



ANNUAL REPORT

2019

Addressing Problem Gambling:
The Year in Review

CONNECTICUT COUNCIL on
PROBLEM
GAMBLING

HELPLINE **1.888.789.7777**

A Letter from our Board President

Dear Friends,

2019 saw the Council continue to build upon its partnerships with diverse stakeholders to further the Council's mission of raising awareness and preventing problem gambling. Working with state agencies, regional action councils, prevention agencies, clinicians, industry members, community-serving organizations, and the public, we highlighted emerging trends in prevention and treatment, as well as resources available for help in Connecticut.

CCPG was front and center at our State Capitol in Hartford, testifying any expansion of legalized gambling should include responsible gaming provisions and additional funding for prevention, treatment, and recovery. Ultimately, time ran out before any new gambling legislation could be enacted, but we continued to engage legislators and other policymakers to ensure Connecticut's safety net is among the strongest in the nation.

Our 16th Annual Conference was our most highly rated conference yet, providing attendees with a host of diverse speakers and presentations. It is always our goal to share new approaches and information, while building capacity among our community partners to integrate problem gambling into their work. To that end, we were proud to feature sessions on gaming disorder, gambling treatment diversion court, culturally sensitive outreach, workplace fraud, and cannabis use and problem gambling, among other topics.

We worked closely with the five Regional Gambling Awareness Teams to host community awareness and informational events on emerging issues in the problem gambling field, such as sports betting, and the intersection of videogaming and gambling. We also collaborated with the Maine, Massachusetts, New York, Rhode Island and Vermont Councils to share ideas and work on regional initiatives. Through our work with the Connecticut Healthy Campus Initiative (CHCI), we disseminated information and resources to campus leaders from institutions of higher education across the state. Our partnership with the Connecticut Community for Addiction Recovery (CCAR) has enabled us to provide support to the recovery community statewide. These are a few of the many reciprocal relationships that have taken shape over the past few years, and they are important in enabling us to sustain our work in a culturally relevant manner in the many and varied communities around our state.

With gambling expansion in Connecticut on the horizon, it is more important than ever to further this work to ensure future generations are protected from problem gambling issues. From the staff and Board, we look forward to another great year and offer our sincere gratitude for your ongoing support and partnership.

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 by this issue.

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.

We provide 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 individuals suffering from disordered gambling as well as their families. The Connecticut Council on Problem Gambling (CCPG) was founded in 1980 and became the first state affiliate 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.

**PROBLEM GAMBLING DOES NOT DISCRIMINATE - IT IS FAR-REACHING,
TOUCHING PEOPLE FROM ALL WALKS OF LIFE**



Statewide Partnerships

CCPG relies on our community partners to help us to increase our reach and effectiveness. We participate in regional and statewide community coalitions and task forces, collaborating to further integrate problem gambling curriculum into existing programs and services with our community partners throughout the State of Connecticut.

- Connecticut Community for Addiction Recovery (CCAR)
- Connecticut Department of Mental Health and Addiction Services (DMHAS)
- Connecticut Partnership on Responsible Gambling
- Connecticut Suicide Advisory Board (CTSAB)
- Gambling Awareness for All CT (G-FACT)
- Northeast Consortium on Problem Gambling
- Statewide Regional Gambling Awareness Teams
- Women's Services Practice Improvement Collaborative (WSPIC)
- Communities 4 Action
- The Connection Inc.
- Supporting and Engaging Resources for Action and Change (SERAC)
- Amplify
- Midwestern Connecticut Council on Alcoholism (MCCA)
- CT Healthy Campus Initiative
- Advocacy Unlimited
- Connecticut Clearinghouse/Wheeler Clinic
- Connecticut Women's Consortium
- Connecticut Association of Prevention Professionals (CAPP)
- Connecticut Department of Veterans Affairs
- The Hub
- Connecticut Department of Correction
- Connecticut Re-Entry Committees
- Southern Connecticut State University
- Gateway Community College
- University of Connecticut
- Fairfield University
- BH Care/Alliance for Prevention & Wellness
- Positive Directions
- Connecticut Renaissance
- Regional Network of Programs
- Wheeler Clinic
- United Community and Family Services (UCFS)
- Western Connecticut Coalition
- Western Connecticut State University

16th Annual Conference: The Future of Problem Gambling is TODAY

CCPG hosted over 180 attendees at its 16th Annual Conference at the Hilton Garden Inn in Wallingford. Titled "The Future of Problem Gambling is TODAY," the event highlighted emerging trends in problem gambling prevention and treatment, as well as the ramifications of expanded legalized gambling in Connecticut.

"With a massive proposed expansion of legalized gambling--new casinos, sports betting, online gambling--in our state, we wanted to ensure that people came away from this conference with an awareness of these new forms of gambling and the tools to mitigate any potential harm" said Executive Director Diana Goode.

The conference brought together a variety of mental and public health professionals as well as educators, students, people in recovery, community advocates, policymakers and industry representatives. With such a diverse range of attendees, there were sessions focused on advocacy, prevention, treatment, and recovery.

Presentations & Presenters:

Legislative Panel (Sen. Catherine Osten, Rep. Joe Verrengia)

Stories of Recovery

Gambling Treatment Diversion Court (Judge Cheryl Moss)

Cannabis & Gambling: What's Lying in the Weeds? (Dr. Timothy Fong)

Leveraging Digital Recovery Tools to Aid Treatment (Melissa Etherington)

Internet Gaming Disorder - A Virtual Addiction (Dr. Paul Weigle)

GameSense: Revolutionizing Responsible Gambling (Amy Gabrila, Julie Hynes, Greg Smith)

The Use of EMDR for the Treatment of Gambling Disorders (Katie Kirch, Veronica Sirur-Flores)

Real Strategies to Increase Knowledge & Promote Responsible Gambling: Tools You Can Use (Ingrid Gillespie, Kathy Hanley)

Problem Gambler Workplace Fraud - What Can Be Done? (Dr. Patrick Kelly)

Innovative Prevention Strategies to Engage Priority Populations: The Massachusetts Ambassador Project (Victor Ortiz)



Educational Impact



A diverse range of attendees--mental/public health professionals, educators, students, people in recovery, community advocates, policymakers, and industry representatives--heard about a wide variety of problem gambling topics including emerging trends and best practices. A total of 7 Continuing Education Units (CEUs) were provided.



Programs & Services

In 2019 CCPG offered a total of 19 trainings, covering topics including: Interpersonal Cognitive Behavioral Therapy (I-CBT); Intro to Disordered Gambling; Treatment & Assessment; Current Trends in Problem Gambling; Adapting a Prevention Curriculum for use in an Adult Gambling Treatment Program; Sports Betting; Video Game Addiction for Parents; Problem Gambling Awareness; the Relationship Between Gambling & Gaming; Youth & Risky Behaviors; Youth Gambling Awareness Peer Leadership & Media; and Gambling & College Students.

645 people were trained and were able to demonstrate an increase in knowledge and awareness of problem gambling, as well as ways to integrate these concepts into their work.

Problem Gambling Helpline: Provides free, immediate, and culturally and linguistically relevant support and referral assistance, 24 hours a day, 7 days a week, to anyone experiencing issues relating to gambling (available via phone, text & chat).

Training: CCPG provides timely and relevant professional training to enhance the problem gambling service network in Connecticut.

Prevention: We work to increase community awareness about the impacts of problem and disordered gambling as well as statewide options for treatment and recovery services.

Advocacy: We offer testimony and position statements regarding any gambling-related legislation or regulations. We work with the legislature to craft responsible gaming policy and protect vulnerable populations. We also work to build the capacity of our statewide partners to advocate on behalf of themselves and the problem gambling and responsible gaming network.



Approximately 70,000 Connecticut residents meet the clinical criteria for disordered gambling.

An additional 280,000 residents are at risk of developing a gambling problem in their lifetime.



HOW WE HELPED



In 2019, 624 individuals reached out via the Problem Gambling Helpline for support relating to problems with gambling.



The CCPG Problem Gambling Helpline is the only statewide resource offering help via phone, text, and live online chat 24/7/365. The Helpline is an entry point for individuals with gambling problems, as well as those affected, to receive immediate services while in crisis.

Statewide Outreach

In 2019 we offered a variety of training and educational events throughout the state for the public, problem gambling service providers, and industry professionals. We shared information and resources at health fairs, wellness events, and community forums. We were honored to also do so at military and veterans events such as the Vets Stand Down in Rocky Hill and Vets Rock. We disseminated resources to students and colleges through the CT Healthy Campus Initiative and youth leadership groups.

The Legalization of Sports Betting in CT

With the proposed legalization of sports betting, we are likely facing the largest expansion of gambling in our nation's history.

Join us for our Regional Impact Breakfast

Wednesday, March 20, 2019

9:30 am - 11:00 am

Greek Olive
403 Sargent Drive
New Haven, CT 06511

FREE!

We will talk about:

- What is sports betting?
- What will this look like in CT?
- What is the impact of legalization?
- What are the recommendations moving forward?



Open to the public.
Advanced registration required.
Register online:
<https://info.usa.problemgambling.org>
For more information, contact Liane at
(203) 738-8566 or Liane@problemgambling.org

Facilitated by
PROBLEM GAMBLING
Funded by
PGS
Problem Gambling Services

Hosted by
PROBLEM GAMBLING
Funded by
PGS
Problem Gambling Services

The Connecticut Council on Problem Gambling presents
Video Game Addiction for Parents & Families

Friday, May 3, 2019
4:30 to 7:30 p.m.
Light refreshments served
\$100 - General
\$50 - Children 12 and under
St. Patrick's in Ansonia
280 Church St., Ansonia, CT

Carl Adams is a professional video game addiction and the founder of Adams Systems, the leading US firm dedicated to the study of video game addiction. Carl's life took a dramatic turn at the age of 10 when he began to experience intense feelings, leading him to drop out of high school. He struggled with gaming addiction for years, but after a comprehensive evaluation, and it was then he made a commitment to himself.

Named one of Canada's top 100 leaders in mental health, his work has been featured in Psychology of Women, and featured in the New York Times, Forbes, BBC, ABC, and more, among others. He is now a leading voice in the field of video game addiction.

Please join us as Carl shares his personal journey of overcoming his addiction to gaming and other key insights into how gaming and social media are designed to keep people hooked.

PROBLEM GAMBLING
TRAINING OPPORTUNITY

INTERPERSONAL THERAPEUTIC BEHAVIORAL TREATMENT SYSTEM FOR COMPLEX RELAPSE

4-HOUR WORKSHOP
FRIDAY, MAY 17, 2019
10:00 A.M. - 2:00 P.M.
New England Center for Cognitive Behavioral Therapy
117 Hammond Drive, Cheshire, CT

Since 2011, The Center for the New England Center for CBT has been offering the Interpersonal Therapeutic Behavioral Treatment System for Complex Relapse (ITBS-CR) to problem gamblers.

In this workshop you will be introduced to the ITBS-CR treatment system, which is a program designed to help problem gamblers achieve long-term recovery.

Workshop will focus:

1. The nature of ITBS-CR, the negative effects of CBT.

2. How ITBS-CR addresses the various recovery goals in problem gambling.

3. How ITBS-CR is implemented in the community to help problem gamblers.

4. A brief overview of the treatment program.

FREE to attend!

A Continuing Education Credit (CEC)

For more information, please contact Liane at (203) 738-8566 or Liane@problemgambling.org

MARCH IS PROBLEM GAMBLING AWARENESS MONTH
START THE CONVERSATION

Please join us for this
PROBLEM GAMBLING AWARENESS MONTH KICKOFF EVENT

RECOVERY LUNCHEON
When: March 1, 2019, 11-1pm
Where: Gaylord Hospital, Chauncy Room
50 Gaylord Farms Road, Wallingford, CT 06492

Recovery Speakers, Gambling Recovery Resources Luncheon - free to attendees
CT Council on Problem Gambling Updates
- legislative, prevention, helpline
- MCCA - gambling recovery support grant
rsvp to: Stephens@mcgaonline.com
860-306-1820

mcca **PROBLEM GAMBLING** **PGS** **PROBLEM GAMBLING SERVICES**

Join **Communities 4 Action** for a
RECOVERY EVENING

Tuesday, September 24
6:00 - 8:00 pm
Mitchell's in Westport

Problem Gambling Awareness Month
COMMUNITY IMPACT BREAKFAST
FRIDAY, MARCH 22

PROBLEM GAMBLING **SERAC**
UCFS Healthcare

FREE BREAKFAST | GUEST PANELIST | RESOURCES

8:30 - 10:30 AM
UCFS Healthcare
47 Town Street, Norwich
(enter the Building on the LEFT)
Please visit <https://goaallforms/5K2oe5PhAjs9TNe3> to RSVP

Make positive through generous funding from

LEGALIZED SPORTS WAGERING: A GOOD BET FOR CONNECTICUT?

Join Region 1 Gambling Awareness Team for an interactive presentation and discussion. Lunch Provided.

Thursday, May 30th, 11:30 AM to 1 PM
Norwalk City Hall Community Room, 125 East Avenue
RSVP to: igillespie@communities4action.org

*1.5 CEU's offered from the National Council on Problem Gambling and from the CT Certification Board.

Sponsored By: **PGS** **PROBLEM GAMBLING** **PROBLEM GAMBLING SERVICES**

Region 1 Gambling Awareness Team Members: Communities 4 Action, CCAR - CT Communities for Addiction Recovery, CT Council on Problem Gambling, CT Benetown, Fairfield County Sports Commission, DMHAS Problem Gambling Services, FCAC - Fairfield County Interscholastic Athletic Conference, Greenwich Hospital Outpatient Behavioral Services, Liberation Programs, MCCA, Positive Directions, Regional Network of Programs, Stratford Youth Services and The Hub.

Legalized Sports Gambling

With the proposed legalization of sports betting, we are currently facing what will likely be the largest expansion of gambling in our nation's history.

Join us for a breakfast discussion with elected officials.

January 24th, 2018 from 8:30 to 9:30 a.m.
Burroughs Community Center
2470 Fairfield Avenue, Bridgeport

We will talk about:

- What sports betting is
- What its likely to look like in CT
- Impact of legalization
- Recommendations moving forward

Please RSVP to: igillespie@communities4action.org

Sponsored by Region 1 Gambling Awareness Team.
Facilitated by Connecticut Council on Problem Gambling.

Region 4 Gambling Awareness Team presents
Community Impact Breakfast

March 27, 2019
9:30 - 11:00 a.m.

Town Hall Annex
25 School Street
East Windsor

SPEAKERS
FREE BREAKFAST
RESOURCES
NETWORKING

PROBLEM GAMBLING **Wheeler** **PGS**

RSVP: Kaitlin.Fishay-Brown@604-0194 or Kaitlin@pcpg.org

Advocacy

Your voice is
critical to
influence
change.

Advocacy

Advocacy is a...
aims to influence pu...
edia campaigns,

When legislative session convened in January 2019, Connecticut was facing the largest expansion of legalized gambling in its history. There were dozens of proposed gambling-related bills addressing everything from new casinos in Bridgeport and East Windsor, to sports betting, online gambling and I-lottery. There were also bills that increased funding for the prevention and treatment of disordered gambling, as well as mandating a study and creating a gaming commission to regulate gambling in the state. CCPG was front and center at the Legislative Office Building in Hartford, testifying on proposed bills before the Public Safety & Security Committee, which has cognizance over all gambling-related legislation.

When session concluded on June 5, no major gambling legislation had been passed. What we were left with was pre-existing approval for a casino in East Windsor (Federal approval was granted in March), and a feasibility study for I-lottery that was included in the state budget.

CCPG will continue to work with our legislature to inform and ensure that any expansion of legalized gambling will include important responsible gambling provisions and funding to strengthen the safety net of prevention, treatment, and recovery for our residents.



Outcomes



During Problem Gambling Awareness Month (PGAM) in March, the Council launched a new initiative focused on increasing statewide awareness of problem gambling. We collaborated with the five regional Gambling Awareness Teams, Bettor Choice treatment programs, and people in recovery to offer 6 community impact events throughout the state. These events included sharing stories of lived experience, education, and resources, and engaged over 200 people in the conversation of problem gambling as a public health issue in their communities.

CCPG also hosted a legislative breakfast at the State Capitol to educate policymakers about the importance of prevention and treatment for people experiencing gambling problems. This event included stories of recovery, youth-created gambling awareness PSAs and resources.

We also collaborated with the CT Lottery, Mohegan Sun, Foxwoods, and Sportech (OTB) to host 17 events which included educational resource tables on how to spot the signs of problem gambling for employees.

An additional 6 industry awareness events were held during the month of September to commemorate Responsible Gaming Education Week, focusing on responsible gambling practices for patrons, and including information on how to decrease the risk of problem gambling.

Through our outreach programs CCPG reached over 6,000 people at events such as Vets Rock, the Department of Veterans Affairs Stand Down, CCAR Recovery Walk, as well as at recovery centers, senior centers, the Connecticut Department of Correction, Gamblers Anonymous, health and wellness fairs, and presentations designed for youth and college students.

Our Impact



CCPG's Helpline assisted over 600 people struggling with problems related to gambling and provided referrals to treatment, Gam-anon/Gamblers Anonymous meetings, peer support & other resources.



Over 1,800 incarcerated individuals were given problem gambling education and resources. Prisoners have the highest rates of gambling disorder compared to any other known population.

Statement of Financials

For year ended December 31, 2019

Current Assets	
Cash & cash equivalents	\$ 255,435
Prepaid expenses	6,408
	<hr/>

Total current assets	261,843
----------------------	---------

Property & Equipment	
Office equipment	25,435
Less: accumulated depreciation	(22,965)
	<hr/>

Total property & equipment, net	2,470
---------------------------------	-------

Other Assets	
Security deposit	8,230
	<hr/>

Total other assets	8,230
--------------------	-------

TOTAL ASSETS	\$ 272,543
--------------	------------

Current Liabilities	
Accounts payable	\$ 4,611
Accrued expenses	8,991
	<hr/>

Total current liabilities	13,602
---------------------------	--------

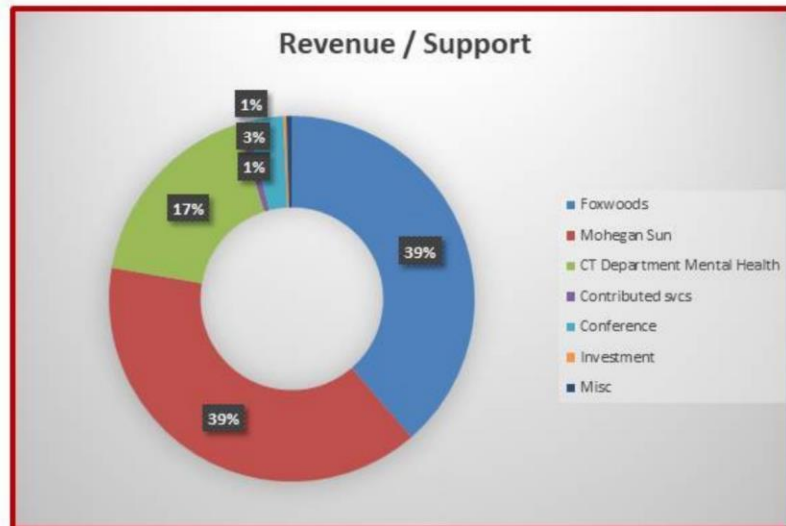
NET ASSETS	
Without donor restrictions	258,941
	<hr/>

Total net assets	258,941
------------------	---------

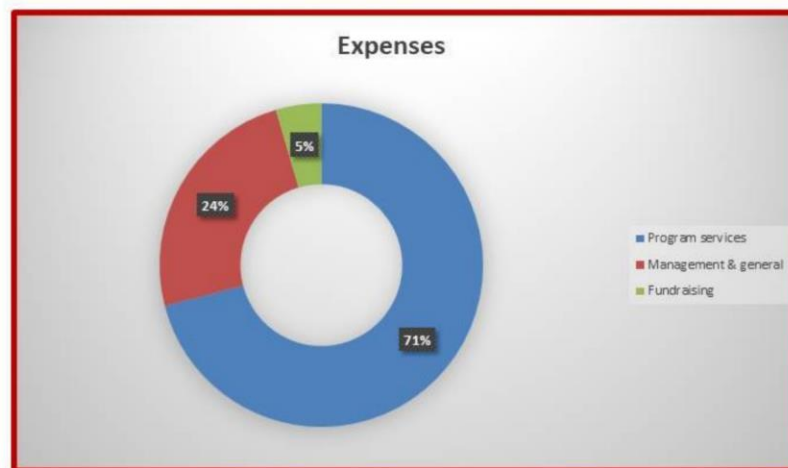
TOTAL LIABILITIES & NET ASSETS	\$ 272,543
--------------------------------	------------

Summary of Revenue & Expenses

For year ended December 31, 2019



Total \$724,785.00



Total \$695,090.00

Our Team

Staff:

Diana Goode, Executive Director

Kaitlin Brown, Director of Programs & Services

Art Mongillo, Manager of Policy & Communications

Board of Directors:

Willie Coleman, President

David Fleming, Vice President

Virginia Hilton, Treasurer

Greg Adams

Declan Barry

Alex Clausen

Valerie Tebbetts

Sandra Violette



(959)-230-4034



@CTProblemGambling



Toll Free Helpline
(888)-789-7777



@CTGamb



www.ccp.org



Connecticut-Council-on-Problem-Gambling



Connecticut Council on
Problem Gambling



CT_Council_on_Problem_Gambling