

The 22nd Annual RGANM Conference on Problem Gambling



Empowering Treatment with New Research Findings

Isleta Resort and Casino
August 9 & 10, 2018

Welcome!

We welcome you to the 22nd annual conference on problem gambling, one of five statewide treatment provider educational activities sponsored this year by the Responsible Gaming Association of New Mexico.

Every year we work as a group to advance the quality of services to problem gamblers and their families across New Mexico. We work to provide treatment providers with cutting edge research on neuroscience, addictions, treatment, and problem gambling resources. Our speakers are recognized experts in the research and treatment of addictions and mental health from all over the world. Our goal is to offer the best conference with the highest quality possible while working to keep the registration fee very low.

The RGANM membership is comprised of representatives from 9 of the 14 Native American Tribes currently operating casinos in New Mexico. This collaborative approach to problem gambling awareness is unique to anywhere else in the nation.

In addition to our annual conference and regional conferences, we provide funding for a number of services to educate and support treatment for those whose gaming becomes a concern including:

- Our website, www.rganm.org, offers information to those for whom gambling may become a problem. We include online advertising to promote the site to gamblers and their families so they can more easily find help.
- Production and television airing of a documentary about problem gambling and treatment, as well as commercials to promote awareness.
- A 24/7 toll-free helpline in New Mexico at 888-696-2440.
- Community presence at health fairs across the state, in our tribal communities and properties where we provide information to help recognize the signs of problem gambling and available resources.
- Annual training for all our membership casino personnel on problem gambling and responsible gaming.
- Funding for treatment and prevention initiatives.

Representatives of the Association attend conferences each year such as the National Council on Problem Gambling (NCPG) conference. We believe it is important that we keep abreast of other states' efforts and best practices in order to provide quality outreach and education. We are proud to be able to provide that same opportunity to you.

We would like to thank you for your attendance and your work with New Mexicans who seek recovery from addiction and mental health services.

Respectfully,



Rebecca Beardsley, RGANM President

On Behalf of the Responsible Gaming Association of New Mexico Representatives

For twenty two years the Responsible Gaming Association (RGANM) provides New Mexico an annual Conference on Problem Gambling - a gathering of experts in the field of research and treatment. This year is an opportunity to learn about advances in research across a variety of meaningful topics from neuroscience, mindfulness, and trending social and behavioral patterns in gambling and its implications for treatment. The conference also focuses on informing therapist well-being as an important catalyst in advancing the work of therapy.

Day One: Using Science to Improve Our Understanding and Treating of Gambling Addiction, Mindfulness, Craving, and Gambling, new research on Mindfulness and the Brain, a cognitive neuroscience approach to investigate the regulation of craving, mindfulness and meditation, and emotion regulation and cognition-emotion interaction more generally, the coming wave of sports betting in the U.S., and the use of Aromatherapy.

Day Two: Patterns of Daily Fantasy Sports Play, Therapist Self-Inquiry: Integrating “The Work” in Self-Care, Effects of Sensory Reward Cues on Risky Decision Making and Arousal, and Mindfulness for Therapist Self-Care and Burnout Prevention.

Join us for another conference experience amongst colleagues and friends from all over New Mexico and the southwest.

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Conference Agenda

Thursday, August 9th, 2018

- 7:00-8:45 Registration & Continental Breakfast
- 8:45-9:00 Welcome and Opening Remarks
- 9:00-10:15 Session I – Keynote: Dr. Jon Grant - Using Science to Improve Treating Gambling Addiction
- 10:15-10:30 Morning Break
- 10:30-12:00 Session II – Hedy Kober PhD - Mindfulness, Craving, and Gambling
- 12:00-1:00 Lunch Provided
- 1:00 - 2:15 Session III – I. Nelson Rose JD – The Coming Wave of Sports Betting 1.5 Ethics CEU
- 2:15-2:30 Afternoon Break
- 2:30-4:15 Session IV – Angela Melton, EEM-CP - Use of Aromatherapy in Treatment 1.5 Ethics CEU

Friday, August 10th, 2018

- 7:30-8:45 Registration & Continental Breakfast
- 8:45-9:00 Welcome and Opening Remarks
- 9:00-10:15 Session V - Sarah Nelson PhD - Patterns of Daily Fantasy Sports Play 1.5 Ethics CEU
- 10:15-10:30 Morning Break
- 10:30-12:00 Session VI–Lara Patroquin, MD – Therapist Self-Inquiry: Integrating “The Work” in Self-Care.
- 12:00-1:00 Lunch Provided
- 1:00-2:15 Session VII – Mariya Cherkasova PhD- Reward Cues and Risky Decision Making
- 2:15-2:30 Afternoon Break
- 2:30-4:15 Session VIII Michelle Duvall - Mindfulness for Therapist Self-Care 1.5 Ethics CEU

Speaker Bios and Session Descriptions

Mariya V. Cherkasova received her PhD in clinical psychology from McGill University, where she studied the dopamine system, cognitive functions and brain morphology in attention deficit hyperactivity disorder. She then worked on a clinical trial of cognitive behavioral therapy in adult ADHD at the McGill University Health Centre, while also maintaining a small private practice focusing on adult ADHD. In 2014, she joined the University of British Columbia as a postdoctoral fellow, where she has been studying the mechanisms of decision making in healthy and clinical groups, such as problem gambling and Parkinson's disease.

Dr. Cherkasova's Session - Reward Cues on Risky Decision Making and Arousal

Problem gambling is thought to arise from interactions of personal vulnerabilities of the payer with the gambling product. Among the highest rates of problem gambling are seen with electronic gambling machines, which feature highly salient audiovisual stimuli. My presentation will focus on the effects of casino-inspired sensory reward features (or cues) on decision making in the lab in healthy volunteers and problem gamblers. It will also address the role of individual differences in sensitivity to reward cues in making people susceptible to the effects of these sensory features.

Michelle DuVal, MA, is the director of The Mindful Center, as well as the leading provider of Mindfulness Training in the Southwest United States, with her ongoing programs appearing in such top organizations as Presbyterian Hospitals, the University of New Mexico, Sandia National Laboratories, the New Mexico Heart Institute, the Albuquerque Public School system, the City of Albuquerque, the Department of Energy, and more.

All of her programs and guided meditations are evidence based, steeped in research, and skillfully interweave the profundity of the practice with the humor of insight every step of the way. Her skill in teaching comes not only from training with some of the top meditation masters in the world, but also from years of learning, practicing, and teaching with her father, Jim DuVal, the founder of The Mindful Center.

Michelle DuVal's Session - Mindfulness for Therapist Self-Care

People who serve others have a strong tendency to put themselves last, especially when it comes to self-care. Issues like weight, sleep, stress and depression run rampant and untended within the therapy community. But how can we serve others in a supported and sustainable way if we ourselves are in need of care? This presentation will address specific ways that the practice of mindfulness meditation can be the empowering solution to bringing self-care back onto our radar, especially when we understand it within the context of sustainability. Learn specific practices that can be easily integrated into your busy daily life with tremendous, evidence-based results.

Jon Grant (Keynote) JD, MD, MPH is a Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago, where he also supervises an outpatient clinic for addictive-impulsive-compulsive disorders. Professor Grant is the author of ten books on impulsive and compulsive behaviors and over 300 peer-reviewed scientific articles. He is the Director of a research lab on addictive, compulsive and compulsive disorders. Dr. Grant is Editor in Chief of the Journal of Gambling Studies.

Dr. Grant's Session - Using Science to Improve Treating Gambling Addiction

This presentation will introduce the latest findings in neuroscience research in the field of addictions. The talk will discuss how these findings are being used to improve and develop treatments for gambling addiction.

Hedy Kober received her Ph.D. in Psychology with a focus on Cognitive and Affective Neuroscience from Columbia University in 2009. She is an associate professor of Psychiatry and Psychology at Yale University with additional appointments in the Neuroscience and Cognitive Neuroscience programs. She uses a cognitive neuroscience approach (e.g., fMRI) to investigate the regulation of craving, mindfulness and meditation, and emotion regulation and cognition-emotion interaction more generally.

Dr. Kober's Session - Mindfulness, Craving, and Gambling

I will describe the important of craving states in drug use and gambling, describe their neural correlates, and behavioral, clinical, and neuroimaging work on the regulation of craving. Then, I will discuss the application of mindfulness and mindfulness-based interventions to reduce craving and substance use, and apply relevant insights to the study of gambling. The presentation will also include an experiential component on the practice of mindfulness.

Sarah Nelson, PhD is the Associate Director for Research at the Division on Addiction, Cambridge Health Alliance, and an Assistant Professor of Psychiatry at Harvard Medical School. At the Division, Dr. Nelson is pursuing four major

lines of research: (1) studying the etiology of addiction, investigating the individual trajectories of people who develop problems with addiction and developing predictive models of that development, (2) evaluating voluntary gambling interventions, such as self-exclusion, and their relationship with more formal treatment-seeking behaviors, (3) determining the needs of Native youth and their communities around addiction and recovery, and (4) investigating the relationship between DUI offense, psychiatric comorbidity, and other psychosocial factors. Dr. Nelson has collaborated on studies of gambling involvement, the effects of exposure on gambling, gambling self-exclusion and self-limitation programs, and internet gamblers, developing predictive models based on early play patterns to detect subscribers who are at risk for gambling problems. Recently, Dr. Nelson and others at the Division on Addiction have extended that work to examine the actual play patterns of subscribers to a daily fantasy sports provider.

Dr. Nelson's Session - Patterns of Daily Fantasy Sports Play – Tackling the Issues

The current presentation reviews the emerging literature on daily fantasy sports play and its relation to gaming-related problems, with a focus on what we do and don't know about how daily fantasy sports play might relate to different forms of gambling and gambling-related problems. This review culminates with a description of recent work examining the actual play patterns of subscribers to a large daily fantasy sports provider. This work has important implications for serving the needs of treatment seekers who might not manifest typical expressions of addiction.

Angela Melton, EEM-CP is an essential oils expert who travels across the country educating professionals on the efficacy of aromatherapy for their clients and customers. She has presented CEU seminars for mental health professionals, doctors, judges, and attorneys while running a home healthcare agency in New Mexico. She now has her natural practice and enjoys educating people on how they can empower the healer within us all. Jayne Carpenter LPCC will be assisting Angela in the demonstration and co-presenting of aromatherapy.

Angela Melton's Session – Use of Aromatherapy in Treatment

Studies have shown that aromatherapy can have a significant effect on mood management and emotional well-being. For this reason, there are many essential oils that can assist with recovery from destructive life patterns. Join us to experience the power of these essential oils for yourself and learn how aromas impact mental health by affecting mood, help control cravings, and support positive change and mental health.

Lara Patriquin is a physician, speaker, and teacher of mindfulness meditation and of Transformative Inquiry in Albuquerque, New Mexico. Her personal quest for well-being is informed by her medical studies on the brain and on the nature of thought. Inspired by her scientific knowledge and extensive contemplative practice, Lara's clients are able to access a more creative, successful and inspired version of themselves.

Dr. Patriquin obtained her medical degree and undergraduate degree at McGill University in Montreal, Canada, then trained in radiology at Boston University and Harvard Medical School. Her contemplative studies are informed by the works of Byron Katie, Jon Kabat-Zinn, Dan Siegel and Rick Hanson.

Dr. Patriquin's Session - Self-Inquiry: Integrating “The Work” in Self-Care

Provider burnout is one of the most pressing issues in the field of mental health. Questioning unexamined thoughts around clients and other sources of job stress is an empowering way of improving provider well-being. The Work of Byron Katie is an efficient and reliable way to see beyond limiting assumptions and allows providers to show up more powerfully for their clients. In this presentation, Dr. Patriquin will explain and engage the providers in this powerful practice.

I. Nelson Rose, JD is an international scholar, writer and public speaker. A Harvard Law School graduate, he is professor emeritus at Whittier College and a visiting professor at the University of Macau. He is best known for his columns and his landmark 1986 book: *Gambling and the Law*.

Professor Rose incorporated the California Council on problem gambling in 1986, served on the Arizona Office of Problem Gambling Advisory Board, and is now on the California Task Force on Problem Gambling. He is co-author of *Gaming Law: Cases and Materials*; *Gaming Law in A Nutshell* (1st Edition and recently published a 2nd edition) and *Internet Gaming Law* (1st and 2nd editions). Professor Rose has testified as an expert witness and acted as a consultant to governments and industry in North America, Asia and in Europe. His website is www.gamblingandthelaw.com.

Dr. Rose's Session - The Coming Wave of Sports Betting

In his 1986 book, *Gambling and the Law*, Professor Rose correctly predicted the explosive proliferation of legal gambling across the Nation. He will now tell us what the U.S. Supreme Court's decision in the New Jersey sports betting case means for the spread of wagering on sports events and related activities, including daily fantasy sports. In this entertaining talk he will take us into the future, to show us how technology is creating a new generation of problem gamblers.

Conference CEU Instruction Sheet

Thank you for your participation in the Responsible Gaming Association of New Mexico's 22nd Annual Problem Gambling Conference:

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In order to receive your Continuing Education Units Certificate, you must complete a Conference Evaluation on-line using Survey Monkey.

It's simple:

Upon closing of the conference, go to this link to complete the Evaluation Form:
<https://www.surveymonkey.com/r/RGANM22>

Please complete the Evaluation Form for the sessions you attended. Note that there are a few ethics questions on the survey that correspond to sessions that count for ethics CEU's. There are no "right" answers to these ethical questions so don't stress. But you must answer them to the best of your ability.

Though we are usually quick at getting your certificate to you, please allow 5 business days after your completion of Survey Monkey to receive your CEU Certificate.

*You can also go up to the Evolution Group table during the conference and sign up to have the Survey Monkey link emailed to you.

We value your evaluation feedback and use it to plan future conferences.

Please note that the survey will not be available until after the conference.

If you have any questions or are having problems connecting to Survey Monkey, or problems getting or printing your certificate, please feel free to contact:

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