

Is gambling a problem in your life?

Ask yourself:

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

Cost of treatment:

Problem Gambling Treatment is free. Funding is provided by the Oregon Lottery.

Call now if you or a loved one is struggling with a gambling issue
InAct – Volunteers of America:
503-442-4660

For immediate assistance call the Gambling Hotline at:
1-877-MY-LIMIT (877-695-4648)

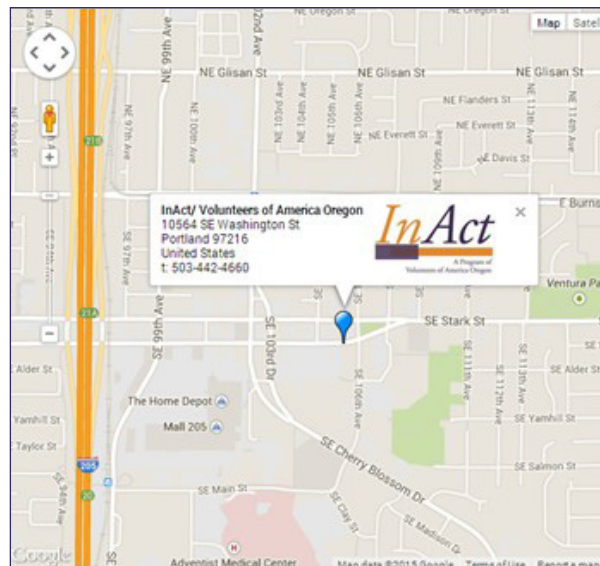
www.voaor.org

*Treatment is free, confidential,
and it works.* **Contact Us**

Phone: 503-442-4660

InAct – Volunteers of America Oregon
**10564 SE Washington St
Portland, OR 97216**

Located near the MAX blue line Gateway TC, with easy access to bus lines 15, 20, and 22, and the MAX green line SE Main Street Station



Volunteers of America Oregon – InAct
10564 SE Washington St.
Portland, OR 97216

www.voaor.org

*Are you or a loved
one affected by
gambling?*



InAct

Treatment Services for Problem Gambling

Help is only a call away:
503-442-4660



Volunteers of America®
OREGON



InAct's Problem Gambling Addiction Treatment Services offers hope to those suffering from Problem Gambling or for those who's lives are affected by a Problem Gambler. *Treatment is free, confidential, and it works.*



Problem Gambling Services Include:

Assessment and diagnosis of your individual needs: Individuals and their counselor work together to develop an individualized treatment plan that fits your needs and goals for relief from Problem Gambling.

Treatment Includes

- **Counseling:** Individual, group, couples, and family counseling.
- **Mentoring Services:** Supports the clients in the recovery process as a motivator and confidant. Provides information, resources, and helps with barriers to recovery.
- **Financial Strategies and Debtors Anonymous:** Debtors Anonymous can help people learn to budget their money and release financial stress
- **Aftercare Planning:** Case management, referrals and ongoing recovery support

Other Available Services:

InAct offers a variety of services that can be made available while receiving treatment for Problem Gambling.

Problem Gambling treatment not only places focus on the problems related to gambling but promotes addressing other Behavioral and Mental Health issues that can coincide with problem gambling such as alcohol and substance use, stress, anxiety, depression, trauma, and many others.

- **Psychiatric Mental Health Nurse Practitioner:** Provides evaluation and management of medications for mental health treatment.
- **Naturopath Services:** Our clients have access to a team of naturopathic health care providers to maintain good health and treat illness.
- **On-Site Resource Specialist:** Clients can meet with our Resource Specialist for help in finding basic needs relief.

Oregon Problem Gambling Facts:

- 81,800 adult Oregonians are estimated to have problems with gambling (1 in every 37 adults)
- Approximately 4,000 Oregonian adolescents report severe gambling-related difficulties
- A Gambling Disorder impacts families, children, and communities.

Consequences of Problem Gambling:

Higher rates of bankruptcy, divorce, mental health, substance addictions, and suicide. Problems on the job and loss of productivity, as well as civil and criminal judicial system involvement, relationship and family problems.

Treatment Works!

- 85% of treatment enrollees report quality of life improvement at 12-month post-treatment follow-up
- 74% reports no gambling 12 months after their completion of treatment

Call *InAct* today:
503-442-4660