

Problem Gambling Resources for Maine Individuals, Families, and Professionals

Maine Specific Services:

211 Maine serves as Maine's Problem Gambling Hotline. If you are concerned about your gambling or the gambling of a loved one, 211 Maine employs live specialists who are available 24/7 to provide callers with information about resources and services. To contact 211 Maine:

- Dial 211 (or 1-866-811-5695)
- Text your zip code to 898-211
- Visit www.211Maine.org

If someone is in crisis, dial Maine's Statewide Crisis Hotline at 1-888-568-1112

If someone is in immediate danger of hurting themselves or others, dial 9-1-1

Maine Gambling Addiction Treatment Network: If you are seeking treatment for a gambling problem or if you are a loved one impacted by problem gambling, access a list of Maine counselors and social workers who have received problem gambling training and joined Maine's Gambling Addiction Treatment Network. Most of the members of the network can provide counseling via telehealth, so their services are available statewide. You may be eligible for no-cost treatment through Maine's Gambling Addiction Treatment Fund. Individuals who have gambling problems and their family members often do not have the financial resources available to get counseling. This network provides funding to pay for those individuals or family members who have no other means to pay for treatment.

To access the list of providers, contact 211 Maine.

If you are a treatment provider interested in joining the treatment network, email lmanson@adcareme.org.

The **Maine Council on Problem Gambling (MCPG)** is a volunteer-driven 501(c)3 non-profit committed to working with other organizations and individuals to reduce problem gambling and its impact on Maine's individuals, families, and communities. **MCPG** advocates for problem gambling awareness, prevention, intervention, treatment, and recovery in Maine.

- Visit the website at <https://maineproblemgambling.org/> to access resources.
- Follow on social media for frequent posts and updates:
 - Facebook: www.facebook.com/MaineCouncilProblemGambling

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- Twitter: @MEProbGambling
- Contact via email: info@maineproblemgambling.org

Self-Exclusion: What is self-exclusion? It's action a person can take (filling out a form) to ban themselves from entering all casinos in Maine for a specific period of time. A person can choose to self-exclude for 1 year, 3 years, 5 years, or for lifetime. Does the idea of going to the casino to complete the self-exclusion process feel like a trigger? Not to worry – you can complete this process at multiple (non-casino) sites in Maine. You can also self-exclude with an online meeting in the comfort of your home.

To find a community self-exclusion site near you **or to set up an online meeting**, please visit <https://adcareme.org/self-exclusion-locations/>

Recovery Community Centers provide support, education and resources for people recovering from and affected by addiction. Each center offers a unique mix of peer support, recovery meetings, wellness activities, and more.

See the list of Recovery Community Centers around Maine at <https://portlandrecovery.org/recovery-community-centers-in-maine/>

Weekly Problem Gambling Awareness and Support Meeting:

Wednesdays 6:30-7:30pm

Join in-person at 9 Field St Suite 103, Belfast ME

Or Join via Zoom Meeting

Meeting ID: 883 9451 4676 Passcode: 295298

Sponsored by: Searsport Counseling Associates, Belfast ME

Hosted by: Kirsten Webb LCPC, LADC 338-2022 ext. 3

AdCare Educational Institute of Maine, through a contract with **Maine Center for Disease Control and Prevention**, oversees the spectrum of problem gambling services for the State of Maine including, awareness, prevention, intervention, treatment, and recovery. AdCare oversees the network of self-exclusion sites, provides online self-exclusion services, administers the Gambling Addiction Treatment Network and provides training to the workforce.

- **Problem Gambling 101 training:** This free, one-hour training can be delivered to any group in Maine upon request (for example, parent groups, employers, treatment agencies, student groups, etc.). The content is personalized to the group's needs. Training can be delivered in person or as a webinar.

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- Website: <https://adcareme.org/problem-gambling/>
- Facebook: <https://www.facebook.com/AdCareME/>
- Twitter: <https://twitter.com/AdCareME>

Reach Lori Manson, Problem Gambling Services Coordinator via email at lmanson@adcareme.org or call (207) 626-3615 ext. 20.

Maine Center for Disease Control and Prevention (CDC) maintains a clearinghouse of resources (brochures, posters, etc.) which can be ordered at no cost at: www.maine-preventionstore.org

National Resources:

National Council on Problem Gambling has useful resources:

Visit their website at <https://www.ncpgambling.org/>

24/7 National Helpline: If gambling is causing problems, help is available – and it’s always confidential. Call or text 1-800-GAMBLER or visit 1800gamblerchat.org for 24/7 help.

SMART Recovery offers support for anyone wanting to address any addiction or harmful habit. SMART offers support groups (in-person and online), online tools and forums, and emphasizes self-empowerment and self-reliance. SMART has a gambling-focused online forum. <https://www.smartrecovery.org/>

Visit the **New England Intergroup of Gamblers Anonymous** at <http://newenglandga.com/> to find meetings.

You can also search the national **Gamblers Anonymous** site at <https://www.gamblersanonymous.org/ga/>

You won’t find many in-person GA meetings in Maine, but you can participate in any virtual (Zoom or phone) meeting offered in any state.

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Gam-Anon is a resource for loved ones who are impacted by problem gambling. Learn more at <https://www.gam-anon.org/>

Gamtalk offers an online community forum, confidential chat and other resources. <https://www.gamtalk.org/>

Gamblers, Family and Friends in Recovery is a website to find virtual meetings and support 24/7/365. <https://gamblersinrecovery.com/>

In The Rooms is an online recovery community offering a large selection of support and resources, including some which are gambling-specific. <https://www.intherooms.com/home/>

Downloadable workbooks with tools and resources.

Note: These workbooks were created by organizations outside of Maine. The content they contain are very useful. Keep in mind that certain resources, such as helplines listed may be specific to other jurisdictions. For Maine-specific help, see the organizations listed at the beginning of this document.

For people concerned with their gambling: ***Your First Step to Change: Gambling*** (download at <https://www.divisiononaddiction.org/wp-content/uploads/2022/05/YFSTC3rdEd.pdf>)

Freedom from Problem Gambling is a self-help workbook for people with gambling problems, developed by the UCLA Gambling Studies Program. It is a tool for assisting people who are motivated to stop gambling or to reduce the problems associated with gambling. <http://www.uclagamblingprogram.org/treatment/workbook.php>

For treatment professionals: ***Problem Gamblers and Their Finances: A Guide for Treatment Professionals*** (download at https://www.ncpgambling.org/wp-content/uploads/2014/08/problem_gamblers_finances-a-guide-for-treatment-profs.pdf)

For loved ones: ***Personal Financial Strategies for the Loved Ones of Problem Gamblers*** (download at https://www.ncpgambling.org/wp-content/uploads/2014/08/loved_ones_guide_ncpg_booklet.pdf)

For families: ***Problem Gambling Family Guide*** (download at http://www.problemgamblinghelp.ca/assets/editor/family_guide_2015.pdf)

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For anyone: *The Hidden Addiction* (download at https://knowtheodds.org/wp-content/uploads/2013/05/KTO_HiddenAddiction-1.pdf)

Podcasts: Find information and inspiration any time by listening to podcasts on your device. Here's a partial list:

- **All In: The Addicted Gambler's Podcast**
- **The Broke Girl Society**
- **After Gambling Podcast**
- **All Bets Are Off Podcast**
- **Fall In: the Problem Gambling Podcast for Military Service Members and Veterans**

YouTube:

- **The Bet Free Life with Brian and Christina at**
<https://www.youtube.com/@thebetfreelife>
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Facebook groups:

Gamblers Anonymous Support Group – private – must ask to join:

https://www.facebook.com/groups/135948856594549/?multi_permaLinks=1491796141009807

Gambling Addiction and Recovery— private – must ask to join:

<https://www.facebook.com/groups/247988812578742>

12's – private - must ask to join : <https://www.facebook.com/groups/180346142021008>

Women in Recovery – private - must ask to join :

<https://www.facebook.com/groups/1182930495779649/>

Recovery Road Recovery Road Online Family Group

<https://www.facebook.com/groups/317544429273231/>

Gambling Screening Tools:

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The **Brief Biosocial Gambling Screen** is a fast, evidence-based, 3-question gambling screening tool. <https://www.divisiononaddiction.org/wp-content/uploads/2021/02/PrintableBBGSQuestionnaire.pdf>

The **DSM-5 Criteria for Gambling Disorder** contains the list of 9 criteria for Gambling Disorder. <https://www.ncpgambling.org/wp-content/uploads/2014/08/DSM-5-Diagnostic-Criteria-Gambling-Disorder.pdf>

View the **Gamblers' Anonymous 20 Questions** at <https://www.gamblersanonymous.org/ga/content/20-questions>

The **Problem Gambling Severity Index** can be viewed at: <https://nyproblemgambling.org/wp-content/uploads/2018/10/MCCORMICK-RESOURCE-PGSI-Instrument-1.pdf>

Self-Paced Training Modules for counselors and other interested individuals:

Complete these no-cost training modules at your own pace. Most modules take about an hour to complete. See each module for further details.

- **Emerging Trends in Gambling and Sports Gambling:**
 - <https://bit.ly/TrendsInGambling>
- **Gambling and the Brain**
 - <https://bit.ly/GamblingBrain>
- **The Impact of Gambling Disorder on Physical Health**
 - <https://bit.ly/PGPhysicalHealth>
- **Gambling as a Co-Occurring Disorder**
 - <https://bit.ly/GambCoOccurring>
- **New Strategies in Helping Families and Loved Ones Addressing Problem Gambling**
 - <https://bit.ly/PGHelpingFamilies>

For additional titles, check <https://maineproblemgambling.org/main-page/webinars-and-videos/>

Other:

Military and Veterans: Operation Responsible Gambling is an initiative of the National Council on Problem Gambling. The goal of Operation Responsible Gambling is to increase awareness of gambling problems among members of the entire military community – veterans, active-duty personnel, family members and concerned others. Visit: <https://operationresponsiblegambling.org/>

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Responsible Play: A collaboration between NFL and the National Council on Problem Gambling, this website offers “Tips to Help You Keep Gambling Fun” and “Basic Facts About Gambling” as well as links and resources. Visit: <https://responsibleplay.org/>

Gamequitters is a resource with many videos, podcasts, questionnaires, and tools, for people who want to learn more about video game addiction. The lines between gaming and gambling have become very blurred. The tools and resources found on this site, such as the **Hobby Tool**, are also very useful for anyone concerned with problem gambling. Visit <https://gamequitters.com/>.

Gamesense is a Massachusetts-based organization with tons of resources, tips, tools and videos about gambling smarter and keeping gambling fun. <https://gamesensema.com/>

American Consumer Credit Counseling is a nonprofit credit counseling agency that helps consumers take control of their financial lives through credit counseling, debt consolidation, and financial education. Follow ACCC on social media for frequent blog posts, articles and helpful tips to help improve your financial well-being. <https://www.consumercredit.com/>