

September 2009

**The CT Council on Problem Gambling (CCPG) announces the 4th annual
H.Ed.G.E. Your Bets™ G-ATOD Mini-Grant Offering
For February-December 2010**

Dear College/University Colleague,

Since its inception in 2006, CCPG's "H.Ed.G.E. Your Bets™: Higher Education Gambling Effects" program has offered mini-grants to colleges and universities in Connecticut. The program provides the essential information, tools, funds and more, to apply current Alcohol, Tobacco, & Other Drug (ATOD) prevention research, theory, and practice, to Problem Gambling (PG) programming. As these addictions often co-occur, CCPG has provided grantees a variety of printed and audio-visual materials that address PG as both a unique disorder and one that co-occurs with ATOD and more. This identifies H.Ed.G.E. Your Bets™ as a G-ATOD program. It gives PG within higher education the attention it needs at a time in students' lives when boredom, peer pressure, and a strong desire to win money (risk factors), can overcome their protective factors, leading to poor decision-making.

Previous grantees have found that this program was easily integrated into awareness and prevention activities already in existence. They have conducted needs assessment research, educated students with awareness and prevention messages, and offered students more alternatives to risky activities. H.Ed.G.E. Your Bets™ activities may be implemented in the Spring semester, with emphasis on National Problem Gambling Awareness Week occurring annually in March, anytime in the Fall semester, or split between the two.

CCPG is committed to preventing gambling addiction among Connecticut's college and university students. Since 2004, we have been working with the colleges and universities in CT to pilot various facets of the current H.Ed.G.E. Your Bets™ program. Feedback and measurements of program effectiveness have led to significant improvements. We anticipate that 2010 will be our best and most effective year yet!

For more details about our program or to apply, please visit www.problemgambling.org. You'll have until January 2nd of 2010 to complete the application process. Funds will be dispersed on Feb 1st. For questions regarding all aspects of the mini-grant program, please contact Carlos Reinoso Jr., Community Prevention Educator, at (203) 453-0138, or carlosr@ccpg.org.

We appreciate your interest,



Mary Drexler, MSW
Assistant Director, CCPG

CCPG was established in 1980 as the first state affiliate of the National Council on Problem Gambling. CCPG and its affiliates take a neutral position on the legality and morality of gambling. CCPG's mission is to reduce the prevalence and impact of problem gambling within Connecticut through a variety of community programs, research, advocacy, and the operation of the state's Problem Gambling Helpline 1-800-346-6238.



**H.Ed.G.E. Your Bets™ G-ATOD Mini-Grant
ATOD Grant Administrators | Faculty | Counseling Professionals**

Thank you for your interest in problem gambling awareness & prevention on Connecticut's college and university campuses. This summary provides information on how to implement one of three types of programs on your campus:

1. AWARENESS & PREVENTION ONLY (\$600)

To select a \$600 mini-grant for effective Awareness and Prevention Activities only, complete Part I of the Online Application, Awareness & Prevention.

2. RESEARCH ONLY (\$600)

To conduct a problem gambling research survey on your campus without any Awareness and Prevention activities, also a \$600 mini-grant, complete Part II of the Online Application, Research.

3. A COMPREHENSIVE AWARENESS, PREVENTION & RESEARCH PROGRAM (\$1500)

If you want to have the biggest possible impact on the students at your school and contribute to the growing body of knowledge regarding problem gambling on college campuses in Connecticut, consider conducting an Awareness and Prevention campaign that includes a Research component for \$1500. To do so, complete all sections of the Online Application.

Reporting

When all of the program activities and/or surveys and evaluations are complete, and before you look ahead to next year's mini-grant, a brief summary of your program should be forwarded to CCPG.

If you would like to see more information about any option or activity, please see below, or visit our website, www.problemgambling.org, for descriptions, photos from previously successful programs, and for logic models.

Note: All of the activities within the H.Ed.G.E. Your Bets™ G-ATOD Mini-Grant program are considered Selected Prevention Approaches. On our website, you will find Logic Models which may be helpful to those whose administrators require documentation of program planning and development.

To apply for the H.Ed.G.E. Your Bets™ G-ATOD Mini-Grant, please fill out the online application. Use this PDF file for convenient reference.

PART I: AWARENESS & PREVENTION

If you want to keep it simple with Research Activities only, skip this section.

Awareness/Prevention Activities (\$600 mini-grant)

To apply for the Mini-Grant for the 2010 calendar year, select (✓) 4 of the activities below. At least one must be from Group A, and at least one must be conducted during National Problem Gambling Awareness Week (March). The other three can be from either group and may be conducted anytime in 2010.

GROUP A

- Broadcast E-Mail to Students AND Campus Radio/Closed Circuit TV (Anytime)
- Luncheon Speaking Event (March)
- New & Transfer-Student Orientation Packets AND Family Packets (Spring & Fall)
- Movie-Night {Evaluation Component} (March)
 - Select Movie from Options Below:
 - “21”
 - “Rounders”
 - “Waking Ned Devine”
 - “Owning Mahony”
 - Your Own Movie Suggestion*

GROUP B

- Intramural/Impromptu Sports Competitions (Anytime)
- Chalking-Up the Sidewalks (Anytime; best just before another event)
- Stress Busters Event (March)
- Alcohol Awareness Day Event (April)
- Smoking Cessation Day Event (May)
- Depression Screening Day Event (October)
- Half-Time Participation at School Sporting Event
- Hot-Dog or Ice Cream Social
- Campaign to Examine & Dispel Myths
- Your Own Activity Idea*

EVALUATION

A simple evaluation of at least one activity is required of each grantee. Consider your activities then choose CCPG's evaluation tool (may be modified for best fit) or one of your own making (CCPG approval required).

- Pre & Post Event Questionnaires
- Your Alternative Evaluation Method*

**** Any movie, activity, evaluation method or promotional item suggested by you is subject to CCPG approval.***

PROMOTIONAL ITEMS

From the promotional items listed below, please determine which your students will be more likely to want or find useful, then select them. The selected items, imprinted with CCPG Logo, Helpline number, web site address, and/or tag-line, will be provided by CCPG for distribution at all activities. The items below are an added benefit to your mini-grant as there is no charge for them. Select no more than 150 items from the list below. For more information about each including photos of the items, please refer to our website.

- Book Marks
- Rulers
- Chip-Clips
- Frisbees
- Magnetic Clips
- Water Bottles
- Sports Themed Stress Balls
- Pens
- Pencils
- Your Giveaway Idea*

Schools may utilize their own logo or slogan, in addition to the CCPG logo. A portion of the mini-grant funds may be allocated to order customized items, but all artwork and slogans created by schools must be pre-approved by CCPG. Additionally, CCPG recommends Instant Imprints (www.instantimprints.com) in Meriden, CT as your source for promotional products. Tell them CCPG sent you and they can provide our logo.

A packet of printed informational/educational materials, posters, flyers & audio-visuials is included for all grantees. To view CCPG's college brochures and fact sheets, see the Resources page on our website.

IMPORTANT NOTES:

- CCPG encourages student involvement in programs. If a school's ATOD Grant Administrator, Counseling Professional, or Faculty wishes to collaborate with a student group or class to carry out the program, s/he must work with the students to commit to the program components below, or a close facsimile, prior to submission of the application. Tip: Students are great at creating catchy and effective slogans and sayings.
- CCPG encourages grantees to form on-campus coalitions with other faculty, residence life, health staff, and athletics personnel wherever possible.

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PART II: RESEARCH

RESEARCH ACTIVITIES (\$600.00)

You may use your mini-grant funds to purchase incentive(s) for student participation and to advertise the research and incentives. The suggestions below may be standalone projects or may be associated with awareness and prevention activities. You must select 1 or more of the following. The following options require final approval by CCPG prior to dissemination. For more information, please refer to our website.

- Student Attitudes, Beliefs, and Behaviors Survey
- Parental Attitudes, Beliefs, and Behaviors Survey
- Tracking of Disorders which Co-Occur with Problem Gambling
- Select your own Research idea*

Consider hosting an event that draws a lot of people in order to conduct surveys or other research. Some examples include:

- Alcohol Awareness Day Event
- Hot Dog/Ice Cream Social

ADDITIONAL PROMOTIONAL ITEMS

From the items listed below, please determine which your students will be more likely to want or find useful, then select them. The selected items, imprinted with CCPG Logo, Helpline number, web site address, and/or tag-line, will be provided by CCPG for distribution at all activities. The items below are another added benefit to your mini-grant as there is no charge for them. Select no more than 150 items from the list below. For more information about each including photos of the items, please refer to our website:

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