

MARCH 2021 PGS TREATMENT ONLINE LEARNING SERIES

oregoncpqg.org/learn

Session 1 with
Kitty Martz

Welcome!

David Corse

Oregon PGS Treatment & Recovery Specialist

Julie Hynes

Oregon Council on Problem Gambling Executive Director

Housekeeping: Resources



All sessions are recorded. You will be able to access your registered sessions and evaluations at the series hub

www.oregoncpg.org/learn

No passwords needed!

Housekeeping: CEUs



Earn up to 13 CEUs by attending all sessions live or on demand.

All participants *MUST* complete presentation evaluations to receive CEUs.

Visit the session page FOLLOWING the training to complete the evaluation.

Kitty Martz, CGRM, CGAC-II, MBA

Manager, HOPE Program, Division of
Voices of Problem Gambling
Recovery (VPGR)

SMART Recovery Facilitator

Vice President, Voices of Problem
Gambling Recovery (VPGR)

Board Secretary, Oregon Council on
Problem Gambling





S.M.A.R.T. Recovery

Fundamentals For Individuals Experiencing Disordered Gambling

***(Self Management And Recovery Training)**

PRESENTED BY:

**KITTY MARTZ
SMART RECOVERY /
FRIENDS AND FAMILY FACILITATOR**



There's Life Beyond Addiction

SMART Recovery can help you get there.

Our mutual support meetings are free and open to anyone seeking science-based, self-empowered addiction recovery.

www.smartrecovery.org

Please:

- 1) Chat
- 2) Use this format to your advantage
- 3) Do the activities / take notes
- 4) Plan on this being a skills practice session
- 5) Stay on camera



Please try not to:

- 1) Hold space for shame
- 2) Put other programs down
- 3) Resist the unfamiliar
- 4) Use labels or stigmatizing language
- 5) Take offense by alternative language



Stuff you may hear about mutual aid groups:

- ☐ I feel less alone now that I found people like me.
- ☐ I am welcome, wanted and needed.
- ☐ I found people to love, things to do and hope.
- ☐ In the beginning, it was useful to be told what to do by my sponsor.
- ☐ Addiction is a physical / mental / spiritual crisis.
- ☐ I like identifying as a compulsive gambler. It reminds me recovery is a priority.



Stuff you may hear about mutual aid groups:

-
- ☐ I couldn't get past the spiritual element.
 - ☐ I leave meetings feeling triggered.
 - ☐ I don't understand the rules about what I can or can't say.
 - ☐ I don't want to talk about my abstinence date.
 - ☐ It doesn't address my cooccurring challenges: alcohol, drugs, gambling, food, sex, etc.
 - ☐ I have a trauma background and powerlessness / surrender is problematic for me.



SMART Recovery



Based on Cognitive Behavioral
Therapy/REBT - secular

Addresses all compulsive behaviors

Handbook is 79 pages – worksheets

Science based – updated (e.g. harm
reduction)

Efforts to reduce stigma / language



Low fellowship component

Lack of standardization in facilitation

Obstacles to starting meetings

Not widely accepted for court mandates

Less accessible, especially in rural areas

Hard to document efficacy

“Besides the 285,000, there are hundreds of thousands of recovered AA’s on the sidelines who do not get caught up in the active statistics, people who have remained for the greater part sober, who are carrying AA attitudes and practices and philosophies into the community life.”

- Bill Wilson, 1969



4 Points

1. Motivation
2. Urges
3. Thoughts
Feelings
Behaviors
4. Balance





4 Points

1. Motivation

2. Urges

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Consider saying:

THIS: INSTEAD OF THIS:

Person w/ gambling disorder	The problem gambler
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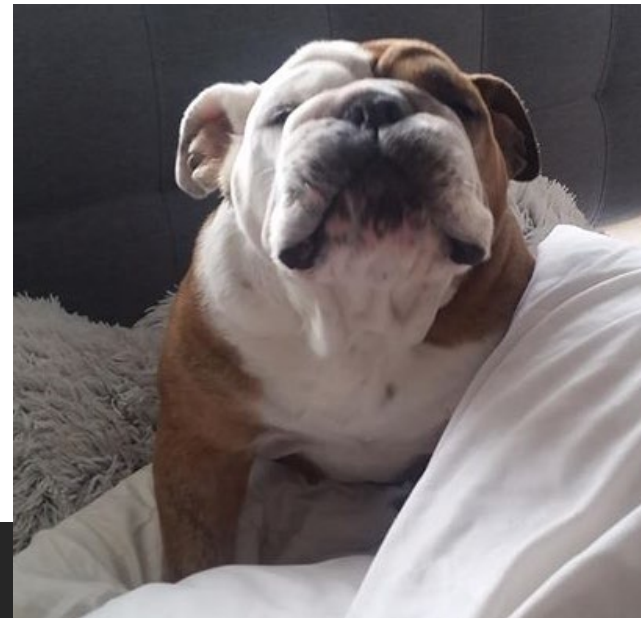
Abstinent from the gambling	Clean
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Working on recovery	Last day gambled
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Data point	Relapse
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Ambivalent	In denial
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Unmet need	Excuse
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Change-Plan Worksheet

Changes I want to make:

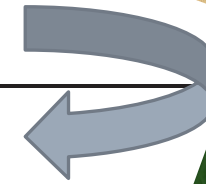
I want to stop gambling

How important is it to me to make these changes? (1-10 scale)

6

How confident am I that I can make these changes? (1-10 scale)

3



Note difference between two scores

Cost / Benefit Analysis

Reasons to gamble

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

Negative consequences of gambling

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)



Cost / Benefit Analysis

Reasons to gamble

Escape

Stress relief

Co-occurring issues / pain

Fill time / boredom

Hope

Fun

Negative consequences to gambling

Financial devastation

Destroyed relationships

Career

Health problems

Stress

Homelessness



Reasons to quit

Financial security

Rewarding relationships

Improved career opportunities / \$

Improved health care

Peace

Security related to living situation

Self esteem

Negative consequences to quitting

Managing stress / pressure / anxiety without favorite vice

Managing co-occurring issues / pain without favorite vice

Nothing else to do

Loss of hope

"I just liked it and I'll miss it"

Cost / Benefit Analysis



Reasons to gamble

Short
Term

Escape
Stress relief
Co-occurring issues / pain
Fill time / boredom
Hope
Fun

Negative consequences to gambling

Long
Term

Financial devastation
Destroyed relationships
Career
Health problems
Stress
Homelessness

Reasons to quit

Relapse prevention

Long
Term

Rebuilding relationships
Improved career opportunities / \$
Improved health care
Peace
Security related to living situation
Self esteem

Negative consequences to quitting

Short
Term

Managing stress / pressure / anxiety without favorite vice
Managing co-occurring issues / pain without favorite vice
Nothing else to do
Loss of hope
"I just liked it and I'll miss it"

Life balance



4 Points

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Cage the beast...

(anthropomorphize
the gambling)



Destructive
Images and
Self-talk
Awareness and
Refusal
Method

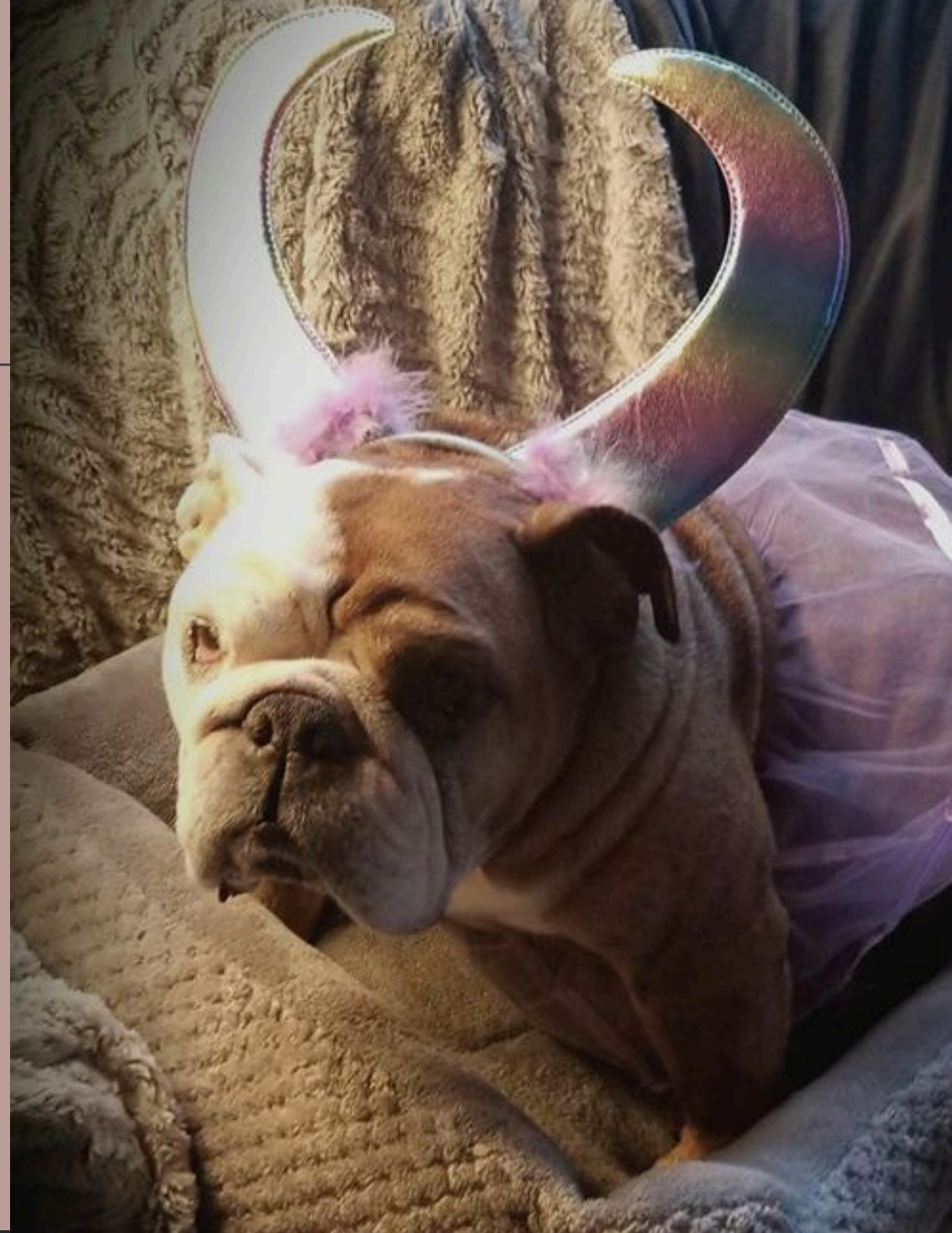


DISARM



DEADS

Deny
Escape
Avoid
Attack
Accept
Distract
Substitute



Break





4 Points

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Jumping to conclusions
All or nothing thinking
Mental filter
Magnification
Emootional reasoning
Discounting the positive

SHOULD statements
Labeling
Overgeneralization
Personalization

SELF DEFEATING THOUGHTS

Conscious

Learned, automatic

Thoughts

Control

Behavior

Cannot
control

Feelings



A	C	B	D	E
Activating event	Consequence of unhelpful belief	Belief about the event	Dispute the unhelpful belief	Effective thinking change
What happened?	How did I feel and behave?	What do I think that is irrational or unhelpful?	What is a more helpful belief?	How might I feel and act instead?
My presentation had technical challenges.	I was furious. I went to a deli down the street and gambling happened.	Nothing ever goes right for me.	A lot goes right.	Review self defeating thoughts.

“ABC”





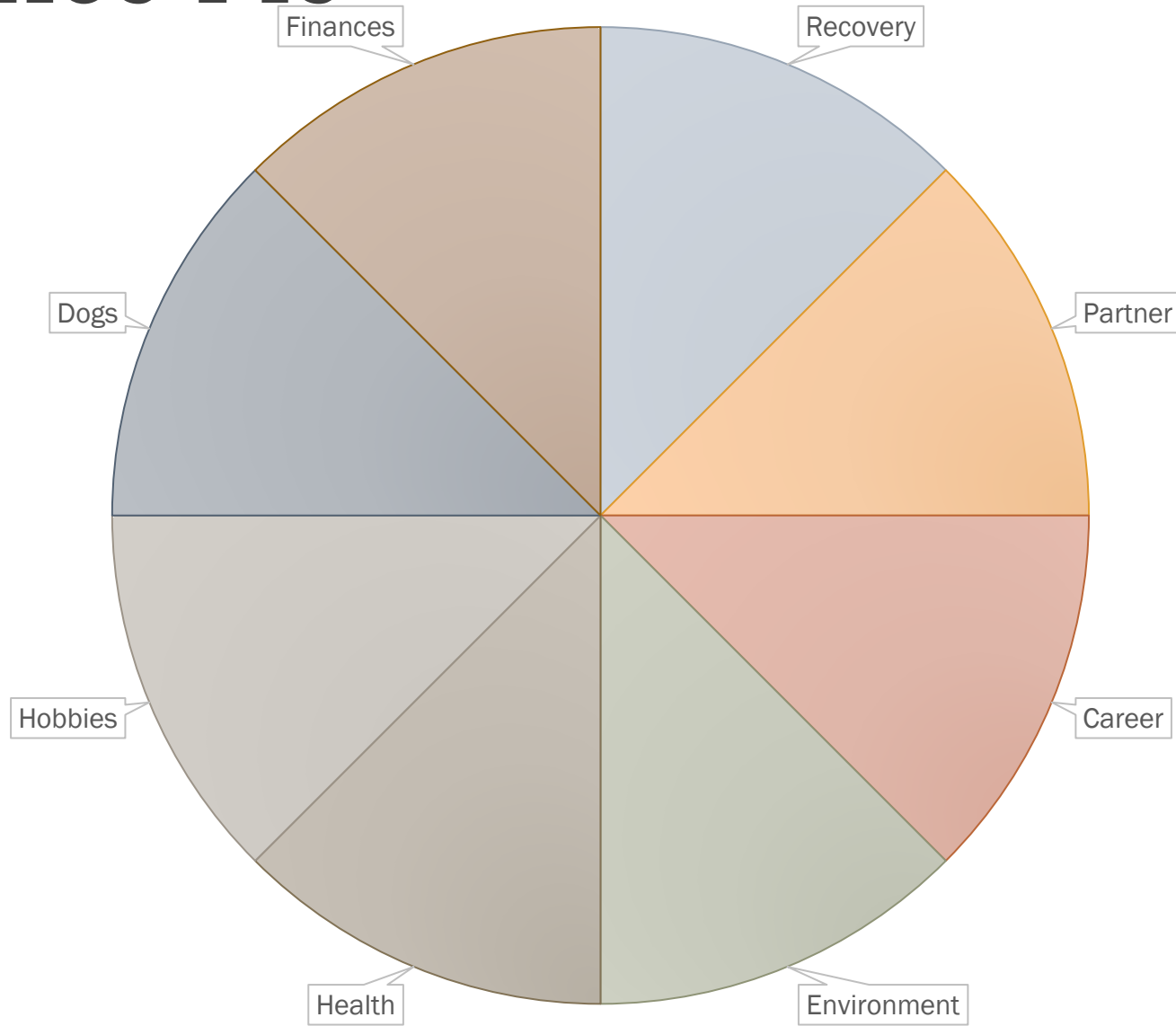
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“Lifestyle Balance Pie”

Common:

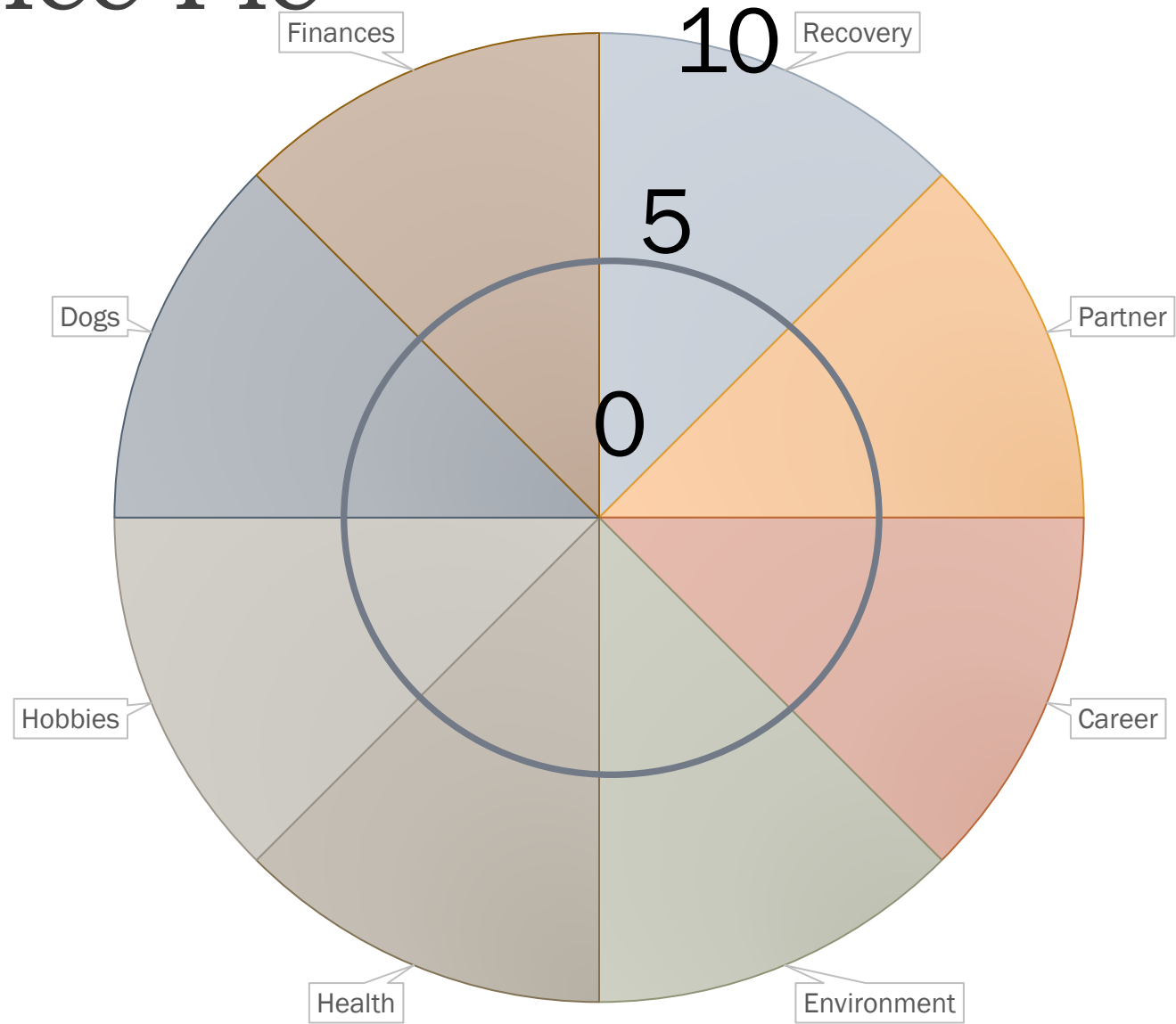
1. Finances
2. Recovery
3. Partner/Spouse
4. Career
5. Environment
6. Health
7. Hobbies
8. Spirituality
9. Education/learning
10. Children
11. Extended family
12. Community
13. Volunteer work



“Lifestyle Balance Pie”

Common:

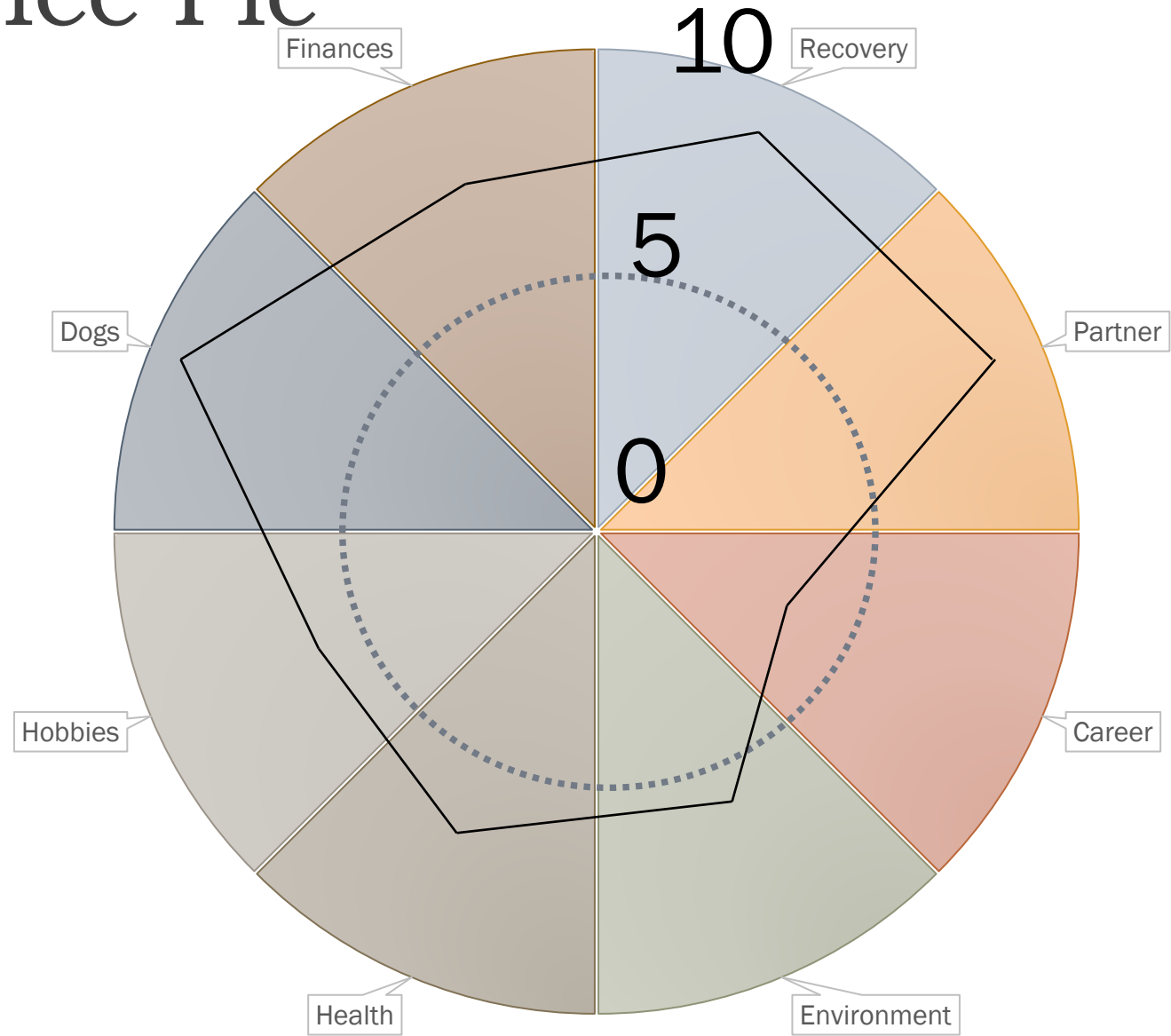
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Friends
&
Family



Self
Actualization

Love
Esteem

Safety

Physiological

Gambling

Maslow's Hierarchy of Needs



Thank you.



Thank you! Reminders:

Access resources & evaluation at:

www.oregoncpg.org/learn



The screenshot shows the OCPG website with a navigation bar at the top containing links for About Us, Gambling in Oregon, Resources & Research, Get Help, and Training. The main banner features a video player with a man speaking, overlaid with the text "March 2021 PGS Treatment Learning Series" and "March 1-18. Practical topics. 13 CEUs. Attend live or on demand." Below the banner is a blue navigation bar with links to the Learning Series Hub, SMART Recovery, Engaging Latinx Communities, Trauma & Body in GD Treatment, and Tracking the Progression of Addictive Gambling Behavior. A yellow arrow points to the Learning Series Hub link. The footer includes a welcome message for the March 2021 PGS Treatment Online Learning Series, social media icons for Facebook, Twitter, LinkedIn, and Instagram, and the OCPG logo.

ocpg
OREGON COUNCIL on PROBLEM GAMBLING

About Us ▾ Gambling in Oregon Resources & Research ▾ Get Help ▾ Training ▾ 🔍

March 2021 PGS Treatment Learning Series
March 1-18. Practical topics. 13 CEUs. Attend live or on demand.

PGS Treatment Learning Series Hub SMART Recovery Engaging Latinx Communities Trauma & Body in GD Treatment Tracking the Progression of Addictive Gambling Behavior
COVID-19, Opioids & PG Oregon Roundtable: Opioids & the PGS Treatment System

Welcome to the March 2021 PGS Treatment Online Learning Series!

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Oregon Health Authority
ocpg
OREGON COUNCIL on PROBLEM GAMBLING

Problem Gambling Awareness Month


www.oregoncpg.org/problem-gambling-awareness-month

Got something going on?
Let us know!
We'll help spread the word
online and in social media.

julie@oregoncpg.org



About Us ▾ Gambling in Oregon Resources & Research ▾ Get Help ▾ Training ▾





Governor Brown's PGAM Proclamation

Governor Kate Brown proclaims March 2021 as Problem Gambling Awareness Month in Oregon.

[Read the Proclamation.](#)



What's Happening in Oregon:

Connections Podcast: PGAM Focus (coming soon! Listen to prior episodes [here.](#))

Governor's Proclamation

February 26: Press Release and NewsGuard Article

February 28: Guest on "All In" podcast PGAM kick-off episode

March 1: PGAM kick-off; Middle School Art Search kick-off


March 9: Gaming Disorder Screening Day

March 1-18: PGS Treatment Learning Series

March 2 at 8:40am PT on 1490AM KBZY: Join Marion County Problem Gambling Prevention and Bridgeway Recovery Services as they discuss the intricacies of problem gambling. As with all activities that are important to reflect on your (or a loved ones) gambling resources available, and renew your commitment to responsible gaming. This 15-20 minute conversation will be a great intro to problem gambling.

March 26 from 1-2pm PT, join Evergreen Council on Problem Gambling as we host a podcast with hosts from the U.S. and U.K. and the

March 30 from 10:30am-12pm PT, Join Marion County Problem Gambling Prevention and Bridgeway Recovery Services



OREGON COUNCIL ON PROBLEM GAMBLING

Opioids Roundtable Discussion

Wednesday March 17 from 2-4pm

Separate registration!

<https://bit.ly/opioids-PGS>

Wrap-Up Session

March 18 from 3-4pm

- Wrapping up key takeaways from our presentations
- Preview of OHA PGS On Demand, In Depth Problem Gambling Training for SUD and MH Providers
- State of the PG Treatment System in Oregon, and Future Vision for the System

Next session: Wed 3/3, 9-11 am

Engaging Latinx Communities Impacted by Gambling Disorder

Julio Iñiguez, LMFT, CGAC-II, CADAC-I
& Alexia DeLeon, PhD

Same link as today!

