



New York Coalition for Asian American Mental Health

www.asianmentalhealth.org

A Discussion on the Impact of Problem Gambling among Asian Americans: Implications for Treatment and Prevention Thursday, October 1, 2015

Location

NYS Office of Alcoholism and Substance Abuse Services
501 Seventh Avenue, 8th Floor, New York, NY 10018

Program

- 12:30 p.m. *Registration/Refreshment*
- 1:00 p.m. *Welcome*
Irene Chung, LCSW, Ph.D.
Associate Professor, Silberman School of Social Work at Hunter College
President, NYCAAMH
- 1:15 p.m. *Gambling Disorder as a Behavioral Addiction*
Petros Levounis, M.D., M.A.
Chair, Department of Psychiatry, Rutgers New Jersey Medical School
Chief of Service, University Hospital
- 2:15 p.m. *Personal Experience with Problem Gambling*
Moderator:
Grace Wong, Ph.D.
Clinical Psychologist, South Beach Psychiatric Center
Adjunct Professor, New York University
- 2:45 p.m. *Gambling Disorder among Asians*
Jackie Xu Z. Chen, M.D.
Board Certified Psychiatrist
Chairman of CSH, Affiliation with Maimonides Medical Center
- 3:15 p.m. *Panel on Cultural and Psychosocial Aspects of Problem Gambling*
Moderator: **Grace Wong, Ph.D.**
Panelists:
JJ Shu Fen Hung, LMHC, CRC, CASAC-G
Director, Asian Recovery Program, Hamilton Madison House
Sung Min Yoon, D.S.W.
Project Director, Asian Outreach Clinic, The Child Center of NY
Private Practice - The Yoon Behavioral Health Center.
Shahid A. Faarooqi
Director of Outreach, The ICNA Relief, USA
- 4:00 p.m. *Gambling Prevention and Treatment Resources*
Jaime Costello, CPP
Director of Training, New York Council on Problem Gambling (NYCPG)
- 4:45 p.m. *Q&A*

Presenting Organization

New York Coalition for Asian American Mental Health (NYCAAMH)

The New York Coalition for Asian American Mental Health is a not-for-profit 501(C)(3) organization founded in 1989 by a group of concerned health and mental health professionals with a mission to improve the quality of mental health services available to Asian Americans in the New York City metropolitan area. All members are volunteers and membership of the Coalition is open to anyone who is concerned about the care and services for Asian Americans with mental health needs. To this regard, the NYCAAMH has been hosting conferences on various mental health issues annually since 1999 with the aim to promote better understanding of culturally competent assessment, care and treatment for those who are providing mental health services to the Asian American community. For more details regarding the activities of the NY Coalition for Asian American Mental Health, visit the Coalition's web site at www.asianmentalhealth.org

Conference Co-Sponsors

Hamilton Madison House

Hamilton-Madison House is a non-profit settlement house dedicated to improving the quality of life of its community, primarily those in the Two Bridges/Chinatown area of Manhattan's Lower East Side. Hamilton-Madison House's mission and commitment to its community has remained consistent throughout its 109 year history. Programs are provided at 22 locations, 19 of which are in Manhattan and 3 are in Queens, and meet the appropriate linguistic requirements of the populations served. Programs are staffed by 150 volunteers and 220 full-time and 80 part-time employees who speak 4 Chinese dialects as well as Japanese, Korean, Vietnamese, Cambodian and Spanish. Programs include early childhood education, youth development, adult education, senior services, and behavioral health services.

The Chinese American Sunshine House

Established in 2011, Chinese American Sunshine House is a non-profit organization that provides a culturally-sensitive environment for the Brooklyn Chinese community by empowering those battling with mental illness through their personal recovery and educating the community about mental health. Its mission is to provide an environment which promotes education of mental illness to combat stigmas and to improve accessibility to available treatment. The focus of the organization is placed on normalizing the emotional state of clients and families, while providing education through workshops and trainings, and linkages to additional resources within the borough of Brooklyn.

384 Grand Street HDFC

384 Grand Street HDFC is a non-for-profit organization which mission is to provide affordable housing to low and moderate income individuals. In addition, it supports educational and social initiatives which could improve lives of those in need in the community.

Acknowledgement

Special thanks to The New York State Office of Alcoholism and Substance Abuse Services (OASAS) for its support and in helping to make this symposium possible.

Speaker Biographies

Petros Levounis, MD, MA, FASAM

Dr. Petros Levounis is Chair of the Department of Psychiatry at Rutgers New Jersey Medical School and Chief of Service at University Hospital in Newark, New Jersey. Dr. Levounis came to Rutgers from Columbia University where he served as Director of the Addiction Institute of New York and Chief of Addiction Psychiatry at St. Luke's and Roosevelt Hospitals from 2002 to 2013. Dr. Levounis is board-certified in Psychiatry, Addiction Psychiatry, and Addiction Medicine. His academic interests include the psychotherapy and psychopharmacology of addiction and co-occurring psychiatric disorders, the teaching of Psychiatry, gay and lesbian mental health, and the behavioral addictions.

Dr. Levounis has lectured extensively on addiction topics throughout the United States and abroad. In addition to articles and monographs, he has authored/edited nine books including the self-help paperback "Sober Siblings: How to Help Your Alcoholic Brother or Sister—and Not Lose Yourself" (Perseus 2008), the textbook of "Substance Dependence and Co-Occurring Psychiatric Disorders" (Civic Research Institute 2010), the handbook of "Motivation and Change" (American Psychiatric Publishing 2010), the handbook of "Office-Based Buprenorphine Treatment of Opioid Dependence" (APP 2011), the award-winning and translated "LGBT Casebook" (APP 2012), "The Addiction Casebook" (APP 2014) based on the DSM-5, and "The Behavioral Addictions" (APP 2015), an innovative book that includes re-enactment video clips played by Rutgers NJMS medical students. He is currently working on the American Psychiatric Publishing's "Pocket Guide to Addiction Assessment and Treatment," which is expected to be available in early 2016.

Jackie Xu Z. Chen, M.D.

Dr. Jackie Xu Z. Chen is the founder and devoted Chairperson of the non-profit organization, Chinese-American Sunshine House. With over fifteen years of experience providing psychiatric services, she has extensive clinical experience working in inpatient care and outpatient care and has been providing culturally-sensitive care to the new immigrants' population for the Brooklyn community. Very much involved in charity work, she has been volunteering her time to speak at lectures and mental health workshops by bringing awareness of mental illness with the goal of improving family relationships. Dr. Chen speaks fluent Chinese and English and is a Board Certified Psychiatrist and Diplomate to the American Board of Psychiatry and Neurology.

Grace Wong, Ph.D.

Dr. Grace Wong is a Clinical Psychologist who is on staff at South Beach Psychiatric Center and an Adjunct Professor at NYU. She specializes with working with monolingual Chinese speaking patients at the hospital but continues to work with patients from other ethnic and cultural backgrounds both at the hospital and private practice. At NYU she taught Group therapy and Cross-cultural counseling for years and is now teaching Human Growth and Development and Clinical Lab. She is currently on Sabbatical from her private practice in Manhattan and is enjoying some free time between her jobs. Her long time interests include Multicultural issues, Group therapy, Gerontology, and Psychology and Religion and have published in a number of these areas.

Shahid A. Farooqi

Mr. Shahid A. Farooqi is the Director of Outreach & Resource Development of ICNA Relief. He is a graduate of Utica College with a Bachelor of Arts in Sociology, Anthropology, and Psychology. Besides his primary job function as Director, Mr. Farooqi is also the coordinator of Crisis Hotline (A toll free hotline for community members to get help in the time of any crisis). He recently completed his studies to become a chaplain and is now the director of Islamic Affairs at the New York State Chaplain Task Force. He currently serves the South Asian community in New York and New Jersey and works closely with NYPD, ACS, and other private and governmental agencies to assist community members. Mr. Farooqi is a very social and charismatic individual and to stay involved with various communities as well as to establish new ties with new members, he gives sermons at various mosques throughout the city on Fridays.

JJ Shu Fen Hung, LMHC, CRC, CASAC-G

Ms. Hung is a Licensed Mental Health Counselor, a Certified Rehabilitation Counselor, a Credentialed Alcoholism and Substance Abuse Counselor with Specialty in Gambling Treatment. Ms. Hung is currently the Director of Asian American Recovery Services, a NYS OASAS certified Part 822 Chemical Dependence Medically Supervised Outpatient Clinic and Part 857 Problem Gambling Treatment and Recovery Services at Hamilton-Madison House, a voluntary non-profit settlement house dedicated to improving the quality of life of its community. Ms. Hung has been working in the addiction field for over 10 years. Under her leadership, the program provides culturally competent services in multi Asian languages to Asian Americans with a different perspective on cross cultural contexts for Drug Use Disorder, Problem Gambling and Co-occurring Disorder. Her responsibilities include but are not limited to directing and overseeing the day to day operation of the programs; providing supervision and training to the clinical staff and being responsible for all program performance improvement and financial management related issues. Ms. Hung also conducts outreach activities and speaks in different languages through Asian American oriented target media such as newspaper, TV and radio broadcasting; and implements community events i.e. Recovery Month Event and street fair. Ms. Hung has been active for promoting problem gambling treatment services for Chinese speaking only individuals. One such accomplishment is that she works closely with two former recovery Chinese gamblers to establish the first Chinese (Mandarin & Cantonese) speaking Gamblers Anonymous Support Group for individuals who need help in NYC. Ms. Hung also participated in several researches on problems gambling among Asian American population.

Sung Min Yoon, D.S.W.

Dr. Yoon has expertise in mental health services and alcohol and drug addiction treatment and has accumulated more than 14 years of full-time practice experiences. Dr. Yoon received B.A. from Yonsei University in South Korea, M.S.W. from Hunter College School of Social Work, and earned his doctorate in clinical social work (D.S.W.) from the University of Pennsylvania. He currently holds a license as a clinical social worker with the psychotherapy privilege in New York State and New Jersey State. He is a certified cognitive therapist and diplomate of Academy of Cognitive Therapy, an intensively trained dialectical behavior therapist, a NASW diplomate in clinical social work, credentialed alcohol and substance abuse counselor (CASAC) in New York State, and a registered play therapist-supervisor of The Association for Play Therapy. Currently, Dr. Yoon serves as a project director at the Asian Outreach Clinic of The Child Center of New York and owns a private practice, the Yoon Behavioral Health Center.

Jaime Costello, CPP

Ms. Costello is the Gambling Prevention Specialist/Special Programs Manager at the New York Council on Problem Gambling (NYCPG) and is best known for her work in the prevention field and dynamic training skills. Jaime's most recent accomplishments include the creation of the YOU(th) Decide Project for preventing underage gambling in New York State and her participation in the development of a series of trainings for gaming industry employees and Responsible Gambling Ambassadors. Jaime has also been responsible for program assessment, planning and evaluation; the design of a number of trainings for substance abuse professionals and gaming industry employees; and online media and content creation. In addition to her work with NYCPG, Jaime is an Adjunct Professor at Schenectady County Community College. Jaime is a Certified Prevention Professional (CPP) through the New York State Office of Alcoholism Substance Abuse Services (OASAS).

TWENTY QUESTIONS

Gamblers Anonymous offers the following questions to anyone who may have a gambling problem. These questions are provided to help the individual decide if he or she is a compulsive gambler and wants to stop gambling.

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing did you feel you must return as soon as possible and win back your losses?
8. After a win did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self- destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer yes to at least seven of these questions.

[Problem Gambling Resources - Helpful Links](#)

Gamblers Anonymous

International Service Office
P.O. Box 17173
Los Angeles, CA 90017
Phone: 1-626-960-3500
Fax: 1-626-960-3501
isomain@gamblersanonymous.org

Gamblers Anonymous Hotlines:

NYC/Westchester/Rockland/Surrounding Counties

Hotline Number: 1-855-2CALLGA or (855-222-5542)

Upstate Area

Albany Hotline Number: 1-518-292-0414

Buffalo Hotline Number: 1-855-2CALLGA or (855-222-5542)

Niagara Falls Number: 1-855-2CALLGA or (855-222-5542)

Rochester Hotline Number: 1-855-2CALLGA or (855-222-5542)

Syracuse Hotline Number: 1-855-2CALLGA or (855-222-5542)

Watertown/Massena Hotline Number: 1-855-2CALLGA or (855-222-5542)

Long Island Area

Long Island Hotline Number: 1-855-2CALLGA or (855-222-5542)

New York Council on Problem Gambling

100 Great Oaks Blvd., Suite 126
Albany, NY 12203
Phone: 1-518-867-4084
Fax: 1-518-867-4087
council@nyproblemgambling.org
Toll-free OASAS HOPEline: 1-877-8-HOPENY or 1-877-846-7369

Gam-Anon International Service Office, Inc.

PO Box 307, Massapequa Park, NY 11762
Phone: 1-718-352-1671
gam-anon.org email: gamanonoffice@gam-anon.org

The National Council on Problem Gambling

216 G Street NE, Suite 200
Washington, D.C. 20002
Phone: 1-202 547-9204
Fax: 1-202 547-9206
ncpg@ncpgambling.org
National Problem Gambling Helpline Network: 1-800-522-4700



New York Coalition for Asian American Mental Health

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Signature: _____

Date: _____

Note: The membership year is the calendar year. Any individual or agency that pays their membership dues beginning on October 1st of each year will be considered a member in good standing for the period that extends to December 31st of the following calendar year.

The NY Coalition for Asian American Mental Health is a not for profit 501 (C) organization. Your contribution is tax-deductible to the extent permitted by law.

Thank you for your support