

Elimination of Bias: Understanding Problem Gambling

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Lawyers Concerned for Lawyers

SELECTED RESOURCES ON MENTAL HEALTH AND SUBSTANCE MISUSE AND COMPULSIVE BEHAVIORS, INCLUDING PROBLEM GAMBLING

Lawyers Concerned for Lawyers (Minnesota)

651-646-5590; 877-525-6466 (toll-free) www.mncl.org; help@mncl.org

Lawyers Concerned for Lawyers is the provider of Minnesota's Lawyers Assistance Program for lawyers, judges, law students and their immediate family members. We offer free, confidential help with addictions, mental health disorders, chronic stress and personal and career related issues. LCL services include: 24-hour crisis response; professional clinical assessments and referrals; interventions; short term counseling; support groups facilitated by licensed counselors; peer mentoring and support and education.

PROBLEM GAMBLING RESOURCES

ABA Problem Gambling Articles

Never Enough: One Lawyer's True Story of How He Gambled His Career Away, by Michael J. Burke is available directly from ABA Publishing and on-line book sites. An excerpt is at

http://www.americanbar.org/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/burke.html

Gambling, by Chadwick, Meloney Crawford (2004) Bumps in the Road II. American Bar Association: GPSOLO, 21(7).

http://www.americanbar.org/content/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/gambling.html

Other Bumps in the Road, Gambling, by Ashe, Paul R (2001) American Bar Association: GPSOLO, Volume 18, Number 5.

http://www.americanbar.org/newsletter/publications/gp_solo_magazine_home/gp_solo_magazine_index/ashe.html

Northstar Problem Gambling Alliance

<http://www.northstarproblemgambling.org/>

The Northstar Problem Gambling Alliance (NPGA), Minnesota's affiliate to the National Council on Problem Gambling, is a non-profit, gambling-neutral organization dedicated to improving the lives of Minnesotans affected by problem gambling.

MN Dept. of Human Services

www.nojudgement.com Minnesota's Problem Gambling Program, a division of the Minnesota Department of Human Services, funds inpatient and outpatient treatment, research, a resource library, public education and awareness efforts, in-service training; and a statewide, toll-free, confidential 24-hour helpline at (800) 333-HOPE.

National Council on Problem Gambling

www.ncpgambling.org. The Mission of the National Council on Problem Gambling is to increase public awareness of pathological gambling, ensure the widespread availability of treatment for problem gamblers and their families, and to encourage research and programs for prevention and education. It resource pages include fact sheets for specific populations (such as seniors, youth and military) and specific issues (such as smoking and domestic violence) <http://www.ncpgambling.org/programs-resources/resources/>

For an electronic copy of this list, please contact LCL at help@mncl.org.

South Oaks Gambling Screen

http://www.stopgamblingnow.com/sogs_print.htm

This test allows you to assess gambling problems in yourself or someone you care about.

North American Training Institute

www.nati.org

The mission of the NATI is to provide information, to facilitate research and conduct professional training about gambling addiction. The NATI studies treatment techniques, methods and programs, provides public education and prevention services, and develops and implements problem gambling helpline services.

Financial Resources

The National Endowment for Financial Education has produced two resources that are available free of charge: *Personal Financial Issues for Loved Ones of Problem Gamblers* at

http://www.ncpgambling.org/wp-content/uploads/2014/08/loved_ones_guide_ncpg_booklet.pdf and *Problem Gamblers and their Finances*(for professionals) at http://www.ncpgambling.org/wp-content/uploads/2014/08/problem_gamblers_finances-a-guide-for-treatment-profs.pdf.

Minnesota Lottery

https://www.mnlottery.com/gambling/gambling_concerns/ The lottery provides a number of links to resources regarding problem gambling.

OTHER RESOURCES

American Bar Association

<http://www.americanbar.org/colap> provides lawyer assistance resources and information across the country. A new ABA CoLAP and Hazelden Betty Ford joint study provides updated information on substance use, mental health and help seeking behaviors. Krill, Patrick, Johnson, Ryan, Albert, Linda, "The Prevalence Of Substance Use and Other Mental Health Concerns Among American Attorneys," *Journal of Addiction Medicine*: Jan./Feb. 2016.

http://journals.lww.com/journaladdictionmedicine/Fulltext/2016/02000/The_Prevalence_of_Substance_Use_and_Other_Mental.8.aspx

GP Solo, a publication of the ABA General Practice, Small Firm and Solo Division, include five theme issues "Bumps in the Road." Many topics related to addiction, mental illness, stress and others are available. Back issues may be viewed at http://www.americanbar.org/publications/gp_solo/2016/july-august.html

Other Lawyers Assistance Programs

Lawyer Assistance Programs (LAPs) are available nationwide. Some are independent, some are under the auspices of the court and some are part of the bar association. They are listed at

http://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html

www.lawyerswithdepression.com

This comprehensive website, founded by a lawyer, offers support and resources.

U. S. Department of Health and Human Services and Substance Abuse and Mental Health Services Administration (SAMHSA) clearinghouse for alcohol and drug information

<http://www.samhsa.gov> This organization has a great deal of information for individuals seeking help, professionals in the helping professions and researchers. Searches may be performed by topic, demographic information and other criteria.

For an electronic copy of this list, please contact LCL at help@mncl.org.

American Psychological Association

www.apa.org

This site offers numerous resources on many mental health and wellness topics.

National Alliance on Mental Illness

www.nami.org

NAMI has information on a wide variety of mental illnesses including ADHD, Bipolar Disorder, Personality Disorders, Depression, Eating Disorders, OCD, PTSD and others. There are also national and local support resources. The Minnesota website is www.namihelps.org.

National Institute of Mental Health

<http://www.nimh.nih.gov/health/topics/index.shtml>

Information regarding various mental health issues, including anxiety disorders and depression.

Recovery Month

<http://www.recoverymonth.gov/>

This annual event is held every September. It features events and resources for those with substance use issues and those who care about them.

National Institute on Drug Abuse

<http://drugabuse.gov/nidahome.html>

This division of the National Institutes of Health provides information on the science of drug and alcohol addiction. There are links to a wide variety of substances. An excellent pamphlet, The Science of Addiction, is available by mail or as a PDF, in English or Spanish.

12 Step Support Meetings – the following sites will direct you to 12 step meetings and other resources.

<http://www.aaminneapolis.org> – includes links to St. Paul and greater Minnesota sites

<http://www.al-anon-alateen-msp.org/>

<http://www.naminnesota.org>

www.womenforsobriety.org – includes on-line chat

www.aaonline.net is one example of on-line AA meetings

<http://www.gamblersanonymous.org/>

<http://www.gam-anon.org/>

<http://www overeaters.org/>; <http://www.eatingdisordersanonymous.org>

<http://www.minnesotarecovery.info/OtherMN12StepGroups.htm>

<http://www.sexaa.org/Meetings/UnitedStates/meeting.php?state=MN>

<http://www.allina.com/ahs/grief.nsf/>

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