

THE COUNCIL ON COMPULSIVE GAMBLING OF NEW JERSEY

**800-GAMBLER**<sup>®</sup>

## MISSION STATEMENT

The Council on Compulsive Gambling of New Jersey, Inc. (Council) is a private non-profit 501(c)3 organization composed of concerned individuals from diverse backgrounds. The group's primary purpose is to represent the best interest of problem & disordered gamblers and their families, recognizing that problem & disordered gambling is a treatable illness.

The Council focuses on educating the general public, training professionals throughout the state, referring problem & disordered gamblers and their families to treatment, and advocating for increased treatment services for problem & disordered gamblers and their families.

## CONTACT US

Council on Compulsive Gambling NJ  
3635 Quakerbridge Rd., Suite 7  
Hamilton, NJ 08619

Call or Text 1-800-GAMBLER

Visit us on the Web : [www.800gambler.org](http://www.800gambler.org)

## HOW TO FIND HELP FOR YOUNG ADULTS AND INDIVIDUALS WANTING TO AVOID GAMBLING & OTHER FORMS OF ADDICTION:

Call for help 24 hours per day,  
7 days per week –  
800-GAMBLER and speak  
with a gambling helpline staff member  
(All calls are confidential)



Send text to "1-800-GAMBLER"



Visit [www.800gambler.org](http://www.800gambler.org) for information,  
resources, or live chat



For more information about the  
CPR Program, contact Patricia Hall at:  
(609) 510-6862 or  
[CPR@800gambler.org](mailto:CPR@800gambler.org)



# COGNITIVE PERSPECTIVE RESTRUCTURING

## COUNCIL ON COMPULSIVE GAMBLING OF NEW JERSEY

SUPPORT. TREATMENT. HOPE.



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## ABOUT CPR

The Cognitive Perspective Restructuring Program (CPR) has been created to reduce the risk of addiction, violence engagement, and other risky behaviors for youth aged 8-18. The CPR program is a strength-based program that can effectively educate participants in methods they may utilize to develop the type of character and personal habits/traits that will help to safeguard their future and establish a positive foundation for a meaningful life. The program is also designed to help parents, educators, and community stakeholders enhance protective factors and reverse or reduce risk factors that lead to self-destructive behaviors in our youth.



## THE 4 ELEMENTS OF CPR

- Know who you are
- Develop a life plan
- Buy into your plan
- Complete at least one objective every 24 hours to help you achieve your life plan

## STRENGTH-BASED PROGRAM

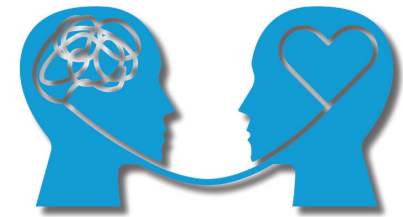
- 5 sessions
- Offered as an after-school program or as part of daily school activity
- Designed to educate participants in methods which they may utilize to prevent the possible development of an addiction and/or become engaged in risky behaviors

## UNDERSTANDING YOURSELF

- Understand what is occurring in your own mind
- Allows participant to develop empathy, the foundation of self-awareness
- Permits participant to make the connection between thoughts, emotions, & behaviors
  - Become aware that certain thoughts can trigger negative behaviors, leading to negative long-term consequences
- Better understanding of others

## INSTRUCTION AREAS

- Developing self-awareness and personality development
- Understanding the importance of self-regulation and discipline
- Finding one's passion and building capacity
- Breaking through habit barriers
- Developing a life plan and goal setting



## HARMFUL BEHAVIORS

- Self-destructive
- Violence
- Addiction
- Family/Social issue
- Dysfunctionality
- Societal disruption
- Poor academic performance
- Suicidal Ideation

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