mission

Founded in 1983, the Massachusetts Council on Compulsive Gambling is a private, non-profit health agency dedicated to providing leadership to reduce the social, financial, and emotional costs of problem gambling, and to promote a continuum of prevention and intervention strategies including: information and public awareness, community education and professional training, advocacy and referral services for problem gamblers, their loved ones and the greater community.

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Dear Friends,

This past year, we at the Massachusetts Council on Compulsive Gambling celebrated 25 years of providing problem gambling services in the Commonwealth. By offering prevention programs, information and public awareness outreach, and community education and professional training, advocacy and referral services, the Council had a far reaching impact on the lives of individuals, families and communities in Massachusetts.

Our big special event was the 25th Anniversary Breakfast Gala & Awards Celebration that honored the Council’s past, present and future. The highlight was the keynote speech by David D’Alessandro, former Chairman and CEO of John Hancock Financial Services who reminded us why we are committed to this issue when he recounted his own story of growing up with a father who was a problem gambler. Our Honorary Chair, Don Rodman, President of Rodman Ford, Lincoln-Mercury and our Emcee, Susan Wornick, co-anchor of WCVB-TV’s Midday newscast, welcomed the 25 honorees Who Have Made a Difference for Problem Gamblers and their Families. We had a wonderful morning, and we are grateful to all of the individuals who made the celebration the huge success that it was both in terms of relationship and resource building and recommitment to the issue.

The Council focused on broadening and developing its relationships throughout the year. We convened the first meeting of the Massachusetts Partnership for Responsible Gambling, an alliance of gambling industry leaders and problem gambling advocates who are committed to responsible gambling practices at the Council offices in June. The collaboration promises responsible gambling practices that are aimed at reducing gambling problems.

The Council also continued to strengthen partnerships and, in turn, opened doors to new opportunities to serve high-risk populations with problem gambling programs and services. From the Council’s work with Latino and African American populations to our youth and college projects and our Asian Outreach Initiative, the following pages describe the latest projects, and significant accomplishments realized in FY09.

In addition, during the Council’s Legislative Awareness Day and Press Briefing held this June at the Statehouse, Council staff shared strategies for minimizing the harm of potential expanded gambling with legislators and their staff. The Council informed legislators about problem gambling and responded to questions about the disorder. We urged that any legislation authorizing casinos or slot machines also include a responsible gambling policy, as well as services to help people harmed by expanded gambling.

It is my pleasure to present this Annual Report. We are grateful to you, all of our supporters, for your continued interest and involvement in the Council’s work.

Very truly yours,
Rod Hoffman,
President
COUNCIL CELEBRATES 25 Years

On September 22, 2008, the Massachusetts Council on Compulsive Gambling celebrated 25 years of offering problem gambling services with a Breakfast Gala & Awards Celebration held at the Boston Harbor Hotel.

Two hundred and fifty people attended the event, which honored 25 individuals who made a positive impact on problem gamblers and their families. David D’Alessandro, former Chairman and CEO of John Hancock Financial Services was the keynote speaker. With eloquence and dignity, he shared his personal experience as the son of a man with a gambling problem. In addition, Donald E. Rodman, President of Rodman Ford, Lincoln-Mercury, was the Honorary Chair of the event, Susan Wornick, co-anchor of WCVB-TV’s Midday newscast, served as Emcee and moderated the presentation of awards.

Support for the 25th Anniversary Celebration was generously provided by the following sponsors:

PLATINUM SPONSOR
Mohegan Sun

GOLD SPONSOR
The Office of Massachusetts State Treasurer Timothy P. Cahill and the Massachusetts State Lottery Commission & Foxwoods Resort Casino

SILVER SPONSOR
Rodman Ford, Lincoln-Mercury & John Hancock Financial Services

BRONZE SPONSOR
Harvard Pilgrim Health Care

SUPPORTING SPONSORS
The Massachusetts Department of Public Health Bureau of Substance Abuse Services & Suffolk Downs Racetrack

Individuals, organizational representatives and state officials alike joined efforts to make the Gala a success. The Council was issued a citation from Governor Deval L. Patrick, “in recognition of your 25th anniversary and in appreciation of your commitment to compulsive gambling awareness.” The Massachusetts State Senate, the Massachusetts House of Representatives, and the Boston City Council issued similar resolutions in celebration of the Council’s milestone.

Former State Treasurer, Shannon O’Brien, was honored at the Gala. She was joined by her husband, Emmet Hayes

Keynote Speaker, David D’Alessandro, former Chairman and CEO of John Hancock Financial Services pictured at the event
2009 HIGHLIGHTS

PROBLEM GAMBLING IN OLDER ADULTS:
KEEPING RISK UNDER CONTROL

In FY09, the Council launched a new workshop for older adults entitled “Making the Most of Your Leisure Time.” Presented by Jeannie Martin, a Geriatric Social Worker with more than 30 years of experience facilitating wellness and health education programs for older adults, the single-session workshop is offered to senior groups throughout the Commonwealth with the goal of examining choices related to leisure time and preventing problem gambling among older adults.

The workshop is designed to get older adults thinking and talking about problem gambling. Drawn from concepts of positive aging, participants are asked what is meaningful to them and what they enjoy doing. Time management and leisure activities, including gambling, are discussed. The Council’s goal is not to prevent gambling, but to simply identify the risk factors of problem gambling and provide tips for keeping risk under control and preventing problems. Several senior centers throughout the state scheduled workshops including: Dorchester, Milton, Cambridge, Attleboro, Brookline, and Greenfield.

BAIT and Hook

The Council, in collaboration with Elizabeth S. Ross, Activities Coordinator at Morville House in Boston, created a 45-minute dramatic presentation entitled “Bait And Hook: Problem Gambling In Older Adults.” The presentation highlights issues surrounding problem gambling in the older adult population. The subject matter is presented from the viewpoints of three older adults, showcasing their struggles with gambling addiction, the effects it has on their lives, and their transitions into recovery. The accompanying slideshow contains facts on problem gambling in older adults and reiterates key points of the presentation. The performance was first presented at the Massachusetts Department of Public Health’s Aging with Dignity Conference at Holy Cross in June, and was extremely well-received.

English as a Second Language (ESL)
LESSON PLAN

In February, the Council in collaboration with the Boston Chinatown Neighborhood Coalition (BCNC) developed a 60-minute lesson plan for English as a Second Language (ESL) teachers to use with their students. The lesson plan introduces recent Asian immigrants and refugees to problem gambling by introducing warning signs, risk factors, and resources for help. The program offers a platform to start the discussion about problem gambling in Asian American communities. The Council has provided a training for ESL teachers in Chinatown at the Asian American Civic Organization, and is looking forward to the continued growth of this program.

RECOVERY COACH ACADEMY

In June, the Council sponsored its first Recovery Coach Academy in Worcester. The Recovery Coach Academy (RCA) trained 13 participants to support people in early recovery. The Academy was a five-day training opportunity for people interested in promoting recovery by serving as a personal mentor for people seeking recovery from addiction and by helping to remove barriers and obstacles to recovery. The Academy offered a comprehensive overview of the purpose and roles of Recovery Coaching, while providing participants with the tools and resources necessary in providing recovery support services. The Council’s goal is to further develop the program, and to ultimately match people seeking recovery from gambling addiction to trained recovery coaches.
This year, the Council in collaboration with the North Brookfield Youth Center, developed an after school program for middle school and junior high school students. It was piloted at the North Brookfield Youth Center, and in a sixth grade classroom at North Brookfield Elementary School. Building upon the research used in *Facing the Odds, the Mathematics of Gambling and Other Risks*, a curriculum for middle school students developed by Harvard Medical School’s Division on Addictions and the Massachusetts Council on Compulsive Gambling, the Creative Activities for Probability and Statistics (CAPS) program is a 12-session, highly-interactive training curriculum that focuses primarily on the mathematical areas of statistics, probability, odds, number sense and critical thinking.

Studies have indicated that an increased understanding of probability and statistics can have a positive impact on the prevention of problem gambling in youth. “Deal or No Deal” is one of the featured lessons; a take-off of the popular TV program, it illustrates probability and risk factors. Another example of the program is “Shoot and Score.” During this activity, students shoot basketballs from three different spots to illustrate predictions, averages and odds. The CAPS program is a movement-oriented, hands-on approach to providing the knowledge and skills students need to attain critical thinking skills.

**New Problem Gambling RESEARCH**

In FY09, Ryan J Martin, PhD, the Council’s Thomas N. Cummings Research Fellow was awarded the National Council on Problem Gambling’s (NCPG) “2009 Dissertation Award.” The annual award was established by the NCPG in 1999 to acknowledge superior research efforts among young scholars in the field.

Martin’s dissertation examined gambling behavior, gambling problems and theory of planned behavior constructs (intention to gamble, approval of gambling, perceptions of other’s approval of gambling and confidence to control gambling) among a large sample of college students. Research has indicated that gambling participation and disordered gambling are associated with numerous negative consequences, and are highly correlated with other risky behaviors in the college student population.

Compared to college students without gambling problems, college students with gambling problems are more likely to use tobacco, use alcohol, drink heavily, get drunk, use marijuana or other illegal drugs, drive under the influence, be arrested for non-traffic offenses, binge eat, and have lower grade point averages. Concerning gambling participation, college students who had gambled in the past year had higher rates of binge drinking, marijuana use, cigarette use, illicit drug use, and unsafe sex after drinking compared to their non-gambling counterparts.
**HIGHLIGHTS**

**PREVENTING**

**Latino and African American Gambling Problems**

Reaching out to Latino and African American populations with problem gambling information requires cultural understanding and adaptation. In FY09, the Council tailored its Congregation Assistance Program for Latino and African American communities, attended ten Latino and African American cultural events and festivities; offered literature and referrals for help, as well as answered questions about problem gambling programs and services to more than 1,500 people, and built the capacity of 137 multi-cultural/multi-lingual problem gambling prevention and treatment providers in the Commonwealth.

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**Congregation Assistance Program**

This year, the Council adapted its Congregation Assistance program (CAP) curriculum both culturally and linguistically to focus on Latino and African American communities. According to Council Assistant Director of Prevention and Programs, Haner Hernandez, PhD, “Faith is at the heart of Latino and African American communities. Congregations are places that people go to connect with their homelands and to build social networks. Faith-based groups have a long history of offering both guidance and support to neighborhoods by delivering human service programs. Because congregations already possess the human and spiritual resources to help, the CAP is a natural way for the Council to reach Latinos and African Americans with problem gambling messages.” In FY09, the Council presented eleven CAP trainings to churches with primarily Latino or African American members.

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**Building the Capacity of Treatment Providers**

In FY09, the Council made strides to increase the number of problem gambling prevention and treatment providers in the Commonwealth who have multi-lingual capacity. The Council presented its Massachusetts Problem Gambling Specialist (MAPGS) certificate program to organizations that serve Spanish-speaking clients. Seventy-four people at the Hispanic Office of Planning & Evaluation (HOPE) in both Jamaica Plain and Springfield, Youth Opportunities Upheld (Y.O.U., Inc.) in Worcester, and the Henry Lee Willis Community Center in Worcester were in attendance at the trainings. One hundred percent of attendees rated the trainings as excellent or above average in their evaluation summaries.

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**THE MASSACHUSETTS PARTNERSHIP FOR RESPONSIBLE GAMBLING**

The Massachusetts Partnership for Responsible Gambling, an alliance of gambling industry leaders and problem gambling advocates who are committed to responsible gambling policies and practices, was convened by the Massachusetts Council on Compulsive Gambling and met for the first time at the Council offices in June. The mission of the Partnership is to promote responsible gambling policies. The group has agreed to share knowledge and information about responsible gambling practices, to identify best practices in responsible gambling programs nationally and internationally, and to inform the public about responsible gambling practices in Massachusetts. Representatives from the Massachusetts State Lottery, the Massachusetts Racing Commission, Suffolk Downs, Wonderland and Mohegan Sun joined Council staff for the first meeting. The Partnership plans to meet on a regular basis.
Press Releases

Thirteen press releases and e-invitations were each disseminated to a list of 2,000, which included 180 media outlets. Press releases included the Asian Gambling Awareness Bus Video, the Council’s Helpline and Website, Legislative Awareness Day, the National Council on Problem Gambling Dissertation Award, the Council’s Older Adult Leisure Program, Online Trainings, Problem Gambling Awareness Week (PGAW), the Thomas N. Cummings Research Fellow, the Twenty-Fifth Anniversary Gala Breakfast, and the Council’s participation at the University of Massachusetts Asian problem gambling panel presentation.

Media Interviews

Representatives from the Council participated in 90 media interviews in FY09. Seventy Nine interviews were with print publications including: Boston Globe, Boston; Boston Herald, Boston; El Planeta, Springfield; and Sampan, Boston. WBZ News Radio 1030, Boston was among the six radio station interviews of FY09, and the five television interviews included appearances on Arts & Entertainment Television (A&E) and WCVB, Channel 5, Boston.

Video

The Council developed a 25th anniversary video, The Massachusetts Council on Compulsive Gambling: A Compassionate Advocate, which aired at the 25th Anniversary Gala. The powerful 12-minute film featured people, including policy makers and addictions professionals, problem gambling researchers and people in recovery, all presenting aspects of compulsive gambling, and the impact of the Council’s work. The video was also added to YouTube in conjunction with National Problem Gambling Awareness Week, which occurred in March.

Newsletters

The Council produced two printed newsletters and two e-newsletters in FY09. The printed Fall/Winter and Spring/Summer newsletters were each sent to 11,000 people. The e-newsletters, the first of which focused on the Council’s work with Youth populations, and the second of which focused on work with the Latino and African American populations, were each distributed to 2,000 people.

BASIS

The Basic Addiction Science Information Source (BASIS) is a weekly publication of the Division on Addictions, Cambridge Health Alliance, a teaching affiliate of Harvard Medical School. With 1,369 subscribers and 113,405 visitors per year, the site is a well-respected source of up to date information on addictions. The Council works with the Division to produce the Worldwide Addiction Gambling Education Report (WAGER), which is part of the BASIS. Every five weeks, the WAGER summarizes problem gambling research. These summaries can be found on the web at www.basisonline.org.
Tung Wah Group Visits Council
In March, the Council hosted a delegation from the Tung Wah Group (TWG), the largest hospital conglomerate in Hong Kong. Four members from the group’s problem gambling unit visited the Council to present on their work with Chinese individuals experiencing problems with gambling. There were intriguing similarities between the Tung Wah Group and the Mass. Council. From public perception of problem gambling, to funding and treatment challenges, the work is very much the same, and both groups are equally committed to helping people experiencing problems with gambling to get the help that they need.

Helpline Calls & Referrals For Help
A total of 1,179 Helpline calls resulted in 320 referrals to Department of Public Health Bureau of Substance Abuse Services Problem Gambling Treatment Centers, 722 referrals self-help groups (Gamblers Anonymous, Bettors Anonymous and Gam-Anon), and 244 referrals to other services including legal assistance. A consumer satisfaction survey conducted of FY09 calls found that 97% percent of Helpline callers reported finding their experiences helpful.

Council staff responded to requests for 310 informational packets. In FY09, 158 packets were sent to people experiencing problems with their own gambling, 116 packets were sent to loved ones or family members of people with gambling problems, 18 packets were sent to professionals seeking to learn more about the disorder, and 18 Your First Step to Change guidebooks were distributed to callers.

WEB SITE
In FY09, the Council staff recorded 18,796 unique visits to its website, an average of 1,530 unique visitors each month. Approximately 6,119 visitors to the website sought information for people experiencing problems with their gambling, 1,302 people visited the family member pages, and 1,222 visited the professional pages during searches on the website. In addition, the Council website was updated with a media portfolio this year, which features a sampling of its advertising and promotional materials.
**Exhibits**

The Council disseminated information at 33 exhibits throughout the state, including: the Wang YMCA Kid’s Health Day in Chinatown, the Quincy Chinese New Year Festival, the Money Conference for Women in Roxbury, the College Health Fair at the University of Massachusetts, Boston Campus, “Oiste” Latino Civic Mobilization Event in Dorchester, and the Pacific Conference of Churches in Brockton. An estimated 6,400 people were reached via these events, representing a 376 percent increase in the number of people the Council reached through exhibits in FY09.

**Regional Trainings**

This year, the Council held three regional trainings, with 48 people in attendance. The goal was to equip helping professionals with the tools they need to understand, assess and treat problem gambling, while earning Continuing Education Units (CEUs). Eighty-nine percent of participants rated the trainings as “above average or excellent.”

Training topics included:

- Basic Clinical Work with Problem Gamblers: Etiology, Treatment & Recovery
- The Next Steps in Treating Gambling Disorders: Identifying Comorbidity & Countertransference Issues and Understanding Family Therapy and Self-Help Resources
- Family-Based Interventions for Understanding & Helping the Pathological Gambler to Access Treatment

**Online Trainings**

The Council also held four online trainings, and 15 people participated. A 93 percent rating of “above average or excellent” was attained.

Training topics included:

- The Gambling Brain: How it Works and How to Treat it
- High School & College Student Gambling: Identifying and Managing Risk
- Recognizing and Managing Countertransference in Problem Gambling Clinical Work
- Developing a Culturally-Conscious Approach to the Prevention and Treatment of Problem Gambling in the Latino Community
On-Site Trainings
The Council conducted 30 trainings on-site at local agencies, organizations and schools, reaching approximately 559 attendees. FY09 trainings included presentations to: Bay State Community Services, Quincy; Beverly Council on Aging; Billerica House of Corrections; the Department of Children and Families, Haverhill; New Hope, Weymouth; and Sheriff’s Daily Reporting Centers, Springfield.

Presentations
Beyond onsite, regional and online trainings, Council staff served as presenters at 17 conferences, including: the Cape Cod Symposium on Addictive Disorders, “What Every Substance Abuse Counselor Needs to Know about Problem Gambling;” the Massachusetts Interscholastic Athletic Association Wellness Summit, “Youth Gambling: Deal or No Deal;” the Western Massachusetts Council on Aging Conference, “Older Adults and Problem Gambling;” and the National Center for Responsible Gaming Conference on Gambling and Addiction, “Culture Counts: Designing Relevant Interventions and Responsible Gaming Strategies for Asians and Asian-Americans.”

College Outreach Program
The Council kicked off the fourth installment of its College Outreach Program by holding two trainings for college personnel in FY09, both of which offered overviews of problem gambling issues on college and university campuses, and focused on policy and program development.

The first training was held in November at the Massachusetts Institute for Technology (MIT) in Cambridge. It drew five representatives from MIT, Boston University, Harvard University and Wellesley College. The second training was held in February at Mount Holyoke College. Fourteen people were present, representing the University of Massachusetts, Amherst; Smith College; Hampshire College Mount Holyoke College; and Keene State College (Keene, NH).

The Council provided information and technical assistance to 16 colleges in FY09 including: Anna Maria College, Williams College, and Worcester State College. In addition it distributed 1,500 posters focusing on college age problem gambling to Tufts University for use by their resident assistants and peer leaders, and 600 posters to MIT and Mt. Holyoke for use by their college health educators. In addition, the Council worked with University of Massachusetts, Amherst to integrate gambling prevalence questions in a campus-wide addictions survey. The Council looks forward to sharing the findings as they become available.
Legislative Awareness Day & Press Briefing

The Council shared strategies for minimizing the harm of potential expanded gambling during a Legislative Awareness Day and Press Briefing held this June at the Statehouse. The event was co-sponsored by State Senator Jennifer L. Flanagan and State Representative Elizabeth A. Malia, Co-Chairs, Joint Committee on Mental Health and Substance Abuse. The Council informed legislators about problem gambling, responded to questions about the disorder, and urged that any legislation authorizing casinos or slot machines also include responsible gambling policy, as well as services to help people harmed by expanded gambling. The Council proposed that a comprehensive public health plan to combat problem gambling should include: prevention, intervention, treatment and research across a wide range of State systems. Seventy-five legislators and their staff attended the event. In addition, media representatives from State House News, the Republican (Springfield), Boston Herald, and the Patriot (Quincy) covered the story.

The Comprehensive Problem Gambling Act of 2009

The Mass. Council worked with the National Council on Problem Gambling to advocate for the Comprehensive Problem Gambling Act of 2009 (CPG) with federal legislative offices and key Massachusetts stakeholders. The act focuses on integrating problem gambling services into Federal health agencies and supporting existing state-based programs to help problem gamblers and their families. If passed, the CPC legislation will be a tremendous step in providing more people with access to problem gambling programs and services.
BOARD OF DIRECTORS

The Massachusetts Council on Compulsive Gambling’s FY09 Members:

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Deutsch, Williams, Brooks, DeRensis and Holland PC, Boston

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Marlene D. Warner, MA
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Eric Turner photographed at the Council’s 25th Anniversary Celebration

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widow of Mass. Council Founder,
Thomas N. Cummings

Pierre Gabriel, MPA
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Kathleen M. Scanlan, MA
Executive Director, Mass. Council on
Compulsive Gambling

Eric Turner photographed at the Council’s 25th Anniversary Celebration
The Council is grateful to the following individuals and organizations who have contributed to the Council’s mission through their generous donations in FY09:

Adcare Hospital of Worcester
Addiction Behavior Changers Corp.
Nicole Antonelli
Debra Arnold
Sara Beatrice
Boston ASAP
Boston Chinatown Neighborhood Center
Central Mass. Area Health Ed. Center
Commonwealth of Mass, Dept. of Public Health
James F. Crean
Custom Benefits Group
Ammee Lynn Desjourdy
Deutsch, Williams, Brooks, DeRensis and Holland, PC
Nancy Davis
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Betty & Ed Duggan
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Lillian Faust
Matthew & Marilyn Feinberg
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The New England Center
360 Graphics
A. Raymond Tye
Pricilla Walker
Chad Waxman
Keith Whyte
Comma Williams
Shiuhlan Wu-Young
# Statement of Financial Position

**June 30, 2009**

## Assets

### Current Assets:

- **Cash**: $173,782
- **Contracts and Grants Receivable**: $93,858
- **Prepaid Expenses**: $103,832

**Total Current Assets**: $371,472

### Property and Equipment:

- **Machinery and Equipment**: $80,335
- **Furniture and Fixtures**: $21,001
- **Software and Website**: $93,038

**Total Property and Equipment**: $194,374

Less Accumulated Depreciation: $98,320

**Total Property and Equipment**: $96,054

**Total Assets**: $467,526

## Liabilities and Net Assets

### Current Liabilities:

- **Accounts Payable**: $6,490
- **Accrued Expenses**: $21,276
- **Current Portion of Long-Term Debt**: $4,728
- **Loan Payable - Bank**: $200,000

**Total Current Liabilities**: $232,494

### Net Assets:

- **Unrestricted**: $32,905
- **Temporarily Unrestricted**: $195,839

**Total Net Assets**: $228,744

**Total Liabilities and Net Assets**: $467,526

*These financial statements reflect income received in FY07 and released in FY09*
SUMMARY OF REVENUE AND EXPENSES

June 30, 2009

Sources of Revenue for FY09

- Miscellaneous Donations: 4%
- Miscellaneous Fees: 1%
- In-Kind Donations: 6%
- Massachusetts Department of Public Health Contract Income: 89%

Total: $1,454,151

Sources of Expenses by Program FY09

- Public Awareness: 23%
- Information & Referral: 21%
- Training: 25%
- Advocacy: 14%
- Operations: 18%

Total: $1,583,671
Founded in 1983, the Massachusetts Council on Compulsive Gambling is a private, non-profit health agency dedicated to providing leadership to reduce the social, financial, and emotional costs of problem gambling, and to promote a continuum of prevention and intervention strategies including: information and public awareness, community education and professional training, advocacy and referral services for problem gamblers, their loved ones and the greater community.

The Council is funded in part by the Massachusetts Department of Public Health Bureau of Substance Abuse Services.