

## Overview

- Gamblers may be eligible for CalGETS Intensive Outpatient Treatment at no-cost to the client; services provided by UPAC.
- Each treatment week consists of: 3 group sessions, 1 individual session, and 1 outside support group (GA, AA, et al.)
- Clinicians are CalGETS trained
- Treatment is evidenced-based



Union of Pan Asian Communities (UPAC) is a non-profit 501(c)(3) organization. UPAC is funded by the California Office of Problem Gambling, through the UCLA Gambling Studies Program.



*Authorized Provider*



### Union of Pan Asian Communities

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## Union of Pan Asian Communities



## Problem Gambling Intensive Outpatient Treatment Program



## Our Mission

Our mission is to provide a foundation for recovery through innovative and evidenced-based problem gambling treatment services that encourages and empowers our clients to thrive.

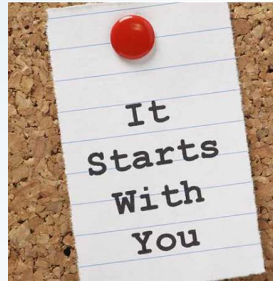


## Signs of Problem Gambling

- Thinking about gambling frequently
- Difficulty stopping and irritability when trying to stop gambling
- Gambling to escape personal problems or uncomfortable feelings
- Placing school, work, or relationships in jeopardy
- Chasing gambling losses
- Lying to conceal how much money or time is spent gambling

## Where do I begin?

Call (619) 521-5720, Ext. 313 or email [gambling@upacsd.com](mailto:gambling@upacsd.com) to schedule an intake.



The intake process usually takes between one to two hours. At this time, you will be given an opportunity to share a brief history of your gambling and the impact gambling has had on your life and your loved ones. Our clinicians can help you begin your journey toward freedom from gambling.



## Treatment Services

Group Sessions, 3 days per week, in the mornings or evenings that include, but are not limited to:

- Gambling behavior & the brain
- Self-care & mindfulness practice
- Communication skills
- Boundary setting
- Problem solving skills
- Relationship skills development



- 1:1 counseling
- Courteous, respectful counselors
- Case management services