

# Facilitator Guide



club  
hope  
Be Heard... Be Hope

## Gambling Addiction

### Remember Your Job as Peer Ambassador:

- Make sure you display the meeting conversation **GROUND RULES** and cover them. This is the 4th slide in your PowerPoint Topic Awareness Presentation.
- You have 20 minutes for your group discussion. Elect a **timekeeper** who tells you when you have 5 minutes remaining.
- Your job is to keep the meeting focused and on track given the time allotted.
- Your job is to ensure that most discussion questions are covered and that **EVERYONE** who feels comfortable can contribute to the conversation.
- All opinions and points of view are accepted.
- Remember, based on personal experience, some people may get very emotional.
- Show **EMPATHY** with kindness in the tone of your voice.
- When people talk, try to help them stay on topic.

**Slide 1:** Introduce yourself and welcome members.

**Slide 2:** The topic we are covering today is Gambling Addiction.

**Slide 3: READ SLIDE: REVIEW MEETING AGENDA**

**Slide 4: STATE:** Before we start let's go over these ground rules:

- No phone use, please
- No side conversations
- All opinions accepted
- It's important to share
- Try to stay on topic

**Slide 5:** Let's begin our meeting with our clubhope™ Affirmation. Let's say the Affirmation out loud together.

- We respect and honor all opinions and feelings.
- It is okay not to talk but all are encouraged to participate when ready.
- No one is judged, we show respect and empathy for each other.
- No one is perfect, we all face problems, and we try to improve our situation one day at a time.
- I may come to learn that others are dealing with the same issue I face.
- It is understandable that some of us possess untold truths about the way we feel and what we have experienced.
- We gather to have meaningful conversations to recognize we are not alone.
- Seeking professional support can help me, there is no shame in asking for help.
- We want to help others and ourselves.
- Be Heard . . . Be Hope

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## Gambling Addiction

### Slide 6:

- Gambling addiction (aka gambling disorder, compulsive gambling, or pathological gambling) is an impulse control disorder that involves uncontrollable or intense cravings to gamble money.
- Problem gambling includes all behavioral patterns that negatively impact personal and family relationships as well as school and/or job commitments.

### Slide 7: Signs and consequences of gambling addiction and problem gambling:

- Read off the slide

### Slide 8: Gambling addiction treatment:

- Read off the slide

### Slide 9: Gambling addiction statistics:

- According to the National Council on Problem Gambling, the percentage of high school students with a gambling problem is double that of adults, research has found. About 5% of all young people between 11 and 17 meet at least one of the criteria for a gambling problem, such as liking the rush felt when gambling, writing IOUs to stay in the game and wanting to win “the big one” so much that they keep playing even when losing a great deal.
- Additionally, the National Council on Problem Gambling reports that 85% of U.S. adults have gambled at some point in their life. Around 2 million U.S. adults are considered to have severe gambling problems and between 4-6 million U.S. adults are considered to have moderate gambling problems.

### Slide 10: Prevention:

- The best way to prevent a gambling addiction is to refrain from gambling. However, if you do gamble, steps to protect yourself include:
- Read off the slide

### Slide 11: Okay, it's time to talk about this subject as a group.

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**FACILITATE GROUP DISCUSSION (LOOK AT CLOCK TO DETERMINE HOW MUCH TIME YOU HAVE - THIS DISCUSSION IS SLATED FOR 20 MINUTES)**

**Slide 12:** We had some great conversations on today's Topic Awareness Presentation. Please be sure to follow clubhope™ on Instagram.

**Slide 13:** COVER: (ANY CLUB FUNDRAISER, BUSINESS OR OTHER ACTIVITIES. ASK FOR VOLUNTEERS. WRITE DOWN WHO IS DOING WHAT AND BY WHEN.)

STATE: DATE AND TIME OF NEXT CLUB MEETING.

**Slide 14:** Thank you for today!

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