



tiltti

*Tietoa & tukea
pelaamisen hallintaan*

Combining peer group, professional support and recovery research – experiences of theme peer group supporting recovery from Information and support point Tiltti

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- 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

Peer group with a theme

The logo for 'tiltti' is located in the top right corner. It features the word 'tiltti' in a bold, red, lowercase sans-serif font. Below it, the Finnish phrase 'Tietoa & tukea pelaamisen hallintaan' is written in a smaller, black, lowercase sans-serif font. The logo is partially enclosed by a white cloud-like shape that overlaps the red header bar.

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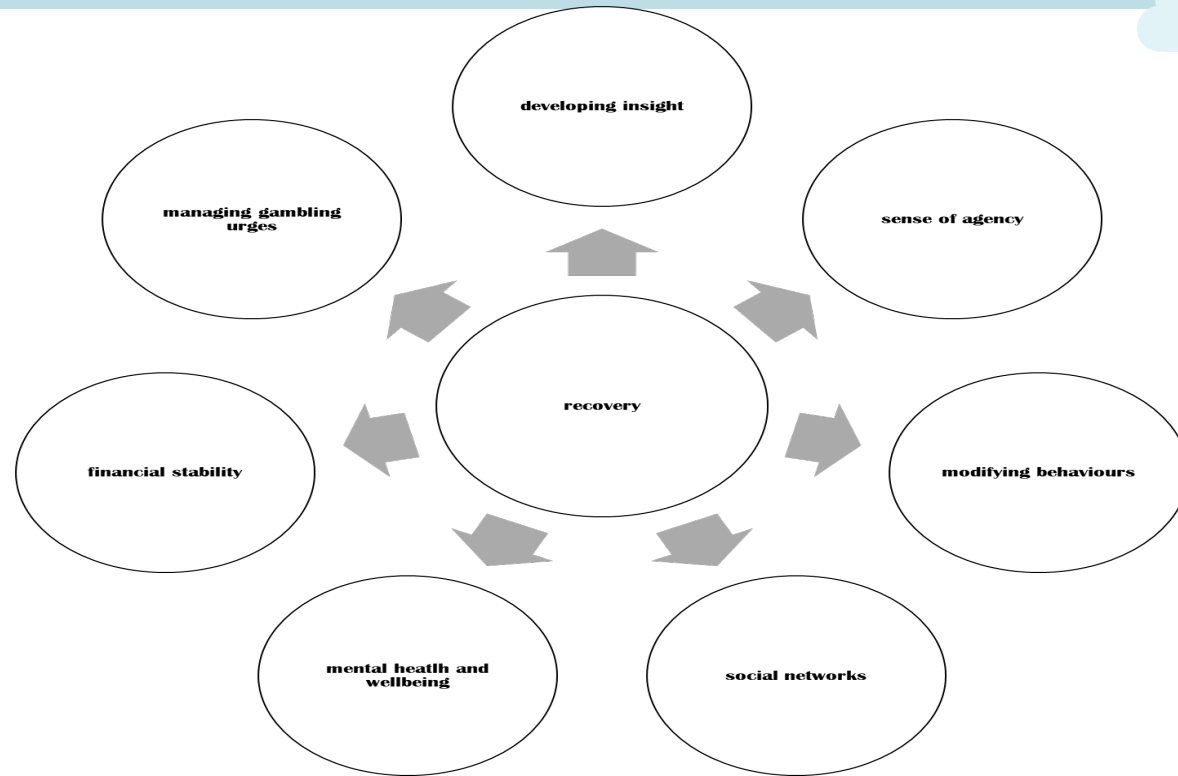
- 2 professionals
- Themes are collected from other groups, from general discussion and from wishes of the service users
- Professionals guide participants to the theme and try to keep the conversation in a theme
- This spring we had 7 topics of recovery taken from a research

What does it mean to recover from a gambling disorder? Perspectives of gambling help service users

Dylan Pickering, Michael J. Spoelma, Anna Dawczyk, Sally M. Gainsbury and Alex Blaszczynski 2019

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Some points from 7 recovery themes

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Financial stability

- Gets most of the attention
- You need a certain level of financial stability in recovery, enough to basic need. That leaves more energy to recovery on the whole
- The biggest stress might not be the debt, but the network one builds with lies and loans

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Managing gambling urges

- When do these urges really start?
- The longer you have gambled the more there is distance from the trigger to the actual thought of gambling

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Developing insight

- How to turn relapses to learning opportunities?
- Gamblers usually know, what the negative things are after losing lots of money. What are the positive things they get in their life, when they don't gamble? Can recovery be based to constant fear of losing everything?

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Sense of agency

- ”I must do this by myself” - after losing control, gamblers try to take control, but what if they really can't do it by themselves?
- The true recovery means, that the gamblers have to work themselves and have a sense of agency.
- Even though they get some help/support, they are doing the work!

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Modifying behaviours

- One of the most important behaviour to change is lying/keeping secrets. If this doesn't change, the probability of relapse is big.

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Social network

- When close one rescues (pays loans) the gambler, how does that change their relationship?
- If the gambler doesn't have anybody close one with whom he/she could talk freely, peer support is very important.

Mental health and wellbeing

- Many gamblers think that they don't deserve wellbeing. They think they need to suffer, because they have harmed others.
- Is recovery possible, if basic wellbeing things are not in order? Sleep, proper eating, exercising?
- How we help those in recovery feel that they are safe?

Observations

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Who are those, who are in weakest position?

- 20-40 years old men, educated, working and have family
- women over 50 years educated, good work position
- only connection to services is health care through work place

What kind of help/support they need to recover from gambling problems?

Observations

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Maybe we should make short educational courses for those in early recovery?

What kind of changed you might have to do in your life?

What are the issues you might have to work with?

-> so that people can plan concrete steps for themselves

-> more motivation and hope

THANK YOU!