

Problem Gambling and Technology Use Treatment Groups

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Problem Gambling and Technology Use Treatment Service at the Centre for Addiction and Mental Health (CAMH)

CAMH offers services to people affected by problem gambling or technology use.

Problem gambling – when you have difficulty putting limits on time or money spent betting on activities or events based largely on chance.

Problem technology use – when using technology, such as gaming or social media, becomes excessive and leads to negative impacts in your life.

All clients will be matched with a primary therapist from the start of involvement with the service.

Please contact your current therapist if you have questions about any of the groups in this brochure.

Treatment Groups

GROUPS FOR ADULTS

Phase 1 Treatment for Gambling or Technology Use

Dates: Tuesdays from 6 – 7:30 p.m. **OR** Thursdays from 10:30 a.m. – 12 p.m.

Length: 4-6 sessions

This group offers support, information and a chance to deal with some of the initial issues around behaviour change. The group provides a chance to meet others and helps with stabilizing and getting ready for the next phase of treatment. Topics include gambling, odds, self-exclusion, technology, goal-choice issues, finding and maintaining motivation and early coping strategies.

Phase 2 Treatment – Skills for Change

Dates: Tuesdays from 5:30 – 7:30 p.m. **OR** Thursdays from 10 a.m. – 12 p.m.

Length: 8 sessions

This **Skills for Change** group offers a step-by-step approach to making changes in gambling behaviour, methods for dealing with issues created by problem gambling and support from others on the same journey. Topics include motivation and goal-setting; identifying triggers and urges to gamble; coping with triggers; handling difficult emotions; attitudes towards money; communication; and relapse prevention.

Phase 3 Maintenance – Moving Forward

Date: Tuesdays from 5:30 – 7:00 p.m. **OR** Thursdays from 10:30 a.m. – 12 p.m.

Length: Up to 24 sessions

This weekly group offers up to **6 additional months** for participants who have completed **Phase 2 Skills for Change** to discuss and share life challenges and coping strategies. This group will provide support from peers and the facilitator in continued gambling recovery as well as help with identifying next steps, resources and benefits of change.

GROUPS FOR ADULTS (CONTINUED)

Technology Use: Skills Group

Date: TBA

Length: 8 sessions

This group is currently being redesigned and is on-hold until further notice. Adult Technology Users currently attend the Phase I Group for Gambling and Technology Users.

Mindfulness Awareness and Relapse Prevention Group

Date: Thursdays from 5:30 – 7:30 p.m.

Length: 8 sessions

This group is offered several times per year and is open to everyone who has been part of treatment group(s) within our service. You and your therapist should discuss if this group may be right for you. The **Mindfulness Awareness Group** offers an opportunity to learn and practice mindful awareness in a group setting to enhance coping skills, such as impulse control and emotion regulation. It will also help you develop mindfulness skills in coping with challenging issues.

GROUPS FOR PARENTS & FAMILY

Family Support and Education Group: Gambling

Date: Tuesdays from 5:30 – 7:30 p.m.

Length: 4 sessions

This closed group is offered to adult family members (e.g., partners, siblings, adult children) 4 times per year. An initial meeting with a therapist at the clinic is required. The group offers an opportunity to connect with others in similar situations and discuss the impact that gambling problems has on everyday life. Topics include information about problem gambling and its effects on the person and their family; communication strategies; effective boundaries or limits; and self-care.

GROUPS FOR PARENTS & FAMILY (CONTINUED)

Parent Support and Education Group: Video Gaming and Technology

Date: Wednesdays from 5:30 – 7:30 p.m.

Length: 8 sessions

This group is offered for parents of young adults aged 16 to 24 dealing with excessive video gaming and technology use. This group offers an opportunity to get support from parents in similar situations as well as to build skills and learn new coping strategies. Topics that will be covered include impacts of internet use and gaming; communication and relationship building; and setting clear limits and boundaries.

GROUPS FOR YOUTH & YOUNG ADULTS

Youth First Contact: (Technology Use)

Date: Wednesdays from 5 – 7 p.m.

Length: 4 sessions

This group is offered for youth ages 16 to 24 who are concerned with their technology use (gaming, social media and web surfing). This group offers support and understanding from others on the same journey, a chance to deal with some of the initial issues around behaviour change and an opportunity to meet other group members and share helpful strategies. Topics include ways to increase motivation, early coping strategies, goal setting and more.

Youth Skills Group

Date: Wednesdays from 5 – 7 p.m.

Length: 8 sessions

This group is offered for youth (ages 16 to 24) with technology use concerns, following completion of **First Contact**. It is an opportunity to connect with others and develop new skills. Setting new goals, coping with difficult emotions, enhancing social skills and exploring a range of leisure activities are examples of the topics covered.

To Book an Assessment

Please call Access CAMH at **(416) 535-8501 (select option 2)**. Family members and friends may also contact this number if they are concerned about a loved one's gambling or technology use.

Hours of Problem Gambling and Technology Service

Monday to Friday: 9 a.m. to 5 p.m.

Extended hours until 8 p.m. on Tuesday evening

Location

Centre for Addiction and Mental Health
60 White Squirrel Way, 3rd floor,
Toronto, Ontario M6J 1H4

My Journey Details

My Clinician's Name:

My Clinician's Phone Number:

My Group and Start Date:

My Notes:
