

Life in Recovery from Gambling Problems

This survey, believed to be the first of its kind to document many aspects about life in recovery from problem gambling, is being conducted by the Massachusetts Council on Compulsive Gambling in partnership with the Connecticut Council on Problem Gambling, the Council on Compulsive Gambling of New Jersey, Problem Gambling Solutions (Portland, Oregon) and Arnie and Sheila Wexler Associates (Bradley Beach, NJ).

Problem gambling has been studied from a clinical/treatment perspective and a prevention perspective, but little is known about the lives of people in recovery from gambling problems. We are looking to find out how people in recovery from gambling problems think about their recovery, what initiated their recovery, what they have found beneficial in supporting their recovery, what has not been so helpful and what resources might be of assistance if available.

We are hopeful that this information will assist all of those wishing to help people in recovery from a gambling problem to better understand the nature of many pathways to recovery and to better serve and advocate on behalf of problem gamblers. These “helpers” are diverse, but could include: service providers, policy makers, friends and family members of those with problem gambling. It is important to note that this survey is completely anonymous and no personal information divulged will be made public; rather the data will be used more in aggregate with any direct quotes not being attributable to any one person.

Who Should Take the Survey?

Anyone in recovery from gambling problems is encouraged to take this survey. Since we believe there are many pathways to recovery, for the purpose of this survey, we are defining “people in recovery from gambling problems” as including those who once experienced life difficulties because of their gambling and have found a way to resolve or mitigate these difficulties.

Distributing the Survey

Please distribute this survey widely. If possible, please put a banner and link to the survey on your website. We also hope that anyone who receives this survey will forward it to anyone who might be interested in helping out with this important project whether they themselves are in recovery or they know people in recovery from gambling problems and can forward it on to them. Feel free to use this introduction when you distribute the survey.

How to Take the Survey

The survey is available by following this link:

<http://www.masscompulsivegambling.org/recoverysurvey/>

Your answers to this survey are confidential. The data will only be reported in aggregate (as a group).

It should take about 10 minutes to complete and it will be open from May 15, 2014 until September 1, 2014.

Contact Information

If you would like to have more information about the survey, please contact Phil Kopel, Research and Data Director, Massachusetts Council on Compulsive Gambling at Phil@masscompulsivegambling.org