

## **Recovery is For Every Person, Every Family, and Every Community**

This September, the New York Council on Problem Gambling (NYCPG) celebrates National Recovery Month. Recovery is for everyone: every person, every family, and every community. Along with Faces & Voices of Recovery, this month is a time to celebrate the strides made by those in recovery from substance misuse, mental health issues, and problem gambling.

Problem gambling is often a “hidden addiction”; therefore, we must make it a priority to talk about, prevent, educate, and screen for issues. We know that many people can be impacted by problem gambling, including family members and communities. It takes the advocacy, support, and awareness of everyone to make sure that those looking for recovery have many pathways to get there.

NYCPG is working this September to bring awareness to problem gambling and the [resources](#) that are available so that everyone knows recovery is possible. There are several ways to get involved.

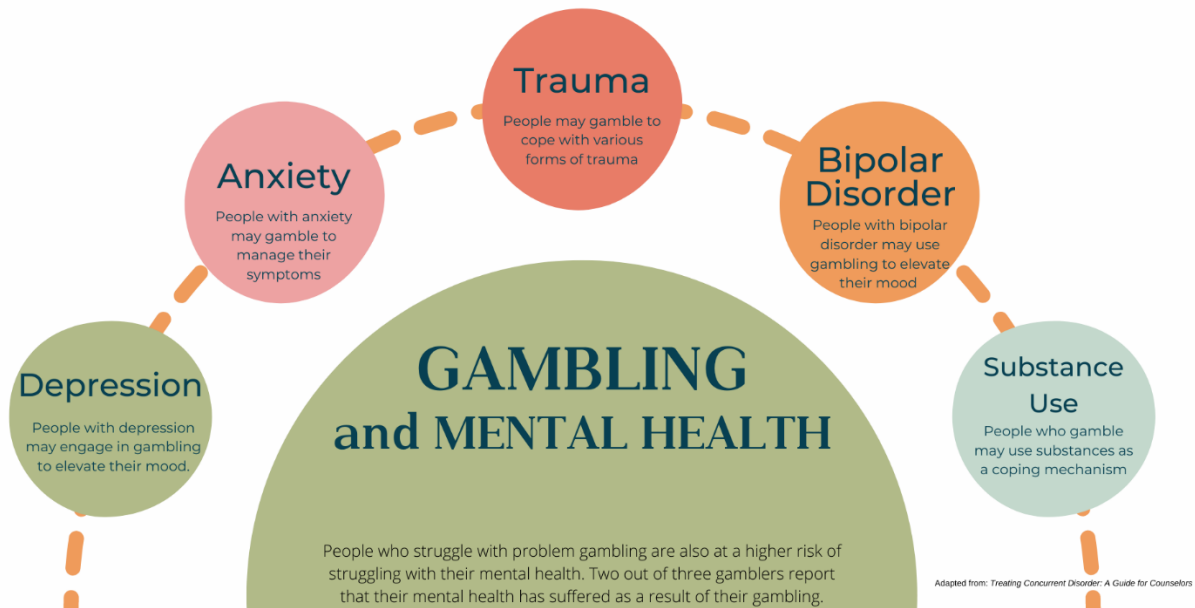
### **THE FACTS:**

- Populations that are at higher risk of developing a gambling problem include those with co-occurring mental health and/or substance use disorders; veterans; older adults; the justice-impacted population; and college students
- People from different backgrounds, cultures, and experiences may not consider that some activities are gambling
- Two-thirds of those who gamble report that their mental health has suffered due to their gambling
- One in five people with a gambling problem will either attempt or die by suicide
- Brief 2-3 question screens can help detect problem gambling and only take a few minutes to administer

### **PROBLEM GAMBLING AND MENTAL HEALTH – WHAT’S THE CONNECTION?**

People who struggle with problem gambling are also at a higher risk for struggling with other mental health disorders. Two out of three gamblers reported that their mental health suffered as a result of their gambling. In addition to struggling with gambling, they may be dealing with other mental health problems such as mood disorders like depression, personality disorder, and anxiety. Someone struggling with their gambling may be cashing in retirement funds, college funds, or taking out additional credit cards and loans. These impacts can cause someone to feel hopeless, desperate, and alone. These negative effects can take a toll on one’s mental health. Problem gambling has the highest suicide rate among all addictions. Problem gambling prevention is suicide prevention.

## GAMBLING AND MENTAL HEALTH: WHAT'S THE CONNECTION?



### SCREENING SAVES LIVES:

Screening is a great place for an agency or provider to insert the topic of problem gambling into their practices; because so many individuals are impacted by one person's gambling problem, anyone's mental and physical health can be impacted. Problem gambling leads to financial, emotional, social, occupational, relational, and physical harms.

The New York Council on Problem Gambling and the Problem Gambling Resource Center staff would like to encourage you and your agency to screen everyone you work with for problem gambling. [Screening tools](#) can initiate conversations about an individual's gambling behaviors and patterns. If you're unable to provide problem gambling treatment, connect with your local [Problem Gambling Resource Center](#). They can help!

For more information and resources visit [NYProblemGambling.org](https://nycpg.org).

### UPCOMING EVENTS:

**OUR STORIES HAVE POWER** – September 1, 2022 at 12PM NYCPG will be hosting a webinar to educate people about the role that language and messaging can play in recovery, for not only individuals, but as a movement. During this interactive training, participants will learn how to use recovery-positive language to share their story of problem gambling recovery and how to educate people about the reality of recovery from problem gambling. Visit <https://nycpg.dialogedu.com/training-center> to register.

**SHINE A LIGHT ON PROBLEM GAMBLING: FUN RUN** – September 17, 2022 at 10:30 AM The Northeast Problem Gambling Resource Center, a program of NYCPG, will be holding a free Fun Run on September

17th from 10:30 AM – 2PM at Shenantaha Creek Park, 376 Eastline Rd, Ballston Spa, NY 12020. Join this family-friendly fun run to help us shine a light on problem gambling, encourage healthier lifestyles and show others a pathway to wellness. For more information contact [NortheastPGRC@nyproblemgambling.org](mailto:NortheastPGRC@nyproblemgambling.org).

#### **RAISING AWARENESS:**

As a community, we can work together to raise awareness about problem gambling and let people know that recovery is possible. NYCPG has created social media posts, recovery resource flyers, and screening materials to assist you in being part of the recovery community. You can find these and more information about Recovery Month and Problem Gambling at [NYProblemGambling.org/resources/recovery-month.org](http://NYProblemGambling.org/resources/recovery-month.org).

*If you or someone you love is struggling, please visit [NYProblemGamblingHELP.org](http://NYProblemGamblingHELP.org) to connect with resources in your community.*

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The New York Council on Problem Gambling (NYCPG) is a not-for-profit independent corporation dedicated to increasing public awareness about problem and compulsive gambling and advocating for support services and treatment for persons adversely affected by problem gambling. NYCPG maintains a neutral stance on gambling and is governed by a Board of Directors. Find out more at [NYProblemGambling.org](http://NYProblemGambling.org).