



tiltti

*Tietoa & tukea
pelaamisen hallintaan*

**SUPPORTING
RECOVERY**

tiltti

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pelaamisen hallintaan*



Tiltti is a low threshold information and support point concentrating on harms caused by gambling since 2010

Aim is to give information, support and peer-support throughout the recovery process

Our work is based to dialogue, in which we build understanding of problem gambling and recovery together with problem gamblers and those close to problem gamblers

WWW.TILTTI.FI

150-180 first visits per year

2017 average amount of harms experienced of gamblers who had sought help from Peliklinikka was 28.

financial 92%

emotional or psychological 92%

health-related 91%

social relationship 91%

National Institute for Health and Welfare (THL)

FIRST TIME IN TILTTI: WHAT PROBLEM GAMBLERS THINK?

GAMBLING IS SO FUN!
TODAY IS MY LUCKY DAY
WHEN I WIN, I DON'T HAVE
A PROBLEM ANYMORE

PREOCCUPATION WITH GAMBLING

I AM WHAT I AM, I AM A GAMBLER!
WHAT AM I GOING TO DO, IF I
CAN'T GAMBLE ANYMORE?
I DON'T CLOSE CASINO ACCOUNTS...
NOT JUST YET...
I CAN CONTROL MY GAMBLING, EVEN
THOUGH IT FEELS UNCONTROLLED.
IT HAS TO BE MY TURN TO WIN BIG!

FEELING OF INCOMPREHENSION

I HAVE TO STOP, BUT I WANT TO GAMBLE?!
OTHER PEOPLE DON'T UNDERSTAND ME?!
I DON'T UNDERSTAND MYSELF?!
I WANT TO STOP, WHY THE THOUGHTS
OF GAMBLING FILL MY HEAD?

LONELINESS

GAMBLING IS THE FOR ME!
I JUST GAMBLE A LITTLE BIT/
THE EXTRA MONEY I HAVE
... AND THEN I PAY THE BILLS.

I JUST DECIDE NOT TO GAMBLE

EVERYBODY ELSE HAVE A NICE
LIVES
I WAS ALREADY NOT GAMBLING
FOR WEEKS, WHY DID I
RELAPSE?
NO ONE ELSE CAN BE THIS
STUPID!
I am SO stupid!!

NEGATIVE EMOTIONS

I am SO ashamed!!

Only way to MAKE MY LIFE BETTER,
IS TO WIN MONEY
I LEND MONEY TO PAY MY BILLS (I AM
GOING TO GAMBLE THAT MONEY TOO)

FINANCIAL PRESSURE

WHERE DO I GET MONEY FOR FOOD/
RENT/BILLS?

I ALMOST GOT CAUGHT ...
HOW CAN I TELL TO MY SPOUSE/
CHILDREN THAT I DON'T
HAVE ANY MONEY?

RELATIONSHIP DETERIORATION

I MANAGED TO "EXPLAIN" EVERYTHING
TO MY SPOUSE/MYSELF
I ONCE TOLD A FRIEND/DOCTOR,
THEY DIDN'T UNDERSTAND
("JUST STOP GAMBLING")

AVOIDING HELPING RELATIONSHIPS

I CAN'T TELL ANYONE ABOUT
MY GAMBLING
I AM RESPONSIBLE, NO ONE ELSE
IS.

RECOVERY-ORIENTED SYSTEM OF CARE

CHIME

Connectedness – being connected in positive way to other people, peer support

Hope and optimism – belief in recovery, motivation to change, positive thinking, having dreams and aspirations

Identity – regaining positive sense of self, overcoming stigma

Meaning – Living meaningful and purposeful life

Empowerment – Focusing on strengths, inclusion in community and decisions about support and help

Scottish Recovery Network

RECOVERY MANAGEMENT

Three changes in the continuum of care:

1. Intensify pre-treatment recovery support services to strengthen the engagement process, enhance motivation for change, remove environmental obstacles to recovery, and determine whether the individual/family can initiate and sustain recovery at this stage without additional professional intervention
2. Intensify in-treatment recovery support services to enhance treatment retention and effects by keeping treatment recovery focused
3. Shift the focus of treatment from acute stabilization to support for long-term recovery maintenance

RECOVERY MANAGEMENT: William L. White, MAErnest Kurtz, PhDMark Sanders, 2006

RECOVERY CAPITAL

The essence of recovery is a **lived experience of improved life quality** and a **sense of empowerment**; that the principles of recovery focus on the central ideas of **hope, choice, freedom and aspiration that are experienced** rather than diagnosed and **occur in real life settings** rather than in the rarefied atmosphere of clinical settings. **Recovery is a process** rather than an end state, with **the goal being an ongoing quest for a better life**

Recovery capital refers to the sum of resources that may facilitate the process

David Best & Alexandre B. Laudet 2010

Four components to recovery capital:

1. **Social capital** is defined as the sum of resources that each person has as a result of their relationships, and includes both support from and obligations to groups to which they belong
2. **Physical capital** is defined in terms of tangible assets such as property and money that may increase recovery options
3. **Human capital** includes skills, positive health, aspirations and hopes, and personal resources that will enable the individual to prosper.
4. **Cultural capital** includes the values, beliefs and attitudes that link to social conformity and the ability to fit into dominant social behaviours

David Best & Alexandre B. Laudet 2010

SUBJECTIVE IMPACT OF GAMBLING ON QUALITY OF LIFE

1. Loneliness
2. Financial pressure
3. Relationship deterioration
4. Feeling of incomprehension
5. Preoccupation with gambling
6. Negative emotions
7. Avoidance of helping relationships

Bonfils, Grall-Bronnec, Caillon, Limosin, Benyamina, Aubin & Luquiens 2018