

## What can family members and significant others do?

- Get support for yourself. Join a family support group and attend self-help groups.
- Support your loved one's efforts in their recovery process.
- Be clear that you care about your loved one, but that you can set limits regarding their gambling behaviors.
- Understand that relapse is part of the recovery process.
- Have patience; recovery may take months or years.
- Listen. Be positive. Do not criticize.
- Get information for yourself. The more you know, the more you will understand recovery and the more helpful you can be.
- Participate in activities with the recovering person that do not follow their current gambling patterns.
- Encourage loved one to seek professional help for their disorder.



351 N. Ferdon Boulevard  
Crestview, FL 32536

**850-689-7844**

205 Shell Avenue  
Ft. Walton Beach, FL 32548

**850-226-8585**

 **CRISIS** *hotline*  
*and*  
*Rape Crisis Center*

244-9191 / 682-0101

Visit our website at:



Nationally  
Accredited



Bridgeway Center Inc.

### For More Information:

Information about gambling disorders treatment, and other gambling addictions visit  
[www.overcominggambling.com](http://www.overcominggambling.com)



## GAMBLING DISORDERS & YOUR PATH TO RECOVERY



*Information for Families  
and  
Other Supporters*

*For Services, Please Call:*  
**850-689-7844 or 850-226-8585**

# SOUNDSIDE WELLNESS CONSULTANTS

## ***Gambling addiction:***

A behavior that can cause disruption in any of the major areas of life — psychological, physical, social or vocational. The term *gambling addiction* includes but is not limited to the condition known as pathological or compulsive gambling, a progressive addiction seen by increasing preoccupation, a need to bet more money, restlessness or irritability while trying to stop, “chasing” losses, and a complete loss of control regardless of the negative consequences.

## ***Gambling Addiction Statistics:***

- 2.5 million adults in the USA are pathological gamblers, 3 million should be considered problem gamblers, 15 million adults are at risk for problem gambling and approximately 148 million are low-risk gamblers
- More than 80 percent of American adults have gambled at some point in their lives. More than \$500 billion is spent as annual wagers.
- 37 states now have the lottery, there are approximately 260 casinos on Indian reservations (31 states with \$6.7 billion in revenue), internet gambling has almost doubled every year since 1997; the internet has about 110 sport-related gambling sites.
- Gambling addiction is an illness that is progressive in nature, often the person considers themselves morally weak.

## ***Types of Gamblers:***

- Professional — gambling is the primary source of income, making their living by gambling
- Casual Social Gambler — gambling is one of many forms of entertainment; gambles infrequently
- Serious Social Gambler — gambles as a major source of entertainment; plays regularly at one or more types of gambling, and does so with great absorption and intensity.
- Relief-and-Escape Gambler — major activity in person’s life of equal importance with family and business; but rest of life goes on without integrity being seriously impaired; more than a pastime.
- Compulsive Gambler — gambling is only thing in life; ignores family and business, and often turns to crime to support their habit.
- Antisocial Personality — life career is getting money by illegal means; those who gamble try to fix gambling games.

## ***Characteristics of Problem Gamblers:***

Problem gamblers are more likely to be male than female, bet larger amounts on all forms of gambling, gamble more frequently, spend more time per gambling session, been in trouble with police, say they have been rejected by family members.

## ***Warning Signs:***

People who suspect a gambling problem may recognize the following warning signs; increased preoccupation with gambling; use of gambling as a way to escape problems or relieve depression; inability to stop playing regardless of winning or losing, and despite constant vows to abstain; restlessness or irritability when attempting to cut down or stop; use of alcohol, sleep, or drugs to escape; lying to family members or others to hide the amount of gambling; impatience with family or friends. These are only some of the warning signs that may be experienced.

## ***Treatment Options:***

Treatment options vary by individual and should be designed to provide care for the whole person. This should include assessments for chemical dependency, behavioral addictions, mental health issues, family counseling if needed and can include one or more areas if needed.

Gambling addiction, as with any type of addictions is a disorder that should be treated by a qualified gambling professional. Soundside Wellness Consultants, located at 205 Shell Avenue, Ft. Walton Beach, has a certified gambling professional on staff that will address gambling issues and assist individuals on their path to recovery.

For additional information or to schedule an appointment, please call **850-689-7844** or **850-226-8585**.

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