

# In The Know

A monthly newsletter to keep you current and In The Know on topics related to the Prevention of Substance Abuse

## Gambling, can it be dangerous?

Gambling is a popular past time in the United States that is growing exponentially with the increase in gambling venues and the poor economy. Casinos, lotteries, scratch offs, and gambling websites are changing and expanding to lure consumers to try their new games. This popular trend is becoming more appealing to those who want to make a "quick buck."

The Office of Alcoholism and Substance Abuse Services, (OASAS) characterizes problem gambling as a progressive addiction involving the constant fixation and need to bet more, with agitation and restlessness ensuing when the gambler tries to stop. Pathological gambling is a more severe version of problem gambling, involving the loss of control, irrational thinking and behavior, and the inability to stop gambling despite the increasingly negative consequences. It is classified as a mental disorder in the Diagnostic and Statistical Manual of Mental Disorders, (DSM).

Although millions of people gamble, there are specific criteria for someone to be a problem gambler. Gambling is like any other addiction, instead of getting a high from a substance, the gambler obtains that high from the possibility of winning. Problem gamblers are also known for "chasing their losses." They keep gambling after they have

lost large amounts of money, thinking that they will be able to win back what has been lost. In the rare instance that large amounts are won, it is quickly wagered away.

MYTH: You have to gamble everyday to be a problem gambler. FACT: A problem gambler may gamble frequently or infrequently, it is the problems that are caused by the gambling that is the issue.

MYTH: Problem gambling is not really a problem if the gambler can afford it. FACT: Problems caused by excessive gambling are not just financial. Too much time spent on gambling can lead to relationship breakdowns, loss of relationships, decrease in productivity at work and more.

Problem gambling is a serious issue that if not controlled or treated can lead to ruined relationships, economic downfalls, legal issues, loss of employment and more. It is often difficult for a problem gambler to stop gambling, you cannot make them, they must do it on their own.

If you or someone you know is struggling with a gambling addiction please contact Steuben Council on Addictions at (607) 776-6441 for more information, screening or for a referral. You don't have to do it alone!

## National Poison Prevention Week March 15-21

Each year, 3.1 million calls are received at poison control centers in the United States. Over 70,000 calls are taken at the Upstate New York Poison Center alone. As part of *National Poison Prevention Week*, Steuben Council on Addictions wants you to know the dangers of potentially poisonous medicines and chemicals, and to encourage families, schools and businesses to outline preventative steps people can take to ensure their safety and that of their loved ones.

Our hope is that this event will bring people together in commemoration of *National Poison Prevention Week*, to ultimately mitigate the number of people who are involved in poisonings each year, especially poisonings in the home—the most commonly reported poisonings.

By educating local residents about preventative steps in the home and in their lives, we believe we can make serious progress in keeping our loved ones safe. It is vital that people arm themselves with basic information on poison pre-

vention in the home, such as keeping chemicals out of the reach of children and carefully reading the labels and dosages on all products.

More than 2 million poisonings are reported each year to the Nation's poison centers. According to the American Association of Poison Control Centers, approximately 90 percent of poisonings happen at home, and 51 percent of poisonings involve children under the age of 6. The majority of fatal poisonings occur among adults, especially older adults.

*National Poison Prevention Week* was established by the U.S. Congress in 1961 to focus national attention on the dangers of poisonings and how to prevent them. To learn more about ways to keep people of all ages safe and help prevent poisonings, visit the Poison Help Web site at [www.PoisonHelp.hrsa.gov](http://www.PoisonHelp.hrsa.gov). **In case of a poison emergency, contact your local poison center at 1-800-222-1222.**

**Do you or someone you care about need help because of Drugs, Alcohol or Gambling call:**

**1-877-8HOPENY (1-877-846-7369)**

**24 hours a day, 7 days a week \* Free & confidential information and referrals.**

## The Council Corner

We are excited to remind our readers of programs and opportunities that are available this spring and summer

Last year two of our staff members were trained by the New York State Office of Alcoholism and Substance Abuse Services in the many aspects of gambling and gambling addictions. From this training these educators have a vast array of knowledge regarding adolescent gambling, impact of gambling on families, gambling addictions, problem gambling and more. In today's societies, problem gambling and gambling addictions are on the rise.



Our educators would love the opportunity to come and share information with you regarding this topic so that together we can face this problem head on and in a proactive way. This opportunity is available to any group of individuals within the county that are interested in increasing their awareness and information on the subject of gambling. If you or your group is interested, please contact either Stacey 776-6441 ext 205 or Michele at ext 206 for more information or to chose a date and time.

### Reminder:

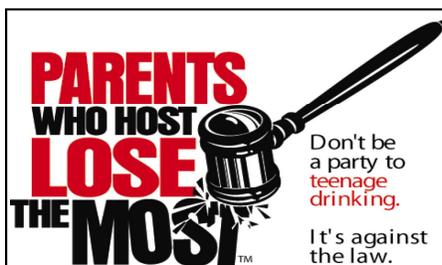
The Steuben County Task Force on Underage Drinking is holding an Under Age Drinking Countywide Poster Contest for students in 6<sup>th</sup>- 8<sup>th</sup> grades. Posters must be submitted by 4/24/15. Classroom prizes will be given for first, second, and third place. Topic must relate to underage drinking. For more information contact Jim Bassage at (607)776-6441.

## In The Know and By The Numbers

A look at facts and figures relating to gambling.

- \* 85percent of U.S. Adults have gambled at least one time in their lives.
- \* Gambling occurs at a higher percentage (72%) in higher income households versus lower (55%)
- \* According to statistics, in any given year, at least 2.9 percent of the adult population falls under either problem gamblers or pathological gamblers category
- \* Approximately 2.5 million American adults suffer from compulsive gambling.
- \* Over 3 million Americans are considered problem gamblers.
- \* Approximately 4% of teenagers have a gambling problem.
- \* Those participating in gambling are most likely to be aged over 35 although the largest growth in participation between 2012 and 2013 was among the 18-24 years group.
- \* The most popular type of gambling activity is the National Lottery with over 47% participation.

*Verified by numerous gambling rehabilitation websites.*



Youth who drink alcohol are more likely to experience:

School problems, such as higher absence and poor or failing grades. Social problems, such as fighting and lack of participation in youth activities. Legal problems, such as arrest for driving or physically hurting someone while drunk.

### Steuben Underage Party Tip Line

Anyone with information about anything related to underage drinking - such as parties or underage sales - in Steuben County are urged to call the toll-free line. The tip line will be monitored seven days a week, 24 hours a day.

All calls are anonymous.

**1-877-862-4847**

### Catholic Charities Steuben Prevention Services

8 East Morris Street  
Bath, NY 14810

Phone: (607) 776-6441

Fax: (607) 776-6664

*Prevention Director:* Jim Bassage

*Prevention Educators:*  
Barb McCollum, Stacey O'Dell,  
Erin Fleming, Michele Sexsmith

*Administrative Assistant &  
DDP Coordinator:* Diana McIntosh

*Clerical Assistant:* Peggy Wurzer

*Drug Free Communities Coordinator:*  
Norm McCumiskey

*Drug Free Communities Program  
Assistant:* Pam Aini

**Bath Hope for Youth Counselors:**  
Sherry Sutton—Campbell-Savona  
Bridgette Lanphere—Hammondsport  
Jennifer Beaty—Haverling



*Steuben Council on Addictions is a division of Catholic Charities Steuben. In The Know is a regular monthly update about alcohol, tobacco and other drugs to help in the prevention of substance use and abuse. For more information please contact Stacey O'Dell, Prevention Educator at [sodell@dor.org](mailto:sodell@dor.org).*

# 2015 Steuben County Task Force on Under Age Drinking Countywide Poster Contest



## Rules:

Students in the 6<sup>th</sup>, 7<sup>th</sup>, and 8<sup>th</sup> grades

Submit design on an 8 ½" x 11" sheet of paper

Colors, pencil, crayons, & paint are all acceptable.

On **back top left** of entry sheet, write in pencil the name(s) of designer(s), teacher name, grade, class room number and school district. **Entries may be an individual or class/group design and you may attach a paragraph describing what the poster means to the designer(s).**

### **Poster should capture some of the following ideas:**

- Anyone less than 21 years of age should not drink alcohol
- It is not legal, safe, or healthy for teens to drink alcohol
- Parents should not provide alcohol or a location for teens to drink alcohol.
- Prevention of injuries and death in youth as it relates to alcohol

**Entry Deadline (NO LATER THAN 4/24/15)**

## **Steuben Council on Addictions**

8 E. Morris Street, Bath, New York 14810 Attn: Jim Bassage, Prevention Director

Questions-call (607) 776-6441 ext. 207

## *Countywide Poster Contest- Classroom Prizes:*



1st Prize

"T" shirt



2nd Prize

Pizza Party



3rd Prize

Ice Cream Party

*UAD reserves the right to use the winning poster design in Task Force activities and publications*