



PANORAMA

Geauga County Board of Mental Health and Recovery Services

24/7 Geauga County Crisis Hotline

Call COPELINE at 1-440-285-5665 or 1-888-285-5665

CRISIS TEXT LINE

Text 4hope to 741741 for Free, Confidential, 24/7 Support

MARCH IS PROBLEM GAMBLING AWARENESS MONTH



Second Ohio Gambling Survey Provides Geauga County Gambling Activity Results

The Geauga County Board of Mental Health & Recovery Services (MHRS) just released an analysis of the second Ohio Gambling Survey, which includes data specifically relating to adults in this area. This survey is a follow-up to the baseline survey done in 2012, before any of the state's casinos and racetrack-based racinos had opened. The initial exploratory survey produced statewide data only. James Adams, Executive Director of the MHRS Board, commented, "This analysis

helps us to tailor our local prevention and awareness-building efforts around problem and responsible gambling audiences. We know that most people gamble a little, but it doesn't need to be detrimental to themselves or their families."

The 2016-17 data collection gathered 800 surveys in this area and more than 24,000 completed responses across the state. The survey included the same prevalence measurement used in 2012, which allows for a summary of current gambling activity among Ohio adults, and highlights statewide changes in gambling behavior over a four-year period. A few of the most notable statistics for Geauga County are listed below:

GAMBLING SURVEY 2016-17 HIGHLIGHTS

- Geauga County prevalence rate of at-risk/problem gamblers is 7.2% (5,187 adults), compared to 10.3% for the state.
- Sports gamblers had the highest rate of at-risk/problem gambling (21.1%) followed by casino gamblers (15.8%).
- Of at-risk/problem gamblers, 28.4% gambled while intoxicated, and 32.4% were affected by serious depression.
- Young adults (18-24) had the highest rate of at-risk/problem gambling at 19.4%; more than twice the rate of any other age group, and young men were four times more likely than young women to be at-risk/problem gamblers.
- Among all age groups, older adults (65+) in Geauga County had the highest rate of abstaining from gambling.

Ohio adults gamble in many different ways: 50-50 raffles, bingo, casinos, keno, horse racing, scratch-off tickets, lottery tickets and sports betting to name just a few. Proceeds from the taxes on casino profits and Lottery sales help to support schools, local governments, and prevention and responsible gambling campaigns and programs. Funds from Ohio's taxes related to gambling revenues ensure that any Ohioan who needs treatment for a gambling disorder can obtain care at no cost.

"Under the leadership of Governor John R. Kasich and the Ohio for Responsible Gambling partners, Ohio has committed to ensuring that prevention of problem gambling and education on responsible gambling practices reaches all citizens. For the small number who may need help due to gambling challenges, we have a quality system of care in place," explained Director Tracy Plouck of the Ohio Department of Mental Health and Addiction Services (OhioMHAS). The second round of the Ohio Gambling Survey was sponsored by Ohio for Responsible Gambling (ORG), a partnership of state agencies: Ohio Commissions of Casino Control, Lottery and Racing, and OhioMHAS. The ORG group joins efforts to fund a statewide campaign designed to prevent problem gambling and educate on responsible gambling.

The ORG-sponsored "Get Set Before You Bet" campaign emphasizes the importance of knowing the odds, of paying bills first, not playing alone, and knowing how to get help for one's self or a loved one in trouble due to gambling. The campaign website www.beforeyoubet.org offers extensive tools and resources, including a "Take the Quiz" feature that lets visitors rate their gambling activity on an at-risk scale. Nearly 30,000 Ohioans have taken the quiz to date.

For those who need to talk to someone, the Ohio Problem Gambling Helpline is staffed 24/7 by trained referral specialists who can provide help in all areas of social service needs including counseling, financial assistance and health services. The Helpline is run through the United Way of Greater Cleveland, which maintains an up-to-date referral database of health and human services to assist callers anywhere in Ohio.

If you or someone you know has a gambling problem, you can call Geauga's 24 hour crisis hotline at 440-285-5665, Lake-Geauga Recovery Centers at 440-255-0678, the Ohio Problem Gambling Helpline at 1-800-589-9966, or visit www.beforeyoubet.org.

Talking To Our Kids When Something Bad Or Tragic Happens - Tips For Parents and Other Caregivers

What Do I Say to Kids? What Can I Do?

As much as we may want to protect our children from frightening and tragic incidents, there are very few children who are not aware of tragedies and crises. As we struggle with our own responses, we may forget that children perceive things very differently than adults. How we respond to their fears, feelings, and questions is the key to re-establishing their sense of safety. Here are some things to think about when something frightening or tragic happens:



Birth to 6 years - Some expected reactions to stress:

- Intense anxiety and fear
- Regression to bed-wetting and thumb sucking
- Fear of sleeping alone
- Intense need to cling or be around parent or safe adult constantly
- Occurrence of nightmares

6 to 12 years - Some expected reactions to stress:

- Intense anxiety and fear
- Fear of sleeping alone or being alone in the house
- Deterioration in school work
- Throwing temper tantrums
- Increase in irritability
- Clinginess or neediness
- Withdrawal or isolation

12 to 18 years - Some expected reactions to stress:

- Intense anxiety and fear
- Fear of being alone
- Increase in irritability
- Withdrawal and isolation
- Unexplained or unprovoked anger

- Increase in self-comforting behaviors
- Onset or increase in drug and/or alcohol use

What Can Parents and Caregivers Do?

- Turn off the television, limit exposure to news coverage
- Try to control your response - don't overshare your feelings with a child
- Spend more time with your children and provide a feeling of security and dependability
- Let them be more dependent on you for now
- Allow play time to relieve tension
- Get back to the school or family routine as soon as possible
- Encourage younger kids to talk about their thoughts and feelings with you
- Encourage older kids to talk about their thoughts and feelings with peers, trusted adults, or a counselor
- Be honest about the realities of the tragedy, use age appropriate language
- Seek professional help if the response seems extreme or lasts beyond a reasonable period of time

Where to get help?

If someone is in immediate danger or talks about harming themselves or others call 911, and stay with the person until help arrives. If there is not an immediate danger, but talking with someone would help, the Geauga County Board of Mental Health & Recovery Services provides funding for our 24 hour crisis line, COPELINE at 440-285-5665. Unfortunately, unforeseen tragedies happen, but there is hope and help for recovery just a phone call away.



Geauga County Board of Mental Health and Recovery Services SFY2017 Annual Report

By law, the Board is required to compile an annual report that includes any funding the Board receives, how the funds are spent, and the programs that are funded in Geauga County. Click on SFY17 Board Annual Report to read the full report.

Lake-Geauga Recovery Centers and the Geauga YMCA Present: How Problem Gambling Impacts Area Residents

Cost: Free

Date: March 6, 2018

Time: 6:00 - 7:30 p.m.

Location: Geauga Family YMCA, 12460 Bass Lake Road, Chardon, Ohio



For more information and to RSVP email tmorgan@lgrc.us or call 440-205-2681

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