

Did You Know

- 10% of youth in grades 7-12 are experiencing a problem with gambling
- An additional 10% are at risk
- In grades 7-12 28% of students in chemical dependency treatment have experienced a problem with gambling
- Nationally 1 out of 25 youths between ages 13 –17 are at risk of developing a problem with gambling
- Gambling is the fastest growing addiction among youth today

10 Questions About Gambling Behavior

1. You have often gambled longer than you had planned.
2. You have often gambled until your last dollar was gone.
3. Thoughts of gambling have caused you to lose sleep.
4. You have used your income or savings to gamble while letting bills go unpaid.
5. You have made repeated, unsuccessful attempts to stop gambling.
6. You have broken the law or considered breaking the law to finance your gambling.
7. You have borrowed money to finance your gambling.
8. You have felt depressed or suicidal because of your gambling losses.
9. You have been remorseful after gambling.
10. You have gambled to get money to meet your financial obligations.

If you or someone you know has answered "Yes" to any of these questions, consider seeking assistance from us. Call **516-767-1133** for a confidential appointment.

Port Counseling Center is licensed by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and funded by Nassau County Department of Mental Health, Chemical Dependency & Developmental Disabilities Services.



**Do you or someone
you know have a
gambling problem ?**

***P r o b l e m
G a m b l i n g
T r e a t m e n t
S e r v i c e s***



**225 Main Street
Port Washington, NY**

516-767-1133

www.portcounseling.org

Port Counseling Center Establishes Problem Gambling Treatment Program

Port Counseling Center has established a Problem Gambling Treatment Program for persons who have experienced loss of control with regard to gambling and which has negatively impacted their lives and the lives of their families. We also treat the significant others of problem gamblers who have been severely impacted upon both financially and emotionally.

Problem gambling is an issue that affects all socioeconomic, ethnic, religious and age groups. What is considered a harmless recreational diversion can quickly escalate into an addiction. The high of a win usually leaves a person craving more, which leads to betting more and in most instances, losing more. It is a highly rationalized behavior because the problem gambler believes that he or she will win a lot of money, however, it is the betting process itself that is addictive and in fact, not the win that gratifies the craving. Winners do not stop placing bets.

Because betting is commingled with the idea of having fun, with vacations, and with many sports events it is an invisible illness in our society. It can cause financial ruin leading to destroyed lives, family disruption, loss of employment, divorce, loss of child custody, depression, and suicide. The sale of lottery tickets at local shops and internet access has made it even easier for adolescents and adults to get addicted to gambling, and it is now called "gaming" to make it appear less ominous.

If you or someone you know is caught in the cycle of gambling, call us for help.

Adolescent Warning Signs

- **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 game**
- **Bragging about winning at gambling**
- **Intense interest in gambling conversations**
- **Unusual interest in newspaper/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)**



Workplace Warning Signs

- **Does the employee spend excessive time away from the job? (Note: Excessive time away from the job may include extended use of telephone to place bets)**
- **Does the employee take unusual amounts of sick time, especially half-days?**
- **Does the employee routinely arrive late, leave early, take long lunches or experience difficulties reporting and/or remaining in scheduled work location(s)?**
- **Does the employee talk or worry about money problems, or experience money difficulties, resulting in requests for cash advances or loans from fellow employees and/or employer?**
- **Does the employee always seem to be the person who starts and/or runs office pools (e.g. sports, lottery, birth)?**
- **Does the employee encourage co-workers to bet in office pools and/or bet more money?**
- **Does the employee try to organize an office excursion to a casino or racetrack?**