

financial situations that involve problem gambling. The planner will advise the clients about how to protect their assets, deal with debt, and rebuild credit among other things.

The second part of the project, *Focus on Young Helpline Callers*, will raise the awareness of people in their 20's about the importance of financial planning. This will happen in two ways. First, the Council will produce materials that focus on healthy money choices rather than quick fixes, such as gambling and credit cards. The materials will then be distributed to graduating students at select Massachusetts colleges and universities. Second, the Council will appeal to parents of 20-somethings who are concerned about their adult child's gambling – most specifically Internet gambling.

Parents will be able to visit a web page that will discuss the issue and offer suggestions on how to be loving, supportive, and encouraging to adult children, without bailing them out of gambling debt.

The projects are funded with a \$30,000 grant from the Certified Financial Planner Board of

Standards, Inc. (CFP Board). According to Council Program Director, Marlene Warner, "We are thrilled to be able to expand our financial planning program. Family members of problem gamblers often call the Council helpline quite distraught because they are anxious about their loved one's gambling problem, but also nervous about how to maintain their own financial security. Now, thanks to the Certified Financial Planner Board of Standards, Inc., we have a truly exceptional and valuable resource to offer them."

The mission of Certified Financial Planner Board of Standards Inc. is to help people benefit from competent, professional and ethical financial planning. For more about CFP Board, visit www.CFP.net.

For more information about *Financial Planner Assistance for a Day* or *Focus on Young Helpline Callers*, please contact Council Program Director, Marlene Warner at 617-426-4554 / marlene@masscompulsivegambling.org.

PROBLEM GAMBLING SERVICES FUNDED FOR FY'07

Funding for problem gambling services for FY07 (July 1, 2006 - June 30, 2007) has been restored by the Legislature to 2002 levels. A total of \$1 million has been appropriated and will be used to provide public awareness, professional education, information and referral, advocacy, and problem gambling treatment. Appropriations were cut from \$1 million to \$655,000 in 2002 and have remained at that level until restored this July.

Originally, Governor Romney's FY07 budget recommended funding at \$655,000, and the House budget remained level. However, the Senate proposed \$1 million in their version of the budget to restore problem gambling services. Supporters cited the fact that while gambling has increased in both popularity and availability, and Lottery sales have continued to grow and break sales records each year, funding for problem gambling was reduced in 2002, and has remained at that level ever since.

When the budget was discussed during Conference Committee, both the House and the Senate agreed that problem gambling services should be included in the budget for \$1 million. The Governor vetoed the \$345,000 increase, but the Legislature overrode his veto.

The Council appreciates the Legislature's commitment to assuring responsible gambling programs in the Commonwealth.

To follow the budget process, and become involved in future advocacy efforts, please visit masscompulsivegambling.org/services/advocacy.php

(Problem Gambling Act continued from front cover)

3. The Creation of a Federal Grant Program to Treat Gambling Addiction

The Meehan plan would create a \$10 million grant program to assist treating problem gambling locally. The program would award competitive grants to local agencies - both local and state governments - or non-profit agencies, to operate treatment facilities.

4. Increased State Involvement

States receive billions of dollars in gambling profits every year, but spend only a small fraction of that to help problem gamblers. The Meehan plan would call on all states to set aside a defined percentage of gambling profits for treatment. States that do not comply would face losing federal funding, just as states do if they do not mandate 21 as the legal drinking age.

The Council is grateful to Congressman Meehan for his leadership, his initiative, and his dedication to problem gambling services. We are proud to be affiliated with his important initiative.

Massachusetts Council on Compulsive Gambling

We understand the problem. We can help.

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Boston, MA 02110-3031

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web: www.masscompulsivegambling.org

The Massachusetts Council on Compulsive Gambling is a private, non-profit health agency dedicated to reducing the social, financial and emotional costs of problem gambling. The Council provides information, education, advocacy and referral services for problem gamblers, their loved ones and the greater community.

This publication is funded in part by the Commonwealth of Massachusetts, Department of Public Health, Bureau of Substance Abuse Services.

Massachusetts Problem Gambling Treatment Centers

Boston ASAP, Boston – 617-482-5292

Henry Lee Willis Community Center, Worcester – 508-799-2934

Lowell House, Inc., Lowell – 978-459-8656

Mt. Auburn Hospital Prevention and Recovery Center, Cambridge – 617-499-5051

Stanley Street Treatment and Resources, Inc., Fall River – 508-679-5222

Steppingstone, Inc., Fall River – 508-674-2788 ext. 110

Resources

Massachusetts Council on Compulsive Gambling Helpline – 1-800-426-1234

Gamblers Anonymous – 213-386-8789 or Western MA 1-800-266-1908

Bettors Anonymous – 978-988-1777 or 781-662-5199

Gam-Anon (Family / Friends) – 1-888-644-8482

National Council on Problem Gambling Helpline – 1-800-522-4700

Institute for Research on Pathological Gambling and Related Disorders at

Harvard Medical School, Division on Addictions – 781-306-8600



Massachusetts Council on Compulsive Gambling NEWS

We understand the problem. We can help.

Volume XIV • No. 1 • Fall 2006

The Comprehensive Awareness of PROBLEM GAMBLING ACT OF 2006



Massachusetts Congressman Meehan Leads the Effort

For the first time in the history of the United States, a bill to specifically provide federal funding for problem gambling services has been introduced. HR 6009, the Comprehensive Awareness of Problem Gambling Act of 2006, was introduced in the U.S. House of Representatives on Friday, July 28 by Rep. Marty Meehan (D-MA).

Massachusetts Congressman Meehan from Lowell is leading the effort. He has worked closely with the Council to learn about problem gambling, and make his case for federal support. His conviction is that the response from all levels of government

to combat gambling addiction pales in comparison to the research and treatment dollars that go toward alcohol and drug addictions. His proposed legislation will narrow this gap, incorporating gambling into existing research done by the federal government, and making federal funds available for gambling addiction treatment centers.

Highlights of the bill and Congressman Meehan's 4-Point Gambling Addiction Plan include:

1. Increased Public Awareness

The Congressman feels the stigma surrounding gambling addiction is a main reason that the government has not acted. He wants to help change public opinion through awareness campaigns. Similar campaigns for drug and alcohol addiction - as evidenced by new effective campaigns against methamphetamines - have shown success in the fight to combat those addictions and change public opinion.

2. Increased Research on Gambling Addiction

Congress created the National Gambling Impact Study Commission in 1999 to study the social and economic impacts of

gambling, and to make recommendations for federal and state government action. A main recommendation was to include gambling in existing federal research, at agencies like the National Institutes of Health and the Bureau of Justice Statistics. The Meehan plan would implement these recommendations. These new studies - further confirming the link between problem gambling and substance use, crime and suicide - will not only benefit the public health community in treating gambling addiction, but will also help change public opinion.

(continued on page 2)

Council Program Focuses on Providing Quality Financial Information

The Council has embarked upon a new project to provide quality financial information to our constituents. The project includes a two-part approach to provide information and advice to both family members of individuals experiencing gambling problems, and young people first experiencing life with salaries and debt.

The first part of the project, *Financial Planner Assistance for a Day*, will present family members of problem gamblers with the opportunity to meet individually with a Certified Financial Planner who is trained to handle challenging

(continued on page 2)

COUNCIL Recognizes Volunteers



Volunteer Paul Singer is pictured at the luncheon.

Whether they are representing the Council at health fairs, participating in media interviews to raise awareness of problem gambling, becoming trained to answer the helpline, or assisting with projects in the office, Council volunteers generously share their time to help people experiencing problems with gambling.

This June, Council staff members took an afternoon to show volunteers just how much their time, effort and dedication were appreciated during a luncheon at Legal Seafoods in Boston. Council volunteers were thanked and presented with plaques.

According to Helpline and Volunteer Specialist, Kyle Marshall, "Our wonderful volunteers have helped us to accomplish so much this year. We enjoy working with them. The luncheon was a celebration of their achievements and of our appreciation."

VOLUNTEER HONOR ROLL

Anna Butner Joe Milisci Paula Jurewicz
Cesar Angomas Jerry Souza Paul Singer
John Kodis John Willis Thomas MacMullin

YOU Can Help

In order to make this important bill become a law, your support is needed. Please contact your U.S. Representative for his or her support.

For more information, including instructions about how to contact representatives, templates, and phone and e-mail scripts, please contact the Council at 617-426-4554 or visit our website at masscompulsivegambling.org/services/advocacy.php

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Regional

• PROBLEM GAMBLING •

Trainings

UNDERSTANDING, ASSESSING & TREATING Gambling Disorders

FALL 2006

One-Day Trainings for Clinicians Trainings will occur from 9 a.m. to 5 p.m.

The goal of the trainings is to prepare clinicians to identify, screen, assess, and treat disordered gambling, while earning Continuing Education Units (CEUs).

Basic Clinical Work with Problem Gamblers:

Etiology, Treatment & Recovery

A one-day workshop to increase clinicians' skills in interventions, addictions treatment, and case management for people experiencing gambling disorders.

Monday, Oct. 16, 2006

University of Massachusetts, Boston Campus

TRAINING FACULTY: *Marilyn Feinberg, MA, LMHC, CAS, is a therapist with extensive clinical practice in treating problem gambling and other addictions. Ms. Feinberg offers both family and individual therapy in Cambridge, MA.*

Rob Whitman-Raymond, LICSW, CAS, is a clinical social worker in a private psychotherapy practice specializing in addiction and recovery groups for compulsive gamblers in Pawtucket, RI.

The Next Steps in Treating Gambling Disorders:

Identifying Comorbidity & Countertransference Issues and Understanding Family Therapy and Self-Help Resources

A one-day workshop to explore treatment of the problem gambler with co-morbid disorder and their family members, as well as address countertransference and self-help resources.

Friday, September 15, 2006

Berkshire Community College, Pittsfield

Friday, October 27, 2006

Plymouth Church, Framingham

TRAINING FACULTY: *Marilyn Feinberg, MA, LMHC, CAS and Rob Whitman-Raymond, LICSW, CAS*

Neurobiology & Psychopharmacology:

An Exploration of Medical Science for Treating Gambling Disorders

A one-day workshop that explores the neurobiology associated with gambling disorders and the current medications used in treatment.

Tuesday, November 7, 2006

University of Massachusetts, Boston Campus

TRAINING FACULTY: *Jon Grant, JD, MD, is an Associate Professor of Psychiatry at the University of Minnesota Medical School.*

Spirituality & Other Alternatives to Traditional Treatment for Gambling Disorders

A one-day workshop that explores non-traditional methods for treating gambling disorders.

Monday, October 30, 2006

University of Massachusetts Medical School, Worcester Campus, Hoagland-Pincus Conference Center

TRAINING FACULTY: *Padraic O'Hare, EdD, is a Professor of Religious and Theological Studies, Director of the Center for Study of Jewish-Christian Relations at Merrimack College in North Andover, MA. He will present "Contemplative Meditation."*

Jim Wuefling, CPP-R, is President and Senior Consultant at The New England Center in North Brookfield, MA. He will introduce "12-Step Meetings: Recovery & Spirituality."

Joann Michaud, MEd, LADC-I, is a substance abuse/addictions counselor in North Billerica, MA. She will present "How to Use Dance/Body Movement & Music in Addictions Treatment."

Daniel L. Smith, MA, LCSW, CCGC, NCGC, is the Clinical Director of the Responsible and Problem Gambling Programs, Community Services of Missouri, Inc. in St. Louis, MO. He will present "Drumming as Cross-Cultural Healing."

ASIAN PROBLEM GAMBLING OUTREACH

The Council is particularly concerned about the impact that gambling has on under-served communities and high-risk populations. Therefore, we are developing individualized strategies and educational materials and exploring communications vehicles to address the needs of specific populations.

In FY'07 the primary focus will be on the Asian communities in select major cities in the Commonwealth. An advisory group has recently been formed to assist with the creation and delivery of Asian-directed marketing and programming. Committee members will help the Council to shape advertisements, develop self-help resources, and conduct focus groups.

For more information, please contact Council Program Director, Marlene Warner at 617-426-4554 / marlene@masscompulsivegambling.org.



Ming Chang, a counselor in Cambridge, Mass., right, listens during the meeting. photo credit: AP Images / Josh Reynolds

COUNCIL TV AD RECEIVES NATIONAL RECOGNITION



Keith White, Executive Director of the National Council on Problem Gambling presents Mass. Council Executive Director, Kathleen M. Scanlan with the award.

The recently launched public service campaign to raise awareness of problem gambling in the Commonwealth was honored with an award by the National Council on Problem Gambling.

The television ad - titled "Lose" - was recognized as the "People's Choice Film Festival" winner at the National Council's 20th Annual Conference held in St. Paul, Minnesota. The ad was selected as the top public service announcement by conference attendees.

"Lose" illustrates the potential material and emotional stakes for those who gamble too much. The spot features a tour of a typical suburban home. As the camera pans through different rooms

of the home, items slowly disappear - a television, a child's bedroom, the family car - and a voiceover reads "When you gamble too much, you lose." The campaign was made possible through a \$1 million pledge, made earlier this year by Massachusetts State Treasurer, Tim Cahill, from the Massachusetts Lottery's \$10 million budget, to help build awareness around problem gambling in the state.

"I am pleased that our public service campaign is helping raise awareness on this very serious issue," said Treasurer Cahill. "It is important that people with gambling problems are aware that the Council provides professional and compassionate services. I look forward to our continued partnership to combat compulsive gambling."

The Lottery's advertising agency, Hill, Holliday, Connors, Cosmopolous, lead the creative efforts for the spot. It has aired across the Boston television market since May. In addition to "Lose," the group also developed a 60-second radio ad, a second 30-second television ad and three print ads, all of which focus on the costs and potential loss of both material possessions and family relationships due to problematic gambling.

According to Council Executive Director, Kathleen M. Scanlan, "The Massachusetts Lottery is a leader in taking the issue of problem gambling seriously, and being part of the solution. The Council is very happy to see that the Lottery has been recognized for its efforts and commitment."

CAMPAIGN FOR Responsible Gambling Policy

As the Commonwealth prepares to elect a new governor, the Council is surveying the candidates to identify their positions regarding expanded gambling and support services for people experiencing problems with gambling.

Their positions will be posted on our website at masscompulsivegambling.org this October.

It will also be sent out as an e-newsletter to people who are on our e-mail mailing list. In order to receive the information, please sign up for the Council's e-newsletter today at masscompulsivegambling.org/newsletters.php

For more information about this project, please contact Council Executive Director, Kathleen M. Scanlan at 617-426-4554 / kathy@masscompulsivegambling.org

PERSPECTIVES

Anne A., Raynham

Anne A. clearly remembers the day she bought her first scratch ticket. She and her husband were both working hard, yet they never had enough money. "We needed to contribute \$150 for a family anniversary party, and had no idea how we would be able to do it. Anne recalls, I just prayed out loud, "All we need is \$500."

Later that day, Anne stopped at a convenience store to buy milk. She saw cards on the wall behind the cashier and asked him what they were. He said they were the Lottery's new scratch tickets. She bought two and put them in her pocket.

She forgot all about the tickets until later in the day when she went to walk the dogs, and found them in her jacket pocket. "I scratched the tickets. To my amazement, I won \$2 on the first ticket and \$500 on the second. I got what I asked for. My prayer was answered, and I was certain that I had an 'in' with God," said Anne.

From that day on, Anne was hooked on scratch tickets. After a couple of years of escalated gambling, she used to pray to God to give her winning tickets. "I will pay off my debts and stop gambling forever," Anne told herself. "But I got winning tickets, and instead of holding my promise to God, I would gamble the money away over and over again, getting deeper and deeper in debt," she said.

"Gambling overtook my life. I wasn't paying the sweet woman who watched my daughters. My oldest daughter remembers eating spaghetti with butter at least five nights a week, and I almost lost my job at a supermarket for writing bad checks. After many years of living like that, I couldn't face myself in the mirror because all I saw was someone who lied and manipulated all the people I loved and who loved me," said Anne.

Around the same time, Anne's mother was dying of cancer. Anne promised her mother, "The girls and I will be fine," yet she knew that she was going to have to make a lot of changes in order to keep her word. Right after her mother died, Anne stopped praying for winning tickets, and began praying for the courage to seek help and turn her life around.

She saw the Massachusetts Council on Compulsive Gambling's Helpline number posted on the wall at the convenience store, and made a choice to remember it. "I still bought my tickets, but then I went home and called that 800 number. I remember the woman from the Helpline who took my call. Her name was Mary. I was very nervous, and she greeted me with warmth and a smile. I could feel it. I was scared about having information sent to me,

but Mary assured me that it would be sent in a confidential, unmarked envelope," explained Anne. "That phone call was the real beginning."

A few days later, Anne got the envelope in the mail. She hid the pamphlets under clothing in the bottom of her dresser drawer. She would look at the information, in private, whenever she had the opportunity. "Several times, I told myself that I didn't have a problem, and that the information didn't pertain to me, yet I kept going back to the pamphlets," Anne said.

Six months later, on October 17, 1993, Anne made what she considers one of the best decisions of her life. She chose to attend a Gambler's Anonymous (GA) meeting. She was afraid that the meeting would be all men in some stark church basement and now laughs, "It lived up to all of those expectations."

However, Anne knew that she belonged there, and decided to stick it out. "The people were very nice to me. They asked me if I wanted to speak. I said no, and they respected that. As nervous as I was, the men in the group made up for it by treating me with kid gloves. They made me feel so welcome. Their encouragement convinced me to go back, and I kept going. I knew that I needed to be there, and that I was no longer alone."

Looking back, Anne recalls the years that she gambled as a very hard time in her life. "I was thrilled to have my kids, and loved them more than anything, but I was overwhelmed with responsibilities. There was never extra money, my relationship with my husband was problematic, and I felt like I was doing it all without any support. I was definitely gambling as a way to escape my reality and alleviate stress," she said. "From what I've seen most women seem to gamble for these reasons. Nowadays there are many more women in GA, and I'm so glad that more women are finding the help they need."

To date, it's been nearly 13 years since Anne's last bet. "My mother always said that once I made up my mind to do something, I would plow through it to the end result," said Anne. "I've returned to a normal way of living and thinking these days. I am at peace with myself. I have no more inner turmoil."

About five years ago, Anne spotted a pile of unscratched tickets in a convenience store parking lot. She hesitated, but then decided, "If I pick them up, that's it!" Anne has made many positive choices and changes in her life including divorcing her husband whom she saw as a source of her frustration, moving her girls to another town with a better school system, and opening her own successful floral and gift studio.

"I love coming to work every day. I am so happy and grateful to be here," said Anne with a smile on her face and a sparkle in her eyes. "If I was still gambling, it wouldn't be possible."

Anne shares her story in hopes of helping more people to understand the devastating social, financial and emotional affects of compulsive gambling.

New! Payment Information – For providers within the Department of Public Health / Bureau of Substance Abuse Services there is no cost to attend the regional trainings. However, in order to reserve your place, a check in the amount of \$50 must be received by the Council at least one-week prior to the event. The check will be returned to you, uncashed, at the event. It will only be cashed if you do not attend and fail to cancel at least three business days before the scheduled training. DPH providers who register online will be reimbursed at the training. All other individuals are required to pay a \$50 registration fee, which includes breakfast and lunch.

Please complete your registration online at masscompulsivegambling.org or contact the Council for a registration form by calling 617-426-4554 or e-mailing gambling@aol.com. Trainings will also be offered in the spring. Please visit masscompulsivegambling.org for updated information throughout the year.