



# Gambling Treatment Service Newsletter

August 2017

Issue 23

**1-800-BETS-OFF**

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[www.addsiowa.org](http://www.addsiowa.org)



## National Responsible Gaming

### Education Week

This year the National Responsible Gaming Education Week is from July 31<sup>st</sup> - August 4<sup>h</sup>. This week is about spreading awareness and education about responsible gaming and problem gambling. ADDS team up with local businesses to make informational and educational pamphlets, brochures, and packets available throughout the counties we serve. To find out how we can help to better educate you, your family or business about problem gambling please contact one of our offices or visit [www.addsiowa.org](http://www.addsiowa.org).

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**RESPONSIBLE  
GAMING**

GET TO KNOW  
**RESPONSIBLE  
GAMING**



### What Does Responsible Gaming Mean to You? Four Keys to Gambling Responsibly

1. Responsible gamblers understand that gambling by its nature entails risk and that the odds of winning are with the house.
2. Responsible gaming is done socially, with family, friends or colleagues.
3. Responsible gaming is done for limited amounts of time, both in frequency and duration.
4. Responsible gaming always has predetermined acceptable limits for losses.

To read the full article visit [NCRG.org](http://NCRG.org)

### Special Thanks to the following businesses for partnering with ADDS:

Catfish Bend Casino, Burlington, IA

Des Moines County Jail

Lee County Jail

SIEDA Substance Abuse Treatment Services,  
Ottumwa, IA

The Promise Center, Ottumwa, IA

Ottumwa Residential Facility, Ottumwa, IA

All Inter-Agency Meetings in the various  
counties we serve.

## ADDS

### Gambling Treatment Staff:

**Jessica Hartz, BA**– Gambling 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](mailto:jhartz@addsiowa.org)

**Nicolas Foss, MS, IADC, NCGC-II** -Associate Director:

[ndfoss@addsiowa.org](mailto:ndfoss@addsiowa.org)

**Daniel Kenel, MS, ACADC** -Executive Director:

[djkenel@addsiowa.org](mailto:djkenel@addsiowa.org)

Daniel Kenel and Nicolas Foss are located at our Burlington office and can be reached at 319.753.6567.

## WHAT IS GAMBLING

### AND WHAT TYPES ARE THERE?

**Gambling is defined as wagering something of value on a game where the outcome is decided by chance.**

**Types of gambling include the following:**

**Bingo**

**Card Games**

**Dice Games**

**Casino Table Games**

**Slot Machines**

**Keno**

**Internet Games**

**Fantasy Sports**

**Video Poker/Black Jack**

**Scratch off tickets/pull-tabs**

**Lottery tickets**

**Stocks/high risk trades**

To receive more information or to get help for you or a loved one, please call:

### WARNING SIGNS OF PROBLEM GAMBLING

- Absent of late for work or school
- Undue interest in sports scores or sports news
- Excessive shopping or binge spending
- Unexplained money or new possessions
- Selling possessions
- Ignoring family, school, career and community duties
- Unexplained mood swings
- Blaming others for problems
- Avoiding family and friends after borrowing money
- Refusal to talk about money matters
- Delaying payment of household bills
- Emptying family bank accounts, retirement funds, and children savings
- Using credit cards for cash advances
- Getting small loans or second mortgage
- Filing for bankruptcy
- Stealing to gamble

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