



WISCONSIN COUNCIL ON PROBLEM GAMBLING

MAJOR CONTRIBUTORS: Potawatomi Hotel & Casino

Common Problem Gambling Triggers During the Holidays

For many, the holidays are a time of joy, celebrations, and care-free attitudes. But for someone with a gambling problem, this season can be a little more challenging. Throughout all the get-togethers, there are several opportunities to gamble — from a poker game at the kitchen table with family to scratch-off tickets as a gift. As a problem gambler, these opportunities may threaten any progress you have made.

If you are struggling with a gambling problem, you will need to avoid gambling triggers. How can you do this? First, you must recognize what these triggers are for you and then plan ahead, coming up with ways to cope with a gambling problem during the holidays. To help you get started, we've outlined the most common triggers and provided healthy ways to deal with them.

Financial Pressures

The holidays are known as the season of extravagant gift-giving and once-in-a-lifetime trips. However, the reality is that very few people can actually afford this lifestyle, and many go into debt to make it happen.

Overindulging and going into debt can be very problematic for someone experiencing disordered gambling. Any sense of financial pressure can make them turn to the card table or online sports betting to feel like they are regaining control over their monetary situation. Before they know it, they've fallen back into their old habits — just for the sake of trying to keep up appearances.

The best way to avoid the trigger of financial pressure during the holiday season is to put a budget into place. Follow the budget, and put someone else in charge of any significant amounts of cash to avoid temptation.

Loneliness

The holidays are a time for family and friends to come together and celebrate. However, if you do not have anyone to spend time with during this season, it can feel lonely and spark feelings of depression. As a problem gambler, these isolating feelings can ignite the urge to gamble. You may think one hand will be enough to quiet the negative voices in your head about why you are alone on the holidays, but instead, it will only make your habit worse.

Instead of gambling, try putting yourself in a setting related to your other interests, such as going to a movie theater or sports game. Surrounding yourself with other people with similar interests can give you a sense of togetherness and may even help you build new friendships.

Secrecy

It can be tempting to keep your gambling problem a secret, especially around coworkers and distant relatives. But when they don't know what you are struggling with, they will unknowingly put you in situations that trigger your need to gamble. A card game with betting may be just a bit of fun for them, but for you, it can be a slippery slope. If you give in to peer pressure, you'll be filled with regret.

To ensure you can enjoy your holiday, you should be honest with the people you will celebrate with. Request that no gambling takes place while playing games, and ask that any of your gifts not be in the form of cash or scratch-off tickets. Good friends and colleagues will feel honored you shared with them and will make every effort to accommodate your requests. If being this open is not an option, it would be best to avoid these situations altogether.

Grief

No one expects to have to deal with the loss of a loved one during the holidays, and it can often be too much for anyone to bear. For someone already in a vulnerable state, such as someone with a gambling problem, it can lead them to make very poor decisions in an attempt to find relief from their pain.

Instead of doing something you'll regret later on, seek help from a licensed professional. They can give you guidance and clarity to aid in your healing. They can even give you coping mechanisms to use in place of gambling. With time, you will be able to manage your sadness and anger.

Continued on page 5

2023 Winter Newsletter

WCPG's 2024 Webinars

All Webinars are 10am -11:30am CDT

Gambling Among Medicated-Assisted Treatment for Opioid Use Disorder: Are We ignoring Gambling?

Date: January 10, 2024

Presenter: Andrew Schreier

The Legalities of Gambling: From Legalization to Consequences

Date: February 14, 2024

Presenter: Jerry Bauerkemper

Concentration of Risk: Technology, Youth & Sports Betting

Date: March 8, 2024

Presenter: Keith Whyte

Sports Gambling: A Risky Game for Teenagers

Date: September 11, 2024

Presenter: Doug LaBelle

What Happens When Gambling Leads to Criminal Behavior?

Date: October 9, 2024

Presenter: Todd Zangl

For more information on any WCPG training and to register online

please visit our website

(under the events tab): <https://wi-problemgamblers.org/>



Continuing Education Units for 1.5 hours each webinar have been applied for with the following: Association for Addiction Professionals (NAADAC), Employee Assistance Certification Commission (EACC), International Gambling Counselor Certification Board (IGCCB), Wisconsin Association for Marriage and Family Therapy (WAMFT) and the National Association of Social Workers (NASW).

2023 Board of Directors

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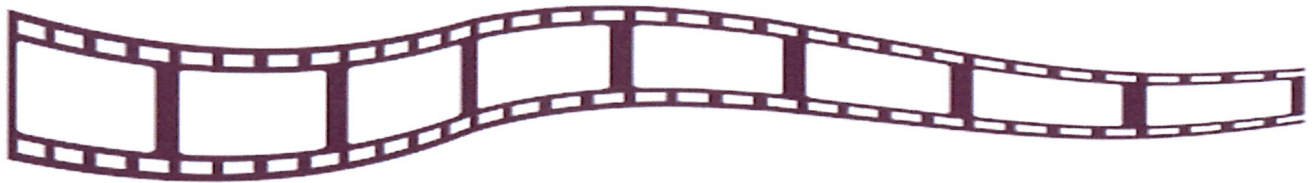
Wisconsin Council on Problem Gambling

Presents



Hats Off To 25 Years

Through Awareness, Education, and Prevention



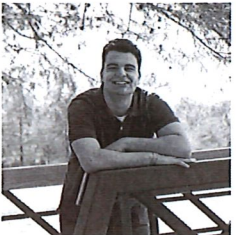
KEYNOTE SPEAKERS



Jerry Bauerkemper



Heather Chapman



Saul Malek



Mark Sanders

Milwaukee Marriott West, Waukesha WI

March 14th-15th, 2024

Pre-Conference on March 13th

The workshops include Ethics (4 hours) and Clinical Supervision (6 hours) - Pre-Conference

Up to 21.75 CEU's (including pre-conference)

CEU certifications will be applied for: Social Workers, Marriage & Family Therapists, Professional Counselors, Substance Abuse Counselors, and Clinical Supervisors through NAADAC, EACC, WAMFT, NASW, and IGCCB.

Printable brochure, online registration, and payments can be found on our website soon: wi-problemgamblers.org. For more info, or to receive the conference brochure contact us at 920-437-8888

TWENTY-FIFTH ANNUAL WISCONSIN COUNCIL ON PROBLEM GAMBLING STATEWIDE CONFERENCE

(Only one person may register per form. Please photocopy for additional registrations. PLEASE PRINT CLEARLY)
 If there are 3 or more people attending from one organization each will receive \$10 off their registration fees

Name: _____

Pre-Registration Is Required.

Title: _____

Registration Checklist:

Organization: _____

Please have the following completed for your Conference Registration:

Address: _____

- Completed application form
- Meal selection (**Regular/Vegetarian**)
- Awards Banquet attendance
- Ethics attendance (**check box below if attending**)
- Membership submission if desired
- Payment

City/State/Zip: _____

County: _____ Phone: _____

EAP Continuing Education

Email: _____

Meals: Regular Vegetarian

AWARDS BANQUET: Thursday, March 14, 2024 6:00pm - 9:00pm

I will attend I will not attend \$30.00 Non-registered Banquet Guest

(The Full Conference and Thursday Only Rates include the Awards Banquet at no additional cost, but you must register in advance.)

RATES BEFORE	RATES AFTER	Please check if you plan to attend Ethics: <input type="checkbox"/>
<u>2/15/24:</u>	<u>2/15/24:</u>	
<input type="checkbox"/> \$35.00	<input type="checkbox"/> \$40.00	Pre-Conference Ethics -Workshop Only (March 13, 8:00am-12:00pm) "Ethics and Boundaries in a World of Technology" - Jeanne Wagner INCLUDED IN FULL CONFERENCE REGISTRATION
<input type="checkbox"/> \$30.00	<input type="checkbox"/> \$35.00	Pre-Conference (March 13, 12:30pm-4:30pm) "Assessing Suicide Risk and Treating Depression for Compulsive Gamblers" - Michael Goldman
<input type="checkbox"/> \$50.00	<input type="checkbox"/> \$55.00	Pre-Conference (March 13, 9:00am-4:00pm) "How to Supervise Gambling Counselors for Improved Outcomes" - Jerry Bauerkemper
<input type="checkbox"/> \$150.00	<input type="checkbox"/> \$175.00	Full Conference Rate (NOT INCLUDING PRE-CONFERENCE)
<input type="checkbox"/> \$175.00	<input type="checkbox"/> \$205.00	Full Conference AND Pre-Conference presentation "Assessing Suicide Risk and Treating Depression for Compulsive Gamblers" - Michael Goldman
<input type="checkbox"/> \$195.00	<input type="checkbox"/> 225.00	Full Conference AND Pre-Conference presentation "How to Supervise Gambling Counselors for Improved Outcomes" - Jerry Bauerkemper
<input type="checkbox"/> \$100.00	<input type="checkbox"/> \$125.00	Thursday Only OR Friday Only (Please circle choice)

Your WCPG Bronze level or higher Membership saves you money:

Renew your Bronze Membership or join now and save \$35 off Full Conference Registration!

Membership Fee: \$ _____
(\$75.00 or more for discount)

Conference Fee: \$ _____

Membership Discount: **(\$35.00)**

TOTAL Enclosed: \$ _____

Please make check or money order payable to:

Wisconsin Council on Problem Gambling, Inc. (WCPG)
Mail to: 1585 Allouez Avenue
Green Bay, WI 54311

Now accepting online registration and credit card payments!

Please include your email address when registering. We will email all correspondence and CEU Certificates.

If you register without an email address, you will receive correspondence via mail to the address provided.

- All rates include breaks.
- Lunch included with Thursday and Friday registration.
- **EARLY REGISTRATION DEADLINE IS FEBRUARY 15, 2024**

FROM THE EXECUTIVE DIRECTOR:

As 2023 begins to wind down, I want to thank everyone who has supported the WCPG throughout this year. To all of our financial supporters, we wouldn't be here without you and are forever grateful. To everyone that attended our 24th Annual Conference at the Osthoff Resort in Elkhart Lake in March or one of our live or on-line training courses throughout the year, thank you. To our WCPG Board members who give countless hours to committees and meetings, we are blessed. To our Call Responders who answer the Helpline, thank you for being there for our callers in crisis. Working together, we can continue to provide statewide services to anyone who is affected by problem gambling disorders. The staff at the WCPG says a million thanks to each and every one of you. We look forward to working with you in 2024 as we continue to provide services to those dealing with problem gambling disorders.

All of us at the WCPG hope you had a wonderful holiday season and wish you a Happy New Year.

We look forward to 2024 as we continue to provide services to people who are affected by gambling disorders. Please mark your calendar for March 14-15, 2024, as we host our 25th annual conference at the Milwaukee Marriot West in Waukesha, WI. Celebrate with us on 25 great conferences.

Having been a part of the WCPG for the past 26 plus years, it is exciting to look back and see how far we have come and also look forward to what the future will be as we continue to provide resources, education and awareness on gambling disorders.

Wishing you the best in 2024!

Rose Blozinski
Rose Blozinski

Continued from page 1

For problem gamblers, the holidays are especially challenging, with a variety of triggers that could make them more likely to let their gambling get out of control.

Budget

Plan your holiday expenses in advance and do not stray from it. Overindulging can lead to financial pressures, which may trigger your urge to gamble.

Indulge in Your Other Interests

Combat your feelings of loneliness by surrounding yourself with others who share your interests outside of gambling.

Be Honest With Your Friends & Family

Let those close to you know how you are struggling with gambling and request that none of the games played involve betting.

Avoid Problematic Gifts

While being transparent with your loved ones, ask them to give you gifts that are not cash or scratch-off tickets, which could cause you to spiral into old habits.

Seek Help

If you find yourself in a situation where your gambling problem is triggered, reach out to a friend, family member, or professional for help.

How to Avoid Gambling Triggers During the Holidays

Support

As the holiday season approaches, make sure you are prepared by putting a course of action in place in the event that your need to gamble is triggered. If you find yourself in a situation where you are tempted to gamble, you can contact the Wisconsin Council on Problem Gambling at 1-800-426-2535.

For help: Call: 1-800-426-2535

Text: 1-850-888-4673



WISCONSIN COUNCIL
ON PROBLEM GAMBLING

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Inside This Issue:

- Common Problem Gambling Triggers During the Holidays
- 2024 Webinar Series
- WCPG's 25th Annual Conference
- From the Executive Director



Newsletter now available via
email....

Please contact
The Wisconsin Council
on Problem Gambling
1-800-Gamble-5
or email:

wcpg@wi-problemgamblers.org

View this newsletter on the web at:

www.wi-problemgamblers.org