

Press Release

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FOR IMMEDIATE RELEASE

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March is Problem Gambling Awareness Month

Each year SAFE presents new information regarding the risk factors of problem gambling and provides resources for those who are seeking treatment for a gambling addiction. In coordination with representatives from the Long Island Problem Gambling Resource Center, SAFE's social worker, Ms. Francesca Carbone, delivered powerpoint presentations to members of the Glen Cove Senior Center and Glen Cove Interagency Council.

Gambling Addiction or Problem Gambling is known as the "hidden addiction" because there are no visible signs. Because of the lack of visibility, often those suffering from a gambling addiction can hide it longer than someone with an alcohol or drug problem. Usually, gambling addiction is discovered when there is a loss of accessibility to money and/or negative actions occur. Gambling is defined as the act of risking something of value (money, food, clothes, electronics, etc.) on a game of chance (bingo, lottery, dice, slot machine, sports, etc.) for the desired result.

Ms. Carbone stated that given the increase in technology, Internet Gambling aka "Gaming" has emerged, making it easier for individuals to gamble from the comfort of their homes. The internet has out-paced traditional gambling advertising and experiences via television, billboard advertisements for local casinos or horse betting. Internet Gambling is dangerous because it gives the player a decreased perception of money as time spent gambling increases. Gaming refers to playing electronic games, whether through consoles, computers, mobile phones or another medium. These devices have led the younger generation to gamble more frequently. The NYS Office of Addiction Services and Supports (OASAS) noted that in the past 5-10 years there has been a decrease in 7-8th graders betting money over the internet compared to the 9-12th graders. As the older youth become more aware of potential "rewards" of gaming/ gambling such as feelings of gratification, extra money, etc., they also lose sight of the potential consequences these 'harmless looking" games can have on people.

Ms. Carbone went on to address some warning signs of someone who has a problem with gambling or gaming, and how to prevent/ receive help for this growing addiction. Most adults who gamble do it for as a recreational, fun activity without any negative consequences. For some, it can become a problem just like alcohol or drugs. Some warning signs that gambling might be a problem include: Thinking often about gambling; Covering up/lying about gambling behaviors; Missing time with friends and loved ones to gamble; Gambling to escape problems or negative feelings; Gambling more money than planned or can afford; Trying unsuccessfully to cut back or stop gambling

For more information on Problem Gambling please visit:

NYS Office of Addiction Services and Supports (OASAS) Problem Gambling
<https://oasas.ny.gov/problem-gambling>.

Long Island Problem Gambling Resource Center <https://nyproblemgamblinghelp.org/long-island/>

SAFE is the only alcohol and substance use prevention, intervention and education agency in Glen Cove and seeks to prevent addiction. Please visit SAFE's Problem Gambling page at www.safeglencove.org to learn more about the dangers of gambling addiction.