

**Richmond University**  
 **Medical Center**  
Gamblers Treatment Program



*We Are Your  
Beacon of Hope.*

## **SOMEONE YOU KNOW MAY HAVE A GAMBLING PROBLEM IF THEY:**

- Spend long periods of time away from family, friends, school, or work due to gambling
- Take money intended for bills, food, or other expenses and use it to gamble
- Have made an attempt in the past to stop gambling, but were unable to do so
- Have undergone a personality change as their gambling has progressed





## **THE IMPACT OF GAMBLING ADDICTION**

An individual experiencing a slow, steady loss of control over their gambling behavior is facing a problem that may affect their life and the lives of others around them.

The urge to gamble becomes more frequent, more insistent. Employment and the welfare of the family become secondary and are jeopardized as the individual becomes caught in an obsession that leaves room for little else. Employment may eventually be lost. They may drop out of school or social circles. The person's behavior progresses in a continuous downward spiral until they are eventually separated from family and friends, may sink into depression, and even entertain thoughts of suicide.

Fortunately, there is hope through our Gamblers Treatment Program.

## **WE ARE YOUR BEACON OF HOPE**

Launched in 1982 as one of three founding outpatient gambling treatment programs in New York State, our Gamblers Treatment Program offers problem gamblers, their families, and their loved ones a comprehensive clinical program aimed at achieving abstinence from problem gambling and developing a better quality of life.

### **The program offers a wide range of services, including:**

- Family, marital, individual, and group counseling
- Diagnostic and psychiatric services
- Referrals to additional specialized community resources
- Education and training for family members coping with a problem gambler

All services are provided by a multidisciplinary team of experienced therapists who specialize in treating problem gambling. Our program is certified by the New York State Office of Alcoholism and Substance Abuse Services (OASAS) and New York City Department of Health and Mental Hygiene (NYC DOHMH).

## THE WARNING SIGNS OF PROBLEM GAMBLING

**You may have a gambling problem if you are:**

- Having trouble paying bills because of debt caused by gambling
- Having trouble sleeping because of thoughts about gambling
- Spending more time engaged in gambling than planned
- Gambling to relieve stress from arguments, disappointments, or life's frustrations
- Having self-destructive thoughts because of problems resulting from gambling
- Spending time away from family, friends, school, or work because of gambling
- Borrowing to pay back gambling debts or to finance your gambling



**GAMBLERS TREATMENT PROGRAM  
AT THE CENTER FOR INTEGRATIVE  
BEHAVIORAL MEDICINE**

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**Richmond University**  
 **Medical Center**



**[www.rumcsi.org](http://www.rumcsi.org)**

All inquiries and individuals enrolled in  
the program are kept confidential.