

# Problem Gambling Services

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## Description:

*Department of Mental Health and Addiction Services Better Choice Programs:* Better Choice Programs are gambling-specific treatment programs offered through community agencies and funded through the Department of Mental Health and Addiction Services. Programs offer a variety of outpatient services, which may include individual therapy, group therapy, marital and family therapy, financial recovery counseling, peer counseling, psychiatric consultation and treatment. A brief-stay, residential treatment program is offered at the McDonough House in Danbury for gamblers who are unable to reduce gambling between outpatient visits due to overwhelming stress, inadequate support systems or a lack of coping skills. Parents, siblings, spouses, significant others and problem gamblers are eligible for services. Services are provided at little or no cost; treatment is never refused for financial reasons. Medical insurance may cover all or part of the program's expense.

*Gamblers Anonymous and Gam-Anon:*

The Gamblers Anonymous program is a 12-step recovery program for persons with compulsive gambling illness. Persons with a desire to stop gambling can join the Gamblers Anonymous program. There are no dues or fees associated with membership. Participants share their experiences, strengths and hopes with other fellow members and work with each other to help recover from compulsive gambling. Gam-Anon provides a network of support for friends and family members of compulsive gamblers. Persons who wish to join do not have to wait for their loved one(s) to seek treatment for their compulsive gambling problem before coming to Gam-Anon. Participants learn effective ways to cope with the gambling problem.

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## Eligibility Requirements, Service Areas and Program Year:

### Eligibility Requirements:

#### For Better Choice Programs

- Must have a gambling problem and wish to seek help, or
- Must be the parent, sibling, spouse or significant other of someone with a gambling problem to seek services.

#### For Gamblers Anonymous and Gam-Anon:

- Must have a desire to stop gambling, or
- Must be the friend or family member affected by someone with a gambling problem who wishes to seek support services.

Service Areas:

Statewide

Program Year:

July 1 – June 30

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### **Contact Information:**

For additional information on the Better Choice Program, to speak with a gambling counselor or to find the nearest Better Choice Program:

Statewide Problem Gambling Treatment Services  
Connecticut Valley Hospital  
Vance Drive, Russell Hall, 1st Floor  
Middletown, CT 06457  
Telephone: 860-344-2244

For additional information regarding the Gamblers Anonymous and Gam-Anon programs and locations and times of meetings:

Gamblers Anonymous and Gam-Anon  
Connecticut Hot Line: 800-266-1908  
Email Gamblers Anonymous: [isomain@gamblersanonymous.org](mailto:isomain@gamblersanonymous.org)  
Email Gam-Anon: [info3@gam-anon.org](mailto:info3@gam-anon.org)  
Websites: [www.gamblersanonymous.org](http://www.gamblersanonymous.org) and [www.gam-anon.org](http://www.gam-anon.org)

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### **Related Information:**

[Department of Mental Health and Addiction Services \(DMHAS\), refer to page XV – 23.](#)