

The newsletter of Connecticut Clearinghouse, a library and resource center for information on substance use and mental health disorders, prevention, health promotion and wellness, treatment and recovery, and other related topics.

COURIER ONLINE



CONNECTICUT Clearinghouse
a program of the Connecticut Center for Prevention, Wellness and Recovery

March 2016

Problem Gambling: Risk Factors and Signs

If you've ever played bingo, a slot machine, or purchased a lottery ticket, you have gambled. Gambling is any game of chance that many people enjoy recreationally. For some, however, gambling may be a problem that can lead to a pathological disorder. According to the Connecticut Council on Problem Gambling, the following risk factors can increase a person's susceptibility to developing a gambling problem:

RISK FACTORS

- Family history of problem gambling
- Loneliness
- Boredom
- Peer pressure
- A big win early in one's gambling experience
- History of substance use and co-occurring disorders



Signs of problem gambling include: lying about gambling; spending work or family time gambling; feeling bad after gambling, but not quitting; gambling with money needed for other things; and always thinking about gambling.

Problem gambling can progress to a psychiatric diagnosis called pathological gambling, a mental health disorder. Pathological gambling may affect from 0.4% to 2% of Americans, while pathological and problem gambling together may affect up to 5% of Americans. These numbers may rise, however, as many states are passing laws which create more opportunities for legal gambling. Internet gambling is also becoming more common.

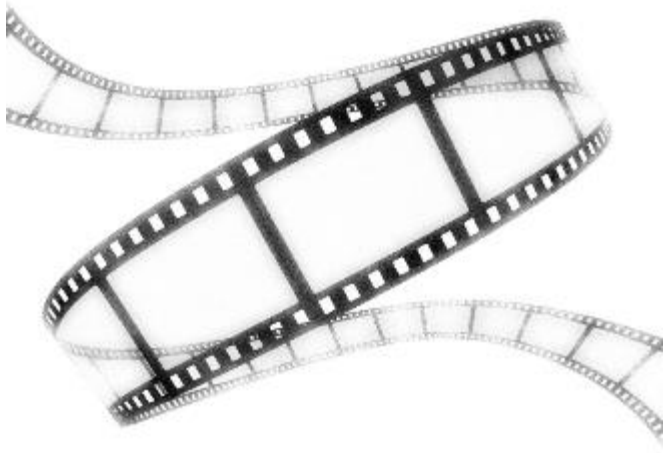
To learn more about problem gambling and find out how to get treatment, visit the links below:

- [Connecticut Department of Mental Health and Addiction Services PGS](#)
- [Connecticut Council on Problem Gambling](#)
- [Bettor Choice Treatment Programs](#)
- [Gamblers Anonymous](#)
- [Gam-Anon \(for families and loved ones\)](#)



Connecticut Clearinghouse, a program of Wheeler Clinic's Connecticut Center for Prevention, Wellness and Recovery, is funded by the Connecticut Department of Mental Health and Addiction Services.





NEW
DVDS

Buried in Treasures: A Professional's Guide to Hoarding Disorder

This 2 DVD set walks professionals step by step through the conceptualization and treatment of individuals with hoarding disorder. Over more than 4 hours, Dr. Tolin uses lectures, video vignettes, and case examples to review the latest scientific information about the nature and causes of hoarding. He describes different roles that healthcare workers, social service workers, professional organizers, and others can play a role in intervention for hoarding, and describes in detail a cognitive-behavioral therapy that has been scientifically proven to reduce the severity of hoarding.

Mind/Game: The Unquiet Journey of Chamique Holdsclaw

Mind game's portrait of "the female Michael Jordan" from troubled family life to basketball superstardom, reveals a long-hidden battle with mental illness. But even as Holdsclaw begins to embrace her emotional challenges and emerge as an outspoken mental health advocate, she encounters new obstacles to her own recovery. Narrated by Glenn Close.

View the trailer: <https://vimeo.com/73323592>

Understanding Joy: The Devastation of Gambling Addiction

Produced by Susan Hadary and John Anglim of MedSchool Maryland Productions and with funding by the Center of Excellence on Problem Gambling, a program of the University of Maryland School of Medicine, Understanding Joy enters the mind of Joy, a 57-year-old woman. Joy's gambling addiction has overcome her sense of morality and driven her to embezzle \$700,000 from two employers. As she awaits sentencing for her crime, Joy struggles to explain her disease to her children, to the world, and to herself.

View the trailer: www.youtube.com/watch?v=03kQXimVcrw

NEW PAMPHLETS

Addiction and Gateway Drugs: Not Just a Phase

Fitness Facts: Get Moving for Better Health

Good Nutrition Starts with My Plate -
An Educational Activities Book



NEW FACT SHEET

Reversing an Opioid Overdose with Narcan
(click to view)

You can download ALL of our Fact Sheets right from your office or home by clicking here.

NEW POSTERS

Los Doce Pasos de Narcóticos Anónimos

Pregnancy and Alcohol Don't Mix

Prevent Suicide - Speak Up and Reach Out

The Twelve Steps of Narcotics Anonymous



NEW BOOKS AND CURRICULA

Buried In Treasures: Help for Compulsive Acquiring, Saving, and Hoarding
David F. Tolin, Randy O. Frost, Gail Steketee

But It's Not My Fault!
Julia Cook; illustrated by Anita DuFalla

The Compassion Fatigue Workbook: Creative Tools for Transforming
Compassion Fatigue and Vicarious Traumatization
Françoise Mathieu

Incorporating Acceptance and Mindfulness into the Treatment
of Psychosis: Current Trends and Future Directions
Brandon A. Gaudiano

Interviewing for Solutions
Peter De Jong, Insoo Kim Berg

Overcoming Compassion Fatigue: A Practical Resilience Workbook
Martha Teater, John Ludgate

The PTSD Workbook
Mary Beth Williams, Soili Poijula

Relapse Prevention Counseling: Clinical Strategies to Guide
Addiction Recovery and Reduce Relapse
Dennis C. Daley, Antoine Douaihy

Strengthening Family Resilience
Froma Walsh

The Therapist's Notebook for Families: Solution-Oriented Exercises
for Working with Parents, Children, and Adolescents
Bob Bertolino

Women, Girls, and Addiction: Celebrating the Feminine in Counseling
Treatment and Recovery
Cynthia A. Briggs and Jennifer L. Pepperell



CLICK TO
SEARCH FOR
BOOKS, DVDS,
& MORE

APRIL 2016 HEALTH OBSERVANCES

Visit the links below for helpful tips and resources on planning your April awareness events:

Alcohol Awareness Month

Child Abuse Prevention Month

National Minority Health Month

Sexual Assault Awareness Month

National Alcohol Screening Day - April 7

National Public Health Week - April 4-10

Courier Online

The e-newsletter of Wheeler Clinic's Connecticut Clearinghouse

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Library Hours:

Mon, Tues, Wed, Fri 8:30 AM - 5:00 PM ; Thurs 8:30 AM - 7:30 PM

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