



Alcohol and Drug Dependency Services of Southeast Iowa
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MARCH

PROBLEM GAMBLING AWARENESS MONTH

→ **AWARENESS + ACTION**

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Problem Gambling Awareness Month 2019 marks the 15th year for this annual event. The 2019 theme is “**Awareness + Action**” #AwarenessPlusAction

The goals of this national campaign are:

To increase public awareness of problem gambling and the availability of prevention, treatment & recovery services.

To encourage healthcare providers to screen clients for problem gambling.

Gambling Disorder Screening Day is Tuesday, March 12, 2019. This year NCPG has partnered with Cambridge Health Alliance Division on Addiction who has developed and supplied the Gambling Disorder Screening Day Toolkit. [Click Here to access the Gambling Disorder Screening Day Toolkit](#)

Reference: <https://www.ncpgambling.org/programs-resources/programs/pgam/>

ADDS will also be happy to assist anyone in our area on how to incorporate gambling screens with your services. If interested, please contact one of the staff listed below.

If you would like assistance with gambling or want to know more about how to help someone else with their gambling please contact our treatment counselor listed below, or contact the Iowa helpline, 1-800-BETSOFF, or check out Iowa’s website yourlifeiowa.org for more information.

Iowa Public Health Department has a new website, called Your Life Iowa, for resources on problem gambling, alcohol, drugs, and suicide. Check it out with this link:

<https://yourlifeiowa.org/>

ADDS Gambling Treatment Staff

Jessica Hartz, BA, ICGC-I, CADC- Counselor:

Jessica is located at our Burlington office and serves the counties of Des Moines, Henry, Lee, and Louisa. She can be reached at 319-759-6708 or jhartz@addsiowa.org

Nicolas Foss, MS, IADC, BACC, ICGC-II -

Associate Director: ndfoss@addsiowa.org

Daniel Kenel, MS, IADC -Executive Director:

djkenel@addsiowa.org

Daniel Kenel & Nicolas Foss are located at our Burlington office and & can be reached at 319-753-6567

Prevalence of Gambling Among Iowans

In 2015, a survey done by the University of Northern Iowa Center for Social and Behavioral Research and funded by the Iowa Department of Public Health found that almost **88 percent** of adult Iowans had gambled in their lifetime, approx. **68 percent** in the past 12 months, and approx. **39 percent** in the past month. Prevalence of problem gambling was **12.6 percent**, defined as experiencing at least one symptom in the past 12 months. Another **22.6 percent** reported knowing someone with problems related to gambling. (Park, 2015)

Iowans have 24 casinos, thousands of lottery terminals, and various other ways to gamble including internet and bingo. Gambling is more easily accessible than ever and is often seen as affordable and a safe way to be entertained.

It is important to understand that this form of entertainment can become problematic and even an addiction. With this risk, Iowans should be knowledgeable on responsible gambling methods and strive to keep personal limitations on their gambling. With most Iowans, gambling within the past year, it is necessary that more services screen for problem gambling and have information available on helpful services available to those that need them. For more information, please visit yourlifeiowa.org to find resources and services available in your area.

Reference: Park, K. & Losch, M. (2016). Gambling Attitudes and Behaviors: A 2015 Survey of Adult Iowans. Prevalence of Gambling. Cedar Falls, IA: Center for Social and Behavioral Research, University of Northern Iowa.

ADDS Prevention Staff

Tobacco Prevention

Debbie Patterson, MS - Prevention Specialist:

Debbie is located in our Burlington office and serves Des Moines, Lee, and Louisa Counties and provides Drug Free Workplace in Henry County. She can be reached at 319-753-6567 Ext 111 or dpatterson@addsiowa.org.

Des Moines County:

Brenda Almack - Prevention Specialist:

Brenda is located in our Burlington office and can be reached at 319-753-6567 Ext 117 or balmack@addsiowa.org.

Henry & Louisa Counties:

Rachel Kimble, BA – Prevention Specialist:

Rachel is located in our Mt Pleasant office and can be reached at 319-385-2216
RNKimble@addsiowa.org.

Lee County:

Malachi Metty, BA - Prevention Specialist:

Malachi is located in our Keokuk office and can be reached at 319-524-4397
malachimetty@addsiowa.org.

Lori Cannon, CPS - Prevention Supervisor:

Lori is located in our Keokuk office and can be reached at 319-524-4397 or
lcannon@addsiowa.org.



*Special Thanks to
all the businesses
that partner with
ADDS!!!*