

## Partnerships



The Maryland Center of Excellence on Problem Gambling (The Center), a program of the University of Maryland School of Medicine, promotes healthy and informed choices regarding gambling and problem gambling by offering consulting assistance at no cost to individuals, organizations or communities who want to address the issue of problem gambling. The Center works with:

- Treatment Providers
- Social Service Providers
- Prevention Specialists
- Educators
- Recovery Specialists and Advocates
- Public Health Specialists
- Policy Makers
- Researchers
- Criminal Justice Specialists
- Gaming Industry
- Faith Community

Please call The Center to inquire about consulting assistance, specialized training or if you have any questions on our services. **667.214.2120**

## Resources

[helpmygamblingproblem.org](http://helpmygamblingproblem.org)

*A resource for help with gambling problems*

[gamblesafewomen.org](http://gamblesafewomen.org)

*A resource for women*

[Baltimoredicezombies.org](http://Baltimoredicezombies.org)

*A resource for teens*

[Baltimorepromgamble.org](http://Baltimorepromgamble.org)

*A resource for teens*

[Baltimoregambler.org](http://Baltimoregambler.org)

*A resource for residents of Baltimore*

[aboveallodds.org](http://aboveallodds.org)

*A resource for college students and young adults*

[asiangamblingsos.org](http://asiangamblingsos.org)

*A resource for the Asian community*



UNIVERSITY of MARYLAND  
SCHOOL OF MEDICINE

The Maryland Center of Excellence  
on Problem Gambling

FUNDED BY:

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/ Behavioral Health Administration

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# PROBLEM GAMBLING

*Promoting healthy and informed choices  
regarding gambling and problem  
gambling for individuals and  
communities within the  
state of Maryland.*



HELPLINE IS FREE &  
CONFIDENTIAL 24/7  
CALL OR TEXT:

**1-800-GAMBLER**  
(1-800-426-2537)

[HelpMyGamblingProblem.org](http://HelpMyGamblingProblem.org)

# Problem Gambling

For most people gambling is a form of entertainment. Many, if not most people, do not realize that gambling may pose the same risk as alcohol and other drugs for becoming an addiction. The Center offers assistance to address problem gambling in all of the following areas.

## TREATMENT

- The main focus of The Center's efforts to develop problem gambling treatment services in Maryland is to increase the accessibility of resources to the general public and expand the capacity of the existing Behavioral Health Care system to identify and treat problem gambling.
- The **Disordered Gambling Integration Project (DiGIn)** builds the capacity and competency of SUD and Mental Health programs to address gambling problems among their clients.
  - The Center maintains the **Maryland Gambling Treatment Network (GamNet)**, a public problem gambling counseling referral list available online on The Center and Maryland Lottery websites.
  - **Helpline services** are offered free, confidential and 24/7 by phone, text and chat for Maryland residents.
  - **Peer Support Counseling** through The Center bridges the gap from Helpline caller to treatment provider.



## PUBLIC AWARENESS

The Center maintains ongoing public awareness initiatives to communicate the signs, symptoms and risks of problem gambling throughout Maryland.

- **Public awareness campaigns** (such as TV, radio, digital media, special websites, billboards) are created to target specific topics and populations.
- The Center participates in **community events** throughout the state.

## TRAINING AND EDUCATION

The Center is committed to build the capacity of mental health, substance use and other health care and prevention providers through training and education to address the issue of problem gambling.

- Intensive structured **in-person problem gambling clinical trainings** are offered in each region of the state covering basic and advanced topics.
- **Online training** (webinars and on demand) cover a wide range of topics.
- **Tailored trainings** are also available by request within agencies to meet their specific training needs.
- All training is offered with CEUs for social workers, psychologists, professional counselors and alcohol/drug counselors.
- **Weekly Case Consultation Calls** conducted by The Center to strengthen the skills and proficiency of counselors to help clients address gambling problems.

## PREVENTION

The Center spearheads a number of prevention and education programs in collaboration with key stakeholders.

- Ongoing efforts focus on **integrating problem gambling prevention strategies** and practices within existing community prevention initiatives and in line with the Maryland Strategic Prevention Framework (MSPF).

- The **Smart Choices: youth problem gambling prevention program** is a resource for Maryland schools that supports adolescents living in communities that increasingly promote gambling.

## PUBLIC POLICY

The Center continues to collaborate with key stakeholders to **conduct judicial outreach and awareness** regarding Maryland legislation on gambling for at-risk and special populations.

## RESEARCH

The Research Program on Gambling pursues a robust research agenda designed to identify and prevent problem gambling behavior and related consequences for public health through rigorous scientific inquiry.

- The **Research Affiliate Program** brings together key researchers to collaborate on studies of gambling addiction, as well as the larger individual, community and social impacts of gambling.
- Development of the **Free State Data Warehouse** to provide access to publically available datasets for assessment of the public health impact of gambling in the State of Maryland.
- **Statewide prevalence studies** to evaluate the effect of expanded casino gambling on gambling behavior.
- The **PEGASUS Study** is a prospective cohort study that recruits participants from across the state to identify risk and protective factors associated with gambling behavior to allow development of evidence-based approaches to mitigate problem gambling behaviors.
- **Community-based research** to assess the prevalence of gambling behavior in the neighborhoods around the casino and to evaluate community stakeholder perceptions of expanded casino gambling.