

## Low-Risk Gambling Guidelines

- Gambler knows that over time, nearly everyone loses.
- Gambling occurs in a social context with family, friends and/or colleagues
- Participation is for a limited amount of time, both in frequency and duration
- Gambling episode has predetermined, acceptable limits for losses
- Gamblers do NOT gamble to solve problems or cope with loneliness, anxiety, depression, or other ailments.

For many, gambling is fun and entertaining. But for others, gambling has caused them to lose things they value most—family, friends, home, jobs, savings, car, business, and other things of importance in their lives.

*Have you ever felt the need to bet more and more money?*

*Have you ever had to lie to people important to you about the extent of your gambling?*

### **There is help!**

- Call any of the offices on the back of the brochure
- Call **1-800-BETS-OFF**
- Visit [www.yourlifeiowa.org](http://www.yourlifeiowa.org)

## Office Locations

### Carroll County

Administrative Office  
23751 Hwy 30 East  
P.O. Box 427  
Carroll, IA 51401



Phone: 712-792-9266  
Fax: 712-792-1457

### Audubon County

109 Tracy Street  
P.O. Box 241  
Audubon, IA 50025



Phone: 712-563-2777  
Fax: 712-563-3017

### Greene County

1401 N Elm, Suite A  
P.O. Box 386  
Jefferson, IA 50129



Phone: 515-386-4795  
Fax: 515-386-3845

### Guthrie County

400 State Street  
P.O. Box 22  
Guthrie Center, IA 50115



Phone: 641-747-3845  
Fax: 641-747-3269

### Sac County

1710 W. Main Street  
P.O. Box 329  
Sac City, IA 50583



Phone: 712-662-7921  
Fax: 712-662-8020



## Problem Gambling Prevention and Treatment Services



*Serving Audubon, Carroll, Greene, Guthrie and Sac Counties*

website: [www.newopp.org](http://www.newopp.org)

## Welcome to New Opportunities, Inc.

New Opportunities, Inc. offers treatment for people experiencing problems or difficulties in their lives as a result of gambling. Gambling Use Disorders can affect anyone, impacting people from all walks of life. If you think you or someone you care about is experiencing some of the signs and symptoms below please contact New Opportunities, Inc.

## Signs and Symptoms

- Spending time away from home for long, unexplained periods of time
- Unable to be trusted with money
- Delays payment on bills
- Excessive unexplained credit card or debit card expenses
- Hiding or being secretive with money
- Increasing bet amounts when gambling in order to achieve the desired excitement (“high”)
- Personality changes (anger, sadness, irritability)
- Lying to cover up or deny gambling activities
- Gambling to recover losses
- Gambling to escape problems
- Borrowing money to gamble or pay gambling debts
- Trying unsuccessfully to control, cut back or stop gambling
- Jeopardizing or losing relationship, jobs, education or career opportunities because of gambling

## Types of Gambling:

- Slots
- Cards
- Racing
- Sports betting
- Fantasy league betting
- Internet
- Bingo
- Raffles
- Office Pools
- Commodities
- Stock Market
- Lottery games (scratch, power ball, hot lotto)



## Prevention Services offered:

New Opportunities offers quality and effective gambling prevention services for people of all ages using comprehensive prevention strategies. Programs target gambling risk and protective factors. The prevention team works with schools, workplaces, organizations and clubs, and other community groups to offer informational sessions.



## Treatment Services offered:

New Opportunities recognizes that a gambling disorder can affect individuals, families and communities. We want to help. New Opportunities offers:

- A free, initial assessment
- Evaluations
- Reduced costs for individual and group therapy
- Recovery Support Services (RSS) to help patients pay for basic necessities (i.e. gas and clothing)
- Assistance with the Self-Exclusion Request

There are a number of ways an individual can take steps to regain control over their gambling. One way is to request Self-Exclusion (barring yourself from the casino). At New Opportunities we can provide counseling and guidance for you in determining if this is the best step for you to address your gambling concerns.

- Financial Counseling

Specially trained counselors can assist patients in addressing their financial needs related to their gambling behaviors, including assessment of a patients’ financial status, establishing a budget/debt payment plan, discussing financial debt options, and creating a money management plan for the future. People needing assistance with more involved situations like bankruptcy and insurmountable debt will be referred for more extensive financial services.

