



Compassionate Hearts

Professional Services

Respectful Environment

VANGUARD

Compulsive Gambling Recovery Center

*A specialized program of
Project Turnabout Addiction Recovery Center*

The Vanguard Program

Compulsive gambling is often called the *"hidden illness"* due to the lack of outward signs and symptoms that are often apparent with other dependencies. Families & friends of gamblers are often shocked when they learn the seriousness of an individual's problems. They have no idea the gambling has progressed to the depth it has. For this reason, treatment and recovery of this addiction must be approached in a specific manner.

Project Turnabout was established in 1970 to provide a therapeutic environment for people experiencing problems due to alcohol and/or drug abuse. The Vanguard Compulsive Gambling Treatment Program was developed in 1991 to address the issues of individuals and families who have been affected by compulsive gambling.

The 20-bed facility is located within a campus completed in May of 2003. The campus houses several other units that treat chemically dependent individuals and their families, as well as a gymnasium, fitness center, and spiritual center. Vanguard patients use all amenities that the campus has to offer while remaining autonomous to implement gambling specific therapies and programming.

Project Turnabout
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*A residential treatment program
exclusively for individuals and families
experiencing problems due to gambling*



Is There a Problem?

The National Council on Problem Gambling defines gambling addiction as *“a progressive addiction characterized by increasing pre-occupation with gambling, a need to bet more money more frequently, restlessness and/or irritability when attempting to stop.”*

Problem gambling has grown to be a significant issue for people around the world. Two simple questions may help in assessing and identifying gambling problems:

- 1) Have you lied about how much you gamble or how much you spent gambling?
- 2) Have you spent more time or more money gambling than you intended?

Answering “yes” to one or both of these questions may indicate the need for a more comprehensive assessment.

A 12-Step Based Program

Vanguard is a 12-step, abstinence based program. Involvement in a 12-step program is a pre-requisite to participating in an extended aftercare program.

Please contact us for further information at 320-564-4911 or 1-800-862-1453

“Do not go where the path may lead, go instead where there is no path and leave a trail.”

- Ralph Waldo Emerson

Assessment

Prior to admission, each patient receives a thorough, day long evaluation, which addresses the following areas: physical and psychological needs, physiological gambling behavior, social, spiritual, nutritional, emotional, education, and family history. If, during the course of treatment, a cross addiction is identified, a chemical use evaluation can also be administered.

Upon completion of the assessment, which provides information vital to meeting the needs of each patient, an individualized treatment plan is developed by the treatment team. In addition to program staff, a certified personal fitness trainer and a nutritional manager assist in developing and designing an exercise and nutrition program. Also available to each patient is 24-hour nursing care, psychological services, and spiritual services.

Other daily and/or weekly activities include financial counseling for each patient and their family members, education through lectures and videos, individual and group therapy, relaxation and meditation, physical fitness, and aftercare planning.



Admission

The Vanguard Program accepts men and women 18 years of age and older who have experienced problems due to gambling and meet the criteria for residential care as determined by a professional assessment.

Funding options include private pay and a limited amount of charitable funds. For Minnesota residents, partial funding may be available through a grant from the MN Department of Human Services.

Funding arrangements must be made with the Business Office prior to admission. For referral to this program, or further information, please call 1-800-862-1453.

Vanguard: A Beacon of Hope



Family/Significant Others

Family and significant others have the opportunity to participate in family group on a weekly basis. By learning about gambling addiction and the roles they play, the participants become a vital part of the recovery process. Family members have the opportunity to spend time with patients while they are abstinent, possibly for the first time in months or years and are able to talk to each other in an honest and open way.