

March is Problem Gambling Awareness Month!



Everyone can lend a hand to help reduce risks of teen and adult problem gambling.

*Learn about problem gambling and protective factors.
Share what you know.*

Do you know someone who may have a problem with gambling?

Free, confidential information and help are available 24/7 from professional certified problem gambling counselors at this Oregon Problem Gambling help line and website:

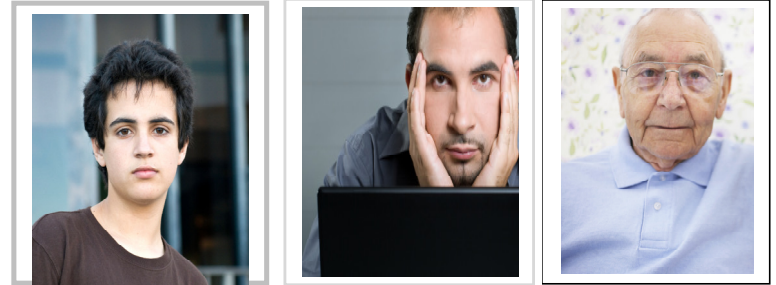
1-877-MY LIMIT - www.1877mylimit.org

You may also be interested in literature, survey results, and prevention resources in Spanish and English language in the **2009 State of Oregon Problem Gambling Prevention Manual**, now online (kindly hosted by Lane County) and available at: www.lanecounty.org/prevention/pgs/opgaw-guide-2010.htm .

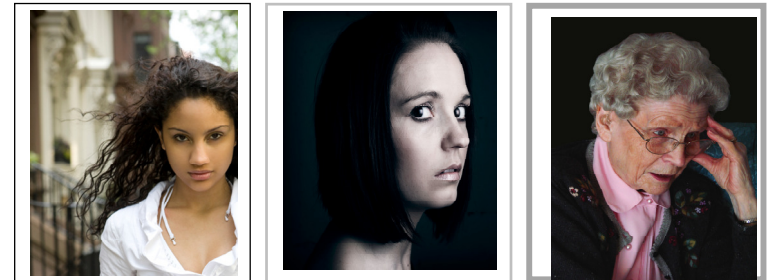
This booklet was a handout at one of TFCC's 2010 problem gambling awareness presentations. You are welcome to share it.
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At Tillamook Family Counseling Center, we are dedicated to providing information, education and treatment to Tillamook County residents in response to the need for mental, emotional, or developmental wellness, and alcohol or drug recovery.

***Think a teen is too young or a senior too old for gambling problems?
Don't bet on it.***



***Think only boys or men have problems with gambling?
Think again.***



Learn how to recognize when help is needed.

In Oregon, help for problem gambling is free, confidential – and it works!

Information and help are available 24/7 at 1-877-MY LIMIT and www.1877mylimit.org

Or contact your local provider of problem gambling services:

Tillamook Family Counseling Center
906 Main - Tillamook, OR - 503.842.8201 or 1.800.962.2891 - www.tfcc.org
Jeff Taylor, LCSW, Problem Gambling Services Counselor

Free, confidential services for the problem gambler *and* his/her family members

WHAT'S THE DIFFERENCE?

RESPONSIBLE GAMBLING:

- ❖ Can stick with \$ and time limits.
- ❖ Doesn't borrow to gamble or "chase" losses.
- ❖ Knows the odds and plays for fun, make money or escape problems.
- ❖ Gambling doesn't get in the way of life.

PROBLEM GAMBLING:

- ❖ Can't stick with \$ or time limits.
- ❖ Borrows to gamble, "chases" losses.
- ❖ Expects to win & needs to win.
- ❖ Gambling is interfering with other activities.

FACT: Teens are TWICE as likely to experience problem gambling as adults.

Not to

Check THIS out..

1 in every 25
Oregon teens
already has
problems with
gambling.

DID YOU KNOW... Some people get to the point where they can no longer control their need to gamble (much like alcohol or drug addiction).

After a while, the ODDS catch up with us... Some people try to "chase" their losses by gambling even more. They lose more, getting into even more debt.

What is gambling and how do problems start? Gambling (also called "betting" or "gaming") is risking money or something of value on an event with an uncertain outcome. Examples are internet gambling, cards, sports bets, betting on games of skill, dice, bingo, raffles, lottery and online betting. Gambling can happen anywhere... in a home, car, bus, campground, park, playground, club, grocery store, community center, school or church, at a state fair, sports event, bowling center, dance, and along rivers and trails, as well as at a bar or casino. Some people get to the point where they can no longer control their need to gamble. Males and females are equally likely to have problems with gambling. Two to three percent of adults are problem gamblers. People are at greater risk for poor decisions related to gambling if brain function is impaired by substances (alcohol/drugs) or if the person is younger (pre-frontal cortex brain development, which supports decision making, is not fully developed until the 3rd decade of life). People who gamble when they are children or teens are at greater risk for problem gambling as adults. A "big win" early in life is a risk factor for problem gambling as an adult.

Are our teens gambling? Teens are twice as likely as adults to experience problem gambling. 1 out of every 25 Oregon teens already has gambling problems. In a large 2005-2006 teen survey (n=2,479, from 8 regions, none from Tillamook County), 76% of 8th graders reported gambling at least once during the prior 12 months. The "gamblers" were at least twice as likely to report alcohol/marijuana use, sexual intercourse, carrying a handgun, engaging in physical fights, and attacking with intent to seriously harm, as "nongamblers." In a 2006-2007 survey of Tillamook County 8th graders (n=193, from all 3 school districts), the same high proportion (76%) reported gambling at least once during the prior 12 months.

Do your part to help prevent teen problem gambling. Offer adequate alternative safe forms of recreation. Know the odds. You are more likely to be struck by lightning (1 in 280,000) than to win the lottery (1 in 146,107,962). Know the dangers. Avoid illegal, unregulated or easily manipulated gambling (machines, online gaming) that can result in excessive loss of time and/or money, identity and/or credit card theft, and fraud.

SIGNS OF A *PROBLEM*

Gambling problems are easy to hide, but here are some signs you can look for:

- Not sticking with limits on time and money
- Making more bets to try and win back lost bets (also called "chasing" losses)
- Borrowing money or stealing to gamble
- Missing important events to gamble
- Lying to people or arguing with them about gambling
- Saying that gambling is a good or easy way to make money
- Using gambling as a way of escaping from problems
- Seemingly irritated or restless when not able to gamble
- Spending more time at online betting sites, looking at sporting odds, etc.

Visit www.1877mylimit.org to learn more about problem gambling and free, confidential, helpful services.