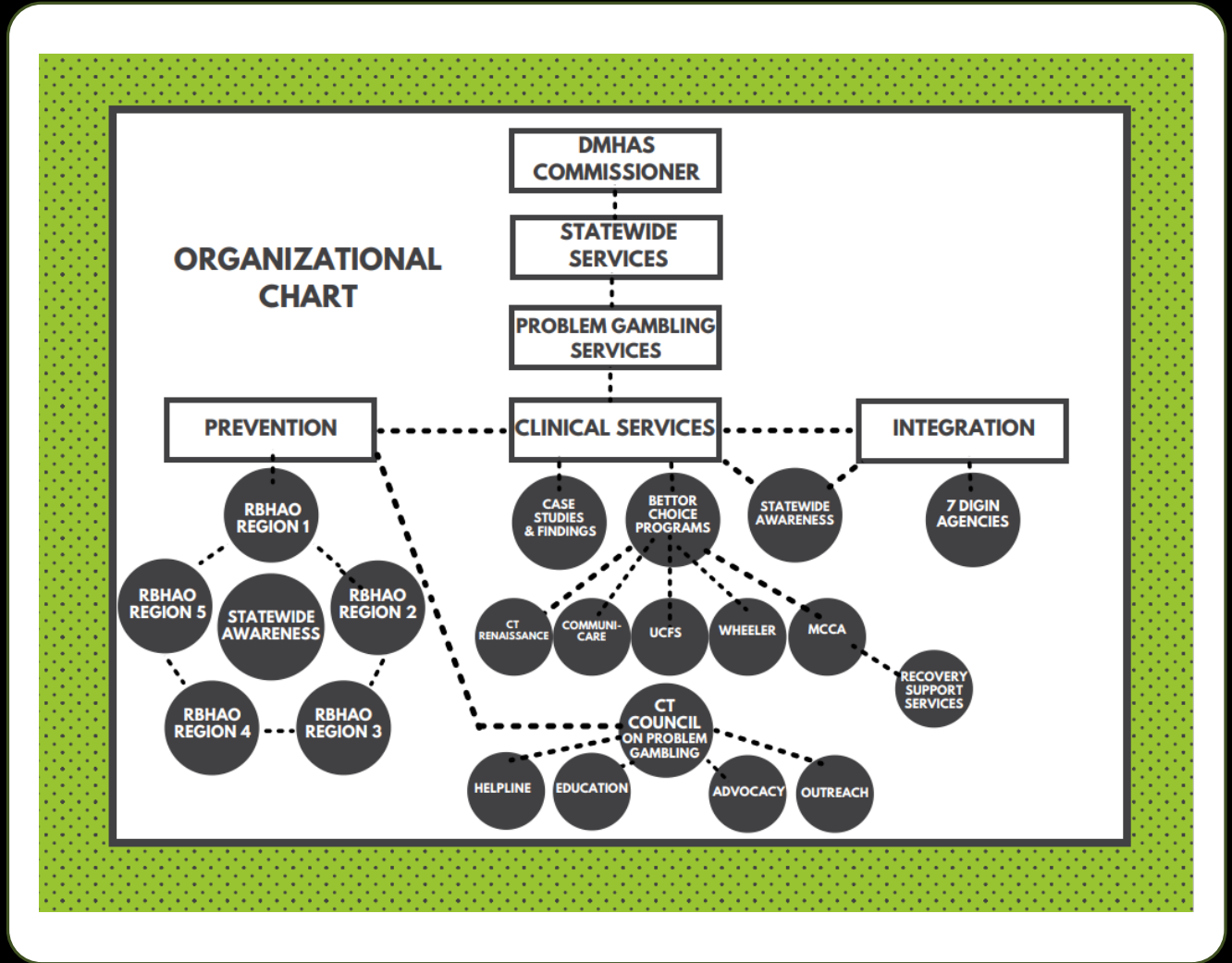
**Kelly Leppard**  
Primary Prevention Services  
Coordinator  
DMHAS, PGS



# Learning Objectives

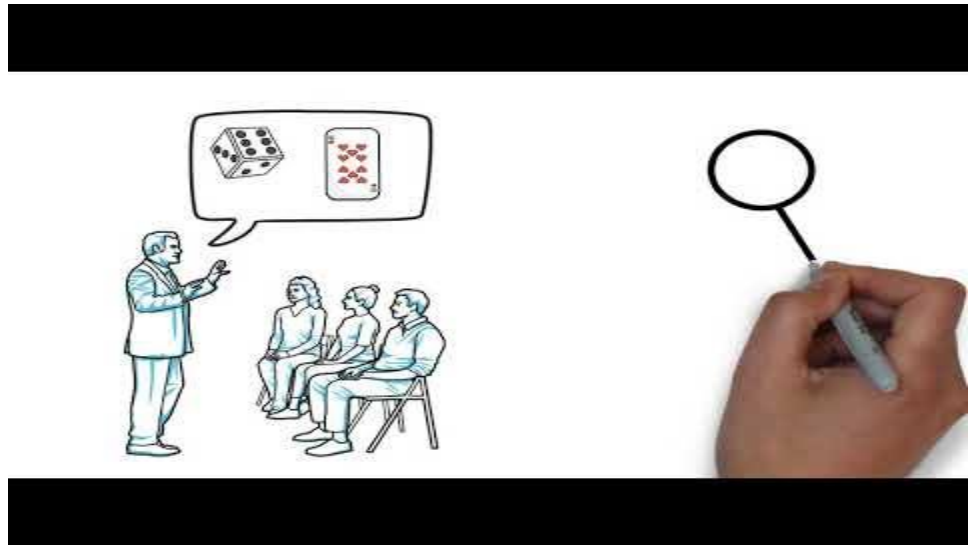


# More About Us





Connecticut Department of Mental Health & Addiction  
Services  
Problem Gambling Services



Overview video created by [TTASC](#)

**PGS** PROBLEM  
GAMBLING  
SERVICES

Department of Mental Health and Addiction Services

# Connecticut Council on Problem Gambling



Overview video created by [TTASC](#)

CONNECTICUT COUNCIL on  
**PROBLEM**  
**GAMBLING**



We are gambling  
neutral!





Three Goals:

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1. Gambling is not a risk-free activity.
2. Know how to keep the problem out of gambling.
3. Help is available for people with gambling problems, and persons affected.

**PROBLEM**  
**GAMBLING**  
**HELPLINE**  
1-888-789-7777



# What is Gambling & Gaming?



**Risking something of value on an activity  
that has an uncertain outcome**



**Playing electronic games, whether through  
consoles, computers, phones etc**

# Definitions



**Responsible Gambling:** Describes the ways in which games of chance are both offered and participated in a socially responsible way that lowers the risk of gambling harms



**Problem Gambling:** Pattern of gambling engagement that is so extreme it causes an individual to have important problems in various aspects of their life



**Gambling Disorder:** clinical term relating to a score assessed by a professional using a recognized set of criteria

# Types of Gambling

Lottery

Casino

Off Track Betting

Sports Betting/Fantasy Sports

Charitable Games

Online Gambling

Stock Market

Cryptocurrency

# 2021 the biggest gambling expansion for Connecticut since Foxwoods opened in 1992 and Mohegan Sun in 1996

Online casinos

Online sports betting

Online fantasy sports

Online lottery - late summer/early fall  
2022

Connecticut  
Lottery  
Corporation



# CT Lottery

- 1971
- 2800 Retailers throughout the State of CT
- Games of odds
- Types of games:
  - Scratch tickets, Keno, Powerball, Mega Millions, LOTTO!, Lucky for Life, Cash5, Play3, Play4, Fast Play
  - Late 2022 Lottery games will be available online
  - October 2021 PlaySugarHouse Sportsbook Service was added
- 18 years old

SUGAR  
HOUSE

PLAYSUGARHOUSE.COM  
SPORTSBOOK | CASINO

# Casinos



- Built in 1986
- The largest resort casino in North America
- 3,500 slot machines on four casino floors to choose from
- Table games, Bingo, Poker, Race Book, Keno
- It is the most comprehensive array of games in the region
- Online Casino Gaming
- 24/7
- Oct. 2021 In person & online sports betting was added with Draft Kings
- 21 years old



- Built in 1996
- Known as one of the world's most amazing destinations
- More than 300,000 square feet of gaming, including a state-of-the-art poker room, table games, Keno and Race Book
- Online Casino Gaming
- 24/7
- Oct. 2021 In person & online sports betting was added with FanDuel
- 21 years old



- World's leading provider of computerized wagering systems and communications services to the racing industry
- Provide services to over 200 licensed operators of horse racing tracks, greyhound racing tracks, racinos, off-track betting networks, Internet wagering websites, casinos, racebooks, sports books and jai-alai frontons.



- 1976 legalized in CT
- Betting on horse racing outside a racetrack
  - Example: betting shop set up in a city that broadcasts live horse races from the country
  - Stake money on the final placement of the horses taking part in a race
- 15 OTB locations currently in CT

# Sports



- **Sports Betting**
  - Traditional sports betting
  - Prop bets, in-play bets
- **Fantasy Sports**
  - Participants assemble imaginary teams using real players
  - Points are earned upon statistical performance of those players
  - Can be free or for money
- **Daily Fantasy Sports**
  - An accelerated version of Fantasy Sports contests
- **Esports**
  - Competitive video game gambling in real time
  - YouTube, Mixer and Twitch stream live tournaments
  - \$1.8 Billion in 2021, estimated to be \$3 Billion by 2022
  - 175 colleges and universities are members of the National Association of Collegiate Esports & offer officially recognized varsity esports programs





# Charitable Games

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# Online Gambling

- Any gambling conducted on the internet such as virtual poker, casinos and sports betting
- Regulated by a combination of federal and state laws in the US
- Gambling websites need a license to operate in individual states
- Sites may seem relatively harmless offering “free” simplified versions of their games, where players can use virtual credits for fun
- Odds may differ once physical money is involved
- Use of credit cards increase risk of developing problems

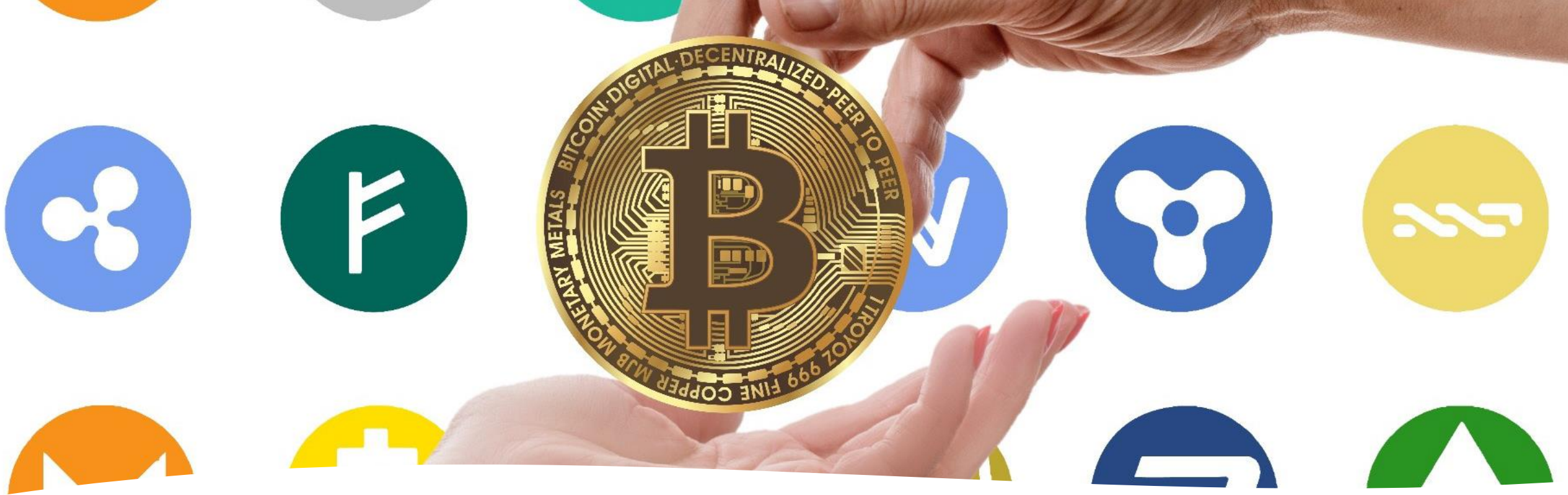


# Stock Market

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- Betting on the future of a company
  - There are risks
  - Outcomes are unknown
- Is the stock market considered gambling?
  - Gambling is a time-bound practice, but stock investing can last several years.
  - In gambling, once the game or hand is over, your chances to make more profit from your wager are closed.
- Robinhood





# Cryptocurrency

- Form of payment that can be exchanged online for goods/services
- Over 10,000 different types used online
- Bitcoin (45.5%), Dogecoin, Ethereum, XRP, Tether
- Can be used for day trading apps such as Robinhood
- Itunes, AMC Theaters, Burger King, Microsoft, Shopify, Subway, **Big Fish Games, Nitrogen Sports, PSN (Play Station Network), Xbox, Zynga**
- Day Trading/Cryptocurrency involves risking something of **value** in hopes of **gaining** in value where there is **speculation involved**

# Video Games

- Video games & apps can replicate real life gambling opportunities
- Many gaming apps are marketed to 2 to 17 years-old
- Role playing/Strategy games- can bet against odds using cards & dice
- Arcades- look and function a lot like casinos and encourage gambling behavior/spend money to trade wins for prizes

# Types of Games

- First person shooter
- Sports
- Simulation
- Survival
- MMORPGs
- Action/Adventure



# Types of Gamers

The motivation to play

- The Escaper
  - Plays to escape from something
  - Trying to gain something they can't in the physical world
- The Achiever
  - Plays to achieve
  - Competitive in nature
- The Hardcore
  - Plays to escape & achieve
  - Identifies as a gamer
  - Most at-risk for problematic gaming



Aspects  
within  
gaming that  
resemble  
gambling



# Social Casino & App Games

- Apps in which players can play simulated gambling games
- "Free"mium Games
- "Play to Win"







Skins: Virtual items inside games that decorate weapons or characters

Skins Gambling: trading skins for virtual or physical \$\$



**BACKPACK**

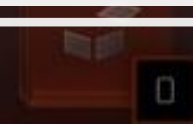
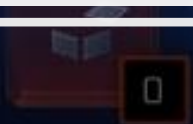


**CHEST**



**RELIQUARY**

Loot Boxes: Mystery crates contain randomized rewards with no guarantee of what is inside  
Require no player skill, randomly determined outcomes



# do **loot boxes** really constitute gambling?

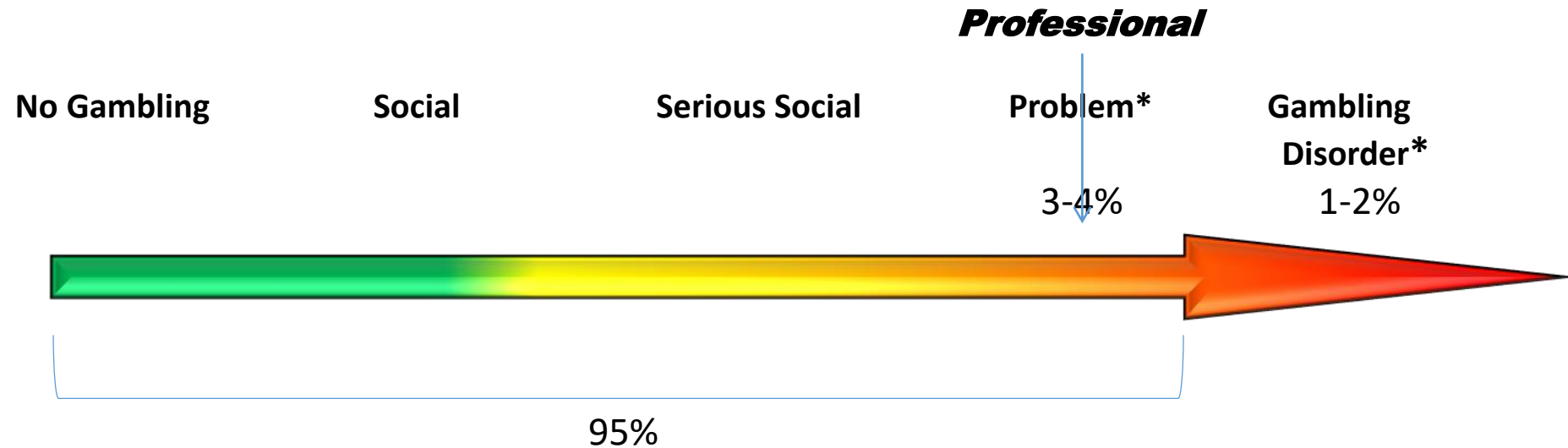


- Of the 93% of children who play video games, up to 40% opened loot boxes
- About 5% of gamers generate half the entire revenue from the boxes
- Studies on the topic have established "unambiguous" connections to problem gambling behavior
- Young men are the most likely to use loot boxes
- Many games use "psychological nudge" to encourage people to buy loot boxes - such as the FOMO on limited-time items or special deals

# Reasons Youth Gamble

- Entertainment
- Social activity with friends or family
- Socially acceptable and glamorized by the media
- Competition
- Boredom
- Escaping problems
- Avoiding stresses
- Trying to win money

# The Gambling Continuum



- ❖ Youth 2x
- ❖ SU/MH 10x
- ❖ DOC/CJ population 20x

# Prevalence in Connecticut

- **1.5%-2% population will meet the criteria for GD**
- **Approximately 53,863 individuals enough to fill Fenway Park 1.5 times or Yankee Stadium once with a few people left standing**
- **8% population are considered “at-risk” of developing a problem with gambling in their lifetime**
- **That is approximately 287,269 CT residents**
- **Enough to attend 28 sold out concerts at Mohegan Sun Arena**



# Gaming Prevalence

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- 2.5B people game worldwide
- Average age is 33
- Age 18-25 are most at risk for developing a problem
- 54% Male & 46% Female
- 3-4% struggle with addiction

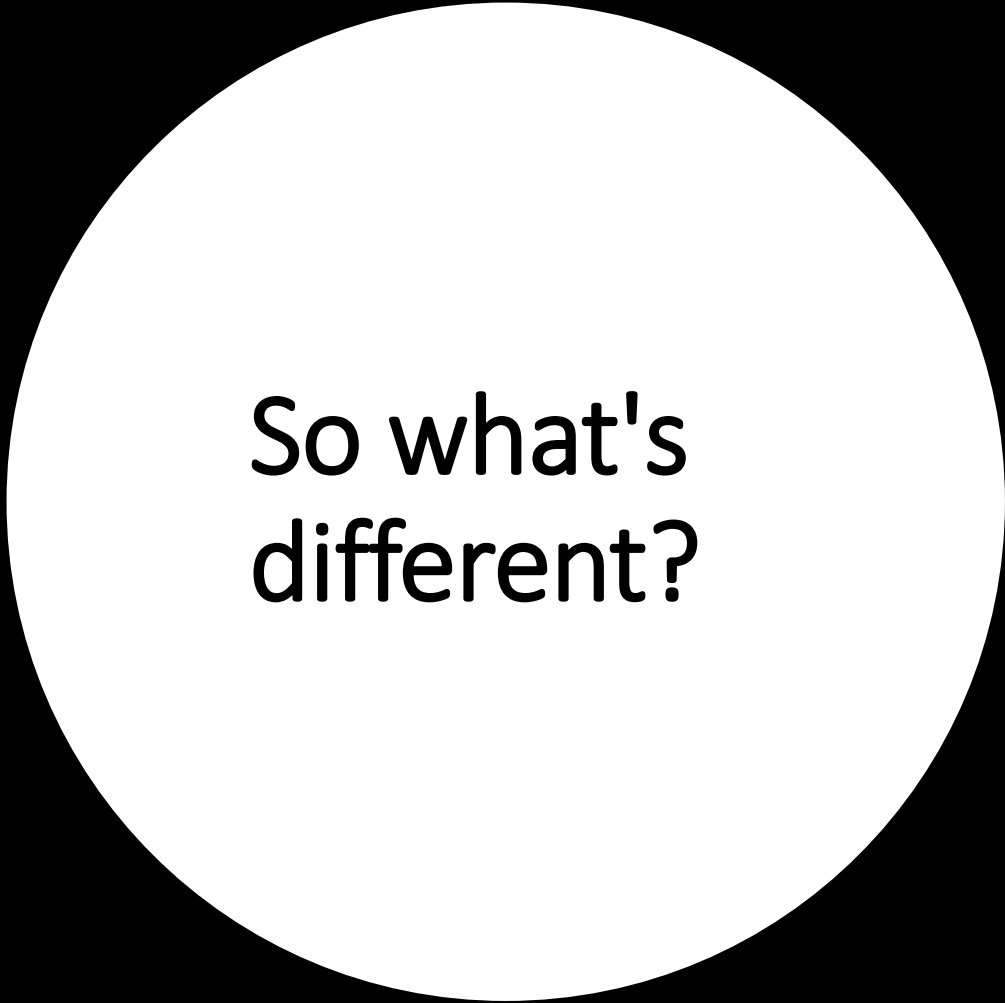


# Brain on Drugs vs Brain on Gambling

- **Affects mid-brain**
- **Activates reward system**
- **Releases dopamine**
- **Tolerance builds**
- **Reward system is hijacked**
- **Pre-frontal cortex weakens**
- **Needs larger/stronger doses**
- **Loss of control**
- **Preoccupied with activity**
- **Personal life/relationships suffer**
- **Withdrawal**
- **Repeatedly pursue rewarding experience despite negative consequences**

- **Affects mid-brain**
- **Activates reward system**
- **Releases dopamine**
- **Tolerance builds**
- **Reward system is hijacked**
- **Pre-frontal cortex weakens**
- **Increase bets**
- **Loss of control**
- **Preoccupied with activity**
- **Personal life/relationships suffer**
- **Withdrawal**
- **Repeatedly pursue rewarding experience despite negative consequences**

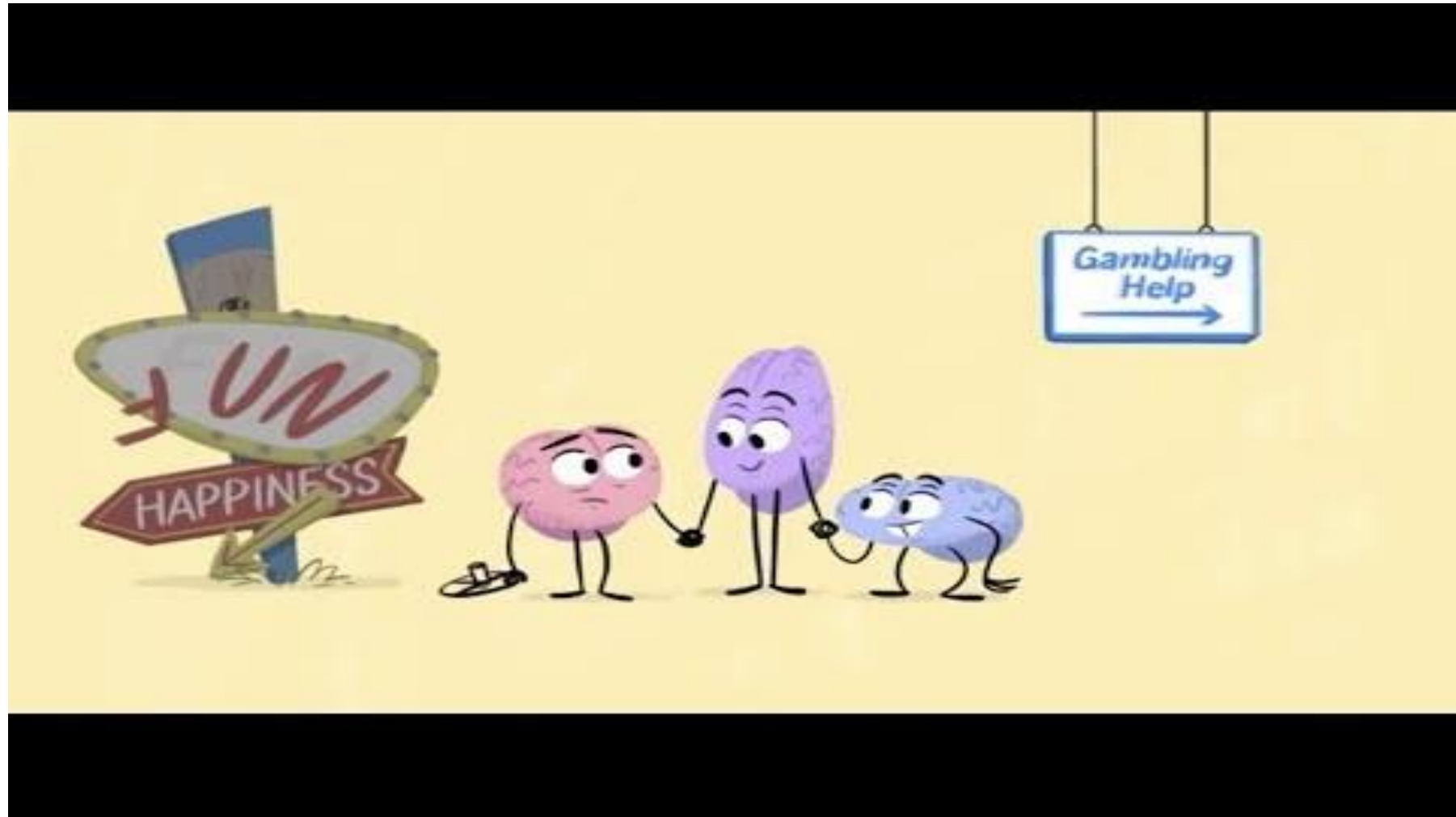




So what's  
different?

- Fantasies of Success
- No biological test
- Unpredictable outcome
- Not self-limiting
- Behavior not attributed to intoxication
- More intense feelings of shame & guilt
- Greater financial problems
- Less tolerance from public & judicial systems
- Appears to be a money problem
- Intensity of family anger
- Less public awareness = ***Greater STIGMA!***

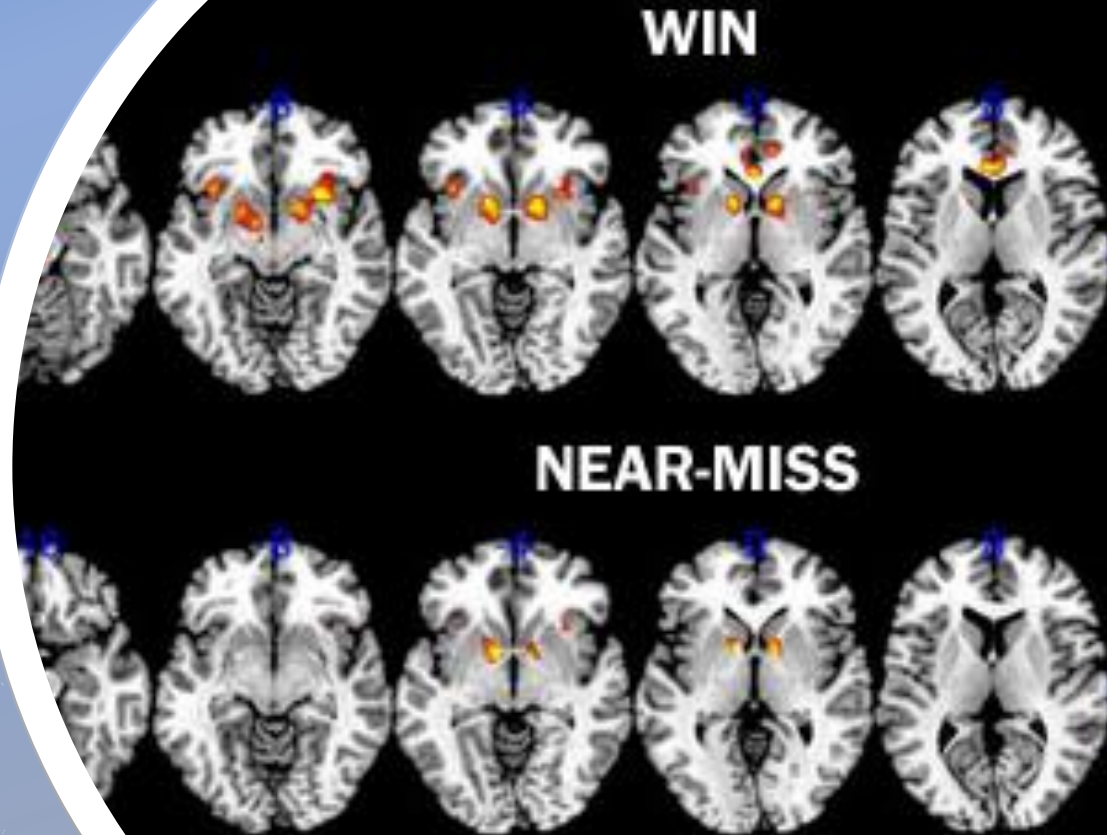
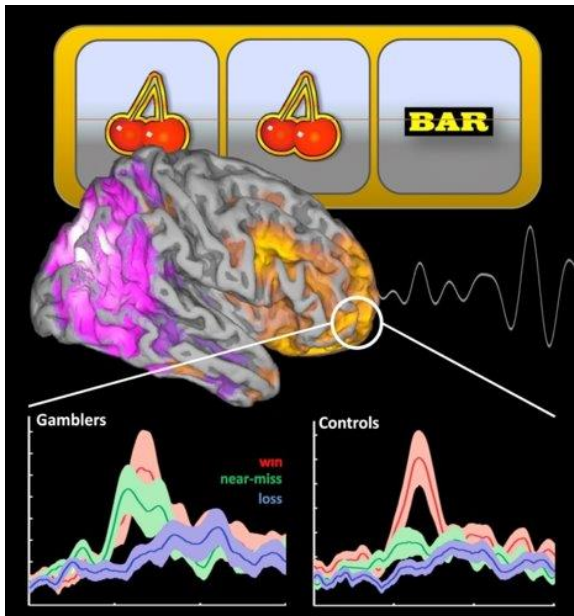
# Brain Connections



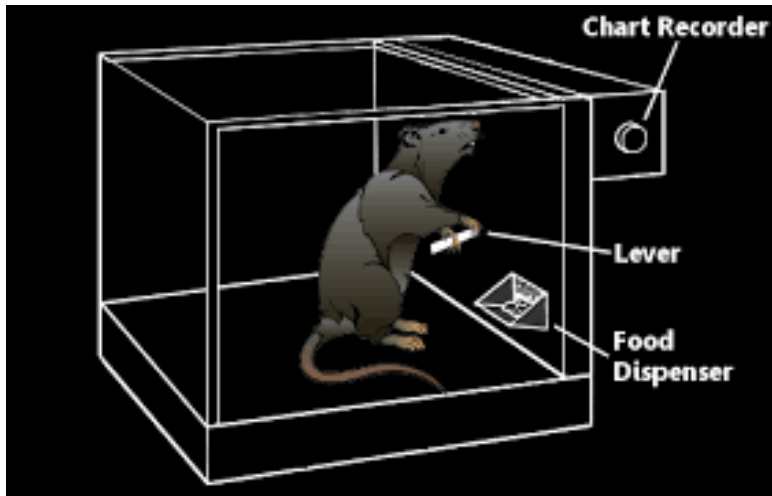
# Dopamine Reward System & the “NEAR MISS”

It's NOT about the \$\$ it's about the action  
of the game and hope of winning

Dopamine is not released when expecting a  
loss but is flooded with dopamine when  
expecting a win



# Anticipatory Reward (Incentive Delay)



- Behavior Analysis (Skinner, Operant Conditioning)
- Simply put: Manipulating behavior by using reinforcements
  - Intermittent Reward Schedule
    - Intermittent = *Not Every Time*
    - *Most resistant to extinction*
  - *Extinction is stopping a behavior by removing the reinforcer(s)*
  - \*Not only do we not know *when*, we do not know the *magnitude*
- The more immediate the gratification (or rapid the play) the more **ADDICTIVE!!**

# Shortening of Reward Schedule

## Delayed

- Season long fantasy
- Traditional Sports Betting
- Daily/Nightly Lottery
- Live Casino
- Investing
- Traditional video games

## Immediate

- Daily Fantasy
- In Play Sports Wagering
- Scratch Tickets/Instant Win/Keno
- Online casino games/slot machines
- Day Trading
- Video Games/Loot boxes

## Impacts

On average, **1** individual working through a gambling addiction impacts an additional **7 to 20** people in their families and communities.

National Council on Problem Gambling, 2020 Problem Gambling Awareness Month Bulletin





# WARNING

**Preoccupation- it's all you think about**  
**Hiding/Lying**  
**Risk or loss of relationships**  
**Unable to stop or reduce**

**Continuing despite problems**  
**Use to cope or escape**  
**Spending more time & money**  
**Giving up other activities**

# Risk Factors

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Early big win  
and/or exposure

Accessibility

Not understanding  
odds/how games  
work

Not monitoring  
time & money

Financial problems

Feelings of  
boredom or  
loneliness

Impulsivity

Limited interests

History of mental  
health concerns

Having a parent  
experience  
problems

History of  
substance use

Attributing self-  
esteem to action



# New Risks





- Simulated gambling may make gambling appear:
  - Positive, safe, normal and socially accepted
  - Increase a young adult's confidence in gambling due to the relative ease of winning
- Increase:
  - Prevalence of gaming and gambling-related problems
  - Spending money on free-to-play games
  - Exhibiting symptoms of problematic gaming
- Those who spend money on in-game purchases have reported:
  - Problem gambling severity
  - Increased impulsivity
  - Reward sensitivity
- Video gaming offers players:
  - Opportunities to explore new worlds
  - Compete with others
  - Build skills
  - Develop social online networks
  - Some video games, however, have embedded gambling elements, often referred to as "loot boxes"

# Did You Know?

**68% of teens place a bet each year.**

**Teens who start gambling at younger ages, gamble with their parents, or have family members with gambling problems are most likely to develop an issue with problem gambling.**

- **3x more likely to drink alcohol**
- **4x more likely to smoke cigarettes**
- **2x as likely to use illegal drugs**
- **2x more likely to be in a fight**
- **4x more likely to get in trouble**

**Up to 25% of youth with gambling problems attempt suicide.**

REFERENCES: 1) J GAMBL STUD 2008;24:119–33. 2) PSYCHOL ADDICT BEHAV 2009;23:105–12. 3) AM J PUBLIC HEALTH 1999;89:1369–76. 4) J GAMBLING STUD 2000;16:253-73. 5) AM ACAD CHILD ADOLESC PSYCHIATRY 2011;50:150–9. 6) J STUD ALCOHOL DRUGS 2009;70:134–42. 7) J GAMBL STUD 2015;31:1121–34. 8) J AM ACAD CHILD ADOLESC PSYCHIATRY 2001;40:1324–31. 9) J GAMBL STUD. 2006;22:263-74. 10) PSYCHIATRY RES 2006;141:295–303. 11) ARCH GEN PSYCHIATRY 2000;57: 666–73. 12) J CONSULT CLIN PSYCHOL 2006;74:555–67. 13). J CONTEMP PSYCHOTHERAPY 2009;39:221-29. 14). J CONSULT CLIN PSYCHOL 2008;76:1090- 94. 15) ADDICTION. 2009;104:1569-78. 16) ADDICTION. 2012;107:1148-58.

# Video Gaming

## FACT SHEET

OVER 90% OF TEENS PLAY VIDEO GAMES

PLAYING VIDEO GAMES IS A COMMON HOBBY. POPULAR VIDEO GAMES INCLUDE MASSIVELY MULTIPLAYER ONLINE ROLE PLAYING GAMES (MMORPGS), SHOOTER GAMES, STRATEGY GAMES AND FANTASY SPORTS.



ON AVERAGE, TEENS PLAY VIDEO GAMES FOR 12 HOURS A WEEK.

MOST VIDEO GAMES ARE FREE OR REQUIRE A SUBSCRIPTION TO PLAY. WINNING USUALLY DOES NOT INVOLVE FINANCIAL GAIN, BUT PEOPLE CAN GAMBLE ON OUTCOMES OF VIDEO GAMES. IN PARTICULAR, FANTASY FOOTBALL PLAYERS DEVELOP TEAMS ONLINE AND BET ON PERFORMANCES. IF MONEY IS RISKED, GAMBLING PROBLEMS MAY ALSO DEVELOP.

1%-5% OF YOUTH DEVELOP PROBLEMS WITH VIDEO GAMES

### SIGNS OF GAMING PROBLEMS

- ★ THINKING ABOUT GAMES EVEN WHEN INVOLVED IN OTHER ACTIVITIES, LIKE WHEN AT SCHOOL.
- ★ NEEDING TO PLAY GAMES MORE OFTEN OR FOR LONGER PERIODS TO FEEL SATISFIED FROM GAMING.
- ★ UNABLE TO STOP OR REDUCE GAMING. ANGER, DEPRESSION, OR ANXIETY WHEN GAMING IS NOT POSSIBLE FOR LONG PERIODS.
- ★ GAMING TO GET AWAY FROM BAD MOODS OR REAL LIFE PROBLEMS.
- ★ LOSING INTERESTS IN OTHER ACTIVITIES.
- ★ CONTINUING TO GAME EVEN AFTER PROBLEMS (AT SCHOOL OR WITH FAMILY OR FRIENDS) DEVELOPED FROM IT.
- ★ LYING REPEATEDLY ABOUT GAMING.
- ★ RISKING OR LOSING A FRIENDSHIP OR OPPORTUNITY AT SCHOOL OR WORK BECAUSE OF GAMING.

HOW CAN YOU HELP SOMEONE WITH GAMING PROBLEMS?

## TALK WITH THEM ABOUT IT!

ENCOURAGE OTHER RECREATIONAL ACTIVITIES, REMOVE ELECTRONICS FROM BEDROOMS, LIMIT AND MONITOR ELECTRONIC USE DAILY. GAMING SHOULD ONLY OCCUR AFTER OTHER RESPONSIBILITIES ARE COMPLETED SUCH AS CHORES AND HOMEWORK AND SHOULD STOP ONE HOUR BEFORE BED TIME.

FOR MORE INFORMATION, PLEASE VISIT  
[WWW.CT.GOV/DMHAS/PGS](http://WWW.CT.GOV/DMHAS/PGS)

# FACT SHEET: TEENS & GAMBLING

68% of teens place a bet each year.

### TEENS MOST COMMONLY GAMBLE ON:

- Card Games
- Pools
- Lottery/Scratch Tickets
- Sports
- Games of Skill
- Fantasy Sports Games

### IF TEENS GAMBLE, THEY ARE...

- 3 times more likely to drink alcohol
- 4 times more likely to smoke cigarettes
- Twice as likely to use illegal drugs
- 2 times more likely to be in a fight
- 4 times more likely to get in trouble with the police

Teens who start gambling at younger ages, gamble with their parents, or have family members with gambling problems are most likely to develop an issue with problem gambling.

Up to 25% of youth with gambling problems attempt suicide.

### PROBLEMS WITH GAMBLING CAN EXTEND TO OTHER AREAS:

- Feelings of guilt, stress, worry or sadness
- Loss of friendships
- Low grades in school
- Alcohol and drug use
- Legal difficulties
- Suicidal ideation

### HOW CAN YOU HELP?

- Look for signs:
  - Borrowing or taking money without permission
  - Sudden or unexplained irritability
  - Desperation to win back lost money
- Talk with them about it!
- Encourage them to call the gambling helpline (1-888-789-7777) or text (847-973-5684).
- Help them get into treatment.

Treatment for Gambling Works!  
Over 75% of persons treated reduce their gambling substantially.

FOR MORE INFORMATION, PLEASE VISIT  
CONNECTICUT'S STATEWIDE  
PROBLEM GAMBLING SERVICES  
[WWW.CT.GOV/DMHAS/PGS](http://WWW.CT.GOV/DMHAS/PGS)

## FACT SHEET

# OLDER ADULTS & GAMBLING

GAMBLING IS A POPULAR ACTIVITY AMONG OLDER ADULTS

Up to half of older adults gamble and over 25% wager regularly.

The most popular forms of gambling in older adults include: **Bingo, Lotteries, Scratch Tickets, Card Games and Slot Machines.**

EVEN REGULAR RECREATIONAL GAMBLING IS ASSOCIATED WITH SOME HARM IN OLDER ADULTS.

- Older adults with gambling problems have higher rates of medical problems, including angina and arthritis.
- Problem gambling is associated with development of heart disease in persons aged 55 and older.
- Up to 1/3 of persons with a gambling disorder attempt suicide.
- Older adult problem gamblers also have more than a 4-fold increased risk of anxiety and depression relative to their non-gambling peers.
- Six percent of older adult problem gamblers commit illegal acts to support their gambling.
- Compared to non-gamblers, older adult problem gamblers are nearly 7 times more likely to be smokers, 6 times more likely to have an alcohol problem, and 3.5 times more likely to have a drug use problem.

DESPITE THE PREVALENCE OF GAMBLING AND RELATED PROBLEMS IN OLDER ADULTS, LESS THAN 10% OF PERSONS WITH GAMBLING PROBLEMS RECEIVE TREATMENT.

### -KNOW THE RISKS-

-KNOW HOW TO KEEP THE PROBLEM OUT OF GAMBLING-

-KNOW WHEN AND HOW TO ASK FOR HELP-

DO YOU OR SOMEONE YOU KNOW NEED HELP WITH A GAMBLING PROBLEM?  
HELP IS FREE, AVAILABLE 24/7 AND 100% CONFIDENTIAL.

CALL THE PROBLEM GAMBLING HELPLINE  
1-888-789-7777

TEXT CTGAMB TO 53342 OR  
A LIVE CHAT: [CCPG.ORG/CHAT](http://CCPG.ORG/CHAT)

ACCESS GAMTALK, A 24/7 MODERATED ONLINE PEER SUPPORT FORUM  
[WWW.GAMTALK.ORG](http://WWW.GAMTALK.ORG)

Gambling is the act of risking something of value, including money and property, on an activity that has an uncertain outcome.

FOR MORE INFORMATION, PLEASE VISIT  
CONNECTICUT'S STATEWIDE PROBLEM GAMBLING SERVICES  
[WWW.CT.GOV/DMHAS/PGS](http://WWW.CT.GOV/DMHAS/PGS)

WARNING: DO NOT GAMBLE ON BLACK-OUT, DRUGS, MEDICATIONS, OR ALCOHOL. GAMBLING PROBLEMS ARE A SERIOUS PUBLIC HEALTH CONCERN. GAMBLING IS A HIGH-RISK ACTIVITY THAT CAN LEAD TO FINANCIAL LOSS, DEBT, AND OTHER PROBLEMS. GAMBLING IS A HIGH-RISK ACTIVITY THAT CAN LEAD TO FINANCIAL LOSS, DEBT, AND OTHER PROBLEMS. GAMBLING IS A HIGH-RISK ACTIVITY THAT CAN LEAD TO FINANCIAL LOSS, DEBT, AND OTHER PROBLEMS.



OUTSIDE THE LINES

# Hobby

- Plays for fun
- Performs at school or work
- Has other hobbies/interests
- Participated in their free time
- Can take breaks easily
- Normal sleep schedule
- Meets expectations for their age

vs.

# Problematic

- Plays because they cannot stop
- Withdrawn from school or work
- Gaming/gambling is the only thing they do
- No amount is enough
- Has withdrawal symptoms
- Stays up all night gaming/gambling

- Education and Awareness Topics
  - What is considered gambling
  - Risks associated with gambling
  - Understanding the games/odds
  - Keeping the problem out of gambling
- Campaigns
  - PGAM
- Resources/Materials
- Student/Teacher/Community Education



# Awareness & Education

# — Protective Factors

Self-confidence and well-being, Self-esteem

Strong parental bonding, Involvement in school

Family Support, Empowerment

Delay of onset, Parental monitoring

Planning and decision making

Sense of purpose, Community values youth

Social competence

Life-skills/social skills training

School anti-gambling/gaming policies

Printing media to support community organizing

Youth action initiatives and communicating healthy norms about gambling /gaming

Increased use of treatment facilities by students; increased referrals by staff





- Age restrictions
- Responsible gambling efforts
- Harm reduction strategies

# Reducing Access & Risk

# Ages to Legally Gamble

## 18 Years Old

Lottery

Bingo at Foxwoods

Fantasy sports

## 21 Years Old

Sports betting

Casino play

Off Track Betting

## No Age Restriction

Charitable games

## Prevention Strategies

Merchant education & staff training

Compliance checks

Awareness campaigns

- CLC Give a Toy Not a Ticket
- 21 For a Reason



# Responsible Gambling Campaign



Gambling Problem? Help is available.  
Call 888.789.7777 or visit [ccpg.org](http://ccpg.org)

## WHAT IS RESPONSIBLE GAMBLING?

**Gambling responsibly means taking steps to reduce risks or harms to yourself that can occur when gambling.**

There are those that can get themselves into trouble financially, for others their gambling can cause issues with friends and family, or some may drink too much and/or use other substances while they play. It's important to remember that all gambling activities have risk and to enjoy a safer playing experience, you must be aware of the risks and how you can minimize them. Using strategies when you gamble like setting a budget before you leave your house, taking breaks, and educating yourself on how the games work are just a few tips on being the safest and smartest player that you can be.



# Safer Gambling Tips

**Don't gamble while upset or stressed**

**Limit use of substances while gambling**

**Know how the games work before you wager**

**Set time limits**

**Take frequent breaks**

**Only gamble with money you have**

**Don't try to win back what you've lost**

**Don't think of it as a way to make money**

**Stick to your budget**

**Balance gambling with other recreational activities**

**If you're no longer having fun, stop playing**

**Don't depend on "good luck" strategies – they don't increase your chances of winning**

# Safeguards

Setting Limits

"Cool Off" Periods

Voluntary Self Exclusion

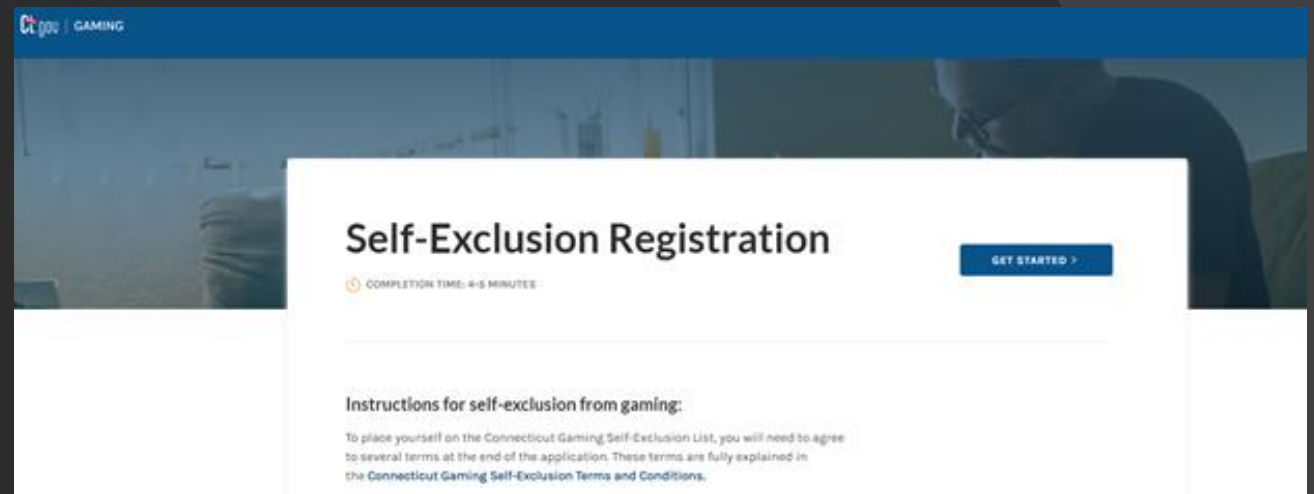
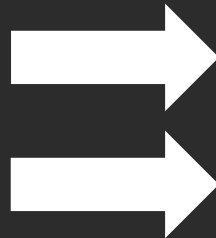
Age Requirements 21+

# Voluntary Self Exclusion

- **What is voluntary self-exclusion?**
- Self-exclusion allows a person to request to be excluded from legalized gaming activities in Connecticut. Individuals who enroll in self-exclusion are prohibited from collecting any winnings, recovering any losses or accepting complimentary gifts or services or any other thing of value from a licensee or operator. Operators may choose to exclude participants in the Connecticut Self-Exclusion list from their services in other states or countries.
- **How can voluntary self-exclusion be helpful?**
- Voluntary self-exclusion can be a beneficial and empowering tool for those who feel they may be developing or have a problem with their gambling. By creating a barrier, it allows those who want to decrease or stop their activity, reduce the harms associated with gambling.

[www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)

[www.ccp.org](http://www.ccp.org)



# Help is Available



## Struggling with Problem Gambling? Help Is Available.



Call **1.888.789.7777**

If you or someone you care about has a gambling problem and you are seeking resources and help, call our free, confidential helpline 24-hours a day, 7 days a week at **1-888-789-7777**



Text **CTGAMB** to 53342

Don't want to call us? Text CTGAMB to 53342. Professional counselors respond directly to text messages 24 hours a day, 7 days a week, 365 days a year, including holidays and weekends



Live Chat - **ccpg.org/chat**

Our Live Chat is an alternative for those who are more comfortable chatting online. Live Chat provides support and referrals for the problem gambler and others impacted (family, friends, co-workers, employers)

# Better Choice Treatment Programs



## Region 1

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Stamford, Norwalk,  
Bridgeport



## Region 2

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Branford, Milford &  
Ansonia



## Region 3

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Norwich, New  
London, Plainfield



## Region 4

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Hartford, Bristol &  
New Britain



## Region 5

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Waterbury, Danbury,  
New Milford,  
Torrington



# Resources: Gambling

Gambler's Anonymous <https://ctwmaga.org/>

Gam-anon <https://gam-anon.org/>

Gambling Recovery Support Services: Stephen Matos ([Smatos@mccaonline.com](mailto:Smatos@mccaonline.com))

CT Community for Addiction Recovery (CCAR) <https://ccar.us/>

National Council on Problem Gambling (NCPG) <https://www.ncpgambling.org/>

<https://www.preventioncommittee.org/>

# CT Treatment Options For Gaming

**Melodie**  
Keen Connecticut  
Renaissance 203-866-  
2541 ext. 3005

**David Barringer**  
Wheeler Clinic  
Children's Outpatient  
860-793-3072

**Nadja Streiter**  
Westport, CT 203-  
717-4465

**Dr. Paul Weigle**  
Natchaug Hospital  
860-465-5957

# Resources: Gaming

Game Quitters <https://gamequitters.com/>

Online Gamers Anonymous [www.olganon.org](http://www.olganon.org)

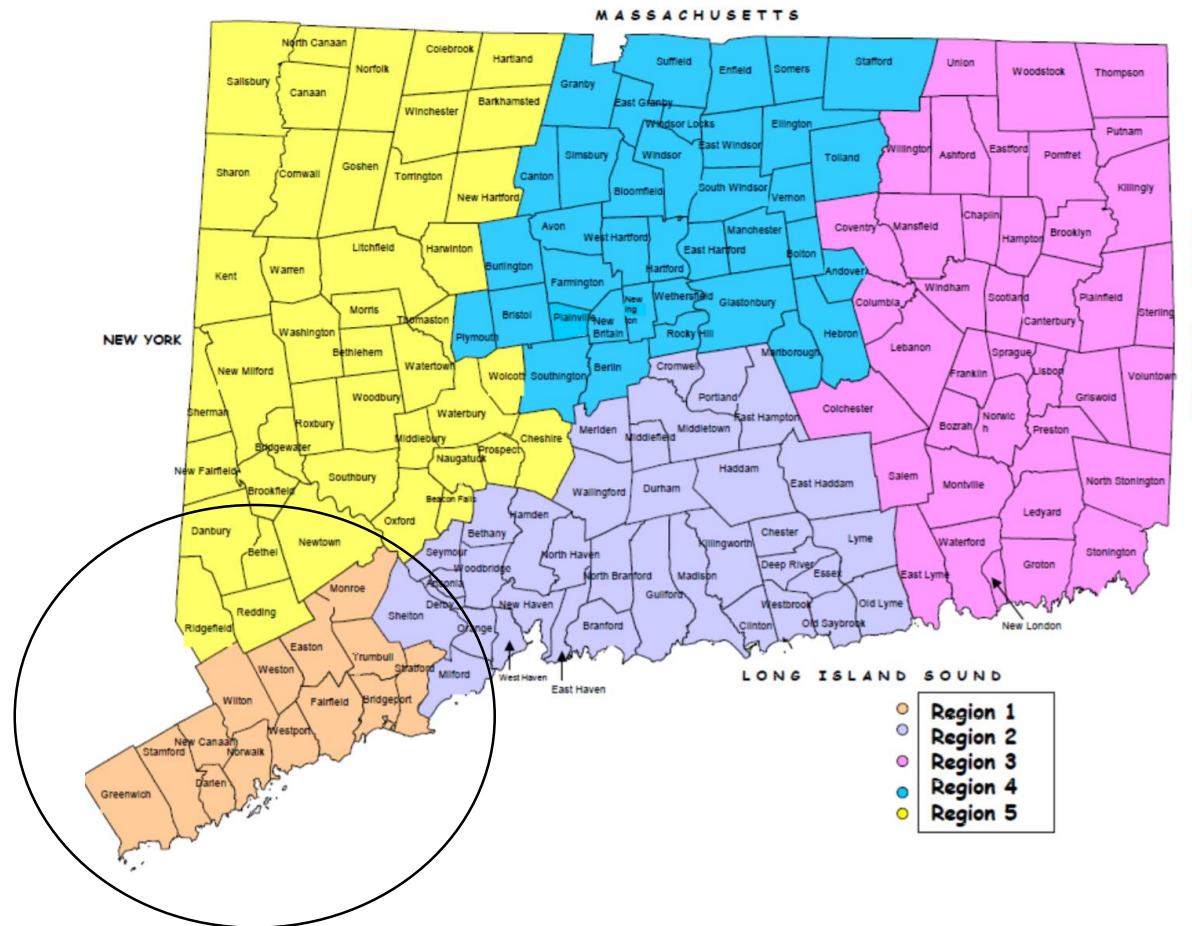
Computer Gaming Addicts  
Anonymous <http://cgaa.info>

Reboot & Recover <https://rebootandrecover.org/>

ReSTART [www.restartlife.com](http://www.restartlife.com)

Kindbridge [www.kindbridge.com](http://www.kindbridge.com)

JOIN THE  
REGIONAL  
GAMBLING  
AWARENESS  
TEAM IN YOUR  
AREA!

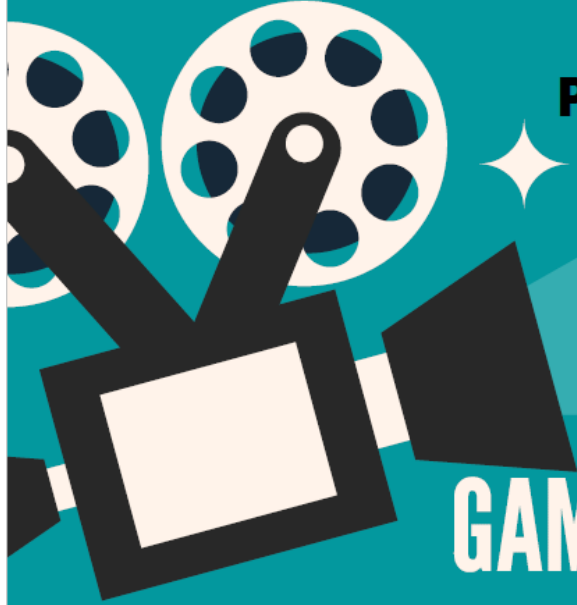


Region 1 Coordinator: Ingrid Gillespie @ [Ingrid.Gillespie@liberationprograms.org](mailto:Ingrid.Gillespie@liberationprograms.org)

# GamblingAwarenessCT.org

The screenshot shows the homepage of GamblingAwarenessCT.org. At the top left is the logo for Connecticut Gambling Awareness Community & Leadership Teams. The navigation menu includes 'About', 'Find Your Regional Team', 'Resources', 'Calendar', and 'Contacts'. A dropdown menu for 'About' is open, listing 'Overview', 'Problem Gambling Services', 'Treatment', 'Prevention', 'CT Council on Problem Gambling', and 'Workforce Development'. The main content area features a welcome message: 'Welcome to the Connecticut Gambling Awareness Community & Leadership Teams website. Here you will find resources, upcoming training events, as well as opportunities to make gambling a priority in your community. We encourage you to join a Gambling Awareness Team in your region and for email notifications! What is problem gambling? Click here to watch a video.' To the right is a map of Connecticut divided into five regions, with a turtle icon pointing to region 2. Below the map are five buttons labeled 'REGION 1' through 'REGION 5'. At the bottom, there is a 'Recent Press' section and a filter bar with 'Categories' and 'Tags' dropdowns, a date range of 'JANUARY - APRIL 2022', and options for 'Collapse All', 'Expand All', and 'Agenda'.

Bridgeport Enfield Naugatuck Southington Shelton  
Wolcott Manchester Glastonbury New Millford



Please join us for the  
**State-wide Virtual  
Showcase!**

# 2022 YOUTH GAMBLING PREVENTION MEDIA PROJECTS

**March 23, 2022  
3-4pm via Zoom**



Participants must register in advance at:  
[https://crec.zoom.us/meeting/register/tjYudu2vq  
T8rH9Cix7nqsnljgaJoN8kN67z4](https://crec.zoom.us/meeting/register/tjYudu2vqT8rH9Cix7nqsnljgaJoN8kN67z4)

After registering, you will receive a confirmation email  
containing information about joining the meeting.

**Opportunity for Youth!**

Most Creative  
Most Impactful Message to Peers  
Most Impactful Message to  
Community



# Connecticut Gambling & Gaming

“LET’S TALK ABOUT IT”

LET’S TALK ABOUT GAMING

LET’S TALK ABOUT GAMBLING

LET’S TALK ABOUT PREVENTION

CONNECTICUT GAMBLING AND GAMING

## YOUTH PREVENTION

Think you or someone you know might be at risk for a gambling and gaming problem? Take our quiz to find out.

TAKE QUIZ

### YOUTH GAMBLING AND GAMING



What is Gambling?	+
Problem Gambling in Connecticut	+
In a recent study of 28,000 Connecticut high schoolers from 2015-2018	+
In a recent study of 28,000 Connecticut high schoolers from 2015-2018	+
In a recent study of 28,000 Connecticut high schoolers from 2015-2018	+
Student Athletes and Gambling:	+
Odds of Random Things vs Winning the Powerball	+

<https://ctgamblingandgaming.org/>

**Questions?**







CONNECTICUT COUNCIL on  
**PROBLEM**  
**GAMBLING**

**Thank You!**

**Kaitlin Brown**

**[Kaitlinf@ccpg.org](mailto:Kaitlinf@ccpg.org)**

**Kelly Leppard**

**[Kelly.Leppard@ct.gov](mailto:Kelly.Leppard@ct.gov)**