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## Michigan Gaming Control Board emphasizes responsible gaming during March for Problem Gambling Awareness Month

DETROIT, March 7, 2024 — As March heralds the beginning of Problem Gambling Awareness Month, the Michigan Gaming Control Board (MGCB) underscores its commitment to promoting responsible gaming practices within the state. With the aim of raising awareness and providing resources to address problem gambling behaviors, the Board continues to prioritize the well-being of all individuals who engage in gaming activities.

This year, the MGCB celebrates the one-year anniversary of its informative and engaging podcast series, *Double Down Michigan*. Launched in March 2023, the podcast is designed to educate people about Michigan’s gaming industry, with guests discussing a variety of topics with MGCB Executive Director Henry Williams, ranging from licensing to illegal gambling and responsible gaming.

“The podcast has been an invaluable platform for sharing insights, industry updates, and responsible gaming practices with Michigan citizens and our stakeholders,” Williams said. “As we mark this significant milestone, we are excited to reaffirm our dedication to fostering a culture of responsible gaming among players and enthusiasts.”



In light of recent initiatives and, particularly, its internationally acclaimed and award-winning “Don’t Regret the Bet” responsible gaming messaging campaign, the MGCB is pleased to highlight a compelling interview for Episode 15 its *Double Down Michigan* podcast featuring Dan Trolaro, Vice President of Prevention – US at EPIC Global Solutions. A renowned gambling prevention specialist, Trolaro takes the time to talk with Williams about his personal gambling addiction that he overcame, and the interview delves into essential tips and strategies for citizens to recognize the warning signs of problem gambling and seek help when needed.

Scheduled to air later this month on March 21, their conversation highlights the agency’s commitment to collaborating with experts in the field so that Michigan citizens are equipped with the best possible knowledge and tools necessary to promote responsible gaming behaviors, empowering them to make informed decisions and prioritize their well-being while engaging in gaming activities.

“As gambling expands, there are so many vulnerable populations now — it’s criminal justice, it’s athletes, it’s young and emerging adults, it’s people who work for operators like sportsbooks and

casinos, and it's those who participate and play the games," Trolaro said. "It's important that we shed light on safe ways to gamble, how to keep it safe and how to keep it a form of entertainment in its rightful spot, but also to shed light on what the potential harms could be, because we just don't talk about that a lot."

According to the National Council on Problem Gambling (NCPG), approximately 2.5 million U.S. adults, or 1% of the population, are estimated to meet the criteria for severe problem gambling. Another 5-8 million, or 2-3%, meet the criteria for mild or moderate problem gambling. Operated by the NCPG, the National Problem Gambling Helpline (1-800-GAMBLER) is a valuable resource that anyone can access via call, text (800GAM), or chat ([www.1800gamblerchat.org](http://www.1800gamblerchat.org)) to obtain detailed information regarding treatment resources available in the caller's local area.

"It's important that people know that there's support out there for them if they, or a loved one, are struggling," added Trolaro. "The number one resource I always say is 1-800-GAMBLER. It's that 24/7, 365 helpline that people can access confidentially and anonymously, and that can steer someone in the right direction."

Michiganders can tune in and listen to episodes of the MGCB's *Double Down Michigan* podcast on [Buzzsprout](#) or on most podcast apps including Apple Podcasts, Spotify, Amazon Music, iHeart Radio, and more. Listeners are encouraged to contact the MGCB with ideas about future podcast topics they'd like to hear discussed by sending an email to [MGCBweb@michigan.gov](mailto:MGCBweb@michigan.gov).

For more information about responsible gaming resources, please visit the [Responsible Gaming page of the agency's website at Michigan.gov/MGCB](#). Also check out [DontRegretTheBet.org](http://DontRegretTheBet.org) for tips and information to help. Michigan citizens are encouraged to review the resources available and contact the agency at 888-223-3044 to speak with an MGCB Responsible Gaming Representative who can help answer any additional questions.

*Gambling in any form is for entertainment purposes only. If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame. Call 1-800-GAMBLER, text 800GAM, or visit [www.1800gamblerchat.org](http://www.1800gamblerchat.org). Help is available 24/7 and is free and confidential. Michigan citizens can also visit the [Responsible Gaming page of the MGCB website](#) for information on self-exclusion programs including the Disassociated Persons List and the Internet Gaming and Sports Betting Responsible Gaming Database, and [DontRegretTheBet.org](http://DontRegretTheBet.org) for additional tools to game responsibly.*

*The Michigan Gaming Control Board shall ensure the conduct of fair and honest gaming to protect the interests of the citizens of the state of Michigan. Learn more at [Michigan.gov/MGCB](http://Michigan.gov/MGCB).*