



Gambling Statistics

- Data from the US national survey indicates that the prevalence of pathological gambling is 0.23% for females and 0.64% for males; the prevalence of subclinical pathological gambling, or those meeting 1 to 4 criteria for pathological gambling, is 3.26% for females and 6.79% for males (Blanco et al., 2006).
- According to the 2006 California Problem Gambling Prevalence Study, approximately, 1,018,462 California adults experience significant problems related to gambling (Volberg et al., 2006).
- Between 2.2 and 2.7 million California adults are at risk for developing gambling-related problems, and juveniles are more likely than adults to develop a gambling addiction (Volberg et al., 2006).
- The California Research Bureau's May 2006 report, "Gambling in the Golden State," estimated that problem and pathological gambling in California costs society nearly \$1 billion annually. The costs are associated with crime, unpaid debts and bankruptcy, mental illness, substance abuse, unemployment, and public assistance (Simmons, 2006).

Beit T'Shuvah's Revolutionary Treatment for Gambling Disorder

In 2015 the California Department of Public Health Office of Problem Gambling honored the Right Action Gambling Treatment Program with the "Achieving Success One Step at a Time" Award. The Beit T'Shuvah Right Action Gambling Treatment Program is more than just an inpatient and intensive outpatient gambling treatment program. It's a holistic therapeutic community that treats gambling addiction from multiple angles. We follow the disease model, treating compulsive gambling as a serious affliction of the body, mind, soul, and spirit, incurred through unhealthy living over time.

Every aspect of a person's life can be affected by gambling, so our program focuses on taking the first steps toward putting the pieces back together, and restoring manageability to our clients' lives. The integrative recovery model at Beit T'Shuvah's Right Action Gambling Treatment Program is committed to treating the whole individual and affected families.

The Profile of a Compulsive Gambler

Pathological gambling has recently been reclassified as a Substance-Related and Addictive Disorder in the new fifth edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM-V), and renamed Gambling Disorder.

What cannot be debated, however, is that late-stage compulsive gamblers seeking treatment are often in dire, hopeless situations. They're at a tipping point in their lives, when they either seek help, or find themselves suffering serious legal consequences, or even death. In fact, the suicide rate for gamblers is twice the suicide rate for drug addicts and alcoholics.

Research, education and treatment of compulsive gambling are only in the infancy. As part of its life-saving mission, Beit T'Shuvah is committed to leadership in the field of compulsive gambling, treatment and recovery.

Clinical

Our trained CalGETS clinical team emphasizes intensive individual therapies in addition to a number of options of group programming. At Beit T'Shuvah we have constructed an individualized program tailored to each individual consisting of one on one therapy, spiritual and counseling sessions, 17 weekly groups in addition to 50-75 additional groups throughout the weekly treatment schedule.

Alternative Sentencing

The Alternative Sentencing department assists clients and prospective clients with legal issues. The department conducts in-custody interviews and assessments to determine program eligibility. As needed, the department will advocate in the criminal justice system for alternatives to incarceration.

Therapeutic Treatment

16 hours of gambling-specific groups per week, Individual Therapy, Cognitive Behavioral Therapy, Dialectical Behavior Therapy, Mindfulness Based Relapse Prevention, Somatic Therapy, Eye Movement Desensitization and Reprocessing, and Motivational Therapy.

Mind & Body Program

People are comprised of body, mind and spirit and each individual is unique. The program provides a comprehensive range of treatments, services and activities to restore our clients who have been affected by addiction. Clients learn to live healthy, manage stress and achieve their potential. They are given opportunities to recover their passion and unleash their own healing power. Mind-Body programming includes yoga, meditation, Pilates, martial arts, wilderness activities, fitness and training, team sports, surf therapy, chiropractic, acupuncture, therapeutic horticulture and equine-assisted therapy.

Services Offered:

Financial Repair

Individual sessions with a financial planner, aiding the gambler in clearing their negative credit history, learning to budget within the confines of earned income and addressing the anxiety and shame of the gambler's financial wreckage and building the framework toward a healthy relationship with money.

Career Counseling

Staffed by four counselors to help clients find passion and purpose in recovery through an assessment process directed towards gainful employment, educational/vocational training, resume preparation, interviewing skills, and assistance with applying for schools and financial aid.

Spiritual

Though not scientifically understood, the phenomena of having a "spiritual awakening" can be a powerful force in relapse prevention and improving clients' general quality of life after leaving treatment. To nurture our clients' spirituality, we hold weekly individual spiritual counseling, group study of spiritual texts and teachings, and 12-steps support: Gamblers Anonymous (GA), Criminals and Gangsters Anonymous (CGA), and Alcoholics Anonymous (AA).

Wellness

As with any addiction, physical and spiritual wellness can help reduce the onset of cravings, and greatly reduce the rate of relapse, and can be especially helpful in early recovery. We provide meditation, acupuncture, physical fitness, yoga, surf therapy, chess club, pilates, and nutrition classes to all of our clients.

Arts

Beit T'Shuvah prides itself in being one of the first treatment programs to utilize the power of creativity. To rekindle our clients' creative pursuits, we offer a plethora of options: a music department that includes a recording studio, drama group, Theatre junkies group, art therapy, and a creative writing workshop.

Family Education

A six-week program for the family of the addict (not the gambler) that begins with psychological education related to the etiology of the gambling pathology and the roles all members of the family play in this system. The group morphs into a support and process group as the individuals make trusting attachments to each other.

Intergenerational Family Process/Support

At this point, we reunite the family into a safe and supportive environment with other affected families. This 90 minute weekly group is facilitated by two MFT/MSW's that specialize in working with compulsive gamblers and their families. In the group alliance, recognition and modeling is produced by the interaction.

Individual Family & Couples Counseling

Gambling addiction can leave a wake of destruction in all aspects of a person's life, but its toll on the family unit can be particularly severe. As specific issues are uncovered during treatment, families and couples begin to work through them in individual therapeutic sessions.

If you or a loved one needs help, please contact us:

Yael Landa M.A., Gambling Treatment Program Director
310-204-5200 x 223 | ylanda@beittshuvah.org

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