

Did You Know?

- **Problem gambling can strike anyone** in Minnesota, regardless of race, gender, age, socioeconomic status, or level of education.
- **The stigma and shame associated with problem gambling** severely inhibits gamblers from seeking the help they need.
- **Problem gamblers commit suicide at a higher rate** than those with other addictions and mental health disorders. 40% of those in treatment for problem gambling reported attempting suicide.²

Minnesota has funding for problem gambling treatment. Individuals and families in Minnesota can access these services at no charge based on need.

This provision recognizes that problem gamblers have often depleted many of their financial resources. Therefore, lack of money for treatment should not be an obstacle if a resident of Minnesota needs help.

If you are outside of Minnesota, most states offer professional resources, and there is a listing by state on the National Council on Problem Gambling website: www.ncpgambling.org.

- **Problem gambling does not occur in isolation.** In many cases, it occurs in the company of co-presenting issues. For example, gambling disorder and alcohol/drug addiction are frequently part of a dual diagnosis.¹
- **75% of all problem gamblers** have an alcohol disorder.
- **10-15% of those with SUD** (Substance Use Disorder) have a co-occurring problem gambling disorder.²

¹Northstar Alliance ²northstarproblemgambling.org ³mn.gov/portal

“The biggest danger of going to the casino for someone in recovery is that they’ll get a “big win” that can trigger their alcohol or drug addiction.” — A 54-year-old man in recovery

According to the American Psychiatric Association (APA), gambling disorder is indicated by four (or more) of these:

- Preoccupied with gambling
- Unable to cut back or control
- Irritable or restless when attempting to cut down or stop gambling
- Risks more money to reach desired level of excitement
- Gambles to escape problems or depressed mood
- “Chases” losses
- Lies to family and others about gambling
- Risks or loses relationships or job because of gambling
- Relies on others for financial needs caused by gambling

Vinland National Center would like to recognize and thank both the Northstar Problem Gambling Alliance and Project Turnabout Centers for Addiction Recovery for their leadership in the field of problem gambling and their support of Vinland’s Problem Gambling Program through the sharing of their research and resources.



Outpatient Services
675 Stinson Blvd., Suite 200
Minneapolis, MN 55413
763-479-4881
www.vinlandcenter.org



PROBLEM GAMBLING OUTPATIENT SERVICES



It is estimated that approximately 160,000 to 214,000 Minnesotans struggle with this addictive disorder, which can destroy lives.

Compulsive gambling can result in social, emotional and financial devastation, including loss of relationships, housing, emotional and physical health, and career or educational opportunities.

Recovery from Gambling Addiction is Possible

Find out HOW TO GET STARTED...

763.479.4881

675 Stinson Blvd. | Minneapolis, MN | 55413

Vinland Outpatient Problem Gambling Services Program

- We conduct gambling use disorder assessments (including Rule 82 assessments) that help define your specific treatment needs.
- Our program employs a holistic approach (attention to mental, emotional, physical and spiritual aspects) to addressing problem gambling.
- Primary counselor of the program is proud to be in long-term recovery from problem gambling, as well as licensed as a Certified Problem Gambling Counselor (CPGC), Licensed Alcohol and Drug Counselor (LADC), and Certified Brain Injury Specialist (CBIS) by the state of Minnesota.



An Outpatient Services office

- Participants meet with a counselor for one-on-one sessions to develop and implement an individualized treatment plan.
- Participants also share with other gamblers in group sessions, participate in interactive lectures, and are provided opportunities to participate in concurrent family sessions.
- Length of treatment is based on individual needs and ranges from two to six months.
- Individuals are provided information on and/or referrals to community resources, programs, and services.



We want you to know the answer is **YES!**

And you can find help at



How We Differentiate:

- We believe strongly that a collaborative approach between an individual and their counselor is essential.
- Convenient metro location with easy access to nearby bus.
- Our system of care is not limited to a single model or approach, rather it meets each client's individual needs.
- We collaborate with other professionals in human services, housing, criminal justice, education, and related fields in order to meet the complex needs of our clients.



Outpatient conference room

"Many recovering alcoholics are not aware that they might be at risk of crossing over to a gambling addiction."¹

— A substance use disorder and problem gambling counselor

HOW TO GET STARTED:

Our Intake Team can help you navigate the process.

1. Schedule an appointment for a problem gambling assessment by calling 763.479.4881.
2. At this appointment you will meet with an intake counselor to fill out paperwork for programming and funding for our program.
3. Most clients attend groups the next day.

"I didn't think I could get addicted to gambling. I'm a recovering alcoholic, and thought I would recognize the signs."¹

— A 38-year-old Helpline caller



Outpatient Services Building at 675 Stinson Blvd. in Minneapolis.

Outpatient Services is a fully-accredited outpatient treatment center licensed by the state of Minnesota specializing in treating clients with co-occurring addictions,

Call us at 763.479.4881 and we will help you down the road to *getting your life back!*

**BREAK
THE
STIGMA**

Empathy, respect, and belief in the individual's capacity for recovery are fundamental attitudes.