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Location

The University of Maryland Center for Problem Gambling is located in the Professional Building, 419 West Redwood Street, Suite 560

Baltimore, MD 21201.

We are on the corner of Paca and Redwood Streets.



In cooperation with the Maryland Council on Problem Gambling, this statewide Helpline provides confidential support and referral to problem gamblers and/or their friends and family.

24/7 – Problem Gambling Helpline

1-800-522-4700

www.mdproblemgambling.com

Support comes in part from a grant from the Department of Health and Mental Hygiene, Alcohol and Drug Abuse Administration.



Center *for*
Problem Gambling

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What is Problem Gambling?

Problem Gambling is gambling or betting behavior which causes disruptions to any major life area. Problem gambling is often defined by the harm experienced to the gambler or others, rather than by the gamblers behavior.



Our Mission

To provide a central hub for everything related to problem gambling: written literature, referrals to trained professional counselors, clinical training on problem gambling, screening and assessment of gambling disorders, relapse prevention and youth prevention programs.

We are committed to providing the most current information regarding prevention, research and treatment for problem gambling. Our services are confidential and provided by trained mental health professionals.

- *Approximately 1-3% of adults in the U.S. are estimated to suffer from gambling problems.*
- *There is an estimated 189,000 Marylanders with a serious gambling problem.*
- *Problem Gambling affects men, women, young and old, people of any race or social status.*

Problem Gambling Can Cost

Relationships, careers, education, legal and financial stability. Feelings of devastation hit home when families learn their savings, retirement or college funds are gone. In order to be diagnosed, an individual must have at least five of the following symptoms:

1. **PREOCCUPATION**
The subject has frequent thoughts about gambling experiences, whether past, future, or fantasy.
2. **TOLERANCE**
As with drug tolerance, the subject requires larger or more frequent wagers to experience the same "rush" or fantasy.
3. **WITHDRAWAL**
Restlessness or irritability associated with attempts to cease or reduce gambling.
4. **ESCAPE**
The subject gambles to improve mood or escape problems.
5. **CHASING**
The subject tries to win back gambling losses with more gambling.
6. **LYING**
The subject tries to hide the extent of his or her gambling by lying to family, friends, or therapists.
7. **LOSS OF CONTROL**
The person has unsuccessfully attempted to reduce gambling.



8. **ILLEGAL ACTS**
The person has broken the law in order to obtain gambling money or recover gambling losses. This may include acts of theft, embezzlement, fraud, or forgery.
9. **RISKED SIGNIFICANT RELATIONSHIP**
The person gambles despite risking or losing a relationship, job, or other significant opportunity.
10. **BAILOUT**
The person turns to family, friends, or another third party for financial assistance as a result of gambling.

It isn't possible to predict who will develop a gambling problem, but once identified the problem can be successfully treated.

Help is Available

Recovery and help are available for those affected by this disorder. The Problem Gambling Helpline is available 24/7. Make the call and take the first step to getting help.

1-800-522-4700