



**FOR IMMEDIATE RELEASE**  
**March 2, 2016**

## **March is Problem Gambling Awareness Month – Have the Conversation!**

COLUMBUS – To many Ohioans, March means basketball playoffs, hockey playoffs, and the start of warm weather sports like golf, tennis, and baseball – and gambling. No sooner is football over than other sports begin, and with many opportunities to gamble in the palms of our hands, nearly three-fourths of adults wager money.

Whether people gamble online, in casinos, on the lottery, or in the church hall, it helps to keep gambling in perspective. Governor John R. Kasich has declared March 2016 as Ohio Problem Gambling Awareness Month to coincide with the national observance.

Ohio's county Alcohol, Drug Addiction and Mental Health (ADAMH) Boards, provider agencies and Ohio for Responsible Gambling (ORG) – the Ohio Casino Control Commission, Ohio Lottery Commission, Ohio Racing Commission and the Ohio Department of Mental Health and Addiction Services – join forces to ensure that gambling remains a fun pastime for those who want to take part, and that quality prevention and treatment services are available for Ohioans with problem gambling behaviors.

Could you or someone you love have a problem with gambling? Consider these behaviors of a problem gambler:

- Frequently borrows money to gamble.
- Gambles to escape boredom, pain or loneliness.
- Lies to loved ones about gambling.
- Tries to win back money lost.
- Has lost interest in other activities.
- Is argumentative and defensive about gambling behavior.
- Has unexplained absences for long periods of time.

The Be the 95% campaign was launched in 2015 to create awareness of problem gambling throughout the state, so that families can understand what responsible gambling looks like, recognize the signs of high-risk gambling and addiction, and know how to get help for loved ones.

In Ohio, 95 percent of adults who gamble do it responsibly. This means that they:

- Set a limit on how much money and time will be spent gambling.
- Spend only what they can afford to lose.
- Know that gambling will not solve money concerns.
- Gamble for fun, not to avoid being depressed or upset.

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Anyone who gambles can develop a problem. Groups at higher levels of risk include seniors, adolescents, college students, athletes, veterans, and racial and ethnic minorities. If untreated, gambling addiction can lead to serious consequences such as health concerns, the destruction of relationships, bankruptcy, divorce, domestic violence, depression and even suicide.

To learn more or get help for yourself or a loved one, visit [www.the95percent.org](http://www.the95percent.org) or call **1-800-589-9966**, the Ohio Problem Gambling Helpline.

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Executive Department

OFFICE OF THE GOVERNOR

*Columbus*

**RESOLUTION**

**WHEREAS**, the State of Ohio and the National Council on Problem Gambling have designated March 2016 as Problem Gambling Awareness Month; and

**WHEREAS**, problem gambling is a public health issue affecting millions of Americans of all ages, races, and ethnic backgrounds; and

**WHEREAS**, problem gambling has a significant societal and economic cost for individuals, families, businesses and communities; and

**WHEREAS**, problem gambling is treatable and treatment is effective in minimizing this harm to both individuals and society as a whole; and

**WHEREAS**, numerous individuals, professionals and organizations have dedicated their efforts to the education of the public about problem gambling and the availability and effectiveness of treatment; and

**WHEREAS**, the State of Ohio, Ohio for Responsible Gambling, and the National Council on Problem Gambling invite all residents of Ohio to participate in Problem Gambling Awareness Month.

**NOW, THEREFORE, WE, John R. Kasich and Mary Taylor, Governor and Lieutenant Governor of the state of Ohio**, do hereby recognize March 2016 as

**PROBLEM GAMBLING  
AWARENESS MONTH**

throughout Ohio and encourage all citizens to support the State of Ohio, Ohio for Responsible Gambling, and the National Council on Problem Gambling in their efforts to “Have the Conversation” with friends, family, patients and clients about gambling addiction.

On this 1<sup>st</sup> day of March 2016;

John R. Kasich  
Governor

Mary Taylor  
Lieutenant Governor

