



Compassion & Grace October 2022



Dear friends:

Are you seeing what I'm seeing? Are we all a bit crabbiier, more likely to lose our temper, a bit quicker to well up with tears? I'm concerned that we aren't as well resourced as we were before the pandemic...and it's costing us. It's as if we can be tipped over into intense emotional reactions with very little provocation. The amount of space and grace we are affording one another appears to be contracting. We feel tense, stressed and on edge so much of the time, it becomes overwhelming when we think about how to extricate ourselves. I think this is where the "quiet quitting", more screen time, increased gambling and alcohol use and other escaping patterns are stemming from as well. So, what can we do?

I'm working to start with a simple, but profound assumption: that everyone is doing the best they can. This is not synonymous with an absence of boundaries and expectations, on the contrary, boundary setting is foundational to this practice. Bravely and respectfully stating our needs creates that space that feels so contracted now. Dr Brené Brown tells us: "It turns out that we assume the worst about people's intentions when they're not respectful of our boundaries. It's easy to believe that they are trying to disappoint us on purpose."

It helps to turn that assumption towards ourselves as well; in other words, extend grace to yourself, my friends. You are doing the best you can with the resources you have in this moment.

This may seem counterintuitive for anyone struggling with addiction, or someone in relationship with that person. Resisting the impulse to fill an inner void requires extensive resources, including self-love, self-empowerment, and oftentimes, a web of support from friends and family. Folks in the throes of addiction are caught in a painful cycle of indulgence, shame, and self-judgment, which makes it all the more difficult to develop the emotional resources necessary to resist the tug of the addiction.

But by accepting that they're doing the best they can, they give themselves the gift of self-acceptance and self-love. Only from this place can we make positive, sustainable changes to our actions or behaviors.

I wish you all space, grace and loads of compassion today.

With love,
Maria Coutant Skinner, LCSW
President & CEO

Problem Gambling Disorder

October 19th marked one year since online gambling became legal here in Connecticut. It's no surprise that the legalization and COVID-19 restrictions changed the way we gamble. In-person gambling at casinos has decreased, with consumers placing their bets online instead. Women have seen the greatest change, as they moved their betting from casino slot machines to their tablets, computers, or phones.

According to the [Hartford Courant](#), online betting generated \$41 million in tax revenue since last October, which was beyond expectations. While this is great news for the state of Connecticut, for some gambling can get out of hand.

Gambling is More Than Placing a Bet

We often think of gambling as placing a bet online or in a casino, but it's more than that. It can include scratch off tickets, playing the lottery, bingo, participating in raffles, sports betting, or gaming. [Gaming](#) is of particular concern for Connecticut youth. Research has shown that the earlier gambling behavior starts the more susceptible people are to disordered gambling later on in life.

How would you know if you had a problem?

This can look different for everyone. For some it could simply be a concern about their behavior and for others it could mean legal trouble, lying to a partner, or financial problems.

According to the [Connecticut Council on Problem Gambling](#), a person shows signs of gambling disorder if he/she/they:

- Needs to gamble with increasing amounts of money to achieve the desired excitement
- Exhibits restless or irritable behavior when attempting to cut down or stop
- Is preoccupied with thoughts about gambling
- Gambles when feeling distress (e.g. helpless, guilty, sad, anxious, or depressed)
- Chases losses and/or returns another day to get even
- Lies to conceal the extent of gambling
- Jeopardizes a significant relationship, job or opportunity because of gambling
- Relies on the money to relieve desperate financial situations caused by gambling

Find Support at McCall

Whether you are concerned about yourself or a loved one our Outpatient Programs can provide you with education about problem gambling and the impacts it has on individuals and their families. Through this education, we can work alongside you to better identify if problem gambling is affecting your life and how you can be supported in making a change.

If your relationship with gambling is becoming worrisome or if you are concerned about someone in your life, call McCall Renato Outpatient Services 203-754-0322. You don't have to go through it alone.

Visit us at mccallbhn.org or on FB/Instagram @mccall.bhn



- **Set a budget and stick to it.**
Don't chase losses. The chances are the more you try to recover a loss, the larger it will become. Do not gamble on credit or borrow money to gamble.
- **Monitor time spent playing and take breaks.**
Set a time limit and stick to it. Leave when you reach the time limit, whether you are winning or losing.
- **Gamble for entertainment.**
If you gamble, do so for entertainment purposes. If gambling is no longer enjoyable, ask yourself why you are still playing.
- **Be informed: know your game.**
Know how the games work and your odds of winning before you wager.
- **Know when to say when.**
Educate yourself about problem gambling and heed the warning signs. Help is available at www.cpg.org.

Resources:

[Region 5 Problem Gambling Team](#)

[The Connecticut Council on Problem Gambling](#)

[Problem Gambling Hotline](#)

[CT Gambling & Gaming](#)

TOPIC: PROBLEM GAMBLING DISORDER

WEDNESDAY OCT 19 8:20 AM

MISS THE INTERVIEW

DON'T WORRY, WE HAVE YOU COVERED. HEAD TO OUR PRESSROOM NOW TO LISTEN! WWW.MCCALLCENTERCT.ORG/NEWS-AND-MEDIA

McCall Behavioral Health NETWORK

FM 97.3 WZBG

WZBG Monthly Interview

This month Carisa D'Amico, BS ICGC-1, Counselor at Renato Outpatient Services was interviewed by Dale Jones on WZBG. They discussed Problem Gambling Disorder, the different types of gambling, warning signs, and how we can help support our clients. Click [here](#) to listen!

Tune in on the 3rd Wednesday of every month at 8:20 to hear us in real-time.



IN-PERSON HIRING EVENT



A NETWORK THAT HEALS. A COMMUNITY WHO CARES.

At McCall we care deeply about our clients, the communities we serve, & our staff. We offer competitive pay, a range of benefits, retention bonuses, loan forgiveness, career advancement, & more. Stop by & see for yourself.

WHEN

Thursday,
November 10th
From 2PM - 6PM

WHERE

Dempsey Center
900 Watertown Ave.
Waterbury, CT 06708

WALK-IN INTERVIEWS

JOIN OUR TEAM

Human service professionals are in high demand & you can be selective in your choice of employer. We invite you to come & experience our organization's culture, one that gets recognized as a Top Workplace year after year. We have a wide variety of positions available for all skill levels. We'd love to welcome you to our extraordinary team.

Positions Available

- Employment Specialist (Torrington & Waterbury)
- Licensed Clinicians (Torrington, Danbury, & Waterbury)
- Licensed Clinical Program Directors (Torrington & Waterbury)
- LPN - part-time (Torrington)
- MHAT Program Coordinator (Torrington)
- Prevention Facilitator (TAPP) (Torrington)
- Recovery Support Professionals (Torrington & Waterbury)
- Residential Registered Nurse (Torrington & Waterbury)

CAN'T MAKE IT?

Can't make the hiring event or have questions? Contact Danielle Brundage, HR Administrator, for more information.

✉ danielle.brundage@mccallbhn.org

☎ 203.756.8984

MCCALLBHN.ORG

Breast Cancer Awareness Month

Celebrated each October, Breast Cancer Awareness month promotes the screening and prevention of the disease. One in eight women and 2,710 men are diagnosed every year.

Signs and symptoms can be invisible. That is why it is important to do self breast exams every month, know your family history, attend regular yearly check-ups, and after 40 do not delay your annual mammogram.

We send our collective support to our friends, family, co-workers, and loved ones who are currently in treatment. We also remember those we have lost and celebrate all of the survivors!

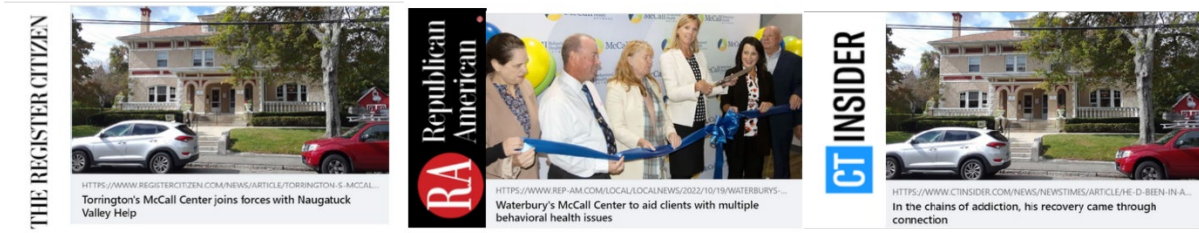
[Connecticut Resources](#)



Extra! Extra! McCall in the Press

October was a busy month; please enjoy some of the articles, tv and radio interviews. Click on the image to view.





Out & About with McCall

Over the past month we have held and participated in some wonderful events. Check out the pictures below!

McCall Grand Opening Ceremonies

To celebrate our new name, brand, and merger, we held two ribbon cutting ceremonies. The first took place on October 19th at Renato Outpatient Services in Waterbury. Board members, staff, members of the Waterbury Regional Chamber of Commerce, Waterbury Economic Director Joe McGrath, and State Representative Ron Napoli, Jr. came out in support of our organization.

Our second grand opening ribbon cutting ceremony took place on October 21st at Carnes Weeks Center in Torrington. Northwest Connecticut Chamber of Commerce President and CEO, JoAnn Ryan, Torrington Director of Economic Development, Rista Malanca, Board Member Andrew Field and staff came out to celebrate!



Renato Outpatient Services 10/19

Carnes Weeks Center 10/21

Thank You Archbishop's Annual Appeal



We would like to thank Father Bob and Tina Poet from the Archbishop's Annual Appeal. They stopped by the 58 High St. office and presented us with a \$15,000 check! We are so grateful for the support of our services.

CT Women's Consortium Trauma & Recovery Conference

Many of our staff members took the opportunity to attend the Trauma and Recovery Conference in Hartford from Oct. 17th-19th. John Fecteau, LCSW, Director of Mental Health, and Kelsey Dlugozima, LCSW, Director of Outpatient Services, are pictured here with the Executive Director of The Connecticut Women's Consortium, Colette Anderson.



Wishing you and your family a safe and Happy Halloween!



Our Contact Information

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<https://mccallbhn.org>

