

Overview

- UPAC provides **no-cost** intensive outpatient services for adults with a gambling problem.
- Our program requires a minimum 30-Day commitment that consists of 3 days per week, 3 hours per day
- Clinicians are CalGETS trained
- Treatment is evidenced-based

RECOVERY IS ATTAINABLE



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

Problem Gambling Services
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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 by providing 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 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, 3 hours per day that includes, but is 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