



22nd Annual Educational and Awareness Conference Presented by the Kentucky Council on Problem Gambling (KYCPG)



KENTUCKY
Cabinet for Health and
Family Services

with Sponsorship Support from the Kentucky Department of Behavioral Health, Developmental and Intellectual Disabilities

Clarion Hotel, Lexington, Kentucky
January 31-February 1, 2019

KYCPG's 22nd Annual Educational and Awareness Conference is an appropriate learning opportunity to gain critical knowledge of problem and addicted gambling prevention and treatment practices to educate alcohol/substance abuse counselors, social workers, psychologists, psychiatrists, marriage and family therapists, clergy, prevention specialists, human resource or employee assistance professionals, school counselors, gambling industry personnel, and anyone interested in learning more about problem and addicted gambling and its impact on individuals, families, and society.

Up to 12.25 hours of CEUs available. Applications filed for International Gambler Counselor Certification Board, alcohol and drug counselors, pastoral counselors, long-term care administrators, nursing, professional art therapists, licensed professional counselors, psychologists, and social workers.

Registration scholarships will be awarded to prevention specialists and counselors with Kentucky Regional Prevention Centers (RPCs) and Comprehensive Mental Health Centers (CMHCs). All attendees may apply for registration-only scholarships. Details in conference registration form below. **All attendees must register.**

KENTUCKY COUNCIL ON PROBLEM GAMBLING 22ND ANNUAL EDUCATIONAL AND AWARENESS CONFERENCE

REGISTRATION

☀ \$75 KYCPG Members and members of state councils on problem gambling affiliated with the National Council on Problem Gambling (Daily Fee -- Jan. 31: \$30; Feb. 1: \$60)

☀ \$100 Non-Members (Daily Fee -- Jan. 31: \$45; Feb. 1: \$75)

- Registration fee includes all conference materials/handouts, breaks, lunch and reception on Feb. 1, and CEU application fees.
- \$25 late fee added to registrations received after Jan. 21, 2019, or on site.
- Please send complete registrations with cash, check, money order or purchase order (payable to KYCPG) to KYCPG, P.O. Box 4595, Frankfort, KY 40604-4595. If applying for registration-only scholarship, please check box below; do not send payment, but registration form required.

NOTE: Credit Cards cannot be accepted. Payment must be made by cash, check or money order only.

Applications for 12.25 hours CEUs filed with professional certification boards.

Name: _____ Credential: _____ Job Title: _____

Organization/Agency: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ E-mail: _____

PLEASE CHECK APPROPRIATE BOX:

- Member Registration, \$75.** **Non-Member Registration, \$100** **Member Daily Fee:** Jan. 31, \$30 Feb. 1, \$60
 Non-Member Daily Fee: Jan. 31, \$45 Feb. 1, \$75 Applying for registration-only scholarship (see below)

ACCOMMODATIONS are available at the Clarion Hotel (formerly the Holiday Inn North), I-64/75 at Newtown Pike, Lexington, Ky. The rate is \$88 single/double, plus tax (includes breakfast). Call 859/233-0512 for reservations. Identify attendance at Kentucky Council on Problem Gambling conference. **Cutoff date for group room rate is January 12, 2019.** Reservation requests may be e-mailed to ccravens@bluegrasshotels.com; include credit card information, arrival/departure dates.

SCHOLARSHIP INFORMATION: To request a registration-only scholarship, complete registration form and send to KYCPG, P.O. Box 4595, Frankfort, KY 40604-4595, with a statement of need for scholarship consideration; or e-mail a scanned copy of completed registration form and statement of need to kmstone1951@gmail.com. **DEADLINE FOR SCHOLARSHIP APPLICATION IS Jan. 21, 2019.**

Agenda
22nd Annual Educational and Awareness Conference
Kentucky Council on Problem Gambling (KYCPG)
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*In Memory of Caleb Cooley, KYCPG Past-President
and Past Treasurer of the National Council on Problem Gambling*

Sponsored by



Thursday, January 31

- 8:30 a.m. KYCPG Board Meeting
- 10 a.m. ICGCB Clergy Certification Update (Optional Preconference session)
Rev. Janet Jacobs, BA, CCGSO, Director, Gambling Recovery Ministries;
Member, International Gambler Counselor Certification Board
- 11:30 a.m. Registration Opens
- 1 p.m. Opening Session
Welcome
Herbert E. (Bud) Newman, Psy.D., CADC, ICGC II, KYCPG President
Keynote: ***Romancing the Brain***
Cynthia Moreno Tuohy, BSW, SAP, NCAC, Executive Director, NAADAC
- 2:15 p.m. Break
- 2:30 p.m. ***Creating Healthy Relationships: Nothing to Gamble About***
Cynthia Moreno Tuohy, BSW, SAP, NCAC, Executive Director, NAADAC
- 3:45 p.m. ***Gambling: A Personal Journey***
Lesa Densmore, CCARRC, RCT, DRS, Densmore Coaching and Consulting
- 5 p.m. Recess

Friday, February 1

- 8 a.m. Registration
Coffee Service
- 8:30 a.m. ***Adverse Childhood Experiences (ACE): Trauma, Addictions and Gambling***
Lionel Phelps, Psy.D., Vice President of Quality Enhancement, Research
and Program Development, River Valley and Affiliates
- 9:45 a.m. Break
- 10 a.m. Breakout Sessions
Addressing Gambling Prevention at the Community Level
Derek Longmeier, MBA, OCPS II, ICPS, Executive Director,
Problem Gambling Network of Ohio

22nd KYCPG Conference Agenda -- 2

Friday, February 1, continued

Case Study

RonSonLyn Clark, Psy.D., ICGC II, Senior Director of Prevention and Substance Abuse Treatment Services, River Valley Behavioral Health; KYCPG Director of Education

Herbert E. (Bud) Newman, Psy.D., CADC, ICGC II, KYCPG President

Gambling, Military Service and Veterans

Lionel Phelps, Psy.D., Vice President of Quality Enhancement, Research and Program Development, River Valley and Affiliates

11:30 a.m.

Awards Luncheon

Presentation of Jim Cooke Leadership Award

Michael R. Stone, BJ, BA, KYCPG Executive Director

Luncheon Presentation: **ACEs Score and Problem Gambling: A Study of Incarcerated Women**

RonSonLyn Clark, Psy.D., ICGC II, Senior Director of Prevention and Substance Abuse Treatment Services, River Valley Behavioral Health; KYCPG Director of Education

Scott Hunt, Ph.D., Professor, College of Justice and Safety, Eastern Kentucky University; KYCPG Research Committee Chair

1 p.m.

Sports Wagering Legalization: Potential Impacts and Points to Consider

Lesla Densmore, CCARRC, RCT, DRS, Densmore Coaching and Consulting

2:15 p.m.

Break

2:30 p.m.

Gambling Legislation in Kentucky

Moderator: Michael R. Stone, BJ, BA, KYCPG Executive Director

Jack Brammer, BA, MA, Frankfort State Capitol Reporter, *Lexington Herald-Leader*

3:45 p.m.

Recovery: Gambling Peer Support

Lesla Densmore, CCARRC, RCT, DRS, Densmore Coaching and Consulting

5 p.m.

Adjourn

5:30 p.m.

Lexington Gamblers Anonymous MiniProgram Kickoff Reception

FUNDING for some sessions made possible by the Kentucky Department for Behavioral Health, Developmental and Intellectual Disabilities.

APPLICATIONS filed to provide up to 12.25 hours of Continuing Education Units for International Certified Gambler Counselors, Alcohol and Drug Counselors, Licensed Professional Counselors, Licensed Marriage and Family Therapists, Long-Term Care Administrators, Nurses, Pastoral Counselors, Professional Art Therapists, Psychologists, and Social Workers. Participants seeking CEUs for other boards may receive complimentary copies of necessary conference materials to file individual CEU applications.

SPECIAL NOTE: The Lexington Area Gamblers Anonymous MiniProgram will be held Friday evening, Feb. 1-Sunday morning, Feb. 3, 2019, at the Clarion Hotel, Lexington. All attendees at the 22nd Annual KYCPG Educational and Awareness Conference are invited to register and participate in this program, which includes open GA and Gam-Anon meetings. Contact twatterly@aol.com for more information or to register.

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Lay Minister Certification Update and Networking (optional preconference session)

The Rev. Janet Jacobs, B.A., CCGSO, Director, Gambling Recovery Ministries; Member, International Gambling Counselor Certification Board

The International Gambling Counselor Certification Board (IGCCB) offers a clergy/lay minister certification in problem gambling to provide potential first responders to an individual's gambling problem better understanding of the addiction and interventions. Rev. Jacobs presented previous training for Kentucky clergy, and will use her experience to provide an overview of the certification, answer questions, update participants, and lead a discussion among participants.

Objectives: Learn details of and reasons to obtain clergy/lay minister problem gambling awareness certification. Learn the fundamentals of problem gambling awareness presentations, including evidence of effectiveness, and be able to apply in awareness and prevention outreach.

Welcome

Herbert E. (Bud) Newman, Psy.D., CADC, ICGC-II, President, Kentucky Council on Problem Gambling (KYCPG)

Dr. Newman will welcome attendees on behalf of the Kentucky Council on Problem Gambling.

Objectives: Make attendees comfortable; introduce speakers; explain evaluation procedures.

Keynote Address: Romancing the Brain

Cynthia Moreno Tuohy, BSW, SAP, NCAC, Executive Director, NAADAC, the Association of Addiction Professionals

Ms. Tuohy will review research on addiction and the brain, including how chemicals naturally produced in the brain relate to risk and reward, which are prime stimulants of gambling activity.

Objectives: Attendees will gain insight into how the naturally occurring chemicals in an individual's brain affects addiction. They will receive suggestions on how to use this information to improve addiction counseling and prevention.

Creating Healthy Relationships: Nothing to Gamble About

Cynthia Moreno Tuohy, BSW, SAP, NCAC, Executive Director, NAADAC, the Association of Addiction Professionals

Ms. Tuohy will discuss the foundations of interpersonal relationships and how behavioral health counselors and prevention specialists can guide the development of healthy interactions among people.

22nd Conference Descriptions, Objectives -- 2

Objectives: Attendees will learn the building blocks of healthy relationships and how to minimize the barriers to unhealthy relationships. The result will be better understanding of how healthy relationships can impact addictive behavior and how behavioral health counselors and addiction professionals can improve their services.

Gambling: A Personal Journey

Lesla Densmore, CCARRC, RCT, DRS, Densmore Coaching & Consulting

Ms. Densmore will relate her personal journey from competitive athlete and successful business person to a destitute gambling addict and her recovery to now being a professional addiction recovery coach.

Objectives: Attendees will gain understanding of gambling addiction from the perspective of a person whose life was negatively impacted by continued gambling and what happened to aid in her recovery. She sets an example that gambling addiction can happen to anyone, which can guide behavioral health counselors to incorporate screening for gambling addiction with all clients.

Adverse Childhood Experiences (ACE): Trauma, Addictions and Gambling

Lionel R. Phelps, II, Psy.D., Vice President, Quality Enhancement, Research, and Program Development, RiverValley and Affiliates (Multiple Locations, Corporate Office in Owensboro, KY)

Adverse Childhood Experiences (ACE) impacts an individual's development. Dr. Phelps will provide examples of ACE and how the experiences impact a person's life. He will note how critical ACE can be in addictive behavior.

Objectives: Attendees will learn the rudiments of surfacing ACE in clients and how this can inform their treatment and prevention services. In particular, since early onset gambling activity is one of the primary risk factors for problem and addicted gambling, he will offer suggestions how knowledge of ACE can guide treatment and prevention.

Addressing Gambling Prevention at the Community Level

Derek Longmeier, MBA, OCPS II, ICPS, Executive Director, The Problem Gambling Network of Ohio

Mr. Longmeier will use his experience as a prevention specialist in Ohio to relate the need for gambling prevention programs in communities across Kentucky.

Objectives: Attendees will learn proven and effective prevention outreach strategies to increase awareness of problem and addicted gambling. He will comment on outreach screening models that can be useful in increasing community awareness of problem and addicted gambling and how to implement prevention strategies.

Case Study: Working with the Disordered Gambler

RonSonLyn Clark, Psy.D., LCADC, NCC, MAC, ICGC-II, Senior Director of Prevention and Substance Abuse Treatment Services, River Valley Behavioral Health; and Director of Education, Kentucky Council on Problem Gambling (KYCPG)
Herbert E. (Bud) Newman, Psy.D., CADC, ICGC-II, President, Kentucky Council on Problem Gambling (KYCPG)

The presenters will describe actual clients that presented themselves with a gambling problem or addiction. Attendees will discuss possible treatment options before hearing the actual disposition. Attendees will share from their own caseloads and receive input on additional treatment options they might utilize.

22nd Conference Descriptions, Objectives -- 3

Objectives: Attendees will be able to develop treatment objectives in a person-centered plan; become familiar with different treatment options; and understand unique differences in the treatment of the disordered gambler.

Gambling, Military Service and Veterans

Lionel R. Phelps, II, Psy.D., Vice President, Quality Enhancement, Research, and Program Development, RiverValley and Affiliates (Multiple Locations, Corporate Office in Owensboro, KY)

Dr. Phelps will present the latest research on problem and addicted gambling among military personnel and veterans. He will review what services may be available to guide recovery in both the active duty and retired military communities.

Objectives: The 2018 national Defense Authorization Act requires screening for gambling problems and addictions among active military personnel. Attendees will learn screening tools and counseling techniques to meet the intent of the new authorization and how these tools and techniques can be applied to address similar issues among veterans, many of whom may have developed their addiction while on active duty.

Presentation of 2019 KYCPG Awards

Michael R. Stone, BJ, BA, Executive Director, Kentucky Council on Problem Gambling (KYCPG)

The Kentucky Council on Problem Gambling (KYCPG) will recognize businesses and individuals for their contribution to raising awareness about problem and addicted gambling in Kentucky and providing assistance to problem gamblers and their families.

Objective: Recognize deserving businesses and individuals for their achievements.

ACEs Score and Problem Gambling: A Study of Incarcerated Women

Scott Hunt, Ph.D., Professor, College of Justice and Safety, Eastern Kentucky University; Research Committee Chair, Kentucky Council on Problem Gambling (KYCPG)
RonSonLyn Clark, Psy.D., LCADC, NCC, MAC, ICGC-II, Senior Director of Prevention and Substance Abuse Treatment Services, River Valley Behavioral Health; and Director of Education, Kentucky Council on Problem Gambling (KYCPG)

Women being held in the Daviess County Detention Center completed a survey of their personal gambling behavior. The presenters will share an analysis of what the data show regarding Adverse Childhood Experiences and gambling behavior.

Objectives: Attendees will learn about the impact of Adverse Childhood Experiences (ACE) in gambling behavior leading to criminal behavior. The information will help develop prevention programs to minimize problem and addicted gambling among the incarcerated population and may help guide behavioral health treatment plans for the incarcerated. Attendees will gain further insight into how ACE relates to negative adult behavior.

Sports Wagering and Legalization: Potential Impacts and Points to Consider

Lesla Densmore, CCARRC, RCT, DRS, Densmore Coaching & Consulting

As the Kentucky General Assembly considers legislation to legalize sports betting across the Commonwealth, Ms. Densmore will explore how sports wagering can lead to problem and addicted gambling and the impacts not only on the individual but also on society.

22nd Conference Descriptions, Objectives -- 4

Objectives: Attendees will learn why student athletes are susceptible to developing gambling problems, recognize the pitfalls in playing games of chance versus games of skill, and how to avoid being a target for bookmakers and those who bet on sports. She will suggest what to do if gambling is or becomes a problem for you or someone you know.

Gambling Legislation in Kentucky

Moderator: Michael R. Stone, BJ, BA, Executive Director, Kentucky Council on Problem Gambling (KYCPG)

Panelist: Jack Brammer, BA, MA, Frankfort Bureau Reporter, *Lexington Herald-Leader*

The presenters will review the gambling-related legislation currently being considered by the Kentucky General Assembly and offer an analysis of prospects for passage.

Objectives: Further understanding of gambling in Kentucky and what may transpire by the end of the 2019 Kentucky General Assembly session.

Recovery: Gambling Peer Support

Lesla Densmore, CCARRC, RCT, DRS, Densmore Coaching & Consultin

Ms. Densmore will review types of recovery from gambling addiction and the impacts peer support can have on the recovery process.

Objectives: Attendees will learn how peer support can work with families to help strengthen recovery outcomes. They will learn the warning signs for problem gambling and other addictive behaviors. They will receive suggestions on self-care, establishing and maintaining healthy boundaries, strengthening communication, rebuilding trust, dealing with setbacks, and maintaining hope and positivity in the recovery process.