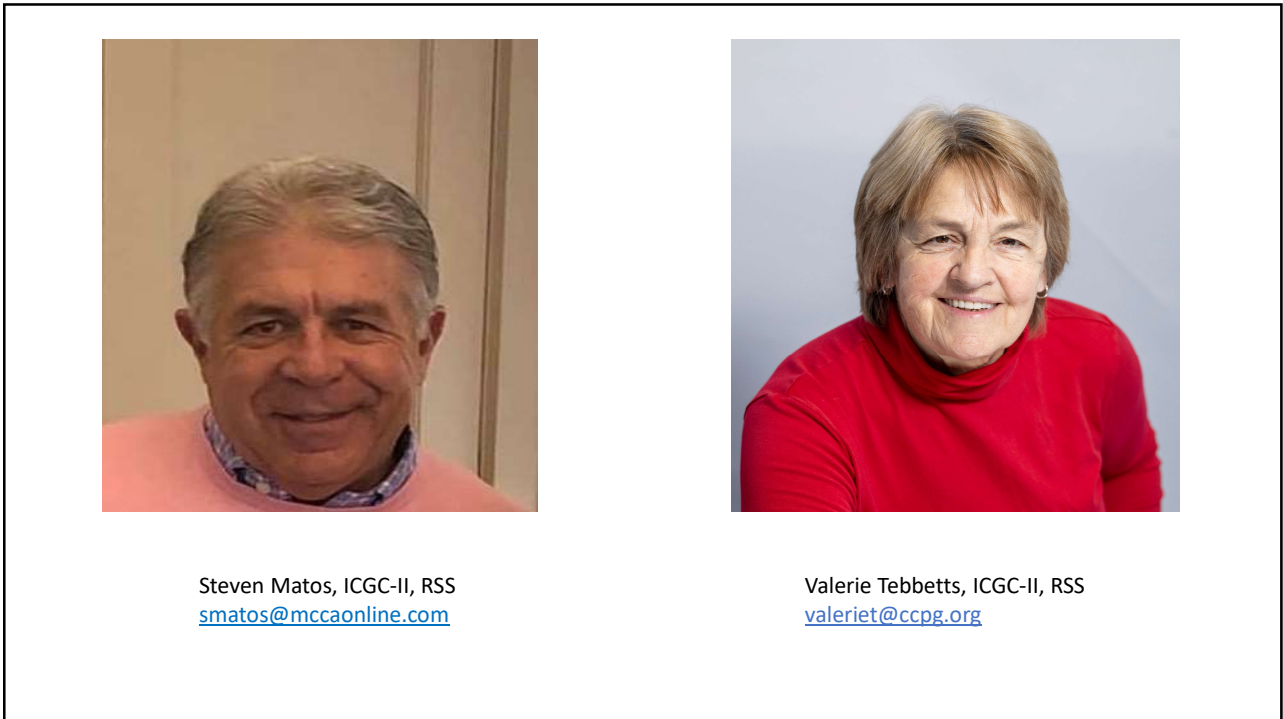




# Recovery Supports

The role of Peers in Gambling Recovery

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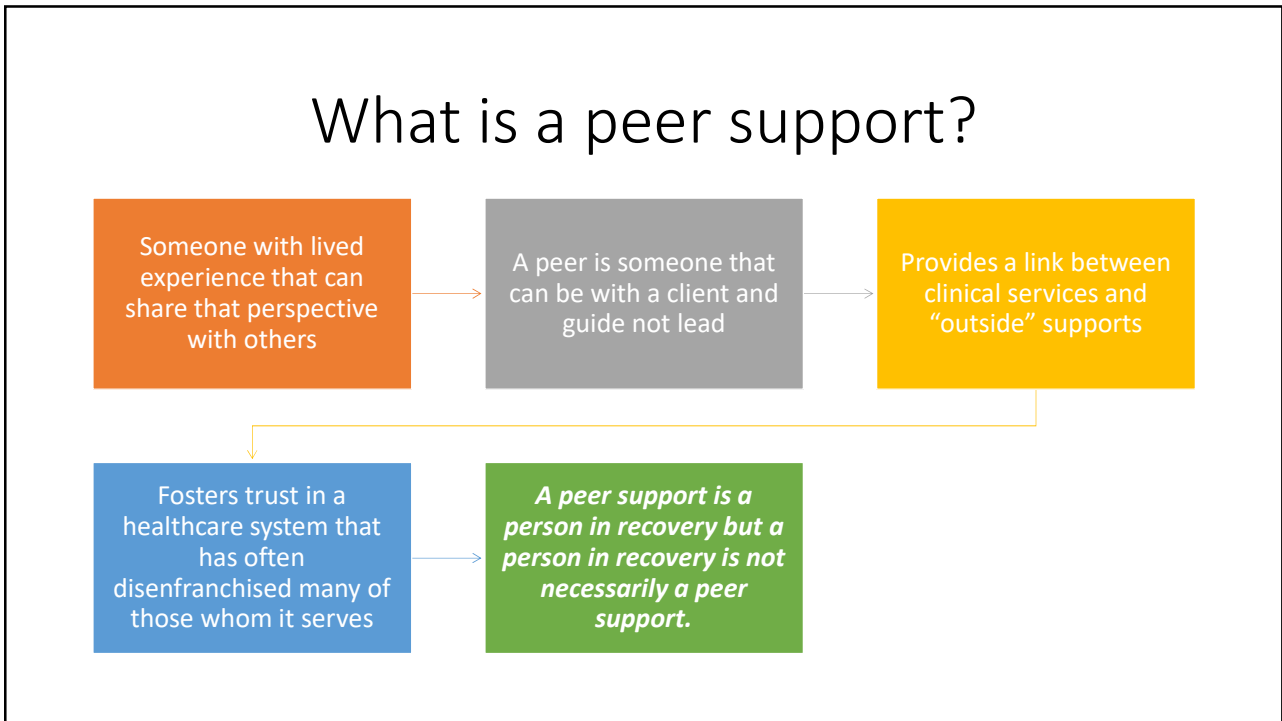
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**Core Competencies**

**Standards include criteria for:**

- **Knowledge**
- **Relationships**
- **Mentorship**
  - Strength Oriented Approach
  - Guidance in the Change Process
  - Support for Affected Others
  - Safety and Crisis Support
- **Advocacy**
- **Core Values**
- **Professional Role**
  - Personal Wellness
  - Ethics and Professional Responsibilities

Developed by a National work group led by researchers from the US and England through the Oregon Health Authority - Standards Released Sept. 2023

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**Need for peer supports in treatment for gambling disorders**

Issues with Self Help  
access – GA/GamAnon

Shame and Stigma are  
significant treatment  
barriers

Fewer trained clinical  
staff than SUD

Provide a path to in  
person self-help groups  
(GA, GamAnon, SMART  
recovery, All Recovery)

Financial  
issues/pressure-relief

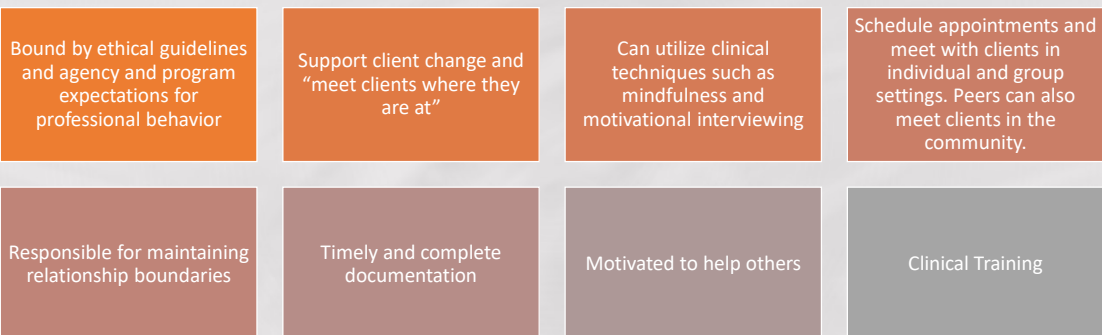
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## Peer Supports are Integrated in Bettor Choice Gambling Treatment Programs

- Peer counselors promote and create a community atmosphere within the “medical” service where clients can transition easily between clinical and non-clinical care
- Recognizes the importance of long-term support and wellness and provides transition throughout stages of recovery
- Accepts that stigma, as it relates to gambling addiction, is significant and promotes greater connection by reducing shame

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## Similarities to clinical staff



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## Differences from clinical providers

Share more personal experiences

Sessions can be conversations and not “clinical interventions”

Power/role differential is not as great

Take treatment process “beyond office walls” - allows access to community resources

Lead by example

Services not determined by medical reimbursement

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## Gambling Peer Activities and Skills

Groups

Family groups

Individual  
counseling

Financial counseling

Phone Contact  
(including  
afterhours)

Meet clients in the  
community

Present/Teach/Train

Integrate 12-step  
principles into the  
program

Voice of those in  
recovery regarding  
programmatic  
decisions/changes

Provide a  
connection to  
“Recovery  
Community”

Support with  
negotiation of  
Criminal Justice  
System

Support to family  
members of those  
with PG issues

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# Gambling Recovery Support Services

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**Gambling Recovery Support Services are available to Bettor Choice participants, individuals in recovery, and those affected by problem gambling.**

- **Connecticut Recovery Support Services are available to Bettor Choice participants, individuals in recovery, and those affected by problem gambling**
- **Speakers Bureau**
- **Scholarships for Recovery Coach Academy and Recovery Support Specialist Training with Advocacy Unlimited**
- **Link treatment and recovery support services**
- **Provide Training for Behavioral Health Agencies**

Gambling Recovery Support Services is coordinated by MCCA, Inc through funding from the State of Connecticut's Department of Mental Health & Addiction Services, Problem Gambling Services Division

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# Responsible Gambling Campaign

**Responsible Gambling Guide**  
Tips and Resources for Safer Play

**Responsible Play THE CT WAY**

**Gambling Problem? Help is Available**

Call 888.789.7777 or visit ccpg.org

**Responsible Play THE CT WAY**

Gambling Problem? Help is available.  
Call 888.789.7777 or visit ccpg.org

**Responsible Gambling Tips**

- Set a budget and stick to it**  
Avoid gambling on credit or borrowing money to gamble
- Monitor time spent playing and take breaks**  
Set time limits and stick to them
- Gamble for entertainment**  
Balance gambling with other activities and stop if it is no longer fun
- Know how the games work**  
Understand the odds of the games
- It's ok to ask for help**  
If gambling is causing problems help is available.

## 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.



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## CONNECTICUT/WESTERN MA GA CONTACT INFORMATON

### Websites

[ctwmaga.org](http://ctwmaga.org)

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

Email: [ctwmaga@yahoo.com](mailto:ctwmaga@yahoo.com)

GA Hotline: 855-2-CALL-GA (1-855-222-5542)


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### Purpose of Gam-Anon

1. To welcome and give assistance and comfort to those affected by someone else's gambling problem.
2. To communicate Gam-Anon's understanding of compulsive gambling and its impact on our lives.
3. To share our experience, strength, and hope in coping with the gambling problem.
4. To use the Steps and Tools of the Gam-Anon program which nurture our spiritual and emotional growth and recovery.

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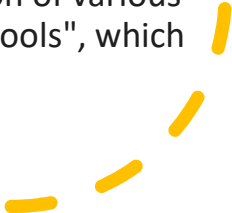


**SMART Recovery**


**The Principles of SMART Recovery are:**

- Building Motivation
- Coping with Urges
- Problem Solving
- Lifestyle Balance

The "SMART Toolbox" is a collection of various MET, CBT and REBT methods, or "tools", which address the 4 Points.




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**Recovery Dharma**

**Principles include:**

- Renunciation (abstinence)
- Meditation
- Growth
- Teachings on the Four Noble Truths and the Eightfold Path (Book in reading and listening formats)
- Inquiry and Investigation
- Meetings
- Mentors



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## Voluntary Self Exclusion

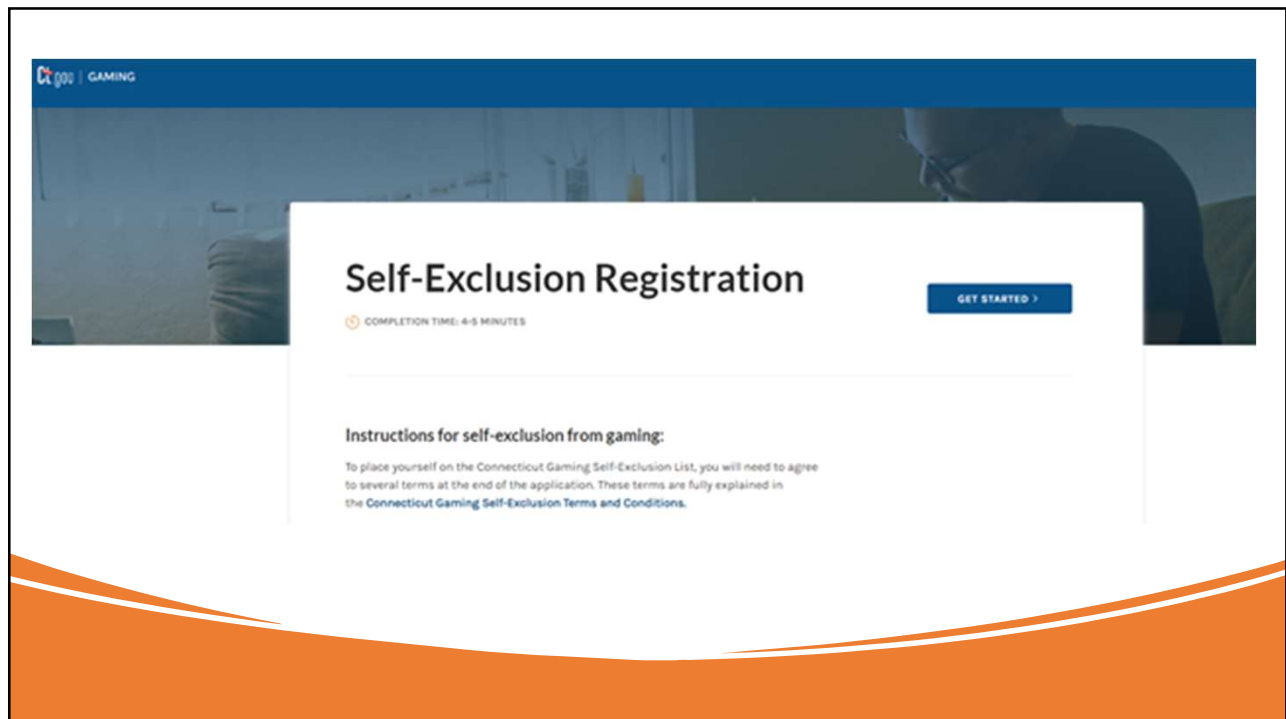
### What is voluntary self-exclusion?

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.

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# Peer Support for VSE across CT, MA, RI



CT VSE: Online forms at DCP, FW, MS, PGS, or CCPG. Online exclusion can be completed by individual for themselves (only). Tribal casinos require notary if form is completed and mailed. Can be done in person by security.



MA VSE: Statewide only and managed by Gamesense. In person required, but can happen off site. Some peers in CT are certified to perform the function.



RI VSE: Bally's casinos say they require the individual to go in person, but RI PGS can perform the function if requested. Call John at 1-877-942-6253.



Peers are often your best option for VSE support.

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# Increasing the pathways to recovery



**Natural Supports**

- ★ Shared Activities
- ★ Valued Roles
- ★ Real Relationships

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## Resources for Support

- CT Council on Problem Gambling (CCPG)- [www.ccpg.org](http://www.ccpg.org)
- Responsible Play the CT Way- <https://responsibleplayct.org/>
- CT Gaming & Gambling- <https://ctgamblingandgaming.org/>
- Gambler's Anonymous (GA)- <http://ctwmaga.org>
- Gam-Anon- <http://gam-anon.org>
- Advocacy Unlimited (AU)- <http://advocacyunlimited.org>
- CT Community for Addiction Recovery (CCAR) <http://ccar.us>
- DMHAS Problem Gambling Services (PGS) [www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)
- National Council on Problem Gambling (NCPG) [www.ncpgambling.org](http://www.ncpgambling.org)

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## Other Recovery Supports

**YouTube has extensive content/videos about addiction and recovery.**

**In The Rooms.com**

**Podcasts: All In – The Addicted Gambler's Podcast; Broke Girls Society; Hello, My Name is Craig; Beyond the Bet (England); All Bets are Off; Fall In – The Problem Gambling Podcast for Military Service Members and Veterans**

**Facebook Recovery Groups**

**Recovery 2.0 – Tommy Rosen**

**Y12sr.com – Yoga of 12 Step Recovery**

**For Mindfulness: Calm, Insight Timer, Headspace, Happify**

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“The **opposite** of addiction is  
not sobriety...  
The opposite of addiction is  
**connection.**”

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