

Name:

Brandon E. Defenbaugh

How long have you served on the ICPG Board of Directors?

Nominated as the Secretary for ICPG September, 2018

Involvement with ICPG began September 2015

What area in Illinois do you work or live?

I work in Springfield, IL

What do you do professionally?

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Tell us about any professional or volunteer roles you have/had that are/were connected to prevention, treatment, and/or recovery.

Currently I work part time at A + DUI & Counseling in Springfield, IL

Volunteer for ICPG (Secretary and Social Media Committee Lead)

Volunteer for Partnership for Safety and Wellness (PSW Menard County, IL (Secretary)

Master Resiliency Trainer for Illinois Army National Guard

What are a few of your favorite things to do in your spare time?

Spare time is almost non-existent, as I am a fulltime employee, part-time employee and a fulltime Graduate Student at Lincoln Christian University. Spare time outside of these commitments involves family time, sponsorship, and spending time with my Self-help community, as well as attending church.

What's your favorite ice cream?

Cold Stone Creamery- Founders Favorite

Please share something you feel particularly proud of:

I am particular proud of my family. They are the ones who have stood by my side through everything life has blessed me with throughout my journey, both the good and bad. They have encouraged me to pursue my unexpected journey to become a License Clinical Professional Counselor. This decision was made early in my recovery.

Share two of your favorite quotes:

As long as I am constantly concerned about what I "ought" to say, think, do, or feel, I am still the victim of my surroundings and am not liberated....But when I can accept my identity from God and allow Him to be the center of my life, I am liberated from compulsion and can move without restraints. – Henri M. Nouwen

Almost anything you do will be insignificant, but it is very important that you do it. – Mahandas Gandhi

If you were talking with someone who is dealing with problem gambling issues what would you want them to understand?

I would want them to fully understand they are not alone and help is available. Compulsive gambling affects the brain just as any other addiction, it is not a moral issue, it is a chronic illness similar to alcoholism.

What is one thing you feel is important for others to know about problem gambling?

Gambling is an extremely compulsive behavior that can be as destructive as any other illness and many times can be worse. Abolish the shame and guilt that comes along with it and seek help, sooner than later.