



20th Anniversary Celebration

On Thursday, November 20, 2003, the Massachusetts Council on Compulsive Gambling celebrated its 20th anniversary at State Street Bank's Downtown Club in Boston.

Nearly 100 people attended the elegant event, which opened with a light buffet, photo slide show and a silent auction. Mass. Council Board President, Rod Hoffman welcomed attendees and Dr. Howard Shaffer, Director, Division on Addictions, Harvard Medical School and Kathy Scanlan, Executive Director of the Mass. Council, paid tribute to Mass. Council founder, the late Thomas N. Cummings.

"We are grateful for the mission that Tom Cummings envisioned, the foundation he built and for all of his hard work and determination. Tonight, we honor his vision and all of the work that has followed," said Scanlan.

Nancy Cummings, wife of the late Tom Cummings, attended the event with family and friends and was honored with an award for her twenty years of ongoing support and commitment to the Council as a board member and friend.

Special thanks to our 20th Anniversary Celebration contributors for their generosity: Bensinger DuPont & Associates; causemedia, inc; Mohegan Sun; Rodman Ford Sales, Inc.; Seltzer Design and Streff Associates.



Nancy Cummings accepts an award from Kathy Scanlan and Howard Shaffer

2003 Recognition Awards

In the spirit of Thomas N. Cumming's vision and commitment to helping individuals and families affected by problem gambling, the Mass. Council on Compulsive Gambling honored the following individuals at its 20th Anniversary Celebration. Each recipient made a special contribution to the Mass. Council and to the issue of problem gambling in the Commonwealth. Mass. Council Board Treasurer, Richard Rogers presented the organization's 2003 Recognition Awards:

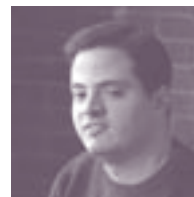
2003 Volunteer Recognition Award Recipients



Nick Irvine

Irreplaceable in his work ethic and breadth of knowledge, Nick Irvine has served as a volunteer to the Mass. Council for more than a decade. Nick helps with filing and administrative tasks as well as with answering Helpline calls. He often shares

his personal experiences with callers and manages the distribution of resource materials by sending out personalized information packets.



Brian Kinnally

Brian Kinnally serves as a Mass. Council volunteer twice a week. Without interruption, for nearly a year, Brian has arrived promptly and ready to work. He has mastered the art of logging Helpline calls, sending out mailings and updating contact databases without

a complaint about the amount of detail or time constraints. Brian has shown amazing dedication and energy to the needs of the Council.

Recognition Awards continued on page 2

in this issue:

- page 1 20th Anniversary Celebration
- page 3 Problem Gambling Summit
- page 4 Mass. Council Resource Library
- page 5 Anecdotes from the Helpline
- page 6 *The WAGER*
- page 7 Our Staff

2003 Public Awareness Recognition Award Recipient



causemedia, inc., Newton, MA
 Donna Gittens and Judi Haber
 causemedia, inc. is a full-service advertising agency for socially conscious and non-profit/public sector entities. The creator of strategic awareness campaigns for prevailing community issues, causemedia has repeatedly and successfully demonstrated a distinct and in-depth understanding of how to reach targeted diverse audiences. From 1999 to 2002 causemedia took the lead in a partnership among themselves, DPH/BSAS, and the Massachusetts Council on Compulsive Gambling to produce public awareness campaigns aimed at reducing the stigma about problem gambling and awareness about resources for help. They produced statewide run radio ads, public transportation ads, and billboards. Each campaign resulted in immediate increases in Council Helpline calls. One of the most successful projects of the collaboration was the production of an innovative guidebook for individuals unable to access traditional treatment or self-help resources. The collaboration with Donna Gittens and Judi Haber has been one marked by creativity, professionalism, and exceptional quality. Their commitment to the issue of problem gambling exemplifies causemedia's motto: Do well by doing good.

2003 Legislative Recognition Award Recipients



Representative Daniel Bosley
 Representative Bosley is a Democrat representing the first Berkshire district and has served as a member of the Massachusetts House of Representatives since 1987. A graduate of the University of Massachusetts, Representative Bosley currently serves as the

Chairperson of the House Government Regulations Committee. In the past year, the Representative has been an invaluable resource to the Council, offering legislative support to the Commonwealth's problem gamblers and their families. He has provided leadership to legislators unfamiliar with the issue of problem gambling, and has helped the Council to successfully navigate through a challenging year of budget cuts.



Senator Susan Tucker
 Senator Tucker is a Democrat representing the second Essex and Middlesex districts. She is a graduate of Michigan State University and has held public office since 1982 where she served as State Representative from 1982 to 1999, and as State Senator from 1999 to the

present. Senator Tucker currently serves as the Chair of the Human Services and Elderly Affairs Committee, and as Vice Chairperson of the Government Regulations Committee, as well as other legislative committees. She has been an active supporter of the Mass Council, and in the past year has helped to restore the Council's funding and to bring the issue of problem gambling to the floor of the Massachusetts State Senate.



Twenty Year Outstanding Achievement Award Recipient

Howard J. Shaffer
 The award recognizing outstanding achievement in the field of problem gambling was presented to Dr. Howard J. Shaffer, Director of the

Division on Addictions, Harvard Medical School. In the 20 years that he has been associated with the Council, Howard has been a catalyst for raising awareness and understanding of problem gambling, not only in Massachusetts, but nationally and internationally as well.

As a researcher, Howard insists on scientific rigor; as a clinician he gives prominence to respecting his clients and their needs. These commitments have lead to several collaborations of which the Council is very proud...

- the first national think tank on problem gambling in 1988, a think tank on youth gambling in 1995, and a think tank on publicly funded problem gambling treatment in 2000
- weekly publication of *The WAGER*, a one-page summary of research on problem gambling
- development of the Massachusetts Gambling Screen for assessing problem gambling
- production of *Facing the Odds: The Mathematics of Gambling*, a curriculum for middle school students
- development of *Practice Guidelines for Treating Gambling-Related Problems* for use by clinicians
- content development of the guidebook, *Your First Step to Change* for helpline callers unable to access traditional treatment and production of an on-line version

In addition to the work he has done jointly with the Massachusetts Council, Dr. Shaffer

- is editor of *Journal of Gambling Studies*
- provided expert testimony to the National Academy of Sciences, National Research Council in preparation for the National Gambling Impact Study Commission report
- is the founder and past President of the Board of Trustees of American Academy of Health Care Providers in the Addictive Disorders
- is associate editor of *Journal of Substance Abuse Treatment* as well as serving on the editorial boards of several other professional journals in the addictions
- has published widely in the field

While today, research and treatment for disordered gambling are almost taken for granted as a component of understanding and treating addictions, it is important to note that when Howard began this work 20 years ago, that was not the case. He put as much effort into this work when it was unfunded, unknown, and unpopular as he does today. In fact, we believe that the field has changed to one that is more professional, more stable, and more mainstream because of the efforts and accomplishments of Dr. Howard Shaffer.

Problem Gambling Summit

On Thursday, November 20, 2003, prior to its 20th Anniversary Celebration, the Massachusetts Council on Compulsive Gambling along with the Massachusetts State Lottery and the Massachusetts Racing Commission held a summit entitled: *A Strategy for Massachusetts Building Consensus on Problem Gambling Policy*. A number of public and private sector leaders were invited to participate in a one-day, think tank-style meeting, the purpose of which was to build consensus among key stakeholders on strategies and goals for an effective state response to problem gambling.

Among leaders in attendance were: Joseph Sullivan, James Acton and Amy Morris, Mass. Lottery Commission; Richard Muddari, Mass. State Racing Commission; Dick Dalton, Wonderland Greyhound Park; Robert O'Malley, Suffolk Downs Race Track; Michael Botticelli, Mass. Dept. of Public Health; Howard Shaffer, Director, Division on Addictions, Harvard Medical School; Beth Lindstrom, Governor's Office of Consumer Affairs and Business Regulations; Richard Roth, Tedeschi Food Shops, Inc.; Ralph Fucillo, Harvard Pilgrim Health Care, Constance Peters, Mental Health and Substance Abuse Corporation of Massachusetts, Inc. and Kathleen Scanlan, Mass. Council on Compulsive Gambling.

Participants heard presentations on the nature of compulsive gambling, and on various public policy responses to problem gambling. They also heard personal stories from people who had experienced problems with gambling. After the presentations, the group divided into two and participants were asked to envision the "ideal" problem gambling policy for Massachusetts. When completed, they identified key themes and joined in a discussion of strategies for moving the state's problem gambling policy in an effective and consistent direction.

A report, with the findings, will be issued later this spring.

Highlighting Research: The Iowa Report

The Iowa Department of Public Health Gambling Treatment Services: Four Years of Evidence is a comprehensive account of individuals and groups treated for problem gambling by the Iowa Department of Health Gambling Treatment services between 1997 and 2001. The Iowa Gambling Treatment Program (IGTP) amassed participant data from people experiencing problems with their own or a loved ones gambling. Background and demographic characteristics were recorded as were the types of treatment services that each client received. In sum, the evaluation provided the opportunity to describe and examine several aspects of the IGTP resulting in a unique insight into the development of best treatment practices. Ideally, practice guidelines will provide a conceptual map for IGTP clinicians to deliver clinical services through the entire sequence of clinical events associated with gambling treatment. Reference is made in the Iowa Report Appendix E to the Mass. Council and Mass. Department of Public Health's *Practice Guidelines for Treating Gambling-Related Problems – An Evidence Based Guide for Clinicians*.

Romney Proposes Discontinuing Problem Gambling Services

Dear Friends,

On January 28, 2004, Governor Romney released his proposed 2005 fiscal year budget. Regrettably, he has removed funding for problem gambling services. The line item is listed as "program discontinued" with \$0 allocated.

The Massachusetts Council on Compulsive Gambling faced the same situation this time last year. The Legislature, however, restored funding of \$655,000 to the final fiscal year 2004 budget with an override of the Governor's veto, so we are hopeful that history will repeat itself.

What is most ironic about this situation is that the Mass. Council on Compulsive Gambling is NOT funded by tax dollars. In fact, since 1987, legislation has required that a portion of the Lottery's unclaimed winnings be allocated to provide education, intervention and treatment services related to problem gambling. This funding is less than one-tenth of one percent of total gambling revenues. Costs of problem gambling are estimated nationally to be a minimum of \$5 billion annually.

We hope that the citizens of Massachusetts will agree that it is senseless to eliminate problem gambling services in a Commonwealth that sponsors one of the most successful Lotteries in the nation. The Lottery has grossed nearly \$4 billion annually and is set to meet that benchmark again. Despite concerns about the Lottery's impact on the Commonwealth's most vulnerable citizens that led to an advertising ban in 1998, \$5 million has been restored to the Lottery for advertising this year.

The Massachusetts Council on Compulsive Gambling will continue to work with the Legislature in hopes of restoring the funding that provides services to address the devastating social, emotional and financial impact of problem gambling and continues the state's commitment to responsible public policy on gambling related issues.

We ask that you join our voice by reaching out to Governor Romney and your local legislators and letting them know that eliminating services for people with gambling problems is not acceptable to you. For more information and an Action Kit, please call us toll-free at 1-800-426-1234.

Sincerely,
 Kathleen M. Scanlan,
 Executive Director
 Massachusetts Council on Compulsive Gambling

The Mass. Council Resource Library



Anyone who is interested in learning more about problem gambling is encouraged to visit, The Mass. Council Resource Library. Books, videos and academic research about problem gambling are available to the public during regular business hours. Following are brief synopses of some of the newest publications that have been added to the collection.

Books

Futures at Stake: Youth, Gambling, and Society

Howard J. Shaffer, Matthew N. Hall, Joni Vander Bilt, Elizabeth M. George, editors

In 1995, The Mass. Council on Compulsive Gambling, The Minnesota Council on Compulsive Gambling and Harvard Medical School sponsored The National Think Tank on Youth Gambling Issues. Specialists in psychology, medicine, law, public health, economics, casino management, psychiatry, and criminal justice examined the problem from the perspectives of their various disciplines, producing an intelligent, thought-provoking and valuable survey on what is fast becoming a leading national social-health problem. Mass. Council founder, the late Thomas N. Cummings, is featured as the author of the book's forward.

Counseling Problem Gamblers: A Self-Regulation Manual for Individual and Family Therapy

Joseph W. Ciarrocchi

The manual focuses on the differences between problem gambling and substance abuse and how both need to be treated separately and uniquely. The book's section on treating women and minorities as well as the section on the integration of spirituality into treatment add interesting components.

The Downside: Problem & Pathological Gambling

Jeffrey J. Marotta, Judy A. Cornelius, William R. Eadington, editors

As more states turn to gaming for jobs and revenue, *The Downside* explores the problems that increase in communities where gambling becomes more available. The book offers a wide array of perspectives on the issue, from looking at problem gambling in comparison to other types of addictions to the impact of gambling on Australian youth.

Videos

Going for Broke

A Lifetime Movie about a woman's struggle with casino gambling and the impact it has on her family.

Everyday Addictions

A component of the Discovery Channel's Body Invaders series, *Everyday Addictions* is a video that looks at the psychological, physiological and genetic components of nicotine, alcohol and gambling addictions. Experts from Brown University's School of Medicine and Harvard Medical School discuss the addictions as well as the use of non-traditional treatments such as hypnotherapy and experimental vaccines.

Gambling: What Are the Odds of Winning?

This public service announcement created by the Capital Area Substance Abuse Council displays statistics on gambling odds and provides contact info for people seeking help.

Interview with Monsignor Dunn

In this videotaped interview with Monsignor Joseph Dunn, founder of the National Council of Problem Gambling, Dunn discusses his motivations in creating the Council and the effects that he believes it has had.

THE HELPLINE

We Understand the Problem. We Can Help.

The Massachusetts Council on Compulsive Gambling Helpline: 1.800.426.1234

Started in 1987, the Council Helpline provides live confidential caller responses 24-hours a day, 7-days a week. While it does not provide mental health counseling to callers, Council staff are equipped to respond empathetically and offer information and referrals for self-help, treatment providers and other community resources to people experiencing a problem with their own or a loved one's gambling. The Helpline is also available to educators, clinicians and other professionals seeking resources.

Anecdotes from the Helpline

The following anecdotes are similar to calls answered on the Mass. Council on Compulsive Gambling Helpline over the past year. HOWEVER, PLEASE NOTE; THE HELPLINE IS COMPLETELY CONFIDENTIAL and all likenesses to Helpline calls have been changed to ensure the anonymity and safety of our callers. We are sharing these modified examples so that our readers may better understand the social, emotional and financial costs associated with problem gambling in the Commonwealth.

- Sarah's grown son, a married father of two, was recently attacked and hospitalized because of his debts. Desperate to try to help, she and her husband paid the debt for their son. His gambling problems are continuing.
- Linda called the Helpline when her gambling problems interfered with her health. She had spent all of her money on scratch tickets, hoping for a lucky break. As a result, she was unable to afford a necessary surgery.
- Donna called concerned about her husband's gambling. He had been spending his paychecks and going on gambling binges for weeks at a time. She mentioned a family history of gambling (his father started taking him to the races when he was a child), which she feels may contribute to the problem. Her husband still believes that he can handle it. Donna isn't sure if she can.

- Juan called the Helpline because of his wife's gambling. The couple had been gambling together at casinos and agreed upon limits, but his wife was now breaking those limits. He says his wife controls the finances and although she assures him that gambling is not cutting into their money, they always come up short. She had also spent a large sum of money they had in savings.
- Ben called the Helpline concerned about his own gambling problem. He said that he had to sell his house and had begun borrowing money from his mother to finance his gambling. Ben didn't feel he could stop gambling by himself. He said he gambles every night, all night and leaves for work directly from the casino.
- Alexis developed a gambling problem trying to make money to take care of her family. She lives in subsidized housing with her two daughters and grandsons. Alexis' husband is currently in jail.
- Lucy called seeking help for her suicidal ex-husband, whom she described as very deep in debt, homeless and depressed. She stated that he had claimed to be suicidal and looking for help from her. She was unsure how to deal with it and was worried about the affect on their son.
- James had become desperate as a result of his gambling habits and called the Helpline, afraid of what he might do. He had been spending a great deal of money at the track. He said he wanted to rob a bank to help with his money problems. He also mentioned he had begun taking money from his job to finance the habit. He had become very concerned for his kids and wife due to his problem.

Stories similar to these are heard every day on the Mass. Council Helpline. We hope that they help you understand the complexity of gambling problems and how they affect the residents of the Commonwealth. We understand the problem. We can help.

SAVE THE DATE **2004 Massachusetts Conference on Gambling Problems: Towards Evidence-Based Treatment**

**Thursday, April 8, 2004
Omni Parker Hotel, Boston**

The program will be based on the Massachusetts Council on Compulsive Gambling's and the Massachusetts Department of Public Health's *Practice Guidelines for Treating Gambling-Related Problems, An Evidence-Based Treatment Guide for Clinicians*. This is the first document within the international field of problem gambling to distinguish between treatment modalities based on scientific evidence.

The *Practice Guidelines* will be released at the Conference and each participant will receive a copy.

Presenters to include:

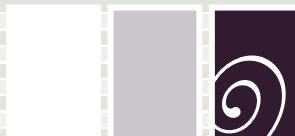
- Howard J. Shaffer, Ph.D., Associate Professor and Director of Division on Addictions, Harvard Medical School
- David Korn, Ph.D., Assistant Professor, Department of Public Health Services, University of Toronto

As well as other national and international experts on the treatment of problem gambling.

For more information, please contact the Massachusetts Council on Compulsive Gambling at **617.426.4554** or e-mail **gambling@aol.com**.

Continental breakfast and lunch will be served. Reception following program.

Invitation with registration card to follow. Space is limited.



The WAGER

The WAGER (Weekly Addiction Gambling Education Report), published by the Massachusetts Council on Compulsive Gambling and the Division on Addictions at Harvard Medical School, is devoted to increasing the accessibility of gambling-related research and news in an unbiased manner. Now in its 9th year of publication, *The WAGER* is posted on the Internet weekly, free of charge. *The WAGER* was listed in *The New York Times* technology section (March 29, 2001) as one of the top Internet resources devoted to examining the clinical, economic, legal and social dimensions of problem gambling. Every week over 2,000 readers from countries such as Canada, Australia, New Zealand, Israel, The United Kingdom, Belgium, Poland and the United States, visit *The WAGER* for up-to-date information on gambling research. *The WAGER* can be accessed at www.thewager.org.

Subscribe to *The WAGER*

1. Point your browser to: www.thewager.org
2. Click on the mailing list link on the top of the page
3. Fill out the required subscriber information
4. Click on the submit button. It's free!

That's it! By subscribing to *The WAGER* you will receive a weekly e-mail reminder when new content has been posted online. The information you provide will be treated as confidential and will never be used for purposes not related to *The WAGER*.

Following are just a few of the topics examined by *The WAGER* in 2003.

- *Psychological Profiling* discusses a theory that problem gamblers can be better treated by being divided into one of three subgroups, based on the type of gambling and behavior they exhibit. It also theorizes about the origins of all gambling problems.
- *The Smoking Gun* highlights research that shows correlation between amount of smoking and gambling problems. It also examines the connection between smoking and psychosocial problems.
- *Sinatra: Sinner or Saint* looks at the life and image of Frank Sinatra. It suggests that his public performances were frequently associated with risky behavior and questions whether it was real or just all part of the performance.

The WAGER is a project of the Division of Addictions at Harvard Medical School and the Massachusetts Council on Compulsive Gambling. Comments and submissions are currently being accepted by email at: wager@hms.harvard.edu. Guidelines and requirements are also available on the website at: www.thewager.com/submit



(Pictured from left to right standing) Rachel Kidman, Michael Stanton, Sarah Nelson, (sitting) Tony Donato and Debi LaPlante are all part of The WAGER writing staff at Harvard Medical School, Division on Addictions

Our Staff

Twenty years ago, the Massachusetts Council on Compulsive Gambling was essentially one man – the late Thomas Cummings – taking calls in his kitchen and helping one individual at a time.

Over the years, the Council has grown tremendously and has achieved many milestones. Now, the Council has nine staff members all of whom are dedicated to the mission that Tom founded – helping problem gamblers and their families.

Who We Are:

Margot Cahoon, Communications Specialist – Margot has more than eight years of public relations experience promoting leading non-profit healthcare organizations. Prior to moving “home” to Massachusetts, Margot was the Director of Communications for a national non-profit in New Jersey. She holds a BA in Communications from the University of Rhode Island.

Diane Casey Crowley, MSW, Assistant to the Executive Director – Diane recently joined the staff, following two years as a member of the Council's Board of Directors. Diane holds a Masters of Social Work from Boston College and possesses extensive experience in non-profit agency management, fundraising and development. Diane's work experience ranges from community organization to public health promotion and addictions treatment.

Tom Luongo, MA, Fiscal Manager – Tom brings more than 23 years of experience in the fiscal sector to the Mass. Council. He's held multiple positions in diverse settings, from state government to small businesses to non-profits. Tom holds a MA in Public Administration from Suffolk University and a BA from Merrimack College.

Kyle Marshall, Helpline and Volunteer Program Specialist – Kyle is a recent college graduate of Gettysburg College in Pennsylvania, where he obtained a BA in History and Religion with a minor in Classical Studies. His professional experience includes leading a volunteer tutoring program for urban youth in Baltimore, MD.

Peggie Milisci, Office Manager – Peggie joined the Council as Office Manager six years ago. She brought with her seven years of experience as an Admissions Director for in-patient substance abuse and mental health programs, where she screened all clients for admission. Peggie understands addiction and is well informed about resources available to problem gamblers and their families.



The Massachusetts Council on Compulsive Gambling staff (pictured from left to right standing) Tom Luongo, Marlene Warner, Kathy Scanlan, Doug Wright, Kyle Marshall, (sitting) Peggie Milisci, Pat Bergeron, Margot Cahoon and Diane Casey Crowley

Kathleen M. Scanlan, MA, Executive Director – Kathy has been with the Council for more than 16 years, serving first as Program Director and later becoming its Executive Director in 1998. Her background is in program development, adult education and non-profit management and her expertise has been recognized with numerous awards. Kathy earned a MA from Boston College and a BA from The College of Saint Rose in Albany, NY.

Marlene D. Warner, MA, Program Director – Marlene has worked as the Council's Program Director since 2001. Her professional experiences are in the fields of nonprofit administration and higher education in the Washington, DC area. She holds a MA from George Washington University and a BA from Gettysburg College.

Douglas Wright, MIS/IT Director – Doug had been working with the Mass Council as a computer systems consultant over the past year. As the organization's need for updated technology and more consistent systems monitoring increased, Doug joined the Council as an employee. He brings several years of IT experience, as well as involvement with other non-profits and an extensive background in education.

Volunteers Needed!

The Mass. Council is currently accepting volunteers. Anyone who is interested in donating his or her time and talents to the organization, answering Helpline calls, sharing personal experiences with gambling problems with groups and media or helping with administrative and research projects, is encouraged to contact **Kyle Marshall**, Helpline and Volunteer Program Specialist at: **617.426.4554** or kyle@masscompulsivegambling.org

