



Prevention Treatment and Outreach NATIONAL GUARD

WEST VIRGINIA NATIONAL GUARD

Gambling Problem in the Military

Almost 10% of the calls to 1-800-GAMBLER, West Virginia's gambling treatment program are from men and women who are or who have been in the military. Some are calling because their commanding officer told them their gambling is interfering with their duties, and they need to get help. Some are veterans who say they first started to gamble while on base. Some say they started gambling to pass downtime when stationed overseas. Some say they came back from war and needed to do something to help them deal with the trauma they witnessed or the depression they felt.

Most people are familiar with the concept of alcohol or drug addiction; when you induce a substance into your body it can take over your life. However, many people are not aware that when they start gambling the same thing can happen. Callers to the helpline often report that they have lied to family about gambling, and may be in jeopardy of losing their job or their family. Most have many financial problems including writing bad checks, embezzling money, credit card debt, and loans. The average helpline caller is \$25,000 in debt. *Continued on page 2.*

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Test Your Knowledge on the Current Drug Trends for Today's Teens

- By the end of 7th Grade, ___% of all teens have experimented with at least one drug?
a. 44% b. 29% c. 33% d. 12%
- The first drug teens typically try is:
a. Methamphetamine b. 29% c. Marijuana d. PCP
- The trend that consists of teens raiding their medicine cabinets for prescription medication, then taking the meds in conjunction with other prescription meds is called:
a. "Cabbing" b. "Pharming" c. "Cupping" d. "Tripping"
- The term "PolyDrug" means:
a. Taking several drugs throughout the day to produce different reactions, i.e., an upper then a downer.
b. Smoking combinations of drugs at the same time, i.e. Meth and Marijuana
c. Taking several different types of vitamins
d. A single pill that contains multiple drugs.

You can check your answers on page 3 of this newsletter.

Problem Gambling in the Military cont.

Kathleen O'Neil, a treatment coordinator with *The Problem Gamblers Help Network* of West Virginia explains that there are generally two categories of gamblers, and unfortunately military personnel have risk factors for both categories. "There are Action Gamblers; these are usually people who are known to take risks, and seek the high that gambling can give them. These gamblers often play poker or bet on sports. Then there are Escape Gamblers; these gamblers are gambling to escape from stress, or to induce numbness. They often play videopoker, slot machines, or Bingo."

O'Neil says that gambling addiction among military personnel is especially troubling. "The suicide rate among problem gamblers is thought to be higher than with other disorders. Recent studies have rang alarms about the high suicide rate of returning soldiers. So, taken together, this can be catastrophic" She urges anyone in the military who is spending too much time or money gambling to call 1-800-GAMBLER. "This is completely confidential, so we are not going to report your call to anyone. We are going to get you in right a way with someone who can help you."

Callers to the helpline are mailed a confidential packet of information, including a self help manual, are referred to area support groups, and are offered a free appointment with a local counselor. Counselors from the helpline follow up with callers, and report that around 75% of those seeking help are able to stop or dramatically decrease their gambling.



1800 GAMBLER
The Problem Gamblers Help Network
of West Virginia

We Help Problem Gamblers
and their Loved Ones.
FREE, Confidential, Local Help
24 Hours. Treatment Works!



THE NATIONAL SUICIDE PREVENTION LIFELINE 24-HOUR TOLL FREE SERVICE

The National Suicide Prevention Lifeline is a 24-hour, toll free, suicide prevention service available to anyone in the Military, National Guard, or Veteran with a suicidal crisis. If you need help, please dial 1-800-273-TALK (8255). When prompted, press option 1 to connect to a VA staffed Crisis Center. Your call will be routed to the nearest Crisis Center in your area or you may call 1-800-923-HELP.

The Youth Drug and Suicide Line is 1-877-553-TEEN.

Did You Pass the Test?

1. a. 44%
2. b. Marijuana
3. b. "Pharming"
4. a. Taking several drugs throughout the day to produce different reactions, i.e., an upper then a downer.

This information was obtained through the notMYkid organization at www.notmykid.org.

This website is a great resource for families, educators and students dealing with the challenges kids and families face today. Please visit this website for more information on Hot Topics, Tools, and Events on issues such as Substance Abuse, Alcohol Abuse/Bing Drinking, Depression/ Self Injury, Eating Disorders, Safe Dating, Bullying/Internet Safety.

UPL TRAINING

The Substance Abuse Program Office will now be offering quarterly Unit Prevention Leader UPL training for urinalysis collection. The certification is only valid for 18 months, so it is imperative that refresher courses are completed to keep UPLs current and efficiently trained. Units may contact SSG Miranda Green or TSgt Christina Hammack at 304-201-3102 to inquire.

Below is the schedule for the 2nd and 3rd QTR trainings:

- 7 March 2011/ 0900-1300/ Charleston
- 15 April 2011/0900-1300/ Camp Dawson

RESPONSIBLE DRINKING

If you answer "yes" to any of these questions, you may have a problem with alcohol:

- Do you drink alone when you feel angry or sad?
- Does your drinking ever make you late for work?
- Does your drinking worry your family?
- Do you ever forget what you did while drinking?
- Do you get headaches or have a hangover after drinking?



Remember, **It is ALWAYS ok not to drink, but if you do, DRINK RESPONSIBLY and think before you drink!**

HELPFUL RESOURCES

West Virginia Chaplains

Chaplin Reed, 561-6238
bruce.reed1@us.army.mil

Chaplin Coffey, 561-6490
gary.coffeey@us.army.mil

State Family Program

Director,
 MAJ Martin
james.a.martin2@us.army.mil

Military Family Life

Consultant
tina.nibert@us.army.mil

Treatment Locator (SAMHSA)

dasis3.samhsa.gov

Military One Source

www.militaryonesource.com

Veterans' Affairs

www.va.gov

Vet Center

www.vetcenter.va.gov

Alcohol Use Self-Assessment

www.alcoholscreening.org

Drug Use Self-Assessment

www.drugscreening.org

12-Step/Support Programs – AA

www.alcoholics-anonymous.org

12 Step/Support Programs NA

www.na.org

<http://www.wv.ngb.army.mil/pto/default.aspx>

Contact Info

PTO

TSgt Jessica Cunningham
Prevention Coordinator – ARMY/AIR
304-201-3102
jessica.f.cunningham@us.army.mil

Testing

SSG Miranda Green, NCIOC
Substance Abuse Program Coordinator
304-201-3106
miranda.green@us.army.mil

TSgt Christina Hammack
Substance Abuse Program Coordinator
304-201-3102
christina.n.hammack@us.army.mil

Our Mission

To provide prevention training, outreach to military families, and treatment resources to service members in an effort to increase military discipline, individual performance, and combat readiness

LIMITED USE POLICY

If you or someone you know is abusing alcohol or drugs, it is best to admit the concern to your chain of command so they can help before you get caught. If you admit your abuse and request help, you may be protected from any adverse action taken against you.

Self-referrals are protected under AR600-85. You should contact your chain of command or the PTO (304-201-3102) office for assistance.

