

2019 Holiday Awareness Campaign For Responsible Gambling and Problem Gambling Prevention

A Guide for Behavioral Health Providers and Preventionists



UNIVERSITY *of* MARYLAND
SCHOOL OF MEDICINE

The Maryland Center *of* Excellence
on Problem Gambling

Funded By:

Maryland Department of Health
Behavioral Health Administration

To print: this guide was designed to be printed double sided, long edge.

ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the National Council on Problem Gambling (NCPG) and The Center.

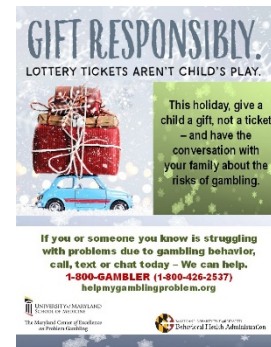
Introduction and Overview

'Tis the season for festive celebrations, generosity and family gatherings. It is also a season where excesses are more acceptable, mental stress can be heightened, and financial strain stretched to the limit. For those who are struggling with, and affected by, problems caused by gambling behaviors, actions and stress around the holidays can be magnified.

Each year at this time, the Center promotes and supports messaging around several campaigns that bring awareness of responsible gambling behaviors, overall wellness and resources available for those that may be struggling with problem gambling.

Underage Lottery Play – Don't Gift Lottery Tickets to Children

Each year, the National Council on Problem Gambling (NCPG) and the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University asks lotteries and other organizations in the United States and around the world to support the responsible gambling campaign and help raise awareness regarding the risks of underage lottery play during the holiday season. The Center embraces this campaign to encourage adults to not give a lottery ticket to ANY child under the age of 18, and to have the conversation with family members of all ages about the risks of gambling.



Holiday Wellness



Messaging for mental wellness is appropriate all year long and is incorporated in the overall messaging of the Center for gambling prevention and recovery. During the holidays, messaging on how to cope with seasonal stress is especially important. As is highlighting how to “keep gambling safe” if gambling is part of adult holiday activities.

Gambling Peer Support – On the Road to Recovery

The Center offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. Support is offered 24/7 to help those during the holiday season to start and stay on the road to gambling recovery through the Maryland Helpline 1-800-GAMBLER or by calling the Center directly at (667) 214-2120.



Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite 1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396
HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org

For More Information and Assistance, Contact:

Mary Drexler, MSW
Program Director
(667) 214-2121 ~ mdrexler@som.umaryland.edu

Heather Eshleman, MPH
Prevention Manager
(667) 214-2128 ~ heshleman@som.umaryland.edu

Donna Gaspar
Communications Manager
(667) 214-2124 ~ dgaspar@som.umaryland.edu

Promote Awareness

This **HOLIDAY SEASON** join the Center to promote **AWARENESS** within your organization and your community about responsible lottery gifting, the risks of gambling and the resources available for help and hope.

Posters and Awareness Materials

- Put up Holiday awareness flyers on your bulletin boards. We have included in this Guide 8½ x 11 flyers you can print.
- Promote holiday awareness on your website.
- The Center can provide additional awareness materials for your organization, including flyers, rack cards, and trifold brochures. Complete the Public Awareness Materials Form attached in this Guide, and fax (410-799-4396) or email the completed form into the Center.

Website URLs

- Promote holiday awareness on your agency website for gambling prevention and problem gambling resources for help and hope.
- Promote the Center's Problem Gambling help seeker website – helpmyproblemgambling.org.
- Visit the Center's website mdproblemgambling.com for additional resources.

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Promote Awareness *continued*

Social Media Posts

Utilize your organizations' social media and post messages each day/each week during this holiday season and beyond. Suggested topics and messages for posting are listed below.

December:

- Lottery tickets aren't child's play. Give a gift not a lottery ticket.
- Start the conversation with your family today about the risks of gambling
- If you think gambling is a financial solution, it may be a problem.
- Lottery scratch tickets present a possible gateway to other gambling activities.
- Someone you love gambling too much? Call 1-800-GAMBLER and ask for Family Peer Support.
- This holiday, give yourself the gift of holiday wellness.
- A large number of young people report their first gambling experience occurs around 9-11 years of age.
- Keep gambling safe – only gamble what you can afford to lose.
- Have the Conversation with someone who has been there – 1-800-GAMBLER
- Help and hope is available at helpmygamblingproblem.org
- It's never too late to start on the road to recovery. Call 1-800-GAMBLER today.
- Gambling should be entertainment – not a financial solution.
- In Maryland, the minimum age to buy a lottery ticket is 18 and 21 to enter a casino.

January:

- Problem gambling can become an addiction.
- Maryland residents can now get “no cost” counseling for gambling.
- Have a conversation with your whole family about gambling.
- Early gambling experiences are a risk factor for later problem gambling.
- Keep your gambling problem free.
- Teen rates for problem gambling are higher than for adults
- Know the signs of problem gambling – visit helpmygamblingproblem.org.
- About 80% of high-school aged adolescents report having gambled for money during the past year.
- You're not alone – reach out to have a conversation with a Peer Support Specialist.
- Problems due to gambling? Don't go it alone.
- Visit helpmygamblingproblem.org and take a self-assessment test.
- Call, text or chat 1-800-GAMBLER for free confidential, compassionate help with gambling problems.

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GIFT RESPONSIBLY.

LOTTERY TICKETS AREN'T CHILD'S PLAY.



This holiday, give a child a gift, not a ticket – and have the conversation with your family about the risks of gambling.

If you or someone you know is struggling with problems due to gambling behavior, call, text or chat today – We can help.

1-800-GAMBLER (1-800-426-2537)

helpmygamblingproblem.org



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Give Yourself the Gift of Holiday Wellness

This holiday, take the stress out of the season. Here are a few holiday coping skills to keep your holiday festive:

- ★ **Take a break** – when you wake, and during the day, stop and take a few deep breaths, be in the moment
- ★ **Stay in motion** – exercise, whether indoors or out, provides the energy boosts you need
- ★ **Get plenty of rest** – dreams of sugar plums are optional
- ★ **Limit consumption of holiday food and alcohol** – overindulgence can cause sluggishness and depression

If you gamble as part of your holiday festivities (visit a casino or buy lottery tickets as gifts), play it safe:

- ★ View gambling as entertainment and not as a way to make money.
- ★ Set a money and time limit and stick with it
- ★ Don't try to win back losses by more gambling
- ★ Balance gambling with other recreational activities
- ★ Don't mix drinking and/or taking drugs and gambling

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This holiday season start and stay on the road to **Gambling Recovery**



If you or any one you know is gambling problematically or struggling with gambling addiction, help is a phone call away with someone who “has been there.”

Holiday Triggers:

- Financial Issues
- Loneliness
- Family Conflicts
- Loss of Loved One
- Celebrations

A **Peer Recovery Support Specialist** can help those seeking to limit, control or stop their gambling, and connect them with the most useful resources in their communities so they continue to work toward their goals in dealing with any gambling problems.

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Public Awareness Materials – Order Form

Please complete the following information to order additional public awareness materials for your agency. Return the completed form via Fax or Email to: Davene Hinton, Program Assistant - Fax: 410-799-4396 - Email: dhinton@som.umaryland.edu - Phone: 667-214-2120

If you have any questions on the Public Awareness materials offered by the Center, please contact: Donna Gaspar, Communications Manager - Direct: 667-214-2124
Email: dgaspar@som.umaryland.edu

OFFICE USE: Date received _____; Date shipped _____

Please print.

Mailing Address:

ATTN: (Name)			
Email:			
Phone Number:			
Agency Name:			
Address 1:			
Address 2:			
City:		Zip	

Materials Needed:

Quantity	Item:
	Rack Card – Gambling and The Family
	Rack Card – Signs
	Rack Card – If you think Gambling is a Solution
	Rack Card – Peer Support, Individuals side one/Families side two
	Tri-Fold Brochure - Resources/Recovery
	Tri-Fold Brochure – Gambling Peer Recovery Support Specialist
	Small Card - Have the Conversation
	Small Card - Recovery Card
	Small Turtle Low Risk-High Risk Cards Recovery Cards
	8.5 x11 Bulletin Board Posters (list topic)
	(List additional materials needed, such as specific topical flyers needed, etc.)

