

2012 ART CONTEST AWARDS

Local students earn gambling awareness art awards.

Two Tillamook County students earned first and second place awards for their artwork submitted to the 2012 Tillamook County Middle School Student (grades 6-8) Problem Gambling Awareness Art Contest sponsored for the second consecutive year by Tillamook Family Counseling Center.

Marisa Foland, an eighth-grader at Tillamook Junior High School, earned first place (\$50).

Kaylah Bridges, a seventh-grader at Neah-Kah-Nie Middle School, earned second place (\$25).

Foland's award-earning entry features cards, dice and a no-gambling sign, with the message, "Don't let it control you. Kick the habit."

Bridges' entry features a woman playing video poker and a sad family, with the message, "If you spend all of your time gambling....Where will we be? Help yourself and others at www.1877mylimit.org or 1-877-MY-LIMIT"

Foland received her award at TJHS with teacher Nancy Bernard looking on. Bernard encouraged Foland and others at Tillamook Junior High School to participate in the contest.

Bridges received her award at NKNMS with teacher Joan Henderson looking on. Henderson encouraged Bridges and others at Neah-Kah-Nie Middle School to participate in the contest.

Marisa Foland, TJHS 8th-grader earned 1st place.



Kaylah Bridges, NKNMS 7th-grader earned 2nd place.

Why a youth art contest in Tillamook County? The contest aims to increase awareness of problem and addictive gambling in Tillamook County and related risks – especially to youth. The contest coincides with "Problem Gambling Awareness Week in Tillamook County" proclaimed for a week in March by

Tillamook County Commissioners for the past 2 years, based on a request by Mary Ann Dearborn with Tillamook Family Counseling Center, following Dearborn's presentation of facts:

- Gambling can be as addictive as alcohol or drugs for some people – and gambling is especially risky for youth.
- Exposing children and teens to addictive substances (like alcohol or drugs) or addictive behaviors (like gambling) increases the risks of developing addiction in adulthood, because of adolescent brain development.
- Youth gambling in Tillamook County is a serious concern:
 - o Gambling was the Number 1 youth risk behavior reported by Tillamook County youth, according to the Oregon Student Wellness Survey (OSWS), 2010 data.
 - o Tillamook County 6th, 8th and 11th graders reported much higher rates for gambling than use of substances, i.e., alcohol and other drugs – including tobacco (OSWS, 2010).
 - o Tillamook County youth also reported that adults (parents and teachers) talked to them less about risks of gambling than risks of substance use (OSWS, 2010).
 - o Tillamook County youth gambling rates are some of the highest in the state of Oregon (OSWS, 2010).
 - o Tillamook County youth who reported gambling also reported gambling-related problems (i.e., lied about betting or gambling, bet or gambled more than they wanted to, felt bad about betting or gambling, etc. (OSWS, 2010).

What can YOU do to help? Learn about risks -- share what you know – don't expose youth to gambling. Information about the problem is available – and help for problem/addictive gambling, in Oregon, is free, confidential – and it works! Call 1-877-MY-LIMIT or visit www.1877mylimit.org .

By Mary Ann Dearborn, LCSW, CPS
Problem Gambling Prevention Coordinator for Tillamook County