



S.M.A.R.T. Recovery

(Self Management and Recovery Training)

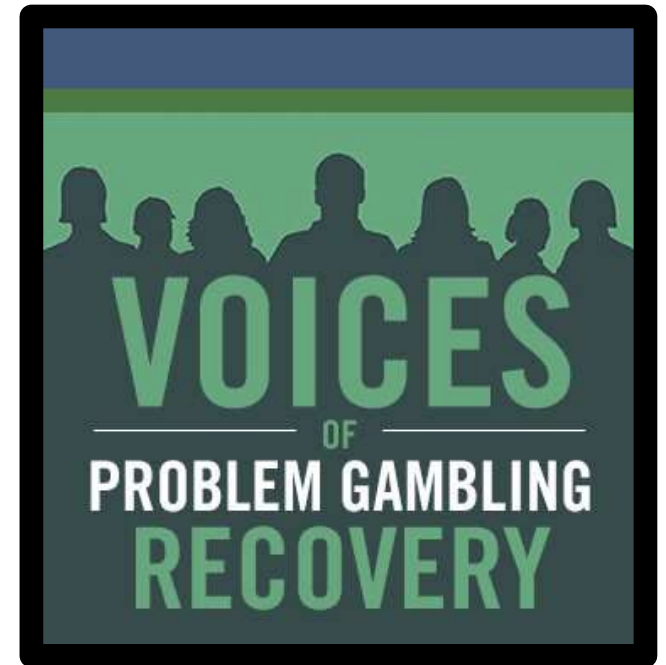
Fundamentals For Individuals Experiencing Disordered Gambling



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First...the stats

INDIVIDUALS EXPERIENCING SEVERE GAMBLING DISORDER

- Worldwide average loss of \$16,750/ Year
- Age range 20-49 19.3x higher rate of suicide than general population
- Age Range 20-49 1.8x higher rate of mortality than general population

SOCIETAL COSTS

- As many as 20 Million Americans
- 23% of houseless reports problematic gambling
- Higher rates of addiction in historically marginalized ethnic groups
- Total US gambling revenue of 250 Billion
- Problem Gambling accounts for 88 Billion in US societal costs (Productivity losses, crime, treatment, etc.)

As gambling becomes
more accessible,
addiction rates will
climb

THAT SAID, THERE IS HOPE!



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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

Case Study:





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THE WALL STREET JOURNAL

WSJ.com

U.S. NEWS | August 2, 2013, 10:31 p.m. ET

Researchers Bet Casino Data Can Identify Gambling Addicts

Computerized models can spot and warn people with high risk profiles similar to the way geneticists have invented tests to predict cancer risk

By ALEXANDRA BERZON and MARK MAREMONT [CONNECT](#)



Carl Kilsgaard for The Wall Street Journal



1998



2023

- How did it happen?
- What helped?
- What do I do to stay well?

4 Points

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



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 - price

Not widely accepted for court mandates

Less accessible, especially in rural areas

Challenges to document efficacy

“Discover the power of choice”

I was 17 & I took a class called relationships for life & my teacher asked us, “is love a feeling? Or is it a choice?” We were all teenagers so naturally we said it was a feeling. She said that if we clung to that belief, we’d never have a lasting relationship of any sort. She made us interview a dozen adults who were or had been married & we asked them about their marriages & why it lasted or why it did not. I asked every single person if love was an emotion or a choice. Everybody said that it was a choice. It was a conscious commitment. It was something you choose to make work every day with a person who has chosen the same thing. They all said that at one point in their marriage, the “feeling of love” had vanished or faded & they weren’t happy. They said feelings are always changing & you cannot build something that will last on such a shaky foundation.

The married ones said that when things were bad, they chose to open the communication, chose to identify what broke and how to fix it, and chose to recreate something worth falling in love with. The divorced ones said they chose to walk away. Ever since that class, since that project, I never looked at relationships the same way. I understood why arranged marriages were successful. I discovered the difference in feelings and commitments. I’ve never gone for the person who makes my heart flutter or my head spin. I’ve chosen the people who were committed to choosing me, dedicated to finding something to adore even on the ugliest days.

“Motivation”

get in - we're healing from past trauma and changing our negative coping mechanisms

@GypsyLegends



De-stigmatizing language



sounddesignerjeans

Honestly I think one of the most empowering things you can do for yourself is to separate your negative qualities from your identity.

Instead of saying "I'm lazy," saying "I've made a habit of not doing work unless it's absolutely necessary." Instead of saying "I'm a bad friend," saying "I haven't communicated as much as I should with the people I care about."

By being specific about your problems, and by framing it as an action that you are consciously either working on or ignoring rather than an unchangeable part of who you are, you allow yourself to accept your mistakes and work constructively on them instead of pretending they didn't happen or wallowing in blaming yourself.

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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Friends
&
Family



Reasons to gamble

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

Reasons to quit

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

Negative consequences to gambling

Financial devastation
Destroyed relationships
Career
Health problems
Stress
Homelessness

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"

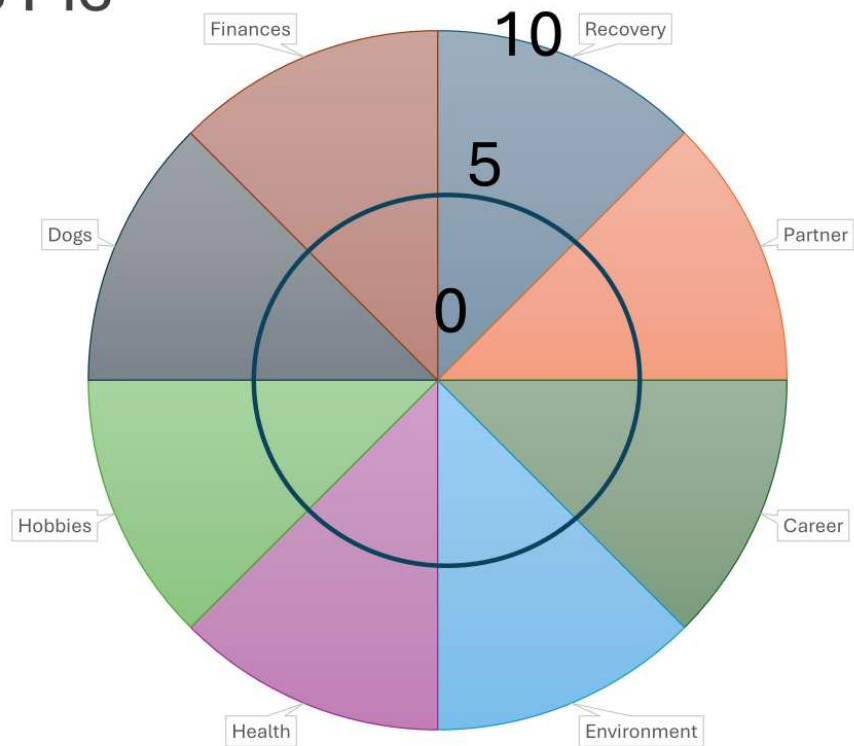
“ABC”

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 wanted to gamble.	“Nothing ever goes right for me.”	A lot goes right.	Review self defeating thoughts.

“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



Case Study:



Bearded Man considers himself well-balanced: He has a family, trains in Martial Arts, has 3 music projects that he actively performs live with, close connections with friends and family, and a decent-paying job that he enjoys.

Bearded Man acknowledges that he has experienced gambling harm, but it has not been a major concern for about 6 years. Bearded Man has been actively attending meetings during this time. In what ways can SMART still provide effective support for this person?

There is just...one more thing

- Current Cost-Benefit Analysis compares the costs and benefits of engaging in behavior to not engaging in behavior. Experience shows that creating a positive action alternative can reinforce the benefits of pursuing alternative activities.



Thank you.