

Published March 1, 2022  
Volume 1 | Issue 4

## SERVICE SPOTLIGHT

Heritage offers assessment and treatment for individuals seeking help with **problem gambling**. Labels such as



problem gambling are often used to describe individuals who are experiencing some adverse consequences as a result of their gambling but do not quite meet the criteria for a diagnosis of pathological gambling.

Gambling Disorder is indicated by FOUR (or more) of the following:

- Preoccupied with gambling
- Unable to cut back or control
- Irritable or restless when attempting to cut down or stop gambling
- Risks more money to reach desired level of excitement
- Gambles to escape problems or depressed mood
- Chases losses
- Lies to family and others about gambling
- Risks or loses relationships or job because of gambling
- Relies on others for financial needs caused by gambling

To start the process for treatment, please come to our downtown location to complete an assessment. Our Open Access Clinic is held Monday – Wednesday from 8:00AM to 10:45AM and 1:00PM to 3:45PM. If you need an alternative time to complete the assessment, please call Heritage at (217) 362-6262 to schedule an appointment.

## WELLNESS TIP OF THE MONTH

Evidence suggests there are 5 steps you can take to improve your mental health and wellbeing. Trying these things could help you feel more positive and able to get the most out of life.



- 1) Connect with other people
- 2) Be physically active
- 3) Learn new skills
- 4) Give to others
- 5) Pay attention to the present moment (mindfulness)

## WHAT'S NEW

Heritage now offers primary care services. These services are available on our newly remodeled second floor. To access services clients should reach out to their current Heritage counselor/case manager or come in for an assessment.

Heritage offers a multitude of services. These include:

- Enhanced patient outreach, education and engagement
- Primary care health services
- 24 hours a day, 365 days a year crisis services
- Medication assisted recovery
- Inpatient crisis stabilization services
- Inpatient and outpatient substance use disorder treatment
- Adult and youth mental health services
- Case management services
- Family support services
- Immediate screening and risk assessment through our open access clinic.

## EVENTS

Gambling awareness month starts March 1<sup>st</sup>. In honor of this Heritage is hosting a free problem gambling screen at our main location. Come visit us on March, 8<sup>th</sup> from 6:30am-2pm and learn more about problem gambling. Keep an eye on your Facebook page for more upcoming events! <https://www.facebook.com/Heritage-Behavioral-Health-Center-283751148735>