

“VISIONS” Newsletter—Marion County | April 2009

MARION COUNTY PROBLEM GAMBLING

Oregon is leading in the nation in providing treatment

More problem gamblers and family members are seeking help with their gambling problems. In 2007-08 there was a 15 percent increase in the number of people seeking help through outpatient problem gambling treatment at Cascadia Bridgeway in Salem. Many new Gamblers Anonymous meetings in Salem have opened their doors to problem gamblers who have hit bottom and are seeking recovery.

With the widespread economic downturn, problem gamblers may more quickly deplete limited resources and hit bottom more rapidly, with increasing desperation and suicidal thoughts. In 2007-08, 48 percent of problem gamblers treated reported suicidal thoughts. Statewide there has recently been an increase in use of crisis interventions and respite care for problem gamblers. In the past two years, the Department of Human Services sponsored residential program for problem gamblers located in Salem at Cascadia Bridgeway has increased from seven beds to eleven beds, and often has a waiting list.

Oregon is leading in the nation in providing free, confidential, and effective treatment for the problem gambler and concerned family members and friends. Professionally trained counselors are available in English or Spanish 24/7 at 1-866-MY LIMIT to provide information, referral to treatment, or to Gamblers Anonymous meetings in the area. Online information is available at <http://www.1877mylimit.org/> and treatment professionals are available to chat through instant message or email, also in English or Spanish. Additional resources for prevention and treatment of problem gambling can be found on the Marion County Health Department website at www.co.marion.or.us/HLT/PS/



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