

**If You
Need to
WIN
You
Need to
STOP**

**If you or someone you know may
have a gambling problem,
call toll free:**

1-877-770-STOP (7867)

Welcome to Responsible Gaming Training

This training program has been prepared for you as a joint effort by the Louisiana Gaming Control Board, Louisiana State Police, Attorney General's Office, Office for Addictive Disorders and Louisiana Association on Compulsive Gambling and is in compliance with current rules.

It was developed specifically for employees of the gaming industry by the agencies mentioned above.

It is designed to enable you to assist persons you know, friends, customers or family members who may have a gambling problem.

Thank you for your participation.

General

If you
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Louisiana Association on Compulsive Gambling

Some Indicators of Compulsive Gambling

- How much time is spent gambling
- Increase in gambling time and places
- Increase in size of bets (sudden and dramatic)
- Working up special occasions for gambling (cancelling other plans)
- Intensity of interest in gambling (constant tension and excitement)
- Boasting about winning; evasive about losing
- Exaggerated display of money and other possessions
- Gambling when there is a crisis
- Drop off in other activities
- Frequent absences from home and work
- Excessive phone use
- Withdrawal from family
- Personality changes (increased irritability/hostility)
- Diversion of family funds

*adapted from When Luck Runs Out by Robert Custer, M.D.

Twenty Questions About Gambling Addiction

Answering **YES** to seven or more of these questions may indicate a gambling problem

1. Do you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Does gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Does gambling cause a decrease in your ambition or efficiency?
7. After losing do you feel you must return as soon as possible and win back your losses?
8. After a win do you have a strong urge to return and win more?
9. Do you often gamble until your last dollar is gone?
10. Do you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Are you reluctant to use gambling money for normal expenditures?
13. Does gambling make you careless of the welfare of yourself or your family?
14. Do you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Does gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Do you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

Reprinted with permission from Gamblers Anonymous

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Similarities Between Compulsive Gambling and Substance Abuse

- ◆ Inability to stop
- ◆ Denial
- ◆ Severe depression and mood swings
- ◆ Progressive disease with similar phases and stages
- ◆ Chasing the first win/high
- ◆ Blackouts/brownouts
- ◆ Addiction used to escape from pain
- ◆ Preoccupation
- ◆ Low self-esteem and high ego
- ◆ Dysfunctional families
- ◆ High of gambling similar to rush of cocaine
- ◆ Use of rituals
- ◆ Immediate gratification

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Differences Between Compulsive Gambling and Substance Abuse

- ◆ Occasionally a compulsive gambler can win
- ◆ Individuals cannot overdose; there is no saturation point
- ◆ Tremendous financial problems which require immediate attention in treatment
- ◆ Compulsive gamblers can function at employment site
- ◆ Compulsive gambling cannot be tested in a setting like drug testing
- ◆ Compulsive gambling does not require ingestion of chemicals
- ◆ Fewer resources available for compulsive gamblers and their families
- ◆ Perceptions of disease different
- ◆ Prevention message not as easily accepted by community

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Are You Living With A Compulsive Gambler?

Gam-Anon Twenty Questions

1. Do you find yourself constantly bothered by bill collectors?
2. Is the person in question away from home for long, unexplained periods of time?
3. Does this person ever lose time from work due to gambling?
4. Do you feel that this person cannot be trusted with money?
5. Does the person in question faithfully promise that he or she will stop gambling, then beg and plead for another chance, yet gamble again and again?
6. Does this person ever gamble longer than he or she intended to, until the last dollar was gone?
7. Does this person ever gamble to get money to solve financial difficulties, or have unrealistic expectations that gambling will bring the family material comfort and wealth?
8. Does this person immediately return to gambling to try to recover losses, or to win more?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?
11. Have you come to the point of hiding money needed for living expenses, knowing that you and the rest of the family may go without food and clothing if you do not?
12. Do you search this person's clothing or go through his or her wallet when the opportunity presents itself, or otherwise check on his or her activities?
13. Do you hide his or her money?
14. Have you noticed a significant change in the gambler as his or her gambling progresses?
15. Does the person in question consistently lie to cover-up or deny his or her gambling activities?
16. Does this person use guilt induction as a method of shifting responsibilities for his or her gambling activities?
17. Do you attempt to anticipate this person's moods, or try to control his or her life?
18. Does this person ever suffer from remorse or depression due to gambling, sometimes to the point of threatening self destruction?
19. Has the gambling ever brought you to the point of threatening to break up the family unit?
20. Do you feel that your life together is a "nightmare"?

If you are living with a compulsive gambler, you may answer "yes" to at least six of the above questions

Courtesy of Gam-Anon

Youth

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Gambling Addiction In Teens or Young Adults

Adolescent Twenty Questions

1. Do your friends gamble a lot?
2. Do you gamble at school?
3. Have you ever stayed away from school or work to gamble?
4. Is gambling more important than school work?
5. Do you often spend your free time involved in gambling activities such as poker, sports betting, dice, etc.?
6. Do you find gambling to be the most exciting activity you do?
7. When you are gambling, do you tend to lose track of time and forget about everything else?
8. Do you often daydream about gambling?
9. Do you feel your friends are envious of you when you win money at gambling and that you get extra attention because of gambling?
10. When you win, do you want to return to gamble as soon as possible because you believe that you will continue winning?
11. When you lose, do you feel you must bet as soon as possible to win back your losses?
12. Do you often gamble with money your originally intended to use for other things--like lunch, clothing, tapes/CD's, etc.?
13. Do you ever "borrow" money to gamble?
14. Have you ever sold a favorite possession or something very special to you to get money to gamble or pay a gambling debt?
15. Do you try to prevent your family and friends from knowing how much and how often you gamble?
16. Do you ever lie about your gambling? For example, do you tell people that you won when actually you had lost.
17. Do you get into arguments with your parents because of gambling or with your friends over a gambling activity?
18. Do you feel depressed or lose sleep or feel guilty because you lost money gambling?
19. Have you ever thought of suicide as a way of solving your problems?
20. Does one or both of your parents do a lot of gambling?

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Indicators of Problem Gambling Among Teens & Young Adults

- ◆ Unexplained absences from school or classes
- ◆ Sudden drop in grades or failure to complete assignments on time
- ◆ Change in personality or behavior
- ◆ Exaggerated display of money or other material possessions
- ◆ Daily or weekly card games
- ◆ Bragging about winning at gambling
- ◆ Intense interest in gambling conversations
- ◆ Unusual interest in newspapers/magazines/periodicals/sports scores
- ◆ Unaccountable explanation for new items of value in possession
- ◆ Borrowing or stealing money
- ◆ Withdrawing from family and friends
- ◆ Uncharacteristically forgetting appointments or dates
- ◆ Exaggerated use of word “bet” in vocabulary and/or use of gambling language in conversations (e.g. bookie, point spread, underdog, favorite)

Resources

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Louisiana Association on Compulsive Gambling

Center of Recovery

CORE, Center of Recovery, is a place of help and hope for problem gamblers and their families. CORE was conceived in 1998 with the sole purpose of providing treatment for those whose lives have been adversely affected by gambling. At inception, CORE was the only state funded facility of its kind in the United States. The funding is provided by the Louisiana Office for Addictive Disorders. Outside contributions from the gaming industry and others are accepted. CORE is a residential facility located in the historic Highland area of Shreveport and provides 24-hour monitoring of the residents to address complex diagnostic issues, serious relapse factors and medical psychiatric instability. The setting, while structured, offers family-like daily living and a home-like atmosphere for 20 male and female residents. Handicap access is available.

Following an assessment to determine each person's individual treatment needs, the residents enter the program. The treatment includes group therapy, individual counseling, education, financial/budget planning, recreation therapy and introduction to the 12 Step recovery program. The treatment team includes counselors, therapists and other health professionals. Physicians and nurses are on call and the program has a spiritual component to address concerns of multiple and/or cross addictions. Families are encouraged to participate in the group sessions planned for them.



For information on admission, referrals, or other questions, please contact:

CORE
635 Stoner Ave
Shreveport, LA 71101
Phone: 318-424-HELP (4357)
Fax: 318-424-4355
E-mail: gambling@shreve.net

Website: www.laprogam.org

This program funded primarily by the Office for Addictive Disorders, DHH, State of Louisiana



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Intensive Outpatient Program

Fulfilling a Need

A proven leader in providing help for problem Gamblers and their families, the Louisiana Association on Compulsive Gambling (LACG) has developed unique programs to address these problems. The result is an exciting new treatment concept, which affords varying levels of counseling and help, up to and including residential treatment. The level of treatment to which the person is assigned is based on an assessment with our staff.

The need for treatment is supported by the fact that studies commissioned by the Louisiana State Office for Addictive Disorders show that as many as 200,000+ Louisiana residents suffer from related problems.

The Program

The Intensive Outpatient Program (IOP), located in Shreveport, is designed as a companion program to the Center of Recovery (CORE).

The IOP is for individuals who have identified that they have a gambling problem and who cannot - or need not - participate in an inpatient/residential treatment setting.

The primary treatment program meets for 6 months, 4 evenings a week, Monday, Tuesday, Thursday & Friday from 5:00 to 8:00 p.m. The Friday sessions are tailored for family and friends in an enjoyable, interactive format. Everyone is asked to have family members and/or other people involved in their treatment process.

The IOP is designed to provide insight, encouragement and proven strategies for regaining stability - and helping the Problem Gambler achieve and maintain stable recovery.

For information on admission, referrals, or other questions, please contact:

324 Texas Street
Shreveport, LA 71101
Phone: 318-227-0883



Website: www.laprogam.org

This program funded primarily by the Office for Addictive Disorders, DHH, State of Louisiana

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Louisiana Association on Compulsive Gambling

Louisiana Problem Gamblers Helpline

TOLL FREE 1-877-770-STOP (7867)

The Louisiana Problem Gamblers Help Line is a toll-free, confidential information and referral line that assists individuals in the state of Louisiana who may be affected by gambling problems. This includes providing information to people seeking help for gambling problems; family members who are concerned about a loved one; or a person in recovery from gambling who is searching for a GA meeting. In addition, we talk to individuals from throughout the state who have a question on other addictions and direct them to the proper resource.



This program funded primarily by the Office for Addictive Disorders, DHH, State of Louisiana

Louisiana Problem Gamblers Helpline
P.O. Box 515
Shreveport, LA 71162-0515
E-mail: helpline@shreve.net
Website: www.laprogam.org

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Parishes Served by the Office for Addictive Disorders

Metropolitan Human Services District

◆ **Metropolitan Human Services District**

400 Poydras Street, Suite 1800

New Orleans, LA 70130

Phone (504) 568-3130

Fax (504) 568-3134

Parishes served: Orleans, St. Bernard, Plaquemines

Capital Area Human Services District

◆ **Capitol Area Human Services District**

4615 Government Street, Building 2

Baton Rouge, LA 70806

Phone (225) 922-0050

Fax (225) 925-1987

Parishes served: Ascension, East Baton Rouge, West Baton Rouge, East Feliciana, West Feliciana, Iberville, Point Coupee

REGION III:

◆ **Terrebonne ADC**

521 Legion Avenue

Houma, LA 70364

Phone (985) 857-3612

Fax (985) 857-3707

Parishes served: Assumption, Lafourche, St. James, St. John, St. Mary, St. Charles, Terrebonne

REGION IV:

◆ **Lafayette ADC**

302 Dulles St., Suite 1

Lafayette, LA 70506-3008

Phone: 337-262-1611

Fax: 337-262-1610

Parishes served: Arcadia, Evangeline, Iberia, Lafayette, St. Landry, St. Martin, Vermillion

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REGION V:

◆ **Lake Charles CAD**

3501 5th Avenue, Suite A
Lake Charles, LA 70607
Phone: 337-475-3100
Fax: 337-475-3105

Parishes served: Allen, Beauregard, Calcasieu, Cameron, Jefferson Davis

REGION VI:

◆ **Alexandria/Pineville ADC**

401 Rainbow Drive, Unit 35
Pineville, LA 71360
Phone: 318-487-5191
Fax: 318-487-5453

Parishes served: Avoyelles, Catahoula, Concordia, Grant, LaSalle, Rapides, Vernon, Winn

REGION VII:

◆ **Northwest Regional CAD**

6005 Financial Plaza, 2nd Floor
Shreveport, LA 71129
Phone: 318-632-2040
Fax: 318-632-2037

Parishes served: Bossier, Bienville, Caddo, Claiborne, DeSoto, Natchitoches, Red River, Sabine, Webster

REGION VIII:

◆ **Monroe Regional ADC**

2513 Ferrand Street
Monroe, LA 71201
Phone: 318-362-3270
Fax: 318-362-3268

Parishes served: Caldwell, West Caldwell, East Carroll, Franklin, Jackson, Lincoln, Madison, Morehouse, Ouachita, Richland, Tensas, Union

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Florida Parishes Human Services Authority

◆ **Northlake ADC**

19404 North 10th Street

Covington, LA 70433

Phone: 985-871-1383

Fax: 985-871-1388

Parishes served: Livingston, St. Helena, St. Tammany, Tangipahoa

Jefferson Parish Human Services Authority

◆ **Jefferson Parish Human Services Authority**

5001 West Bank Expressway

Marrero, LA 70072

Phone: 504-349-8708

Fax: 504-349-8703

Parish served: Jefferson

Office for Addictive Disorders Headquarters

◆ **Problem and Compulsive Gambling Coordinator**

P.O. Box 3868

Baton Rouge, LA 70821

Phone 225-342-1085

Fax 225-342-3931

Miscellaneous

GAMBLING PROBLEM?

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**1-877-770-STOP
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This program is funded primarily by the Louisiana
Department of Health and Hospitals.



Websites: www.helpforgambling.org
www.centerofrecovery.org

THE LOUISIANA AFFILIATE OF
 National Council
on Problem Gambling

**LOUISIANA ASSOCIATION
ON COMPULSIVE GAMBLING**

P.O. Box 515
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Website: www.helpforgambling.org

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- Gambling when there is a crisis
- Drop-off in other activities
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*(adapted from When Luck Runs Out by Robert Custer, M.D.)

Gamblers Anonymous Twenty Questions

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20. Have you ever considered self-destruction as a result of your gambling?

*Some Indicators of Compulsive Gambling**

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- (adopted from When Luck Runs Out by Robert Custer, M.D.)



THE LOUISIANA AFFILIATE OF
The National Council on
Problem Gambling, Inc.

**LOUISIANA ASSOCIATION
ON COMPULSIVE GAMBLING**

P.O. Box 515
Shreveport, LA 71162-0515
Website: www.laprobgam.org

Louisiana Association on Compulsive Gambling



Mission Statement

The Louisiana Association on Compulsive Gambling is a non-profit organization dedicated to advocating and/or providing cost-effective, quality assistance for all individuals in the State of Louisiana who may be affected by gambling problems.

The organization further promotes the development of more educational programs and professional resources for problem gambling assistance.

The Need to Help Problem Gamblers is Obvious

Pathological gambling is a present and growing problem in Louisiana. The problem is reaching epidemic proportions according to an article in the Journal of the Louisiana State Medical Society, entitled, "Pathological Gambling in Louisiana, An Epidemiological Perspective."

Studies commissioned by the Office for Addictive Disorders show that as many as 74,400 Louisiana Residents are currently suffering severe problems related to gambling and another 126,000 may be experiencing some level of problems. This figure, totaling just over 200,000, is of great concern. More alarming, however, is another study conducted with over 12,000 Louisiana youth, which showed gambling behavior is widespread among students with some experimentation beginning as early as fifth grade.

How the Louisiana Association on Compulsive Gambling Addresses the Problem

The Association was organized in 1995 and is an affiliate of the National Council on Problem Gambling, Inc. The volunteer board consists of more than 20 members from many walks of life including physicians, accountants, therapists, homemakers, business executives and others. Daily operations are managed by an executive director.

A Four Point Program of Work

EDUCATION AND TRAINING—The Association has been involved with training several hundred counselors toward receiving certification for compulsive gambling treatment. We have also provided problem gambling education to gaming industry employees all over the state. Still another plan developed with the Association, the Office for Addictive Disorders, LSU and the State Department for Education strives to work with the school system to provide prevention education for Louisiana's youth.

ADVOCACY—The Association has been an advocate for compulsive gamblers and their families. On a national level the Association was asked to testify before the National Gambling Impact Study Commission, a Presidential commission charged with evaluating national gambling concerns and reporting the findings to Congress. National Advocacy is maintained through a strong affiliation with the National Council on Problem Gambling.

TREATMENT—The Association provides highly effective Treatment for gambling addiction through its 20-bed Residential Treatment Program at CORE-Center of Recovery in Shreveport and its Multi-Level Outpatient Program at CORE-South in New Orleans. CORE-South offers varying levels of treatment intensity depending on patient need up to and including a board and care component, allowing patients to stay in residence. Both programs offer treatment for families and designed to meet the patient where he/she is and take them where they need to be.

RESEARCH—The Association has assisted and worked with research projects at Louisiana State University Medical Center, Louisiana State University in Baton Rouge, University of New Orleans, the Nelson Mandela School of Public Policy at Southern University in Baton Rouge, Harvard University and other similar projects.

HELPLINE—The Association operates a 24-hour, 7 day problem gamblers helpline designed for referral and crisis intervention. The Helpline is funded primarily by the Office for Addictive Disorders

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ORDER INFORMATION

You can order extra copies of the
"If You Need To Win You Need To Stop" brochure.

PACK OF 25

\$7.50

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Louisiana Problem Gamblers Helpline

Phone: 1-877-770-STOP (7867)

Or

Louisiana Association on Problem Gambling

Phone: 318-227-0883