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VIRGINIA COUNCIL on PROBLEM GAMBLING

knowledge | strength | support



I am happy to report that VCPG, the National Council on Problem Gambling, state councils, and gambling operators across the nation worked hard through March to raise awareness of Problem Gambling Awareness Month. If our message reaches one person or family hurting, and they take action to get help, we are making a difference.

Did you know that April is Alcohol Awareness Month? The co-occurrence of alcohol use disorders and gambling disorders is well documented. Rates of alcohol and drug problems are 4-7 times higher in problem gamblers compared to non-gamblers or recreational gamblers (Kessler et al., 2008; Potenza, 2017). Alcohol use disorder often precedes gambling problems. Individuals with both

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gambling and alcohol use disorders share many commonalities such as: needing to use the activity or substance to produce the same high, intense cravings, an inability to cut back or stop, and severe consequences such as problems in their social relationships and work life. Our Helpline team often encounters problem gamblers that struggle with alcohol use.

We want to continue to educate Virginians about this co-occurrence and offer resources for recovery.

In Wellness,
Dr. Carolyn Hawley
President

**Dr. Hawley
Speaks to
WTKR3 Coast
Live TV,
Hampton
Roads**

**CAROLYN
HAWLEY**
PRESIDENT



VIRGINIA COUNCIL ON PROBLEM GAMBLING

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CERTIFICATE of RECOGNITION

By virtue of the authority vested by the Constitution of Virginia in the Governor of the Commonwealth of Virginia, there is hereby officially recognized:

Problem Gambling Awareness Month



Glenn Youngkin
Governor

Dr. Carolyn Hawley
Secretary of the Commonwealth



Declaring problem gambling a public health issue impacting Americans of all ages, ethnicities, races, and gender, Governor [Glenn Youngkin](#) has issued a Proclamation recognizing March as Problem Gambling Awareness Month in the Commonwealth! VCPG and our partners at the [Virginia Lottery](#) encourage you to view the Proclamation!
[Read More...](#)

WHSV Interview
Published: Mar. 4, 2022
 “Are you spending more time and more money than you planned gambling? And also with that, control. Are you attempting to cut back and not being successful with it?” said Dr. Carolyn Hawley, president of the Virginia Council on Problem Gambling.
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How do you know when gambling has crossed the line from being a fun, occasional activity to becoming something more like a craving or an obsession? As we reflect on this month of promoting awareness, let's

[Senate Bill 576](#) would have allowed Virginia sports bettors to bet on games played by Virginia colleges. The bill passed the Senate in a 23-17 vote, with legislators from both parties voting for and against it, but

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WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS

FOCUS ON THE FUTURE

April 25-28, 2022



Maureen Greeley
Executive Director
Evergreen Council
on Problem Gambling



Greta Coe
Problem Gambling
Services Manager
Oregon Health Authority



Roxane Waldron
Program Manager
HCA Problem Gambling
Program



Gina Parziale
Executive Director
Oregon Council
on Problem Gambling

Focus on the Future is the largest and longest-standing conference on problem gambling awareness in the Pacific Northwest. Launched in 2007, Focus on the Future brings together an incredible combination of compelling speakers – experts from across the country and around the world – and opportunities to network and learn from colleagues in the field. It is a place where you can exchange ideas, experiences, and knowledge to become a collective voice in raising awareness and developing programs and services that have the greatest positive impact.

[Virtual Registration Here](#)



This success story features a client who had called into the VCPG helpline in May 2021. He was struggling with gambling via slot machines and table games. During his initial

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about it, gambling more during periods of distress, constantly erasing losses, and making his gambling from those around him.

When he reached out to the helpline, he was desperate to change his life. He accepted the resources we offered but found himself still wanting to gamble. He was expecting something to happen overnight but was not taking steps in order to see this change. It was then that he realized if he wanted to control his gambling, he was going to have to commit and want it for himself.

He began trying new hobbies during his free time such as golf and picking up extra shifts at work. Keeping himself occupied distracted him from the urge to gamble. He has been working on redirecting his gambler's guilt and learning to forgive himself for the money wasted on gambling losses. He felt that the follow-up calls from the program helped him the most. He liked the consistency and the opportunity to talk to someone without feeling judged. Every time he reports positive changes made to support his recovery. Occupying downtime, and having a support system played a role in this client's success and recovery from gambling.

-Arianna, Helpline Coordinator

**If you or someone you know has a gambling problem,
please call our confidential and toll-free helpline at 1.888.532.3500.**



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