



Annual Report 2018

Connecticut Council on Problem Gambling

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CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

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TO OUR STAKEHOLDERS

Dear Friends,

2018 was a year of continued growth for the Connecticut Council on Problem Gambling, which strengthened connections to community stakeholders, increased awareness through collaboration and expanded outreach and programming. The addition of new staff brought us steady leadership and enhanced our legislative engagement and advocacy, which was particularly important in the face of a potentially historic expansion of legalized gambling in our state.

Our 15th Annual Conference was perhaps our best ever, drawing two nationally (and internationally) recognized keynote speakers and providing attendees with a host of workshops centered around the future of problem gambling and its far-reaching impacts. Spencer Christian, former weatherman and co-host of ABC's Good Morning America, told his gripping story of rebounding, rebuilding and recovering from problem gambling. Cam Adair, international expert on video game addiction, shared his personal journey of overcoming his addiction and gave a masterclass for mental health professionals.

By working closely with the five statewide Regional Gambling Awareness Teams and other community stakeholders, we were able to increase and diversify our outreach efforts and engage hard-to-reach special populations. We worked to address emerging trends by offering trainings on working with special populations and the increasingly blurred lines between eSports, videogaming and gambling to providers statewide. We also collaborated with the Maine, Massachusetts, New York, Rhode Island and Vermont Councils to share ideas and collaborate on regional initiatives.

As we look ahead, I'm excited to see the team continue to work towards strengthening the safety net of prevention, treatment and recovery, ensuring the safety of our residents going forward. From the staff and Board, we look forward to another great year and offer our sincere appreciation for your continued support and partnership.

Willie

Willie Coleman, Board President

ABOUT CCPG

The Connecticut Council on Problem Gambling (CCPG) is a non-profit organization focused on preventing problem gambling and helping those who may be impacted.

CCPG does not advocate for or against gambling but is committed to working with all stakeholders to help individuals and families dealing with this issue.

CCPG provides Connecticut's only 24-hour Problem Gambling Helpline, offering support via phone, live online chat, and text. We also implement prevention and education programs serving schools, veterans, and at-risk populations.



The National Council on Problem Gambling (NCPG) was founded in 1972 by concerned individuals to advocate for the creation of treatment services for problem gamblers and their families. NCPG also provides information on problem gambling for the public and referral services through its Helpline to problem gamblers and others affected. The Connecticut Council on Problem Gambling (CCPG) was founded in 1980 and became the first affiliate council of the NCPG.

In 1981, CCPG collaborated with legislators in Connecticut in the successful effort to pass legislation to create, in 1982, the first state-operated treatment program in the United States.

CCPG is funded primarily by the Mashantucket Pequot Tribal Nation, the Mohegan Tribal Nation and the Connecticut Department of Mental Health and Addiction Services (DMHAS).

ADVOCACY

Advocacy remains at the core of our mission. We proudly advocate for services for those suffering from disordered gambling, their families, and the community as a whole. We collaborate with a wide variety of stakeholders to minimize harm and ensure responsible policies. In 2018, our team was out in the community sharing information and resources, training and learning from our agency partners, and serving as a voice in Hartford for those impacted by problem gambling as well as for those in recovery. Facing a historic proposed expansion of legalized gambling in Connecticut, we met with legislators to highlight the need for a strong safety net of prevention, treatment and recovery resources to ensure the safety of our residents. We facilitated and participated in numerous community discussions on the impact of expanded gambling and worked to promote awareness of treatment options and recovery resources around the state. CCPG will continue to advise policymakers on the importance of responsible gaming principles as legislation is proposed and debated going forward.



PROGRAMS AND SERVICES

CCPG serves the diverse communities within Connecticut in a culturally responsive manner, with programming tailored to serve their unique needs. We have formed deep and meaningful reciprocal partnerships with other organizations and community-serving agencies that help us better serve those in need of resources and help.

Moving forward, we will continue to look for ways to serve different populations within our state by forming new partnerships and developing outreach and programs accordingly.

Connecticut Department of Corrections Gambling Information Program

In 2017, we established a partnership with the Connecticut Department of Corrections to provide a Gambling Information Program for inmates. This program is geared towards individuals incarcerated due to gambling-related offenses, as well as drug- and alcohol-related incidents, as those in recovery often replace these behaviors with gambling.

These programs are held on a quarterly basis at Robinson, Osborn, Willard-Cybulski and the Cybulski Community Reintegration Center correctional facilities and attendance ranges between 60-125 inmates per program. The success of this program resulted in the addition of two facilities—Bridgeport Correctional Center and Cheshire Correctional Institution-- in 2018.



Community Partnerships

CCPG is represented and participates in regional and statewide community coalitions, task forces, collaborations, and meetings to further integrate problem gambling curriculum into the existing programs and services of community partners:

- ✓ Connecticut Community for Addiction Recovery (CCAR)
- ✓ Connecticut Department of Mental Health & Addiction Services (DMHAS) Bettor Choice programs

- ✓ Connecticut Department of Mental Health & Addiction Services (DMHAS) Disordered Gambling Integration Initiative program (DiGIn)
- ✓ Connecticut Partnership on Responsible Gambling
- ✓ Connecticut Suicide Advisory Board (CTSAB)
- ✓ Connecticut Commission on Women, Children and Seniors Trafficking In Persons Council (TIP)
- ✓ Gambling Awareness for All CT (G-FACT)
- ✓ National Council on Problem Gambling's (NCPG) Affiliates, Emerging Trends, Federal Affairs, Helpline, Prevention, Recovery, and Treatment Committees
- ✓ Northeast Consortium on Problem Gambling
- ✓ Regional Behavioral Health Action Organizations (RBHAOs)
- ✓ Statewide Regional Gambling Awareness Teams
- ✓ Women's Services Practice Improvement Collaborative (WSPIC)



15th ANNUAL CONFERENCE

Our 15th Annual Conference, titled “Navigating the Future of Problem Gambling,” was held on October 23, 2018 at the Hilton Mystic. 175 attendees gathered to hear from two nationally and internationally-known keynote speakers and learn about emerging trends and best practices in disordered gambling prevention, treatment and recovery.

The morning keynote session was hosted by Spencer Christian, former reporter and weather forecaster for ABC’s Good Morning America, and author of “You Bet Your Life,” where he detailed his process of rebounding, rebuilding and recovering from disordered gambling. Cam Adair, founder of Game Quitters, the world’s largest support community for video game addiction, serving 50,000 members in 92 countries, provided the afternoon keynote. The international speaker and pioneer gave his masterclass for mental health professionals, featuring evidence-based approaches to identifying those at risk, communicating effectively and practical strategies for recovery.



The day was rounded out by workshops and sessions on at-risk populations and the far-reaching impact of gambling, gaming and other risky behaviors, the intersection of problem gambling and human trafficking, as well as legislative and advocacy updates. Feedback provided by those who attended indicated that this was our most impactful and successful conference to date!



PROBLEM GAMBLING HELPLINE

Background

In 1993, CCPG's Problem Gambling Helpline (PGH) was introduced in Connecticut. In 1994, with funding from the Mashantucket Pequot Tribal Nation, the Helpline began operations 24 hours a day, 7 days a week for callers seeking help with a gambling problem. Currently, the PGH is funded by the Mashantucket Pequot and Mohegan tribes and the Connecticut Department of Mental Health & Addiction Services (DMHAS). Helpline calls are answered by trained professionals who assist callers in gathering needed information, exploring options for treatment, and providing support during a time of crisis. Referrals can be made to treatment services and/or self-help groups, such as Gamblers Anonymous or Gam-Anon.

Purpose

The Problem Gambling Helpline provides free, immediate, and culturally-responsive support and referral assistance, 24 hours a day, 7 days a week, to problem gamblers, family members and others who have been impacted by this issue.

Goals

- Assist individuals and families in obtaining access to a range of problem gambling-related information and services
- Disseminate the Helpline number statewide through various media, printed materials, and postings at key locations, including where gambling takes place
- Collect and disseminate information about the demographics of problem gamblers and the negative effects of problem gambling on individuals, families and the community
- Utilize Helpline data to identify at-risk and underserved groups for education and prevention programming
- Utilize Helpline data to advocate for adequate funding for prevention, treatment and recovery, as well as to inform public policy
- Conduct evaluations of Helpline operations, linkages and subsequent services to help improve Helpline and treatment services

What Does the Helpline Do?

The Problem Gambling Helpline (PGH) serves the following main functions for those who call:

1. To provide information and resources to problem gamblers and family members, including referral to appropriate resources that include:
 - Bettor Choice treatment programs in the geographic area of the caller
 - Gamblers Anonymous and Gam-Anon meetings, or other self-help groups
 - Literature and resources about problem gambling
 - Other state Helplines or Affiliate Councils of the National Council on Problem Gambling (NCPG)
 - Relevant community resources as deemed appropriate for meeting the caller's needs
2. To provide resources and information to professionals and employers about problem gambling, including information on Gamblers Anonymous/Gam-Anon meetings, treatment programs, training opportunities for staff/employees, literature and more.

TAKE ACTION

If you or someone you care about has a
gambling problem,
call the Problem Gambling Helpline.

PROBLEM GAMBLING HELPLINE

1-888-789-7777

Toll-free, Confidential, 24/7

To access CCPG Live Chat go to:
www.CCPG.org/Chat

RESOURCES AND TRAINING

An integral part of our mission is to provide training and resources to individuals, families and professionals, by disseminating the latest evidence-based information to better serve those adversely affected by problem gambling.

In 2018, our staff facilitated and participated in the following trainings and events:

- Introduction to Disordered Gambling Training
 - Community Health Center
 - Gateway Community College Drug & Alcohol Recovery Counselor (DARC) Program
 - Connecticut Counseling Association Western Chapter at Western Connecticut State University (WCSU)
 - Lincoln College
 - Regional Network of Programs (RNP)
- Disordered Gambling: Assessment & Intervention Training
 - Gateway Community College
 - Community Health Center
- Gambling Education Training (with Peer Speakers Bureau)
- Stacked Deck Adaption Presentation for use in Adult Gambling Treatment Programs
 - National Council on Problem Gambling's (NCPG) 32nd National Conference in Cleveland, Ohio
- Gambling Awareness Presentations & Panels at Connecticut Community for Addiction Recovery (CCAR)
- Dr. Heather Chapman Advanced Workshop: Best Practices in Gambling Treatment: Considering the Needs of Special Populations Training
- Gambling Awareness Presentations (How to Keep Gambling Safe & Affordable) at multiple Connecticut Senior Centers
- Gambling Awareness discussion at Southern Connecticut State University (SCSU) Health Fair
- Current Trends in Gambling Training (Co-facilitated with DMHAS Problem Gambling Services)
- Dr. Brett Abarbanel: Issues in eSports, Video Gaming & Gambling Training



On our website you will find a series of fact sheets and resources about problem gambling in special populations, including college students, older adults, women, youth, and Parkinson's Disease.

To view and download, please visit www.ccpbg.org.



STATEMENT OF FINANCIAL POSITION

December 31, 2017 *audited*

ASSETS

| | | |
|----------------------|---------------------------------------|------------------|
| Current Assets | Cash and Cash Equivalents | \$302,412 |
| | Accounts Receivable | \$ 69,750 |
| | Prepaid Expenses | \$ 42,000 |
| | <u>TOTAL CURRENT ASSETS</u> | <u>\$414,162</u> |
| Property & Equipment | Office Equipment | \$110,519 |
| | Less Accumulated Depreciation | \$(103,212) |
| | <u>TOTAL PROPERTY & EQUIPMENT</u> | <u>\$ 7,307</u> |
| Other Assets | Security Deposit | \$ 8,230 |
| | <u>TOTAL OTHER ASSETS</u> | <u>\$ 8,230</u> |
| <u>Total Assets:</u> | | <u>\$429,699</u> |

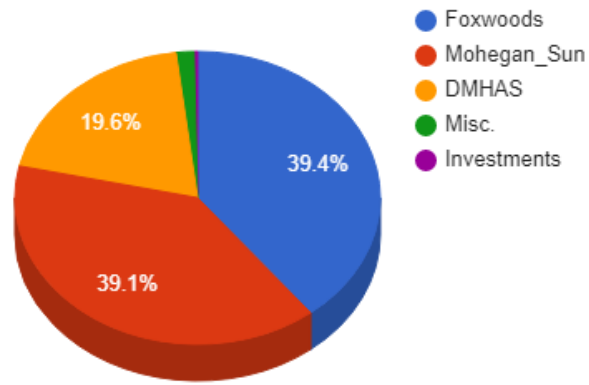
LIABILITIES AND NET ASSETS

| | | |
|---|----------------------------------|------------------|
| Current Liabilities | Accounts Payable | \$ 8,262 |
| | Accrued Expenses | \$ 2,952 |
| | <u>TOTAL CURRENT LIABILITIES</u> | <u>\$ 11,214</u> |
| Net Assets | Unrestricted Net Assets | \$418,485 |
| <u>Total Liabilities and Net Assets</u> | | <u>\$429,699</u> |

SUMMARY OF REVENUE & EXPENSES

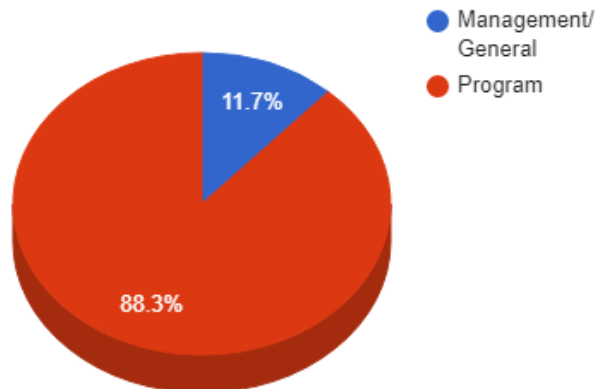
December 31, 2017 *audited*

Sources of Revenue



TOTAL: \$723,720

Sources of Expenses



TOTAL: \$747,388

OUTREACH & COMMUNICATIONS

Another vital part of our mission is to build awareness of problem and disordered gambling as well as the variety of treatment options available in our state. This year, we reached over 2500 people at numerous outreach events statewide—from the Veterans Stand Down event in Rocky Hill to community health fairs and campus events. During March, which is National Problem Gambling Awareness Month, we conducted outreach to both industry workers and patrons at the Connecticut Lottery, Foxwoods, Mohegan Sun and Off-Track Betting (OTB).

On our three social media platforms—Facebook, LinkedIn, and Twitter—we saw an exponential increase in followers and engagement. Please follow us for the latest happenings, information, and resources.



@CTProblemGambling



[linkedin.com/company/connecticut-council-on-problem-gambling](https://www.linkedin.com/company/connecticut-council-on-problem-gambling)



@CTGamb



CONNECTICUT COUNCIL on **PROBLEM GAMBLING**

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