

Problem Gambling Services



Announcements

Oregon Department of Human Services

Addictions and Mental Health Division

April 2009

Staff changes? Please notify **Patricia** ASAP so we can keep our records current! patricia.alderson@state.or.us

From Paul's Desk

Organizational Stress is a real and potentially damaging phenomena if not managed well. What happens to organizations when they are broken, wounded or traumatized? Trauma can be cumulative and subtle caused by constant threats to continued funding along with constant questioning of effectiveness of our programs. We can become shell-shocked by the constant assault and may feel helpless and terrified. This may result in many symptoms, including difficulty maintaining useful working relationships.

We look for the person or entity to blame and direct our rage on them. We can all become stuck in ineffective patterns. Some organizations die when this level of trauma erupts, however others do not succumb. They live and even thrive. How does the happen? First, by acknowledging openly and frankly the trauma that has and continues to happen. Minimizing this will not help, it only increases the feelings of rage and helplessness. Secondly, we must rediscover and hold on to our faith, values and principles: those core things that attracted us to this work and hold us here day after day. Third, reach out to your colleagues, support one another, challenge each other to work towards learning how to be more proactive, effective and focused. The entire staff of Problem Gambling Services are united and committed to our efforts to work with you and many others to not survive, but live and thrive. Please join us!

ASIST Suicide Intervention Skills Training—special focus: Problem Gambling

This workshop is designed for counselors who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. ASIST is a two day interactive workshop. **Pre-registration and attendance for the two full days is required.** Email wendy.hausotter@state.or.us for a copy of the registration form.

Dates: June 3 and 4, 2009:---8:30-4:30pm

Location: DHS Training Center, 120 E. Lincoln St, Suite 230, Woodburn OR 97071

Located in the Chemeketa Community College Woodburn Campus building

Cost: \$35.00 includes refreshments, lunch is own your own

Credit Available: 14 ACCBO approved CEUs

NEW! Problem Gambling Prevention/Outreach Coordinator's Web Resource:

<http://lanecounty.org/prevention/pgs/> We've partnered with Lane County to develop web pages especially for those of you doing problem gambling prevention and outreach work. It's an information and resource hub where you can find tools, tips and samples of your colleagues' work. Check it out—you're bound to find something that you can use in your work, and bookmark it so you can go back often—we'll be adding new content all the time. To submit something you've developed, please email it to wendy.hausotter@state.or.us.

Problem Gambling Awareness Day at the State Capitol

On March 31, 2009, Problem Gambling Services had a table display at the State Capital, covering the services that we provide: prevention, outreach, and treatment. Two people to visit our display shared their personal stories; one person wanted to know how to access treatment for a family member. Another visitor shared a tragic story of suicide. Our conversations with visitors to the display highlight the importance of the work we do, from prevention to outreach to treatment. To pass on the message from one of the visitors to our display, "keep up the good work."



Problem Gambling Services Staff
DHS Problem Gambling Services web site: <http://www.oregon.gov/DHS/addiction/gambling.shtml>

Helpline website: 1877mylimit.org

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