

An Orientation to CT DMHAS Prevention Resource Link:



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DMHAS Problem Gambling Services

Learning Objectives

- Identify the primary funding sources that support problem gambling programs in Connecticut
- Understand the range of services offered through DMHAS PGS
- Recognize opportunities for collaboration and service integration
- Learn how to connect individuals to appropriate services and support DMHAS PGS

What is gambling/gaming?

- Risking something of value on an uncertain outcome
- It doesn't always have to be money
 - Time, possessions, whatever is considered 'valuable' to an individual

What is responsible gambling?

- Describes the ways in which games of chance are both offered and participated in a socially responsible way that lowers the risk of gambling harms

What is problem gambling?

- Pattern of gambling engagement that cause an individual to have problems in various aspects of their life (relationships, financial, legal)

What is Gambling Disorder?

- The clinical term relating to a score assessed by a professional using a recognized set of criteria

We Are Gambling Neutral



Biggest gambling expansion for Connecticut since Foxwoods opened in 1992 and Mohegan Sun in 1996



Online casinos

Online sports betting

Online fantasy sports

Online lottery

Types of Legalized Gambling in Connecticut as of 2021 due to the expansion

Lottery, iLottery

In-person and Online Casino

Off Track Betting

Sports Betting/Fantasy Sports

Charitable Games

Stock Market

Cryptocurrency

Video Games/Loot Boxes

Other

Ages to Participate in Connecticut

18 Years Old

Lottery and iLottery
Fantasy Sports
Off Track Betting
High Stakes Bingo (at Foxwoods)
Stock Market/Cryptocurrency

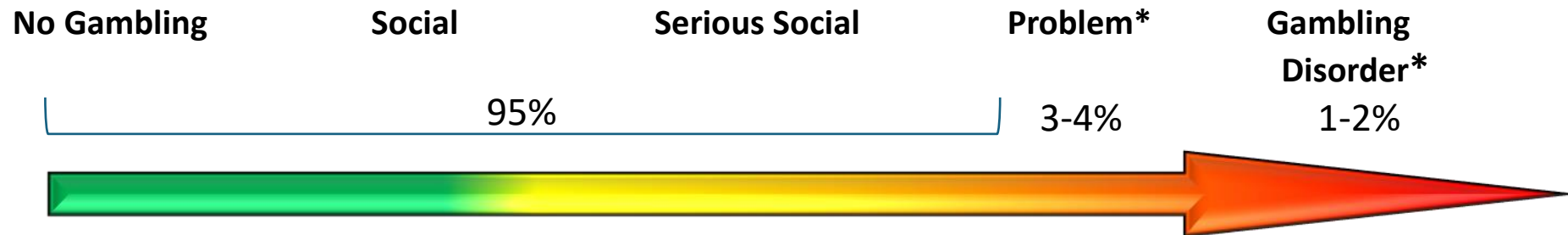
21 Years Old

Sports Betting
Casino games
Online Casino

No Age Restrictions

Charitable Games
Loot Boxes/Skins

The Gambling Continuum



- ❖ Youth 2x
- ❖ Veterans 3.5x
- ❖ Athletes 4x
- ❖ SU/MH 10x
- ❖ DOC/CJ population 20x

Impact

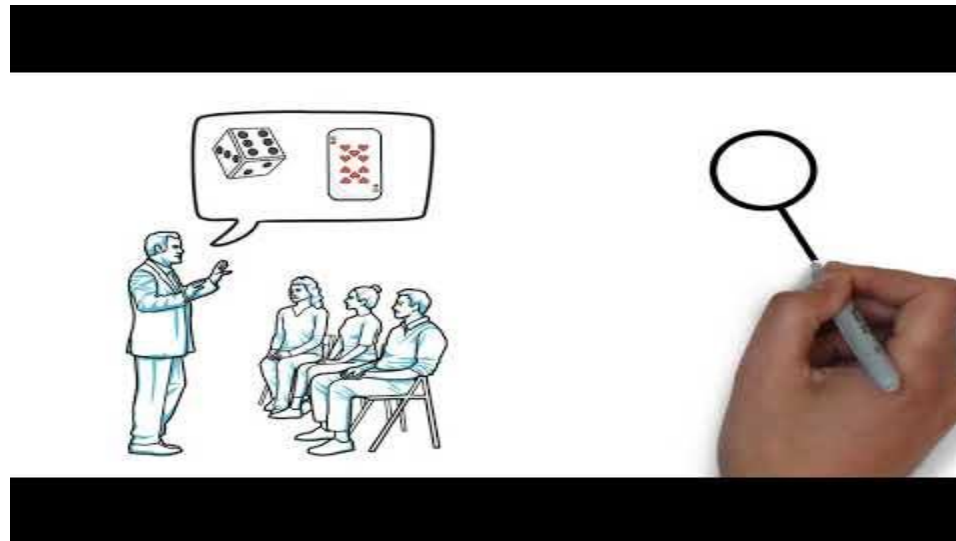
- According to the National Council on Problem Gambling, on average, for every one (1) individual working through a gambling addiction impacts an additional 7–20 people in their families and communities (2020).
- Problem Gambling has the highest suicide rate of any addictive disorder.

How CT's Problem Gambling Services Are Funded

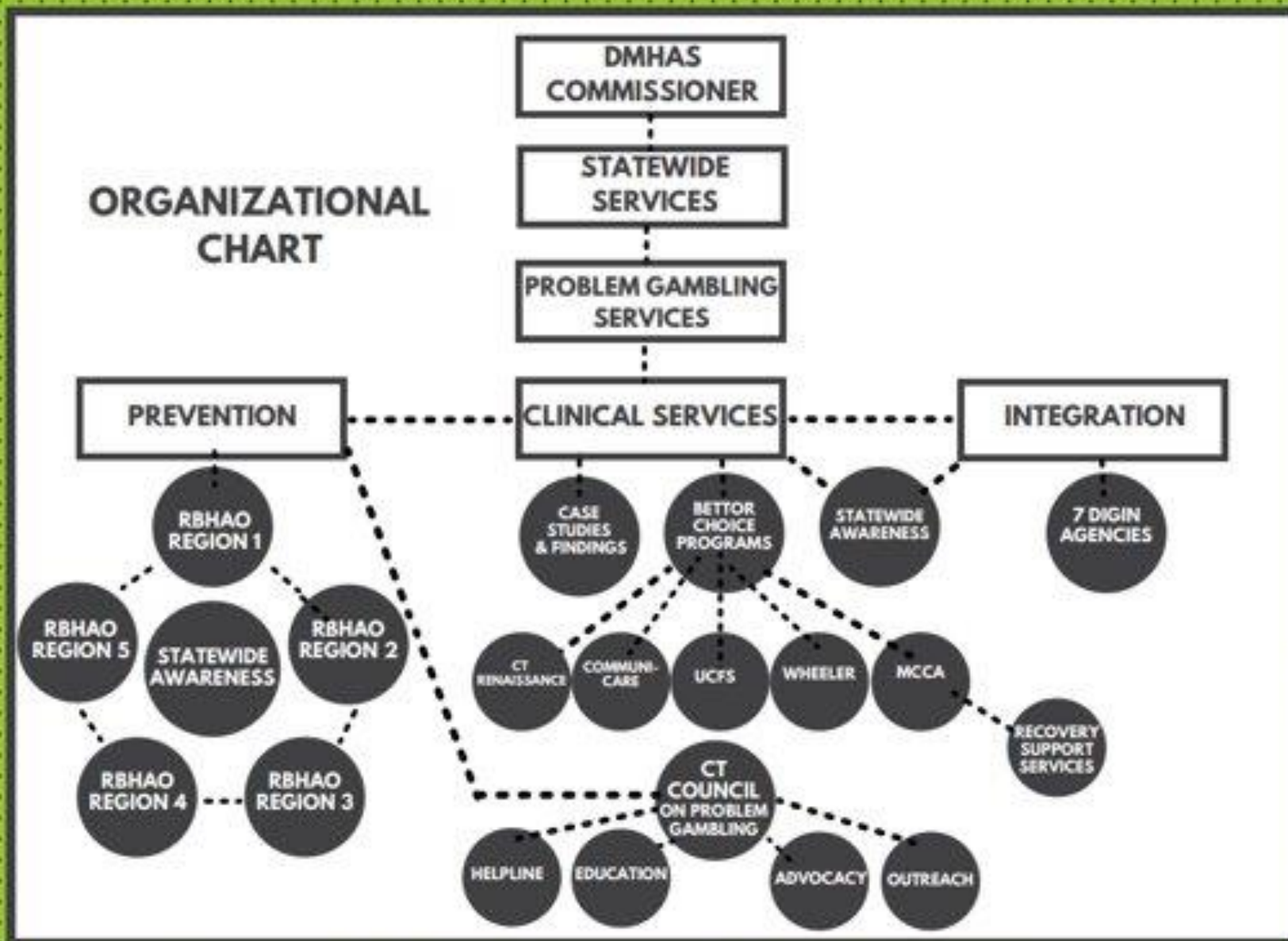


- ❑ Chronic Gamblers Treatment & Rehabilitation Fund (Conn. Gen. Stat. § 17a-713)
 - ❑ This program is run by the state's Department of Mental Health and Addiction Services (DMHAS).
- ❑ Connecticut Lottery Corporation, Special Revenue, and Forfeitures
- ❑ DMHAS contracts funding out to:
 - ❑ Prevention efforts/reduce gambling related harm
 - ❑ Treat individuals and their family members who are struggling with gambling
- ❑ No federal funding for problem gambling

Problem Gambling Services



Overview video created by [TTASC](#)



'Better' Choice Treatment Providers

- Gambling-specific treatment programs funded by the State of Connecticut
- Services are offered at more than 14 locations in Connecticut through community agencies
- Programs offer a variety of outpatient services for both problem gamblers and those affected including:
 - Individual, Group, Peer recovery support
 - Budget/financial counseling
 - All programs accept insurance
- More information at ct.gov/dmhas/pgs

CT Council on Problem Gambling

Struggling with Problem Gambling?

Help Is Available.



Call **1.888.789.7777**

If you or someone you care about has a gambling problem and you are seeking resources and help, call our free, confidential helpline 24-hours a day, 7 days a week at **1-888-789-7777**



Text **CTGAMB** to 53342

Don't want to call us? Text CTGAMB to 53342. Professional counselors respond directly to text messages 24 hours a day, 7 days a week, 365 days a year, including holidays and weekends



Live Chat - **ccpg.org/chat**

Our Live Chat is an alternative for those who are more comfortable chatting online. Live Chat provides support and referrals for the problem gambler and others impacted (family, friends, co-workers, employers)

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

Disordered Gambling Integration (DiGIn)

Mission:

To increase the capacity of substance use disorder and mental health treatment/recovery/prevention programs to address gambling and problem gambling through enhanced screening, assessment, awareness, intervention, recovery and health promotion strategies.

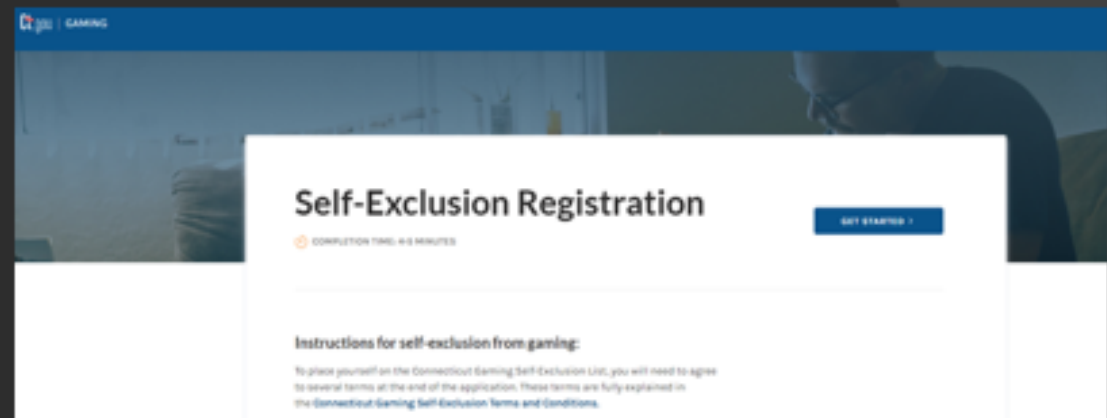


Voluntary Self-Exclusion

- **What is voluntary self-exclusion?**
- Self-exclusion allows a person to request to be excluded from legalized gaming activities in Connecticut. Individuals who enroll in self-exclusion are prohibited from collecting any winnings, recovering any losses or accepting complimentary gifts or services or any other thing of value from a licensee or operator. Operators may choose to exclude participants in the Connecticut Self-Exclusion list from their services in other states or countries.
- **How can voluntary self-exclusion be helpful?**
- Voluntary self-exclusion can be a beneficial and empowering tool for those who feel they may be developing or have a problem with their gambling. By creating a barrier, it allows those who want to decrease or stop their activity, reduce the harms associated with gambling.

www.ct.gov/dmhas/pgs

www.ccp.org



CT GAMING

Self-Exclusion Registration

COMPLETION TIME: 4-5 MINUTES

[GET STARTED](#)

Instructions for self-exclusion from gaming:

To place yourself on the Connecticut Gaming Self-Exclusion List, you will need to agree to several terms at the end of the application. These terms are fully explained in the [Connecticut Gaming Self-Exclusion Terms and Conditions](#).



Expansion of College
Campus Gambling
Prevention Initiative



Community
Survey/PGSI



Know The Risks
Campaign



Outreach
Materials



Student News Program



CCPG Multicultural
Prevention Program

PGS Prevention



Cultural Coalition
Awareness Through the
Arts Initiative



Expansion of Youth
Media Project



Training



Partnership with the RBHAOs



Know The Risks
Resource Van



CT Council on Problem Gambling Multicultural Problem Gambling Prevention Program



Engage diverse communities, to address culturally-based gambling behaviors, and promote protective factors to reduce gambling-related harm.

Youth Media Project



Apply today!

gamblingawarenessct.org/youth-media-project



Request for Applications

Connecticut Youth & Gambling Awareness Project Grant

2025-2026

Funding Opportunity for Middle & High School Programs!

The Capitol Region Education Council (CREC) and the CT State Department of Mental Health & Addiction Services – Problem Gambling Services (DMHAS PGS) are teaming up to expand the Youth Gambling Awareness Project in Connecticut!

We are offering up to \$5,000 to groups working with middle and high school students to develop dynamic youth-led media campaigns (PSA videos) that raise awareness about problem gambling and promote available resources.

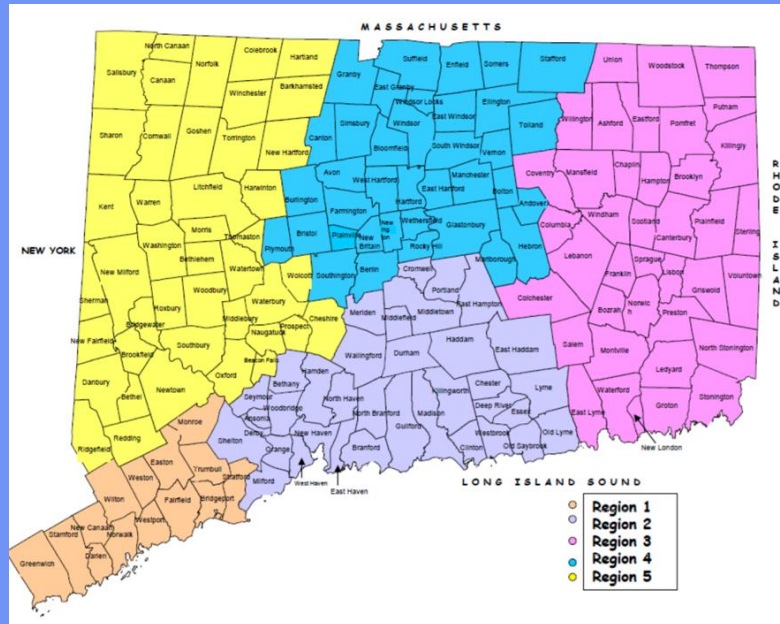
Selected groups will receive training and technical support to bring their vision to life which will be spotlighted at our statewide showcase on Wednesday, March 25, 2026!

Don't miss this chance to empower youth, inspire change, and make a lasting impact in your community.

[Apply Now](#)

Gambling Awareness Teams

- Join the team in your region!
- Visit GamblingAwarenessCT.org



Learn, Connect, and Collaborate!

CONNECTICUT COUNCIL on **PROBLEM GAMBLING**

COLLEGE CAMPUS GAMBLING PREVENTION INITIATIVE SUPPORTING STUDENTS THROUGH EDUCATION & ENGAGEMENT

The Connecticut Council on Problem Gambling works with up to twelve(12) colleges and/or universities regarding the harms associate with gambling. Through a Request for Applications (RFA) process, students and/or staff advisors will have the opportunity to apply for funding to incorporate the seven (7) prevention strategies for community change to address problem gambling.



WESTERN CONNECTICUT STATE UNIVERSITY

HEALTH, FITNESS & WELLNESS FAIR

**April 29, 2025
12 TO 3 P.M.**

Berkshire Hall - Bill Williams Gym
WCSU Middtown Campus
181 White St., Danbury, CT 06810

WHAT TO EXPECT:

- HPX 470 project presentations
- Information tables
- Local vendors
- Various Fitness & Wellness demos
- Demonstrations

HOSTED BY:
Recreation & IHHS

FREE FOOD AND GIVEAWAYS!

- Visit with kittens, baby goats and therapy dogs.

HOT AIR BALLOON RIDES!

Tethered hot air balloon rides by Horizon Bound Adventures will be offered on the Middown Recreation Field during the event.

OPEN TO THE PUBLIC

FOR MORE INFORMATION, PLEASE CONTACT AMY SHANKS AT SHANKSA@WCSU.EDU OR (203) 837-8609



SCSU Community Partner RESOURCE FAIR

MONDAY, SEPTEMBER 23, 2024

11 A.M. - 2 P.M.
BULEY LIBRARY PATIO

Ice Cream and much more!

Join us to learn more about our community partners and the resources and services available to both students and staff.

- Riskford Center
- Connecticut Council on Problem Gambling
- Cornell Hill Health Center
- The Umbrella Center for Domestic Violence Services
- New Haven Health Department
- Sep Learning Collaborative — Yale University of Medicine
- Stonington Institute
- APT Foundation
- Shoreline Wellness Center

Sponsored by Alcohol, Recovery and Drug Services and Connecticut Healthy Campus Initiative. Please contact Sarah Kiser, LADC at Kiser53@SouthernCT.edu for more info.



Providing resources to students, collecting student data, changing policies on campuses, trainings and presentations

Problem Gambling Prevention, Treatment, & Recovery Training

CCPG in Collaboration with CT Clearinghouse

- 32-hour training cohort

Equips behavioral health professionals to:

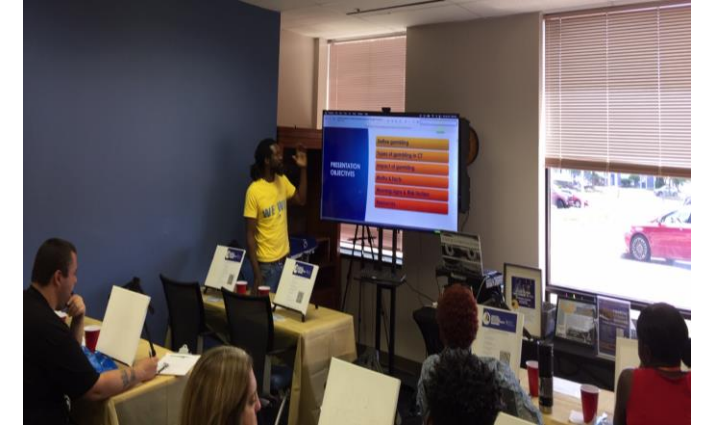
- *Address gambling-related issues
- *Prepares them for international certification
- *Offers 32 CEUs through CCB and IPGGC

CT Clearinghouse

- 16 hours of **gambling prevention training**
- 16 hours of **gambling treatment & recovery training**
- Examples of training topics:

brain biology; effective clinical practice and intervention techniques; cultural humility and working with diverse populations; the impact of price and promotion on problem gambling; the legal system and problem gambling; and perspectives from people with lived experience





Southeastern CT Coalition Problem Gambling Awareness Through the Arts Initiative



Increase problem gambling awareness using art to engage with special populations and diverse communities.

FOX61 Student News

'Not Just A Game' Award Category



Gambling Resource Van



To learn more and to book the van visit:
ResponsiblePlayCT.org

KNOW THE RISKS OF GAMBLING

- This campaign was created to raise gambling awareness among diverse communities.
- Highlights gambling risks, warning signs, data, and responsible gambling tips.
- The campaign includes billboards, bus ads, a website, digital toolkit, social media content, brochures, posters, flyers, and outreach material—some available in both English and Spanish.

Know The Risks

Campaign: <https://responsibleplayct.org/risks>



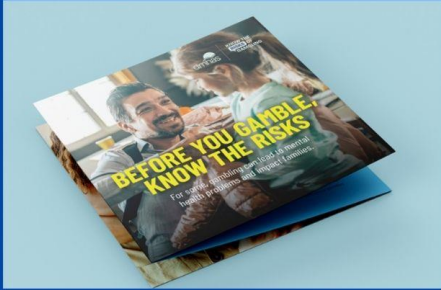
KNOW THE RISKS OF GAMBLING



Digital Billboards and Bustail Messages



Foldout Brochure with Problem Gambling Facts and Resources



Downloadable Posters Available in English and Two in Spanish



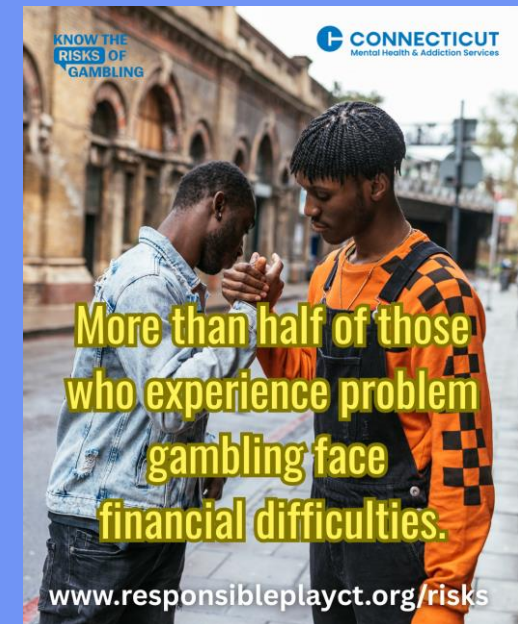
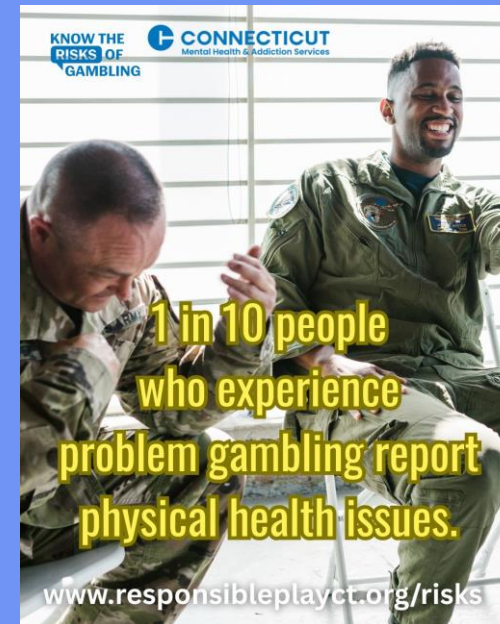
Social Media Messages Available in English and Spanish



Email-Haley.Brown@ct.gov for Billboard Images and Brochure



Download the Digital Toolkit to Access Campaign Materials!



Community Survey on Gambling



- Help us collect data on gambling behaviors and trends among the general population!
 - Statewide and by region
 - Types of gambling and frequency by demographics (age, gender, race, ethnicity, sexual identity)
 - Known resources for support
 - Barriers for seeking support
 - Gambling impacts (relationship strains, financial difficulties, legal issues)

Resources

DMHAS Problem Gambling Services www.ct.gov/dmhas/pgs

CT Council on Problem Gambling www.ccpvg.org

Responsible Play the CT Way www.responsibleplayct.org

Gambling Awareness Teams gamblingawarenessct.org

Gambler's Anonymous (GA) www.ctwmaga.org

Gam-anon www.gam-anon.org

National Council on Problem Gambling www.ncpggambing.org



Questions?

Thank you!

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