The Vanguard Center for Gambling Recovery
HELPING BRING MIRACLES TO LIFE
THE PROBLEM GAMBLER
GOES THROUGH THREE STEPS:

FIRST, THEY THINK:
“MAYBE I CAN DOUBLE MY MONEY.”

THEN, THEY THINK:
“I KNOW I CAN DOUBLE MY MONEY.”

FINALLY, THEY’RE CONVINCED:
“I HAVE TO DOUBLE MY MONEY.”
The Silence of Losing

Compulsive gambling is often called the “hidden illness” due to the lack of outward signs and symptoms often apparent with other addictions. Families and friends of gamblers are often shocked to learn the seriousness of an individual’s problems. They have no idea the gambling has progressed to the magnitude it has.

You are likely reviewing this material because you or someone you love is asking, “Is there a problem?” That’s the question so many wrestle with as it pertains to gambling. And it can be answered by asking the following:

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?

If you answered “yes” to one or both of these questions, it may indicate the need for a more comprehensive assessment.

Over the past quarter-century, Vanguard Center for Gambling Recovery has become a nationally prominent residential treatment program. Yet, we remain focused on helping each patient experience the miracle of recovery, free from gambling’s addictive grasp.

We’re ready to answer any questions you have.
In 1992, Project Turnabout opened The Vanguard Center for Gambling Recovery. The program has become recognized nationally as a center of excellence for men and women seeking recovery from compulsive gambling. It is currently the only residential program for problem gambling in Minnesota and one of only a handful of programs in the nation. Patients come from across the country and around the globe to find the help and hope necessary to make recovery and life-long abstinence from gambling a reality.
RESIDENTIAL TREATMENT FOR PROBLEM GAMBLING
Our residential treatment program is designed for women and men, integrating evidence-based practices with the principles of the 12 Steps of Gamblers’ Anonymous.

The program is housed on Turnabout’s Granite Falls campus. Though it is an independent Center within Turnabout, patients share common areas and the resources of the entire facility. Program participation is based on an individual’s needs, but typically runs about a month. Graduates also participate in an aftercare program following discharge.

Upon arrival, all Vanguard patients participate in a comprehensive assessment with our clinical team, involving physical and psychological needs, gambling behavior, social, spiritual, nutritional, education and family histories. Information gathered is used by our clinical team, working with the patient, to formulate a personal treatment plan designed to help the patient identify and overcome barriers, and develop skills to help live a gambling-free lifestyle.

Our services are designed to offer the help and hope necessary to make recovery and life-long abstinence from gambling a reality. A variety of therapeutic methods may be utilized, including Motivational Interviewing, Cognitive Behavioral Therapy, 12-Step Facilitation and other evidence-based approaches. Licensed counselors, physicians, nurses, mental health professionals, as well as a chaplain and a physical fitness trainer make up each patient’s treatment team.

To channel the energy of compulsive gamblers, we encourage a busy, full-day schedule, including education through reading, lectures and videos, individual and group therapy, relaxation and meditation, physical fitness, aftercare planning, and financial counseling. Group therapy is an important element, as it helps break the isolation and secrecy that is a hallmark of compulsive gambling.

ALUMNI ONLINE RECOVERY SUPPORT
As Vanguard patients return home, they are continuously connected to Turnabout via dedicated alumni Internet sites. They can blog and chat with alumni and staff, and find help to strengthen their recoveries.
The disease of addiction consumes every aspect of our lives, regardless of whether it is manifested in gambling, alcohol, drugs or any other substance. From the moment patients enter Turnabout, their medical, physical, nutritional and spiritual needs are addressed.

Attention to each patient’s medical status is paramount. Nurses from our 24/7 on-site Medical & Detoxification Services will monitor and tend to any acute or on-going health needs patients may have.

Our campus offers a gymnasium, fitness center and spiritual center. Our fitness trainer will assess and develop a personalized fitness plan for each patient. Our resident chaplain is available to assist patients in their search to regain spiritual health and wellness. Patients find moments of solitude and reflection in the serenity of our chapel.
Family Disease, Family Recovery

A BIG PART OF THE RECOVERY EQUATION

Project Turnabout believes families are integral to our patients’ recoveries. That’s why our structured Family Program is part of your loved one’s treatment plan—not an add-on at extra cost.

Family education, facilitated group sessions and one-to-one counseling are designed to open lines of communication, discuss on-going recovery activities and initiate the healing process.

The program is designed to help build self-esteem and encourages open communication, preparing both family members and the recovering individual for long-term success.

Healing begins in the comfortable surroundings of our expanded Family Program area.
From Aruba to Hong Kong, no distance is too far for our Family Day conference calls—next best thing to being here.

TANYA, FAMILY SERVICES

“I love Family Day! It’s a great time to connect with families—an opportunity to talk about the disease of addiction as you would any other disease. It’s a freeing thing for families when they realize they are not alone. There’s actually a physical change that happens, family interaction becomes more relaxed—it’s really amazing.”
Making the Call

Call us anytime—24 hours a day, seven days a week, every day of the year: 1.800.862.1453.

We know how difficult it can be to pick up the phone. But it’s the first step toward a life of freedom from compulsive gambling. And when you do, an Admissions Counselor will answer all your questions, discuss your circumstances, gather medical information and review funding options. In one call, you will have a clear action plan which outlines the appropriate level of care—and it’s completely confidential.

Lack of finances should never be a reason for not seeking help. Turnabout provides some of the most affordable treatment available. The State of Minnesota makes funding available for residents seeking problem gambling treatment. If you reside outside of Minnesota, your Admissions Counselor will try to connect you with funding resources in your area.

Our devotion fuels our passion for excellence and continuous improvement. Project Turnabout has received the highest level of accreditation from the Commission on Accreditation of Rehabilitation Facilities International (CARF).
Project Turnabout

CENTERS FOR ADDICTION RECOVERY

Since opening our doors in 1970, we have witnessed the miracle of recovery in the lives of thousands of people and their families. Today, people from throughout Minnesota, across the country and around the world come to Turnabout to find help and hope for a life free from addictions to compulsive gambling or alcohol and drugs.

Today, with our recent expansion, Turnabout is one of the largest addiction treatment centers in the Upper Midwest. Yet we remain committed to helping patients experience the life-restoring miracle, one patient at a time.

The disease is the same—addiction. Yet the challenges for treatment and recovery from compulsive gambling or alcohol and drugs can be dramatically different. The years we have invested in both areas of recovery have resulted in the emergence of our two distinctive and highly-regarded centers of excellence: The Center for Alcohol and Drug Recovery and The Vanguard Center for Gambling Recovery.
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