

Behavior Management Systems offers *support and hope for problem gamblers*

“Addiction to gambling is often misunderstood and always devastating”, said Rosee Hansen who is a gambling addiction specialist at Behavior Management Systems. Both men and women who are compulsive gamblers eventually face debt collectors, and their insatiable appetite to win, leads them to acts that they had thought previously unthinkable.

As much as 20% of people who seek treatment for compulsive gambling will commit suicide, according to a 1999 report by the National Gambling Impact Study Commission.

This is a serious and destructive problem.

Gambling addiction is sometimes referred to as the “hidden illness” because there are no obvious physical signs or symptoms like there are in drug or alcohol addiction. Problem gamblers typically deny or minimize the problem. They also go to great lengths to hide their gambling. For example, problem gamblers often withdraw from their loved ones, sneak around, and lie about where they’ve been and what they’ve been up to.

Understanding gambling addiction and problem gambling

According to Helpguide.org, gambling addiction, also known as compulsive gambling, is a type of impulse-control disorder. Compulsive gamblers can’t control the impulse to gamble, even when they know their gambling is hurting themselves or their loved ones. Gambling is all they can think about and all they want to do, no matter the consequences. Compulsive gamblers keep gambling whether they’re up or down, broke or flush, happy or depressed. Even when they know the odds are against them, even when they can’t afford to lose, people with a gambling addiction can’t “stay off the bet.”

Gamblers can have a problem, however, without being totally out of control. Problem gambling is any gambling behavior that disrupts your life. If you’re preoccupied with gambling, spending more and more time and money on it, chasing losses, or gambling despite serious consequences, you have a gambling problem.

Problem gambling can strain your relationships; interfere with responsibilities at home and work, and lead to financial catastrophe. You may even do things you never thought you would, like stealing to get money to gamble or take money meant for your children. You may think you can’t stop, but problem gambling and gambling addiction are treatable. If you’re ready to admit you have a problem and seek help, you can overcome your gambling problem and regain control of your life.

Behavior Management Systems has been providing treatment for compulsive gamblers since 1990 in Spearfish and Rapid City. According to figures from the National Council on Problem Gambling, South Dakota has 20,399 problem gamblers. Statewide, South Dakota has 9 accredited organizations that provide compulsive gambling treatment. Behavior Management Systems is the only treatment provider for compulsive gamblers west of Pierre, SD. In 2009 Behavior Management Systems treated 62 people with problem and compulsive gambling.

News from the CEO by Alan Solano



Al An sol ANo, Ceo

In July we had the great honor of remembering Jack Cannon with a golf tournament. Thanks to all of you who were involved either as a sponsor or a player. Jack represents one of the many friends we have at Behavior Management Systems. These friends are people who serve selflessly to make the world a better place and so ably assist Behavior Management Systems in *building positive change*. In May, we honored some of those friends with our Community Service Awards, but there are countless others doing their part every day to make this world a better place. I can not thank enough, our Board of Directors, staff and the vast community support that has enabled us to touch over 10,000 lives during this past year.

Our feature story addresses Gambling and the effects that can occur from problem gambling. Unfortunately the need for gambling services is on the rise but as the article points out there is hope!

And lastly, you will notice the save the date reminder for our Festival of Trees. I realize that our community is asked to donate to thousands of requests by the numerous not-for-profits existing in our area. Your generosity is overwhelming and provides the funds for all of us to continue to

assist in *building positive change*. With the growing demand for services we have seen in the past two years, it has been increasingly difficult to meet that demand with current resources. Going into summer we had over 80 children on waiting lists for services. We have added staff and have been able to reduce the waiting time by more than half, but did so without dedicated funding for those positions. Your support is critical and greatly appreciated. You each deserve a Community Service Award for your continuing support. Thank you sincerely!

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Sherri Thompson, Terry Murray, Jim Ruhe of Behavior Management Systems, Tammy Ahrens Beauchamp of Early Childhood Connections, Susan Lorenzen and Alan Solano, Behavior Management Systems.



From left to right, Lesley Dzintars and Randy Allen of BMS, Judi Koscak, A-Plus Payee, Margo Williamson, BMS and Alan Solano, CEO of Behavior Management Systems.



In honor of May is Mental Health Month, Behavior Management Systems recognizes members in our community who assist us in building positive change. These honorees consistently do more than is expected to assist our consumers in making their lives more livable.

This year, **Tammy Arens-Beauchamp** of Early Childhood Connections was awarded the Youth Service Award by the Family Pathways Division of Behavior Management Systems in Rapid City for her commitment and dedication to early childhood interventions. **Judi Koscak** of A-Plus Payee Service was recognized by the Mainstream Division, a program for adults with long term mental illness, for her commitment and compassion in working with the consumers of Behavior Management Systems. **Mary Lesselyoung**, Senior Vocational Rehabilitation Counselor, was recognized for her commitment as an advocate for clients in attaining their vocational goals.

The Family Pathways division in Hot Springs recognized **Marnee White Wolf**, principal of the Wounded Knee District School System for her dedication and commitment to the children of Wounded Knee. The CARE Division recognized **Laurie Morgan** of the Department of Social Services in Hot Springs for her commitment and compassion for consumers in the Southern Hills.

Northern Hills recognized the **Belle Fourche School System** and **Terry Winegar**, Principal of the Custer Middle School for their commitment to the care and concern for children.



Photo on Left:
Staff of Behavior Management Systems in the Southern Hills present their Community Service Award to Laurie Morgan.

Photo on Right:
Staff of Behavior Management Systems in the Northern Hills present their Community Service Award to members of the Belle Fourche School System.

Behavior Management SYSTEMS

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Northern Hills	623 Dahl Road • Spearfish, SD 57783	605.642.2777
Southern Hills	Canyon View Circle #3 • Hot Springs, SD 57747	605.745.6222

BEHAVIOR MANAGEMENT SYSTEMS OFFERS GROUPS ADDRESSING A VARIETY OF TOPICS.

If you are interested in receiving the newsletter or information concerning groups offered, simply send an email to mskillman@behaviormanagement.org with the word newsletter and/or whatever groups you would like notification of in the subject line. Your email address will not be shared with any other organization or individual and you will receive only the information you request.

Couples Workshop: A four session educational workshop for couples. Ongoing, please call 343-7262 for more information. Presented by Bob Holmes. Next session starts in October.

Thinking for a Change: This group is geared for adolescents involved in the Department of Corrections. Facilitated by Dallas Caylor in conjunction with DOC staff.

Anger Management for Adults: An eight week therapy/educational group for adults. Ongoing, please call 343-7262 for more information. Presented by Bob Holmes. Session begins in September.

Anger Management for Teens 13-17: This group for teens includes the basics on managing aggressive behavior and conflict resolution. Presented by Allison Albrecht at the 350 Elk Street Office in Rapid City. Call 343-7262. Begins August 16th.

Domestic Abuse Program for Men: An on-going 15 week educational/therapy group for men with violent, intimidating, controlling and abusive behaviors. Ongoing, please call 343-7262 for more information. Presented by Bob Holmes.

Personal Best: A ten week therapy/educational group for teens ages 14 to 18. This group assists teens in making good choices and decisions; they focus on the decision making process, teaching judgment and moral reasoning skills, thinking errors and managing stress and anger. Ongoing, please call 343-7262 for more information. Presented by Mike Sprung.

Corrective Thinking: An ongoing group for youths 9 -12 and 13 - 18. This group identifies the 5 basic thinking errors and the deterrents to thinking errors. It identifies the 4 characteristics that are essential for change, and the impact on family and friends and the community. Ongoing, please call 343-7262 for more information. Presented by Nancy Middleton.

Women's Group: An educational/therapy group for adult women wanting to take more responsibility for integrating body, mind, emotions and spirit to discover meaning and purpose in life. Ongoing, please call 343-7262 for more information. Presented by Deanna Pfeifle.

Understanding FASD (Fetal Alcohol Spectrum Disorder) for Parents and Children: This 6 week group is designed for FASD children ages 5 through 11 and their foster, birth or adoptive parents.

Keepin' It Cool: This group is designed for boys 6-8 who find managing their anger a challenge. There will be two groups offered, one at the Club for Boys and one at Stagebarn/Piedmont Elementary School. Both begin in September.

Adolescent Anger Management /Corrective Thinking (Northern Hills): This eight week course will begin in mid March. Conducted by Susan Terveen, please contact our Spearfish Office at 642-2777 to enroll. Session begins in June.



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