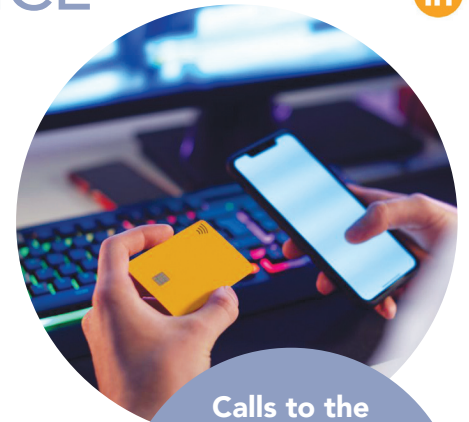


Legalized online betting has made it significantly easier for anyone to gamble on their mobile device...anytime, day or night. Gone are the days of driving to the casino or the track in order to place a bet. Since October of 2021, CT residents have a whole new world of gambling available at their fingertips.



Calls to the CT Gambling Hotline has had a 203% increase since the launch of online gambling

At CT Renaissance, we have seen a significant uptick of referrals from men and women who are struggling with a gambling problem that has affected their relationships, their mental health or their jobs. There are some similarities between gambling addictions and an addiction to alcohol or drugs. Just as one who has a drug or alcohol addiction needs more and more of a substance to feel the same high, someone with a gambling addiction needs to increase their betting or "chase their losses" in order to get the same high.

Brian is a patient at our Bettor's Choice Program who reported needing to "feed his high" by consistently increasing his sports betting stating **"\$100 bets are no longer giving me a rush"**. Considering himself a competitive person having played sports in high school and college, he thought he knew more than most in terms of sports and that this knowledge would translate to successful betting. A shy person with low self-esteem, Brian struggled with confidence but, he felt like a winner when he had a win. He felt an excitement and a thrill that he didn't experience in his marriage, his friendships or his job. Eventually, he began to spend more time and more money chasing his "high" but, this led to frequent arguments with his wife and missing days and poor performance at his job.

About two years ago, he admitted that his gambling became a more serious problem and, more recently, his wife of seven months insisted that he seek out help for it. **While in therapy at CT Renaissance, Brian acknowledged that he was in considerable debt and that both his marriage and his job were at risk.** He admitted that he been hospitalized after a recent significant gambling loss that left him feeling suicidal. He felt that he failed his wife, wasn't a good friend and lost contact with his family. He thought they would all be better off without him. He had hit rock bottom.

While in treatment at our Bettor's Choice Program, Brian has explored his addiction in individual therapy. He is focusing on the anxiety he has lived with for many years but, masked with gambling. He is getting to the root of his addiction. He has begun to repair his relationship with his wife in marital therapy. He also talks with our Peer Counselor in the Gambling Program and states, "he can really relate to me and the rush you feel while gambling but, he also experienced all of the fallout that I am now facing...**so good to connect to someone who has been in my situation.**"

During this holiday season, please consider a gift to CT Renaissance to support the Bettor's Choice Program and all of our services that help people to recover from addiction, improve their mental health and Reclaim their Lives!

Sincerely,

Kathleen Deschenes, CEO

RECLAIM
your
LIFE