CONNECTICUT COUNCIL on PROBLEM GAMBLING

Day Two: Thursday October 21, 2021

10:00 am- 2:30 pm

9:45 am-10:00 Welcome- Diana Goode Executive Director, CT Council on Problem Gambling

10:00 am- 11:00 am

<u>**Presenter**</u>: **James Syphax**

<u>**Title**</u>: **Crypto, Short Squeezes and Other Internet Trends**

<u>**Description**</u>: With the desire to get rich quick, and having heard about Game Stop, Dogecoin, and NFTs many new investors are joining the market. As Robinhood and other platforms bring in new retail investors are the visions of overnight riches leading to overly risky behaviors? In this presentation we'll explore meme stocks, the hunt for the next short squeeze, and what new cryptocurrencies are enticing investors. As an introductory level presentation foundational knowledge will be provided as well as what these emerging trends mean for the problem gambling field.

<u>**Learning Objectives:**</u> The participant will be able to:

1. Explain the process of shorting stock and how it relates to problem gambling
2. Explain current trends in social media stock manipulations
3. Identify current trends in cryptocurrencies.

<u>**Bio:**</u> James serves as a Community Prevention Manager at Prevention Action Alliance, the state-level behavioral health prevention provider in Ohio. In addition to providing training and technical assistance to prevention coalitions across Ohio James also manages the agency's problem gambling prevention activities. James is a member of Ohio's Problem Gambling Advisory Board, an advisory board member for Ohio's NCPG affiliate, and is part of the team managing the Before You Bet and Change the Game campaign. Prior to serving at Prevention Action Alliance James was a community coalition coordinator and school-based prevention specialist.

11:00 am- 12:00 pm

Presenter: Adrian Sladdin & Martina Ratto

Title: My Cognition: Cognition & Gambling - Implications For Addiction

Description: This session looks at the five main cognitive pathways and how these relate to gambling behaviors. These include attention, processing speed, episodic memory, working memory and executive function. In relation to this we will look at the MyCognition and AquaSnap apps which can be used to forecast problematic gambling, or which can be used as an intervention or aftercare tool.

Learning Objectives:

1. Define our understanding of cognition
2. Understand the link between poor cognition and problematic gambling
3. Identify digital applications to help with poor cognition and problem gambling.

Bio: Martina Ratto is lead cognitive scientist as Being Well, a family of neuroscientists, behavioral experts, wellbeing warriors and life coaches. She has been directly involved in the development and trialing of the MyCognition and AquaSnap tools which feature in today's session.

Adrian Sladdin is Founder and Director at Seventh Wave Corporate Training and Seventh Wave Education Group, delivering on leadership and management skills, diversity and inclusion, safer gambling, and player protection; he is the designer of training for the gambling industry, working with Ladbrokes Coral, Lottoland, Playtech and Bet Victor.

12:00-12:30 pm (BREAK)

12:30- 1:30 pm

Moderators: Stephen Matos & Kaitlin Brown

Title: **The Impact of the COVID-19 Pandemic: Challenges and Successes in Recovery**

Description: This panel will discuss the impact of COVID-19 over the last year and a half on the recovery community. COVID-19 related triggers including social isolation and stress can increase gambling urges, thoughts, and behaviors. During this time, our field has seen changes in the way people choose to gamble, types of gambling people were participating in and how people access recovery supports and treatment. In this presentation, participants will hear stories of how the COVID-19 pandemic presents unique challenges for people with gambling disorders and in recovery. Panelists will also share how they were able to build resilience and utilize creative resources for recovery that did not exist or may have been underutilized prior to living in a more virtual environment. Attendees will learn about the resources that are available and have been helpful to our panelists, especially during COVID-19.

1. Identify the impact of COVID 19 on the recovery community
2. Discuss how individuals were able to overcome unique challenges to strengthen their recovery
3. Develop an understanding of new creative resources that are available in a virtual environment to continue to move the recovery field forward

Bio: Stephen Matos is a person in long-term recovery of over 34 years from gambling, alcohol and as a person affected from problem gambling. After retiring from the State of CT DOT as an operations manager in 2012, Stephen began working for The Connection's Bettor Choice Gambling Treatment Program and is currently with MCCA's Bettor Choice Program as a Peer Counselor and Recovery Support Specialist for over 5 years. Stephen facilitates recovery groups, family support groups along with seeing clients individually focusing on supporting those with gambling disorders and their family members along the road of recovery. Stephen works closely with the DMHAS Problem Gambling Services, Connecticut Council on Problem Gambling and the RBAHO's in the facilitation of trainings, prevention, awareness activities and manages PGS gambling recovery support grant providing recovery opportunities for persons in recovery from problem and persons affected by it. He has presented on peer support related issues at the 2015 National Conference on Problem Gambling, CCAR's Pathways to Recovery Conference in 2016, honored with the CT Council on Problem Gambling's Recovery Award in 2015 and presented at their State Conference in 2017 & 2020. Stephen is a graduate of Advocacy Unlimited Recovery University, certified as a Recovery Support Specialist and has completed CCAR's Recovery Coach Academy and is an Internationally Certified Gambling Counselor (ICGC-II). Stephen is also a member of the NCPG Recovery Committee and most recently Stephen works the 24-hour problem gambling helpline with CCPG.

Kaitlin Brown is a Licensed Professional Counselor (LPC), Licensed Drug and Alcohol Counselor (LADC), Internationally Certified Gambling Counselor (ICGC II), holds an International Gaming Disorder Certificate (IGDC) and is a Board Approved Clinical Consultant (BACC) with the International Gambling Counselor Certification Board providing supervision to those seeking to obtain certification in working with Gambling & Gaming Disorders.

In her role as Director of Programs & Services for the Connecticut Council on Problem Gambling, Kaitlin oversees the statewide problem gambling helpline, education, prevention initiatives, and responsible gambling efforts. Kaitlin has dedicated her career to helping those affected by Gambling Disorder and continues to make it her mission to increase community awareness of the overall impact of problem gambling.

Kaitlin is currently a part of the Executive Team for the NCPG Prevention Committee, Chair of the Emerging Trends Subcommittee, & Member of the Helpline & Treatment Committees. Kaitlin has also been able to share her knowledge and experiences by presenting on the state,

regional and national level. In 2021, Kaitlin was honored with the NCPG Jim Wuelfing Prevention Award for her work in helping advance the field of problem gambling prevention.

Will also include 2 other panelists who are in recovery whose names are not being included at this time.

1:30- 2:30 pm Presentation

<u>Presenter:</u> **Teresa McDowell**

<u>Title:</u> **Working with Families in Treatment for Gambling Disorders**

<u>Description:</u> This presentation provides a brief overview for why, when, and how to include families and important others in treatment for disordered gambling. The presenter will share insights from a multi-year project that integrated families into treatment, as well as current efforts in Oregon State to prepare gambling treatment professionals to engage in family work.

<u>Objectives:</u>

This presentation will help participants better understand:

1. Why it is important to engage families and important others in treatment.
2. How to encourage families to work together toward recovery.
3. The core competencies for working with families in disordered gambling treatment; and
4. The next steps they might take for advancing their professional work with families.

<u>Bio:</u> Teresa McDowell is professor emerita and former chair of the Department of Counseling, Therapy, and School Psychology in the Graduate School of Education and Counseling at Lewis & Clark in Portland, Oregon. Teresa is the author of two books and over 50 articles and book chapters. She is also the author of Oregon's *Working with Families in Problem Gambling Treatment* manual. Dr. McDowell has worked extensively in family therapy education and professional problem gambling workforce development.

2:30 pm Closing Remarks & Next Steps