



International Gambling Recovery Specialist (IGRS) Certification

What is IGRS?

International Gambling Recovery Specialists (IGRS) are individuals with lived experience of problem gambling or as an affected person who use their personal experiences to assist others on their recovery journey. They foster mutual empowerment, build relationships, and help individuals stay engaged in recovery to reduce the risk of relapse.

Why is Recovery Specialist Certification Important?

IGRSs extend the reach of treatment beyond clinical settings, offering support and guidance in the everyday lives of those seeking lasting recovery. They provide crucial assistance in overcoming isolation, a common challenge in gambling disorder. By sharing their experiences, IGRSs inspire hope and empower individuals to reclaim their lives from the grips of problem gambling.

Social Connection: Recovery from gambling relies heavily on positive social interaction. Isolation increases the likelihood of relapse, worsens mental health, and leads to disengagement.

Standardized Skills: Certification ensures IGRSs have the necessary skills and competencies to effectively deliver recovery support services.

Who Can Apply?

Lived Experience: Applicants must possess first-hand experience with problem gambling, either personally or as an affected individual. It is essential that applicants demonstrate not only knowledge of recovery-centered approaches but also unwavering commitment to upholding the ethical standards of the profession and code of conduct.

Approved Training: Completion of an IGCCB approved training program on basic recovery support for gambling disorders is required. This training ensures IGRSs are equipped to work with others from a recovery perspective, utilize their personal stories, focus on mutuality, meet individuals where they are, and model core values, ethics, and principles.

Certification equips you to:

- *Advocate for people in recovery*
- *Provide Services and/or Training*
- *Share Resources and build skills*
- *Supervise other IGRSs*
- *Mentor one on one*
- *Administer Programs or Agencies*
- *Lead Recovery Groups*
- *Educate the public and policymakers*



International Gambling Recovery Specialist (IGRS) Training Outline (30 Hours Total)

Training Outline:

This comprehensive training program equips Peer Recovery Specialists with essential knowledge and skills to support individuals recovering from gambling disorders. The curriculum covers foundational understanding of gambling disorders, the science behind it, and cultural considerations. It emphasizes building strong relationships, core values, and effective peer support skills. The training delves into mentorship, advocacy, and empowerment techniques, providing in-depth knowledge on advanced topics like financial literacy, family dynamics, and trauma-informed care. Finally, it focuses on the professional role, emphasizing self-care, ethics, and ongoing development for Peer Recovery Specialists. This training must adhere to the Core Competencies for Gambling Recovery Peers published by the Oregon Health Authority Problem Gambling Services. This certification also requires obtaining specific hours of direct application and working with a BARA or BACC for a minimum of 8 hours.

Domain I: Knowledge (7 hours)

Gambling Disorder Overview (2 hours):

- Types of gambling and gambling activities (1.1)
- Local and national gambling resources (helplines, treatment centers, support groups) (1.7)
- Legal ages for gambling and associated regulations (1.1)
- Availability of gambling treatment systems (1.7)

The Science of Gambling (2 hours):

- Understanding the neurobiology of gambling addiction (1.2)
- Understanding medication (supportive and contra-indications) (1.3)
- Exploring the spectrum of gambling behaviors (non-problematic, problematic, disordered) (1.2)
- Examining the intersection of gaming and gambling (1.1)
- Defining gambling recovery and its unique challenges (1.2)
- Basic concepts related to gambling problems and recovery (reinforcement, avoidance, triggers, etc.) (1.2)
- Co-occurring disorders and their impact (1.3)
- Stages of change and gambling recovery (1.8)
- Principles of relapse prevention (1.5)

Cultural, Sociodemographic, and Diversity Considerations (3 hours):

- Analyzing demographic statistics on gambling (age, race, ethnicity, gender, socioeconomic status) Addressing the cultural components of gambling within diverse communities
- Tailoring recovery support to meet the unique needs of different populations
- Multiple pathways of recovery and various recovery systems (1.4)
- Diverse recovery goals (abstinence vs. harm reduction) (1.6)
- Awareness of the importance of family relationships (1.9)

Domain II: Relationships & Domain V: Core Values (4 hours)

Peer Recovery Support Skills (4 hours):

- Defining the roles and functions of Peer Recovery Specialists and Peer-Assisted Recovery Prevention (Risk & Protective Factors, social determinants of health, primary/secondary/tertiary prevention, and resources for prevention training)
- Developing active listening and empathetic communication skills (2.1.2)
- Mastering the art of asking open-ended, helpful questions
- Learning to share personal recovery experiences effectively (vulnerability and reciprocity) (2.1.4) Crisis management (3.5.1, 3.5.2, 3.5.3, 3.5.4, 3.5.5, 3.5.6, 3.5.7, 3.5.8)
- Ethics (role clarification, boundaries, language, stigma, bias, discrimination) (2.1.3, 5.1, 5.2, 5.3, 5.4, 5.5, 5.6, 5.7)
- Social Justice and Advocacy
- Effective communication using various modalities (text, phone, online) (2.1.6)

Domain III: Advocacy & Mentorship (16 hours)

Advocacy Skills (2 hours): (4.1, 4.2, 4.3, 4.4, 4.5, 4.6, 4.7)

- Empowering individuals in recovery to advocate for their needs
- Raising awareness about gambling disorder and recovery resources
- Developing strategies for effective advocacy and communication
- Advocating for systemic changes and policy reform

Empowerment Skills (5 hours): (3.1.1, 3.1.2, 3.1.4, 3.1.5, 3.1.6, 3.1.7, 3.3.1, 3.3.2, 3.3.3, 3.3.4, 3.3.5, 3.3.8, 3.3.9)

- Recovery Pathways: Explore diverse recovery pathways, including abstinence and harm reduction, emphasizing individual choice and autonomy, including understanding Natural Recovery.
- Tools and Resources: Self-exclusion programs, technology supports for limiting gambling access, guidelines and resources for setting limits on gambling, and practical tools for implementing harm reduction techniques (budgeting, time management, alternative activities).
- Harm Reduction vs. Abstinence: Compare and contrast philosophies, practices, benefits, and limitations, emphasizing individual needs and preferences.
- Self-Help and Support Groups: Explore various groups (GA, GamAnon, Gamblers in Recovery, SMART Recovery, Celebrate Recovery, Recovery Dharma, etc.), emphasizing peer support.
- Case Studies and Practical Application: Share real-world examples of successful recovery strategies, providing guidance on relapse prevention and coping skills.

Advanced Topics (9 hours): (3.2.1, 3.2.2, 3.2.3, 3.2.4, 3.4.1, 3.4.2, 3.4.3, 3.4.4, 3.4.5)

- Financial literacy and gambling (budgeting, restitution, transparency, asset protection, accessing financial services) (3.3.6, 3.3.7)
- Family dynamics and gambling disorder (communication, boundaries, support, treatment approaches, evidence-based models, ethical issues & considerations)
- Co-occurring disorders and gambling (identification, integrated treatment)
- Relapse prevention strategies (triggers, coping skills, relapse plans)
- Motivational Interviewing techniques (in-depth practice and application)
- Trauma-Informed Care principles and practices (understanding trauma's impact on recovery) Health and wellness skills (stress management, healthy coping mechanisms, self-care practices) (3.1.3)

Domain IV: Professional Role (3 hours) (6.1.1, 6.2.1, 6.2.2, 6.2.3, 6.2.5)

- Self-care and maintaining personal recovery
- Professional boundaries and ethics (confidentiality, dual relationships, etc.)
- Supervision and consultation
- Documentation and record-keeping
- Safety and ethical considerations in digital peer support (6.2.4)
- Continuing education and professional development

- Working within a team and collaborating with other professionals

Examination: NONE

Direct Application Hours: 100 hours (peer support, outreach, engagement) in a volunteer and/or paid capacity.

BARA or BACC supervision hours: 8 hours demonstrating application of training education and techniques.