

In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

Do You Believe in Luck?

Gambling is a popular past time in the United States that is growing exponentially with the increase in gambling venues and the poor economy. Casinos, lotteries, scratch offs, and gambling websites are changing and expanding to lure consumers to try their new games. This popular trend is becoming more appealing to those who want to make a quick buck.

The Office of Alcoholism and Substance Abuse Services, (OASAS) characterizes problem gambling as a progressive addiction involving the constant fixation and need to bet more, with agitation and restlessness ensuing when the gambler tries to stop. Pathological gambling is a more se-

vere version of problem gambling, involving the loss of control, irrational thinking and behavior, and the inability to stop gambling despite the increasingly negative consequences. It is classified as a mental disorder in the Diagnostic and Statistical Manual of Mental Disorders, (DSM).

Although millions of people gamble, there are specific criterions for someone to be a problem gambler. Gambling is like any other addiction, instead of getting a high from a substance, the gambler obtains that high from the possibility of winning. Problem gamblers are also known for "chasing their losses." They keep gambling after they have lost large

amounts of money, thinking that they will be able to win back what has been lost. In the rare instance that large amounts are won, it is quickly wagered away.

More professionals are working towards prevention and treatment options, this addiction and ways to support it are increasing at a higher rate. Take the time to become educated on the consequences, risk factors, and indicators of gambling addiction. Call 1-877-8-HOPE-NY or Steuben Council on Addictions at 607-776-6441 for more information or if you think you or someone you know may have a gambling problem.



March Promotes Gambling Awareness

Gambling can and does affect several different age groups, economic classes and cultural backgrounds in the United States. The two fastest growing populations with gambling addictions are adolescent males and senior citizens.

According to the DePaul Treatment Center in Rochester, 14% of youth in New York, ages 13-17, are at risk for developing problems due to gambling. Youth are at risk of gambling addictions as they are heavily influenced by society. Most young gamblers have gambled with a parent or other family members. The consequences can be serious from

the negative aspects: money problems, preoccupation with gambling, time lost from school or work, addiction, hopelessness and suicidal thoughts.

Gambling is illegal for youth under the age of 18. Teenagers who gamble are more likely than adults to become addicted. Family members should not encourage or allow young people to gamble because of legal and long term implications.

With the economy struggling there has been an increase in gambling across the country for many age groups. Economic hardships, such as a poor econ-

omy, loss of jobs, and stress all contribute to the increased incidence of gambling. There much to lose from risking money that is needed for bills and necessities; such as family, homes, furniture, credit, trust and good mental health.

Most senior citizens are on a fixed income and have to budget what they spend. We often see marketing ploys to encourage people to take trips to casinos with a free coin advantage. Seniors may end up spending money that is needed for food, medical expenses and bills. It is important to beware of chasing losses and spending money that is needed for

daily living.

To increase the knowledge and understanding of gambling addictions as a real and serious issue throughout the United States Gambling Awareness Week is observed March 7 to 13, 2010.

If you or someone you know shows signs of a gambling problem, please visit the www.ncadd-ra.org website and click on the Gamblers Anonymous 20 Questions or call Steuben Council on Addictions at (607) 776-6441 for more information.

Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:

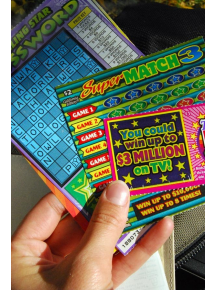
1-877-8HOPENY (1-877-846-7369)

24 hours a day, 7 days a week * Free & confidential information and referrals.

In The Know and By The Numbers

A brief look at current statistics and figures relating to the topic of Gambling and Gambling Addictions.

- There are roughly 330,000 NY residents aged 18 and over who are currently experiencing difficulties related to their gambling, and is estimated that 118,000 of these are experiencing enough difficulties to warrant treatment.
- Problem gamblers in NY are increasingly likely to be Caucasian and unmarried and to have graduated from high school.
- In a NY gambling survey 86% of NY adolescent respondents said that they had bet on one or more types of gambling at some time, 75% had gambled in the past year and 15% had bet on one or more types of gambling on a weekly basis.
- The favorite types of gambling among adolescents are wagering on card, dice or domino games, games of skill, sports events and the lottery.
- Men in NY estimate that they spend twice as much on gambling as women while respondents between the ages of 21 and 29 estimate that they spend significantly more on gambling than non-Caucasian respondents and never married/ not married/ separated and more than married respondents.
- 80% of U.S. adults have gambled at least once in the past month and 85% of U.S. adults have gambled in the past year.
- Approximately 5% of NY's population has a gambling problem.
- Among adults 65+ gambling is the most frequently identified social activity. (McNeilly & Burke, 2000)
- A persons odds of winning the grand prize on a NY 5 dollar \$1,000,000 Cashword ticket are one in 2,520,000. (nylottery.org)
- A persons odds of winning \$500 on a one dollar Loose Change ticket are one in 48,000. (nylottery.org)



All Stats on this page unless noted were adapted from the New York Council on Problem Gambling Website www.nyproblemgambling.org

Steuben Council SCA on Addictions

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Catholic Charities

Steuben County

www.catholiccharitiessteuben.org

The Council Corner

A look at Steuben Council on Addictions and the projects they are working on

Steuben Council on Addictions, in collaboration with the Steuben County Sheriffs Office was recently awarded a grant in the amount of \$19,974 to be used to develop comprehensive and coordinated initiatives to enforce state laws that prohibit the sale of alcoholic beverages to individuals under the age of 21 and support strategies that prevent the purchase or consumption of alcoholic beverages by individuals under 21 years of age.

A second year of funding is contingent upon meeting necessary performance requirements. This grant was made

possible through the New York State Office of Alcohol and Substance Abuse Services (OASAS) and the Office of Juvenile Justice and Delinquency Prevention Enforcing the Underage Drinking Laws Block Grant. We are excited about this opportunity to collaborate with the Sheriffs Office and to further work towards preventing children from consuming alcohol and making adults and children aware of the implications of use, sale and distribution to minors or by minors.

The Council has been chosen to be one of more than 2,000 com-

munity coalitions nationwide to receive a stipend of \$500 from the Substance Abuse and Mental Health Services Administration (SAMHSA), a member of the Interagency Coordinating Committee for the Prevention of Underage Drinking. The stipend is to go towards expenses related to conducting a Town Hall Meeting in spring 2010 to raise community awareness and encourage action in preventing underage drinking. The Council is planning to hold the Town hall meeting at the end of March to help kick off April as Alcohol Awareness Month.

Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information on In The Know contact Stacey O'Dell, Prevention Educator at (607) 776-6441, x. 205 or sodell@dor.org.