



Evaluation of the Manitoba Gambling Residential Rehabilitation Program



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Introduction

The Parkwood Gambling Rehabilitation program is a 14 day residential treatment facility located in Brandon Manitoba. The program, funded by Manitoba Lotteries and operated by the Addictions Foundation of Manitoba has seen over 200 clients since opening its doors in late 2002.

Short-term Goals

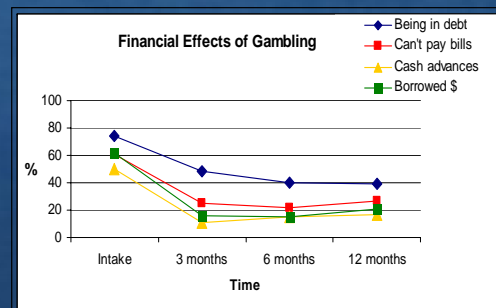
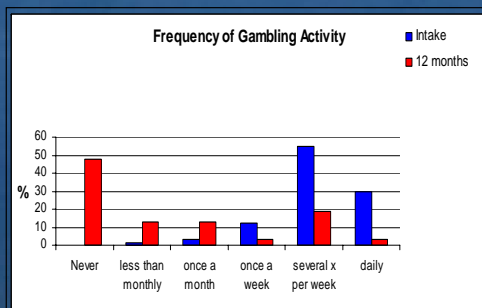
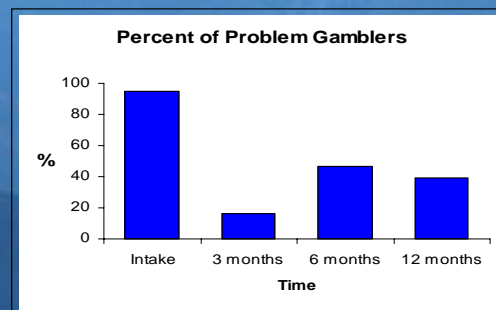
- Increase life skill capacity
- Increase knowledge of relapse prevention
- Develop financial strategies
- Develop ongoing recovery plan
- Increase knowledge about gambling
- Increase knowledge about mental health
- Increase knowledge about gambling and the family
- Increase knowledge of community supports

Long-term Goals

- Reduce problem gambling
- Reduce financial losses
- Reduce mental health problems
- Reduce work-related problems
- Reduce legal problems

To date 202 individuals (45% female, 55% male) have completed the program.

Follow-up Results



In their own words...

"I have learned more about my emotional state and how it links with the urge/compulsion to gamble. Understanding myself and getting to know myself allows me to recognize and prepare myself for triggers."

"The residential program has given me much more insight and help to determine courses of actions I may use to help me recover from problem gambling. The ability to look at myself and honestly assess my feelings and the cause of my reactions"

"My priorities for structuring my days are clearer; I now have a recovery plan and the confidence to deal with my financial issues"

Methodology

Researchers have been contacting clients at 3, 6, and 12 months to evaluate the program. Clients are contacted by telephone and asked to complete a survey examining:

- current levels of involvement
- problem gambling severity
- mental health issues
- criminal activity
- use of community resources
- qualitative program feedback

Future Considerations

- 1) It would be advantageous to employ more rigorous follow-up methods such as obtaining information through AFM counselors or collaterals
- 2) To include a brief standardized mental health screener in the follow-up survey
- 3) Support future research that distinguishes between those who do not seek treatment for their problem gambling, those that do seek treatment but do not change and those that do seek treatment and change their gambling behavior
- 4) Support future research looking into specific components of gambling treatment programs that are related to successful outcomes