

DART Prevention Coalition

MARCH: PROBLEM GAMBLING AWARENESS MONTH

MARCH IS NATIONAL

Problem Gambling Awareness Month



DART Prevention Coalition
Taking Aim at Substance Use in Ocean County

RWJBarnabas
HEALTH

Institute for
Prevention
and Recovery

Want to help spread awareness and share on your own social media?
Make sure to keep an eye out on the **DART Facebook** page for our shareable posts!

PROBLEM GAMBLING ONE-PAGER



Problem Gambling: Awareness and Resources

What is Problem Gambling?

Problem Gambling is defined as an increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, chasing losses and a loss of control from continued gambling behavior despite mounting, serious and negative consequences.

Individuals in any age group may suffer from gambling disorder. Those with a gambling disorder struggle to control their behavior, which can cause financial hardship, emotional distress and strain relationships, impacting their families and society.

Signs of Problem Gambling

According to the American Psychiatric Association, a diagnosis of gambling disorder requires at least **four** of the following during the past year:

- Frequent thoughts about gambling (such as reliving past gambling experiences or planning future gambling experiences)
- Need to gamble with increasing amounts to achieve the desired excitement
- Repeated unsuccessful efforts to control, cut back on or stop gambling
- Restlessness or irritability when trying to cut down or stop gambling
- Gambling when trying to escape from problems, negative mood or stress
- Often gambling when feeling distressed
- After losing money or an item of value due to gambling, often returning to get even (referred to as "chasing" one's losses)
- Lying to hide the extent of gambling involvement
- Losing important opportunities such as a job, school achievements or close relationships due to gambling
- Relying on others to help with money problems caused by gambling

Problem Gambling and Substance Use

Problem gambling and substance use often co-occur. Individuals with gambling disorders may be more vulnerable to substance use as they attempt to cope with the emotional and financial stress caused by their gambling. Both disorders can exacerbate each other, creating a cycle where one problem reinforces the other, leading to more severe consequences for the individual's health and well-being.

If you are using substances and want help stopping, please contact our Peer Recovery Program at **848-303-0008** for recovery support services. If you or someone you know is in crisis, please call 911.

Impacts of Problem Gambling

- Individuals can experience financial instability as a result of using their money to fund their gambling activities.
- Relationships with friends and family can suffer as a result of the preoccupation with gambling.
- Individuals may experience difficulties at work due to the negative impacts of excessive gambling on their productivity and focus.
- People with a gambling disorder often experience negative emotions such as guilt or shame.

Treatment for Problem Gambling

Gambling can change parts of the brain that deal with experiencing reward or excitement. Treatment for gambling disorders can slowly help reverse these changes and return the brain to normal functioning. **Different approaches may work better for different people. Some approaches include:**

- Cognitive behavioral therapy (CBT)
- Psychodynamic therapy
- Group therapy
- Family therapy

The Council on Compulsive Gambling of NJ offers support for gamblers, family and friends.

1-800-GAMBLER | 800gambler.org

Sources:

www.psychiatry.org/patients-families/gambling-disorder/what-is-gambling-disorder
www.addiction.nyu.edu/about-addiction/facts-and-figures/gambling/
www.ncpgambling.org/problem-gambling/pgam/
<https://pubmed.ncbi.nlm.nih.gov/articles/PMC4803265/>

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**Click Here to Download and Share the One-
Pager**

Approximately

5 million

Americans meet the
criteria for problem
gambling.

However, only around

8 percent

of these individuals
will ever seek help.



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Problem gambling can impact individuals' **mental and financial well-being, strain personal relationships, cause emotional distress and burden society.**



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RESOURCES

800gambler.org

The Council on Compulsive Gambling of New Jersey offers support for gamblers and their families and friends.

[Peer Recovery Program \(PRP\)](#)

The RWJBarnabas Health Institute for Prevention and Recovery Peer Recovery Program offers recovery support services for those looking to stop using substances.

[What is Gambling Disorder?](#)

Full overview, diagnosis and treatment information, and other resources from the American Psychiatric Association.

[Facts and Figures on Gambling](#)

Provided by the Rutgers Addiction Research Center.

[Problem Gambling Awareness Month \(PGAM\)](#)

Additional information about PGAM from the National Council on Problem Gambling.

[A Review of Gambling Disorder and Substance Use Disorders](#)

Journal article on problem gambling and substances from the National Library of Medicine.



Looking for Previous Awareness Campaign Materials?

Check out our [DART Resources](http://rwjbh.org/dartresources) portal page for past awareness campaigns, one-pagers, fact cards, and more! | rwjbh.org/dartresources



Find these Awareness Campaign images (and more) on our Facebook!

[DART Prevention Coalition of Ocean County](https://www.facebook.com/DARTCoalition) | [facebook.com/DARTCoalition](https://www.facebook.com/DARTCoalition)

Amy Piacente-Desch, Senior Prevention Manager

DART Prevention Coalition of Ocean County

RWJBarnabas Health Institute for Prevention and Recovery

amy.piacentedesch@rwjbh.org | dart@rwjbh.org | rwjbh.org/dart

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DART Coalition of Ocean County | 442 Route 35 South Third Floor | Eatontown, NJ 07724 US

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