

## Youth Video Proves Popular Addition To School Addiction Programs

Missouri's school-addiction programs are getting a boost this year with the introduction of "Beat Addiction – Choose the Right Path," an addiction prevention video and facilitator's guide. The video and facilitator's guide are free to all Missouri schools.

The free video and facilitator's guide are designed to teach middle- and junior high-school students the risk factors of all addictions. The entire program, which includes a 12-minute video, can be presented within a 50-minute class session.

The program was created for Missouri's schools by the Missouri Alliance to Curb Problem Gambling in partnership with the Missouri Department of Elementary & Secondary Education and the Missouri Division of Alcohol and Drug Abuse.

This new video and facilitator's guide have received rave reviews from Missouri schools from throughout the state that participated in the pilot program in the fall of 2002.

"We've been very pleased with the reviews from the pilot program," said Gary Gonder, director of communications with the Missouri Lottery and the executive producer of the video. "Treatment providers, school counselors, teachers and most importantly, the students, have responded very positively to the program and are very excited about it."

Gonder said the video program is just a part of the underage gambling prevention program offered through the Alliance. Currently, the Alliance also offers underage awareness materials, including posters and brochures, as well as an in-school addiction program, "Addiction – The Game No One Wins."

"Although many studies have shown that the vast majority of high school students participate in illegal gambling activities, many of Missouri's schools and educators are not aware of these activities," Gonder said. "The co-morbidity of gambling and drug and alcohol use is quite high, so any information we can get to educators and students about the dangers of all addictions, including gambling, should help build

awareness of underage gambling."

Charles Williams, director of prevention programs for the Missouri Department of Mental Health, said while the Alliance's initial goal was to produce a video that addressed underage gambling issues, after many discussions with educators, it was decided that the video should address the dangers of all addictions, including underage gambling.

"Since the warning signs and risk factors of gambling mirror those of any other addiction, we thought that addressing all addictions would be a way to get underage gambling information into the schools, and at the same time, provide some valuable information on the dangers of all addictions," he said.

Williams said the video program offers a unique approach to addictions, which makes it a great addition to any school's addiction prevention program. He added that it includes the fact that anything done in excess is dangerous, and that genetics can be a precursor to addictive behavior.

Kyle Heislen, supervisor for the Missouri Department of Elementary and Secondary Education's

Division of Guidance and Placement, said he also believes the video program will be a great asset to school programs.

"It's got the kind of music kids like and includes a cast of teenagers, which appeal to this age group," Heislen said. "Kids don't want adults lecturing them on the dangers of addictions. In this video, the message is

**"Kids don't want adults lecturing them on the dangers of addictions. In this video, the message is coming from their peers."**

- Kyle Heislen, Missouri Department of Elementary & Secondary Education



coming from their peers."

Heislen also said that two personal stories – one from a recovering compulsive gambler and her two children and the other from a young recovering drug addict – told in the video also add to its credibility among young teenagers.

"In many cases, kids can see themselves or know of someone who may be going through what these people have been through," Heislen said. "The fact that both of the stories are success stories also offers

continued on page 3

## Vision For Program Comes From Deep Convictions

A training program with a nationally known compulsive gambling expert helped to guide one Missouri substance abuse counselor to become one of Missouri's most noted experts in compulsive gambling. In addition to becoming one of Missouri's leading compulsive gambling trainers, Keith Spare also is the president of the Missouri Council on Problem Gambling Concerns Inc. (MCPGC) and an active spokesman for the Alliance.

Spare, a long-time substance abuse counselor, said the subject matter piqued his interest when noted compulsive gambling expert Joanna Franklin presented problem gambling information at a training meeting for Missouri counselors.

"At the time, I said, 'This is something that makes sense and close to what I'm already doing,'" he said.

Spare said the fact that a distant relative killed her husband due to compulsive gambling also aided in his desire to learn more.

"Once you're aware of the signs of compulsive gambling, you start to see issues in clients that need to be addressed that otherwise might not have been recognized," he said. "Most addictions can be very solitary, but compulsive gambling affects so many people. It's not just the addict you have to deal with."

"It's rare that the wife of an alcoholic finds the house has been mortgaged to fund her husband's

continued on page 2

# Five Years And Better Than Ever

By Mike Ryan, Alliance chairman

Happy fifth anniversary to the Missouri Alliance to Curb Problem Gambling! Five years of increased awareness and education provided through the Alliance has made Missouri a national leader in problem gambling programs.

On a cold snowy day in December 1997, members of the Alliance gathered in St. Louis, and then later in Kansas City, to announce the beginning of a unique partnership to provide problem gambling programs in Missouri.

This past December, the Alliance celebrated five years of accomplishments that have helped thousands of Missouri residents find the help they need and educated even more Missourians about the dangers of underage and problem gambling.

The Alliance's primary goal was to promote the toll-free help line number 1-888-BETSOFF and to direct problem gamblers to free treatment programs. Over the past five years, the Alliance has continued to introduce new and innovative programs to further that mission and raise awareness about problem gambling issues.

Now Missouri has one of the most comprehensive problem gambling programs in the country. Missouri's programs include:

- **A toll-free help line, 1-888-BETSOFF (1-888-238-7633);**
- **Free problem gambling treatment for problem gamblers and family members of problem gamblers;**
- **Self-exclusion programs, including a total ban at all of the state's casinos, exclusion at individual casino properties and from cash-advance machines;**
- **Missouri Responsible Gaming Education Week, the first state in the nation to recognize this event statewide;**
- **Collateral materials for the general population, as well as individual programs for older adults and youth;**

- **Educational lectures for the general public;**
- **An extensive awareness program that includes a Web site, billboards, a quarterly newsletter, speakers' bureau, traveling exhibits and videos;**
- **An in-school youth awareness assembly program; and**
- **An educational video and facilitator's guide for youth in grades 6-9;**
- **Commercials and public service announcements.**

Through the dedication of the Alliance's membership, problem gambling programs have expanded every year, and plans are underway to continue program expansion. We're currently making plans to increase Missouri's Responsible Gaming Education Week activities, and we're also working to have more events throughout the year to further increase awareness of Missouri's programs and problem gambling issues.

The Alliance's membership also continues to grow. In 1999, the Missouri Council on Problem Gambling Concerns Inc. joined the four original members of the Alliance, the Missouri Department of Mental Health, the Missouri Gaming Commission, the Missouri Lottery and the Missouri Riverboat Gaming Association. This past year, the Port Authority of Kansas City also joined the rank of voting members. Our goal is to include every organization and individual who has an interest in increasing problem gambling awareness in Missouri. Our participating membership, which includes research specialists, the Department of Elementary and Secondary Education, treatment providers and other interested individuals, also continues to grow.

With your continued dedication and support, our next five years should be even better.

## Missouri's Program Comes From Deep Convictions continued from page 1

addiction, but it's frequently the case with compulsive gamblers," he said. "With compulsive gambling, the family is usually the last to know about the addiction, so there are so many more fronts that have to be addressed when dealing with a compulsive gambler."

Spare's passion for counseling began when he was a teenager and answered the call to ministry. As an accounting major at Kansas State University, he was active in the campus ministry. When the campus military draft counselor found another position, he recruited Spare, an undergraduate student, to fill his duties. Spare then completed his masters in counseling and moved to Kansas City in 1975.

Spare worked in foster care and then went to the seminary before returning to Kansas City where he started working as a substance abuse counselor. As a licensed professional counselor (LPC), Spare has been in private practice since 1975. In 1989, he was recruited to open the counseling program at Rodgers South in Kansas City, where he continues to work.

His full-time job as program director at Rodgers South keeps him in touch with compulsive gambling clients and also spurs his advocacy role as the president of MCPGC.

Spare said his involvement with the National Council on Problem Gambling has provided him with many more opportunities to expand

his knowledge in the field, and he's formed some lasting friendships along the way.

"The (Missouri) Council hasn't taken off yet," he said. "I really want to build the Council and make it a viable source and resource of information and training."

Spare said the Council needs more people who have the time to devote to making it grow.

"Because of the Alliance, Missouri has many great programs devoted to problem gambling, but the Council needs to be more viable to really make a difference.

"My goal is the vision of a pinball machine," he said. "You put as many informed resources out there as possible. When the compulsive gambler, who represents the ball in a pinball machine, comes along, he may hear the information many times before it finally sinks in. When it does sink in, we'll be there to help him.

"It's important also to create the best early warning system as possible to start minimizing the damage to those around the compulsive gambler," he said.

**If you would like more information about the MCPGC, contact Keith Spare at keithspare@aol.com.**



Keith Spare

To suggest story ideas for the *Bulletin* or the Web site, contact the editor, Shelly Perez, at perezs@molottery.com or call 573-526-7467.

### Number of calls to 1-888-BETSOFF (1-888-238-7633)

	Jan.	Feb.	March	April	May	June	July	Aug.	Sept.	Oct.	Nov.	Dec.
<b>2002</b>	254	211	241	273	133	270	182	255	229	261	306	274
<b>2001</b>	306	244	300	156	218	222	292	286	201	211	223	187

## Alliance Membership Updates

### Alliance Loses Strong Supporter

John Angelides, a long-time supporter of the Alliance and public relations consultant for the Missouri Riverboat Gaming Association (MRGA), died Nov. 8 in St. Louis.

Angelides was a prominent newspaper reporter and editor and was widely known in the St. Louis area for his long stint as the news director for KMOX radio station.

After his retirement from KMOX in 1995, Angelides created a public relations firm and served as consultant for the MRGA until his death. He was active in getting media support for Alliance activities and programs and was deeply involved in other MRGA responsible gaming activities.

Angelides will be missed by the Alliance and its members.

### Mark Twain Casino Promotes Youth Addiction Awareness

Jeff Barton, security manager at Mark Twain Casino in La Grange, is taking gambling prevention to area schools. Barton, who serves on the Missouri Riverboat Gaming Association's Responsible Gaming Committee, is a former law enforcement officer from the Hannibal area.

Barton presented the Alliance's youth video, "Beat Addiction – Choose the Right Path," to about 175 students in grades seven through 12. In addition to showing the video, a friend of Barton's provided personal testimony on the dangers of compulsive gambling.

### Welcome Provident Counseling

Provident Counseling from St. Louis recently joined the Alliance as a participating member.

The St. Louis metropolitan organization has been providing counseling services to St. Louis area residents since 1860. It also is a contracted provider of free problem gambling treatment services through the Missouri Department of Mental Health's Division of Alcohol and Drug Abuse since May 1999.

Welcome to the Alliance!

### Missouri Gaming Commission Adds To Problem Gambling Program

The Missouri Gaming Commission recently added a second full-time employee to its problem gambling program. Annette Turner, an eight-year employee of the Commission, was named clerk typist III and assistant for the Commission's Voluntary Exclusion Program.

"Annette has already proven to be a valuable asset to the Alliance since her promotion in November," said Melissa Stephens, problem gambling program administrator for the Commission. "She's very dedicated to the Alliance's outreach efforts and volunteered to work several Alliance events over the past year."

Turner is currently working on a Bachelor of Science degree in business administration.

The Missouri Gaming Commission was the first gaming regulatory agency in the country to have a full-time problem gambling advocate.

## Missouri's Casinos Promote Responsible Drinking Program

*(Editor's note: The following story was written by John Angelides for the "Bets Off Bulletin" just prior to his death in November.)*

By John Angelides

Casino employees are always on the lookout for card counters and loaded dice, but in Missouri's 11 riverboat casinos, employees also are looking for irresponsible drinking, in both gaming and non-gaming areas.

To promote a safer environment, Missouri's casinos participate in a program called TIPS - Training for Intervention Procedures. Through TIPS, food and beverage servers and casino executives are taught the effects of alcohol and how to identify alcohol abuse.

The training has proven effective in preventing alcohol abuse, drunken driving, underage drinking and has even helped in curbing gamblers from gambling irresponsibly due to alcohol consumption, according to Adoria Adair, chairperson of the Missouri Riverboat Gaming Association's Responsible Gaming Committee. Adair is the Human Resources director at the Isle of Capri in Kansas City.

"The TIPS for Casinos program goal is to establish acceptable standards of practice for serving alcohol," Adair said. "Ultimately, our goal is to get people to change their attitudes so that they know the difference between drinking and getting drunk, and to make it socially unacceptable to get drunk.

## Youth Video Proves Popular

continued from page 1

hope for those kids who are experiencing addictions themselves or addictions in their family."

The video, which was produced by Lottery & Education Telecommunications Service (LETS), was filmed at different sites in Jefferson City and Columbia, and includes a cast of about 65 teenagers. The video's narrator, Ross Branson, is a Jefferson City High School student.

"Ross was a great find for us," said Frank Finley, LETS producer and director of the youth video. "He had only done stage acting before, but he adapted very easily and quickly to the camera."

For more information about the video program or to order a copy, contact: Shelly Perez at (573) 526-7467 or e-mail [perezs@molottery.com](mailto:perezs@molottery.com); or Melissa Stephens at (573) 522-1373 or e-mail [mstephen@mail.state.mo.us](mailto:mstephen@mail.state.mo.us).

## Alliance Officers

Alliance officers for fiscal year 2003 are:

Chairman – **Mike Ryan**, executive director of the Missouri Riverboat Gaming Association; Vice Chairman – **Keith Spare**, president of the Missouri Council on Problem Gambling Concerns Inc.; Secretary – **Melissa Stephens**, problem gambling programs administrator for the Missouri Gaming Commission.

Alliance officers are elected to one-year terms and assume their duties in August during Missouri Responsible Education Week.

## Upcoming Events

### MARCH

- 3 Look for the Missouri Alliance at the Pathways to Student Success conference at Tan-Tar-A in Osage Beach.
- 20-21 Look for the Missouri Alliance at the Senior Conference and Exhibition – Navigating the Seas of Change at Lodge of Four Seasons in Lake Ozark.

### JUNE

- 19-21 Plan to attend the National Council on Problem Gambling annual conference in Louisville, Ky. Check out [www.ncpgambling.org](http://www.ncpgambling.org) for more information.

"The program gives the servers confidence in dealing with someone who has had too much to drink," she said. "They have the right to refuse service to a customer, then call a manager to give a report of their decision."

TIPS was developed in 1982 by Dr. Morris E. Chafetz, founding director of the National Institute on Alcohol Abuse and Alcoholism. Since then more than 1.1 million servers and trainers, from throughout the country, have gone through the program, which is used in all 50 states and the District of Columbia, as well as foreign countries such as Canada, Japan, Brazil and the United Kingdom.

Servers must be certified every three years by attending seven-to eight-hour training sessions, which include watching a video, participating in discussions and role playing in impromptu scenarios. TIPS servers are taught the liquor laws of Missouri, how to check identifications and how to spot someone who has had too much to drink.

"Some of the strategies are simple," Adair said. "We try to stop guests from getting too much to drink, by giving them food, having them

continued on page 4

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# 1-888-BETSOFF

**BETSOFF BULLETIN** is produced by the Missouri Lottery for the Missouri Alliance to Curb Compulsive Gambling

**Editor:** Shelly Perez, responsible gaming program coordinator for the Missouri Lottery **Designer:** Paul Adams, art director for the Missouri Lottery

## TIPS continued from page 3

take a break, or drink a glass of water or soda. If they've had too much to drink, we'll be doing everything to ensure the customers make it home without driving their own cars."

Adair said the sessions train gaming employees to recognize the signs of intoxication and how alcohol affects casino guests. Some of the signs of a person getting intoxicated include: low inhibition, outgoing, very friendly, relaxed feeling, inappropriate language, loss of minor motor skills and loss of coordination.

There are two levels of TIPS certification - trainers and servers. Individuals who successfully complete the trainer program must be recertified each year. Servers who successfully complete the program must be recertified every three years. The casino program is a five-hour program, which focuses on beverage service while gambling.

Until recently, Missouri was the only state that did not allow complimentary alcoholic beverages being served at casinos. Over the past year, a few other states have followed suit.

Adair said part of the TIPS training includes prevention of underage drinking. The companies check the identifications of individuals appearing to be in their 20s. If casino servers are still suspicious, they will ask questions from the identification, or ask for a second form of identification, such as a credit card.

"We want to make sure the customer is having a good time, but drunkenness is against the law and is not the image we want to project to our customers," she said.

## Want More Bulletins?

In an attempt to streamline costs, the *Betsoff Bulletin* will be available through the Alliance's Web site, [www.888betsoff.com](http://www.888betsoff.com). We are building an e-mail list of individuals who are interested in receiving notification when a new issue is available at the Web site, so please forward your e-mail address to [perezs@molottery.com](mailto:perezs@molottery.com). If you would prefer to receive a free printed copy of the *Betsoff Bulletin* through the regular mail service, please let us know by calling (573) 526-7467.

If you received notification by e-mail about this issue, you're already on our e-mail list, but remember to send us updates on any e-mail address changes. Please also feel free to forward the link for the newsletter to anyone else who may be interested in reading it.

Thank you for your interest in the *Bulletin*.

## Alliance Speakers Available

The Alliance provides speakers for groups and organizations throughout the state on topics ranging from the prevention of youth gambling to the warning signs of problem gambling. For more information about the speakers' bureau or to arrange a presentation, please call (573) 526-7467 or (573) 522-1373.

All presentations are free of charge.

**For a list of upcoming Alliance events, visit**  
**[www.888betsoff.com](http://www.888betsoff.com)**



Missouri Department of Mental Health



Missouri Council on Problem Gambling Concerns



Missouri Gaming Commission



Missouri Lottery



Missouri Riverboat Gaming Association



Port Authority of Kansas City, MO

The Missouri Alliance to Curb Problem Gambling's mission is to heighten public awareness for the dangers of problem gambling; develop prevention and education programs for gamblers of all ages; and direct problem gamblers and their families to the 1-888-BETSOFF help line