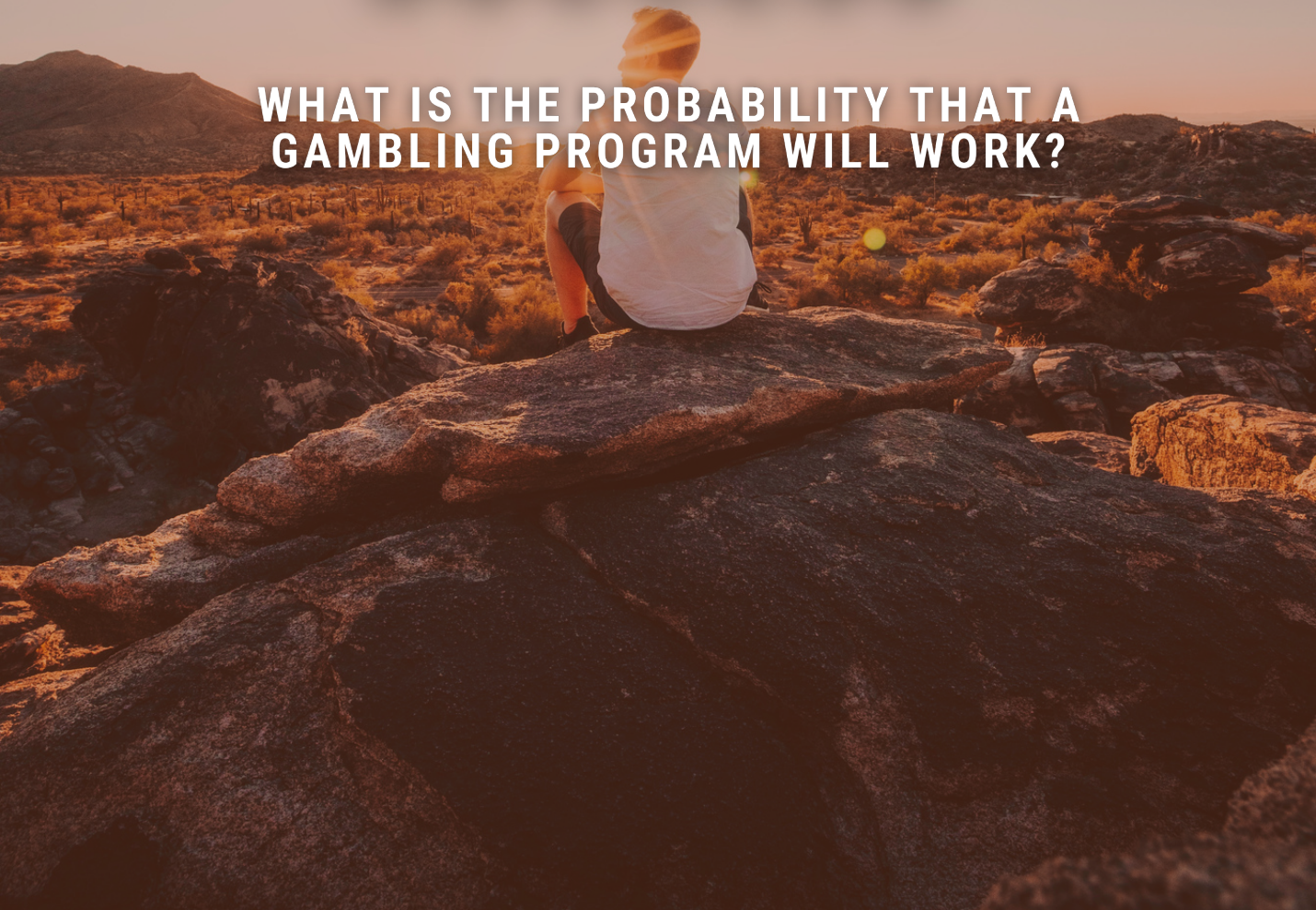




THE ODDS OF SUCCESS

WHAT IS THE PROBABILITY THAT A
GAMBLING PROGRAM WILL WORK?



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INTRODUCTION

If you are considering investing both your time and money into a gambling recovery program, wouldn't it be wise to first make sure it will work? What are the odds of success?

As a top rated gambling addiction treatment facility, Algamus Gambling Treatment Services has a 64%-67% success rate of helping clients abstain from gambling behaviors for a full year after program completion. That means there's a very good chance that our program can help you or a loved one, too. What stands in the way? You have decide that you're playing to win. And the prize is your freedom and life back.

In this eBook, we'll look at how the game of gambling addiction recovery is played. We'll review where the game is played, what it takes to play successfully, how to increase your odds of winning, and what "winning" looks like. Most importantly, we'll explore how Algamus puts those odds in your favor and helps you take luck out of the equation and take control of your own life again.



Dispelling the Myths of Recovery Centers

First things first, let's get comfortable with the idea of a recovery center like Algamus.

Many individuals are hesitant to enter a recovery center because they have heard or believe in many myths surrounding these facilities. It's unfortunate that misinformation often keeps people from getting the help they need.

We're here to help dispel some of those myths and help you feel good about your decision to attend a recovery center

Here are some of the myths that may discourage addicts from seeking treatment at a recovery center and the truths behind them.

Myth 1. You Have to Hit Rock Bottom First

You don't have to ruin your life completely before seeking help. In fact, getting help at an addiction recovery center sooner than later is ideal so you can prevent hitting rock bottom and causing yourself or others real harm. It will also be easier to recover the sooner you receive help.

Myth 2. You Have to Quit Cold Turkey

Recovery centers are about more than just detoxing. While access to gambling or other addictions will certainly be restricted at a recovery center, the real goal is to offer therapy and tools for clients to learn how to control their compulsive behaviors themselves and heal from the effects of the addiction.

Myth 3. Treatment is Expensive

Recovery and treatment centers can be quite affordable. Many programs such as Algamus accept insurance to cover addiction recovery services.

Myth 4. Recovery Centers Are Full of Other Types of Addicts

Algamus has a low staff-to-patient ratio, plenty of privacy for patients, and does not intermingle gambling disorder clients with drug addicts or alcoholics. Most clients find the support groups and new friends they meet at a center helpful in their journey to recovery.





The Factors of Success

Not all addiction recovery centers are equal. There are many factors that contribute to the success of a center and its treatment program that you should consider before entering one. If you're serious about increasing your chances of beating gambling addiction, consider the following factors when seeking treatment.

Accreditation, Licensing, and Certifications

Reputable recovery centers are accredited through the Joint Commission on Accreditation of Healthcare Organizations and should be able to show you their certifications and state license.

Additionally, the facility should employ addiction treatment professionals such as an ICGC-II (International Certified Gambling Counselor), LADC (Licensed Alcohol and Drug Counselor), LPC (Licensed Professional Counselor), CAC (Certified Addictions Counselor) or CCDP (Certified Co-occurring Disorders Counselor).



Years of Experience

Generally, the longer a center has been operating, the better. Not that a newer facility can't have experienced professionals, but a long-running program has likely proven its success just by existing as long as it has. With over 30 years in business, Algamus is the oldest gambling treatment program in the country.

Use of Evidence-based Practices

There's a right way and a wrong way to play every game. Successful recovery centers use only proven, evidence-based treatment programs and methods. A good recovery center will give you information about what methods they use so you can do your own research into the science behind them.

Treatment Success Rates

A good recovery center has high success rates and will openly share its numbers and other indicators of success to let prospective clients know that they have a good chance of receiving the help they need.



Defining Success in the World of Gambling Addiction

Success can mean different things to different people. Generally, it means accomplishing a goal, whether that's meeting a milestone, fixing a problem, or completing an entire process

With addiction, there is no real “cure” or point when you can say you no longer have a problem. Instead, addicts can learn to successfully manage their compulsions and behaviors long-term and keep their addiction from controlling their lives. This is an ongoing process with many steps, and completing each step can be considered a “success.”

It's also important to note that these steps can be very personal, so each individual will have their own successes as they navigate and overcome their unique struggles

For individuals struggling with gambling addiction, successes may be everything from paying off gambling debts, saying no to opportunities to gamble, forgiving yourself for your mistakes.

At Algamus, a common goal clients are asked to work towards is the successful completion of the Algamus residential program (as clinically determined by the Algamus clinical staff), and adherence to the individualized aftercare plan followed by one year of continuous abstinence/recovery from all gambling.

This may seem like a daunting task, but remember that the residential program will give you the tools, education, and support you need to follow through and accomplish this goal successfully with the right amount of commitment and work.





Increasing the Odds - Best Recovery Methods

Seeking any profitable outcome may seem like a numbers game. How much do you have to put in to maximize your return? The same could be said for gambling addiction recovery. How much work, energy, time, and funds does it take to get the most winnings, in other words, the most complete recovery? And how can you increase the odds in your favor?

At Algamus, we increase your odds of successful gambling addiction recovery using proven, science-based methods to help you achieve those desirable outcomes. These include somatic release, enneagram, 12-step programs, and cognitive and behavioral therapy

Somatic Release Therapy

Somatic release therapy, or somatic experiencing, focuses on relieving the pain of addiction by focusing on perceived body sensations. You learn to be aware of the mindbody relationship and to process the physical symptoms of addiction in a healthy way through mindful breathing and grounding exercises. This helps you gain control over your addiction and release the stress from managing your behaviors.

Enneagram

The Enneagram is a psychology tool that defines nine different personality types. It can help gambling addicts and their counselors determine how to approach addiction on an individual basis by understanding the patient's specific psychology.

Among its benefits, the Enneagram allows counselors and patients to identify problems that may have arisen from childhood, address problems the patient may be susceptible to in the future, and name prevalent underlying fears that impact the patient's specific personality type

All of this personalized understanding provides additional insight into the nature of a person's addiction and can help identify triggers or factors that put the patient at risk of regression. Knowing these details gives an gambling addict and their counselors the ability to make plans for overcoming any setbacks in their addiction recovery journey.

12-Step Programs

Twelve-step programs are the standard model for addiction recovery programs, and with good reason. They establish a map of sorts for recovering addicts to follow along their recovery journey while remaining adaptable for different groups and addictions. The 12 steps can be completed over any length of time, and steps can be revisited multiple times as participants continue the recovery process.

While each addiction recovery program may use its own language to define each step, here are the traditional 12 steps of addiction recovery:

1. Admitting to being powerless over addiction
2. Accepting a power greater than oneself
3. Agreeing to turn life over to the higher power
4. Taking a moral inventory of oneself
5. Admitting wrongdoing to God, oneself, and others
6. Being ready for the higher power to remove character defects
7. Asking God to remove shortcomings
8. Listing wrongs and becoming willing to make amends
9. Making direct amends when it is not harmful to do so
10. Continuing to take personal inventory and when wrong, promptly admitting it
11. Praying to improve contact with God and carry out what is right
12. Experiencing a spiritual awakening and carrying the message to others

Cognitive and Behavioral Therapy

Cognitive behavioral therapy (CBT) treats problems by modifying dysfunctional emotions, behaviors, and thoughts. It focuses on solutions and encourages patients to challenge distorted cognitions and change destructive patterns of behavior.

In the addiction recovery context, CBT is used to teach recovering addicts how to find connections between their thoughts, feelings, and actions and to recognize that harmful actions and emotions are not logical or rational. It can also be used to treat mental health disorders that may be a cause of compulsive behaviors.

When a patient understands why they feel or act in a certain way and how those feelings and actions feed their addiction, they are better equipped to overcome the addiction and any underlying issues.

Ecotherapy

Ecotherapy is an intervention that improves mental and physical health and wellbeing by supporting people to be active outdoors: doing gardening, food growing or environmental work, and can help the recovery of people with existing mental health problems.

Taking time to be in nature can help reduce the loop of negative thoughts can lead to depression, high levels of stress, or other mental issues, all of which are often present in someone's recovery from gambling addiction.





Your Settings Matter

Your chances of successful addiction recovery depends on many things, including where you receive treatment. At Algamus, we understand that your success at our facility largely depends on your level of comfort there.

It is our goal to provide a safe, serene atmosphere where clients can experience a new level of peace and spirituality to help them in their recovery as they receive counseling and support from staff and fellow clients. That's why we offer our gambling addiction recovery residential services in a peaceful mountain home nestled in scenic Prescott Valley, Arizona.

Our facility is strictly for individuals recovering from gambling addiction and fosters an intimate community. We are staffed with professional addiction recovery counselors who provide individualized service with a staff-to-patient ratio of almost one-to-one.



Is Algamus the Right Choice for You or Your Loved One?

Beating the odds requires a certain understanding of numbers. Here's some numbers we want to share with you:

- Algamus Gambling Treatment Services has been helping individuals recover from gambling addiction for over 30 years.
- We are the only privately funded, gambling specific, residential program in the U.S.
- Our approach to recovery is two-fold: we address both the addiction and its sources.
- We are integrated with Gambler's Anonymous and its 12-step model.
- Our services are covered by most commercial insurance providers, keeping costs low.
- Our staff-to-patient ratio is almost one-to-one, with only 8 beds in our mountain home



For over two decades, Algamus has focused on providing professional, comprehensive gambling-specific residential treatment in a scenic, compassionate setting where clients receive personalized attention and healing. We support clients in their goals of longterm abstinence and recovery from compulsive gambling using the most effective, science-based methods available.

We understand the unique challenges of overcoming gambling addiction and are prepared to address those head on. We serve men and women from all walks of life and at every stage of their addiction recovery journey. Many of our own staff are recovering gamblers themselves and provide a wealth of knowledge and understanding.

Our team of internationally certified gambling counselors, financial pressure relief counselors, and psychologist/addictionologist have the experience and expertise to help anyone battling compulsive gambling. They address both the addiction itself and the underlying causes so you can have a more complete understanding of what you're up against and how to find lasting healing in your recovery.



Algamus: Where the Odds Are in Your Favor

At Algamus, we believe that anyone can beat the odds and successfully recover from gambling addiction. You just need a little help. With our beautiful setting, proven counseling methods, and dedicated staff, Algamus puts the odds in your favor and helps you take control of your life again. With our history of success, we take the luck out of the recovery process and allow all of our clients to win against gambling addiction.

Alumni Mentoring Network:

We want to make this transition as smooth as possible. Alumni programs can provide a smooth transition between a treatment program and everyday life. At Algamus, we understand the need for our clients to have a safe transition while in our care.

Alumni can share their experiences with those who may be in the early stages of their journey. If there are alumni in the resident's hometown that are willing to be a mentor, we connect the resident with our alumni to further increase connection.

A “mentor” is not a “sponsor” but simply an alumni contact that has at least six months of gambling recovery. Giving back is an integral part of recovery. Mentoring has been shown to help both the mentor and the mentee. By continuing your journey with us, you can experience the resources, hope, and motivation of our alumni group and programming. Join others whose lives have been transformed by our gambling treatment program

Algamus Alumni Group: Post Graduate Recovery Coaching

Your connection to Algamus does not end after treatment. The purpose of the Algamus Alumni Group is to provide a connection for long-term recovery by creating a safe platform of recovery coaching.

This platform supplements the limited availability of GA and lack of gambling informed resources in many communities. Algamus Alumni Group developed by graduates of Algamus Gambling Recovery Services, to provide continued support of one another by creating a model of recovery through our core values such as Community, Commitment, and Connection.

Our Alumni members belong to a community of people who all wish to remain free from their gambling addiction. This network of peers who can relate and understand what individuals may be going through and can provide ongoing encouragement and support. By being connected to others in varying stages of recovery, people can gain hope in their recovery.



CONCLUSION

If you or a loved one is struggling with gambling addiction, you are not in this alone. We understand that it can feel overwhelming when trying to find the right people and the right kind of treatment to help with gambling addiction.

We at Algamus are extremely prepared and well-equipped to treat any kind of gambling addiction, and have been treating individuals and seeing incredible results for the past 30 years. Recovering from a gambling addiction is so much more than giving up gambling. We work with each of our clients to get to the root of their addiction to ensure a sustainable recovery.

Our individualized, [residential treatment program](#) consists of a variety of treatment methods, including cognitive behavioral therapy, group therapy, yoga and meditation, and more. We walk alongside our clients throughout the entire process, and maintain contact with them even after they have graduated from our facility.

If you have questions about gambling, or would like to find out more about our gambling treatment program, [contact our gambling counselors](#) today.



ABOUT ALGAMUS

Algamus is one of the few gambling-specific addiction treatment centers in America. We've helped thousands of individuals face their addictions and regain control of their lives.

We offer a variety of treatment methods including individual counseling, group counseling, yoga and meditation, ecotherapy, and more.

If you feel like you've been digging a hole that's getting harder to get out of or if you can't stop chasing the next win to set everything right, contact us.

Call us anytime at: 941-260-0405

Or visit our website: www.algamus.org

