

**NOTICE OF BOARD WORKSHOP AND BOARD MEETING
of the
TILLAMOOK COUNTY BOARD OF COMMISSIONERS**
Also sitting as the Board of the
SOLID WASTE SERVICE DISTRICT,
THE 4-H AND EXTENSION SERVICE DISTRICT
AND COUNTY ROAD DISTRICT
to be held

COUNTY COURT JOURNAL

FILED *zfo*
APR 9 2015
TASSI O'NEIL
COUNTY CLERK *gt*

Wednesday, March 4, 2015
Workshop at 8:30 a.m.
Commissioners' Meeting Room B
County Courthouse, 201 Laurel Avenue, Tillamook, Oregon

Board Meeting at 10:00 a.m.
Commissioners' Meeting Room A
County Courthouse, 201 Laurel Avenue, Tillamook, Oregon

BOARD OF COMMISSIONERS

Tim Josi, Chair
E-mail: tjosi@co.tillamook.or.us

Mark Labhart, Vice Chair
E-mail: mlabhart@co.tillamook.or.us

Bill Baertlein, Commissioner
E-mail: bbaertle@co.tillamook.or.us
201 Laurel Avenue
Tillamook, Oregon 97141
Phone: (503) 842-3403 FAX: (503) 842-1384

ANY QUESTIONS? Contact
Paul Levesque (503) 842-1809
E-mail: plevesqu@co.tillamook.or.us

COUNTY WEBSITE: <http://www.co.tillamook.or.us>

WATCH THIS MEETING ONLINE: tctvonline.com
OR ON TV: TCTV Channel 4

Friday – 1:00 p.m.
Monday – 7:00 p.m.
Thursday – 9:30 a.m.

Saturday – 3:30 a.m.
Tuesday – 10:00 p.m.

Sunday – 7:00 p.m.
Wednesday – 7:00 a.m.

NOTE: The Board of Commissioners reserves the right to recess to Executive Session as may be required at any time during this meeting, pursuant to ORS 192.660(1).

NOTE: The Tillamook County Courthouse is accessible to persons with disabilities. If special accommodations are needed for persons with hearing, visual or manual impairments who wish to participate in the meeting, please contact (503) 842-3403 at least 24 hours prior to the meeting so that the appropriate communications assistance can be arranged.

AGENDA

WORKSHOP – AUDIO03-04-2015A.MP3

Chair Tim Josi was absent (Board of Forestry Meeting)

CALL TO ORDER: Wednesday, March 4, 2015 8:30 a.m.

1. Welcome & Request to Sign Guest List
2. 0:30 Public Comment – Non-Agenda Items – There were none.
3. Public Works Report/Liane Welch
 - a. 0:40 Discussion Concerning a Landowner Agreement for Restoration Projects with the U. S. Fish and Wildlife Service for Bower Creek Fish Passage Project Located on Meda Loop Road
4. 1:52 Discussion Concerning a Resolution Proclaiming March 2015 as “*Problem Gambling Awareness Month*” in Tillamook County, Oregon/JoDee Ridderbusch
5. Human Resources Report/Mona Hamblen
3:55 Informational Citycounty Insurance Services (CIS) Meeting on April March 10.
6. Community Development Update/Bryan Pohl
 - a. 6:55 Discussion and Consideration of Community Development Budget and Building Training Needs
 - 22:52 Conditional Use Appeal
7. 23:03 Discussion Concerning the Fourteenth Amendment to the 2013-2015 Intergovernmental Agreement #4437 (State #142027) with the Oregon Health Authority for the Financing of Public Health Services/Marlene Putman
8. 23:54 Update on National Association of Counties (NACo) Prescription and Health Discount Program/Marlene Putman
9. 30:24 Discussion Concerning the Eleventh Amendment to the 2013-2015 Intergovernmental Agreement #141425 (County Contract #4423) with the Oregon Health Authority for the Financing of Community Addictions and Mental Health Services/Bill Baertlein
10. 31:10 Discussion and Consideration of an Out-of-State Travel Request for Mark Labhart to Attend the ATC Council Workshop on Strategies to Improve Disaster Resiliency March 11-13, 2015 in Arlington, Virginia/Mark Labhart
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes. The vice chair signed the travel request.
11. 32:31 Discussion Concerning a Resolution Supporting the Second Amendment of the United States Constitution and Article 1, Section 27 of the Oregon Constitution/Bill Baertlein
12. Chief of Staff Report/Paul Levesque
 - a. 42:11 Discussion and Consideration of Additional Grant Funds to Enable a March 9, 2015 Start Date for the Legal Secretary Position in the Commissioners’ Office
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes.

13. Staff Report/Sue Becraft
 - a. 1:25:30 Suggestion Box – There were none.
 - 1:26:00 Furlough Days Announcement
 - 1:27:00 Committee Vacancies
14. Board Concerns – Non-Agenda Items
 - 1:22:57 Legislative Update/Mark Labhart
15. 1:28:07 Public Comments – There were none.

ADJOURN – 9:58 a.m.

MEETING – AUDIO03-04-2015B.MP3

Chair Tim Josi was absent (Board of Forestry Meeting)

CALL TO ORDER: Wednesday, March 4, 2015 10:02 a.m.

1. Welcome & Request to Sign Guest List
2. 0:22 Public Comment – Non-Agenda Items – There were none.

LEGISLATIVE – ADMINISTRATIVE

3. 0:35 Consideration of a Landowner Agreement for Restoration Projects with the U. S. Fish and Wildlife Service for Bower Creek Fish Passage Project Located on Meda Loop Road
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes. The Vice Chair signed the agreement.
4. 2:04 Consideration of a Resolution Proclaiming March 2015 as “*Problem Gambling Awareness Month*” in Tillamook County, Oregon/JoDee Ridderbusch
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes. The board signed Resolution #R-15-007.
5. 11:09 Consideration of the Fourteenth Amendment to the 2013-2015 Intergovernmental Agreement #4437 (State #142027) with the Oregon Health Authority for the Financing of Public Health Services/Marlene Putman
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes. The Vice Chair signed the agreement.
7:40 NACo Drug Program
6. 12:57 Consideration of the Eleventh Amendment to the 2013-2015 Intergovernmental Agreement #141425 (County Contract #4423) with the Oregon Health Authority for the Financing of Community Addictions and Mental Health Services/Bill Baertlein
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes. Commissioner Baertlein signed the agreement.
7. 13:39 Consideration a Resolution Supporting the Second Amendment of the United States Constitution and Article 1, Section 27 of the Oregon Constitution/Bill Baertlein
A motion was made by Commissioner Baertlein and seconded by Vice Chair Labhart. The motion carried with two aye votes. The board signed Resolution #R-15-008.
8. Board Concerns – Non-Agenda Items & Announcements
18:54 Legislative Update/Mark Labhart

9. Public Comments
22:37 Request for a copy Resolution #R-15-008.

ADJOURN – 10:25 a.m.

AGENDA

WORKSHOP

CALL TO ORDER: Wednesday, March 4, 2015 8:30 a.m.

1. Welcome & Request to Sign Guest List
2. Public Comment – Non-Agenda Items
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5. Human Resources Report/Mona Hamblen
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 - a. Discussion and Consideration of Additional Grant Funds to Enable a March 9, 2015 Start Date for the Legal Secretary Position in the Commissioners’ Office
13. Staff Report/Sue Becraft
 - a. Suggestion Box
14. Board Concerns – Non-Agenda Items
15. Public Comments

ADJOURN

MEETING

CALL TO ORDER: Wednesday, March 4, 2015 10:00 a.m.

1. Welcome & Request to Sign Guest List
2. Public Comment – Non-Agenda Items

LEGISLATIVE – ADMINISTRATIVE

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7. Consideration a Resolution Supporting the Second Amendment of the United States Constitution and Article 1, Section 27 of the Oregon Constitution/Bill Baertlein
8. Board Concerns – Non-Agenda Items & Announcements
9. Public Comments

ADJOURN

BOARD MEETINGS AND ANNOUNCEMENTS

The commissioners will hold a workshop on **Thursday, March 5, 2015** at **1:30 p.m.** to discuss the Oregon Department of Forestry’s Proposed Fiscal Year 2016 Annual Operation Plan. The workshop will be held in the commissioners’ meeting room B in the Tillamook County Courthouse, 201 Laurel Avenue, Tillamook.

The commissioners will hold a workshop on **Thursday, March 5, 2015** at **4:00 p.m.** with Tillamook County Staff to discuss matters concerning the Fiscal Year 2015-2016 budget for the commissioners’ office. The workshop will be held in the commissioners’ meeting room B in the Tillamook County Courthouse, 201 Laurel Avenue, Tillamook.

On **Monday, March 23, 2015** the county commissioners will be meeting as part of the Tillamook County Budget Committee. This is a special budget committee meeting. This public meeting will begin at **9:00 a.m.** and will be held in the commissioners’ meeting room at the Tillamook County Courthouse, 201 Laurel Avenue, Tillamook. The Budget Committee will discuss compensation of elective officers per ORS 204.126, deliberate and approve any change in the compensation of an elective county officer. Any person may appear at the meeting and discuss the proposed programs with the Budget Committee.

Because Tillamook County is facing significant budget shortfalls for the current fiscal year, in the General Fund, certain county departments will be closed on March 13, April 10, May 8, and June 12, 2015. This means that all the county departments in the Courthouse will be **closed**. In addition the Community Development Department and Surveyor's office will be **closed**. The Tillamook Library, Parks Department, administrative offices in the jail and justice facility, Road Department and the Health Department and clinics will remain **open**. The Circuit Court at the Tillamook County Courthouse will also be **open**.

The commissioners' evening board meeting schedule is as follows:

March 18, 2015

April 15, 2015

May 20, 2015

Kiawanda Community Center

County Courthouse

Manzanita City Hall

The evening meetings will begin at 6:30 p.m.

BOARD OF COMMISSIONERS' WORKSHOP

Wednesday, March 4, 2015

	Present	Absent		Present	Absent
Mark Labhart	✓	_____	Bill Baertlein	✓	_____
Tim Josi	_____	✓	Paul Levesque <i>Board of Forestry</i>	✓	_____

PLEASE PRINT

Name	Address	Item of Interest
------	---------	------------------

JOHN GETMAN		all
Gino Meyer		General
Pam Ledgerwood	Cloverdale	2 nd Amendment
John Ledgerwood	"	" "
Ed Oram	Tillamook	" "
Jussi Omer		Cark all
Chieker Yarnell	Tillamook	
Deb Clark		
Mona L. Hamblen		HR
Kane Welch		PW
JoDee Ridderbusch Rockaway		
Bryn Piel		DCD
Mark Brien		DCD
Bill SARGENT		County Counsel

(Please use reverse if necessary)

BOARD OF COMMISSIONERS' MEETING

Wednesday, March 4, 2015

	Present	Absent		Present	Absent
Mark Labhart	<input checked="" type="checkbox"/>	<input type="checkbox"/>	Bill Baertlein	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Tim Josi	<input type="checkbox"/>	<input checked="" type="checkbox"/>	Paul Levesque	<input checked="" type="checkbox"/>	<input type="checkbox"/>
Bill Sargent	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<i>Board of Forestry</i>		

PLEASE PRINT

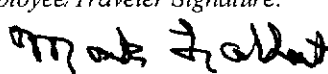

<u>Name</u>	<u>Address</u>	<u>Item of Interest</u>
Parr Ledgerwood	Cloverdale	2 nd Amendment
John Ledgerwood	"	"
Ed Oram	Tillamook	"
CHRIS STELLFLUG	TILLAMOOK	—
Liane Welch		RW
Jodie Riederbusch	Rochester	Problem Gambling

(Please use reverse if necessary)

PLEASE COMPLETE ALL SECTIONS IN YELLOW. WHERE DOLLAR AMOUNT DOES NOT APPLY LEAVE AT \$0.00
THIS FORM IS FILLABLE. AMOUNTS & TOTALS WILL CALCULATE AUTOMATICALLY

TILLAMOOK COUNTY TRAVEL AUTHORIZATION 2015

Please complete this form and obtain required signatures before traveling.

1. Name of Employee/Traveler: Mark Labhart		2. Date: 2/23/15																
3. Training Related/Conference (if yes, attach Agenda): <input type="radio"/> Yes <input checked="" type="radio"/> No		4. Airfare/Railfare: \$0.00 Confirmation Number:																
5. Name of Conference or Training: ATC Council - Strategies to Improve Disaster Resiliency		6. Conference/Training Cost: \$0.00																
7. Itinerary: Destination (City, State): Arlington, VA Est. Departure Date: 3/11/2015 Time: Est. Return Date: 3/13/2015 Time: 12:00 AM		8. Lodging Reservation Information: Hotel Name: Hyatt Arlington Address: 1325 Wilson Blvd Arlington, VA Phone number: 703-525-1234 Confirmation Number: 32BZK5J8																
9. Miscellaneous Expenses: (Identify Specific Expenses: Taxis, Shuttles, Etc.) a. \$0.00 c. \$0.00 b. \$0.00 d. \$0.00		10. Lodging Rate: Amount per Night: \$0.00 Tax per Night: \$0.00 Total per Night: \$0.00 Number of Nights: x 2 Total Lodging: \$0.00																
11. Meals: (Please CHECK which rate you are using in ONE box below) Daily Meal Rate without receipts (See policy): <input type="checkbox"/> CONUS Rate with detailed receipts and accounting: <input type="checkbox"/> *Daily Rate: \$0 *(Standard rate or City Conus Rate)		12. Cost of Trip: Airfare/Railfare: \$0.00 Lodging: \$0.00 Meal Per Diem: \$0.00 Personal Car Miles: \$0.00 Training/Conference Cost: \$0.00 Miscellaneous: \$0.00 Total Not To Exceed: \$0.00																
<table border="1" style="width: 100%; border-collapse: collapse;"> <thead> <tr> <th># of Meals</th> <th>x Rate</th> <th>Total</th> </tr> </thead> <tbody> <tr> <td>Breakfast:</td> <td>\$0.00</td> <td>\$ -</td> </tr> <tr> <td>Lunch:</td> <td>\$0.00</td> <td>\$ -</td> </tr> <tr> <td>Dinner:</td> <td>\$0.00</td> <td>\$ -</td> </tr> <tr> <td>Total Meals:</td> <td></td> <td>\$ -</td> </tr> </tbody> </table>		# of Meals	x Rate	Total	Breakfast:	\$0.00	\$ -	Lunch:	\$0.00	\$ -	Dinner:	\$0.00	\$ -	Total Meals:		\$ -	13. Personal Car Miles Total miles round trip: x 0.575 \$ -	
# of Meals	x Rate	Total																
Breakfast:	\$0.00	\$ -																
Lunch:	\$0.00	\$ -																
Dinner:	\$0.00	\$ -																
Total Meals:		\$ -																
14. Purpose of Trip (Be Specific): Attending Disaster Resilience Workshop as new member of National Applied Technology Council West Coast Representative. No Cost to Tillamook County																		
15. Approved for Payment:																		
Meal Per Diem: \$0.00		Transportation: \$0.00																
Personal Car Miles: \$0.00		Training/Conference: \$0.00																
Misc: \$0.00		Total \$0.00																
Lodging: \$0.00																		
16. Employee/Traveler Signature: 		Date: 2-23-15																
17. Department Head/Designee Signature:		Date: 3-4-15																
18. Board of Commissioner's Signature (Required for Out-Of-State): 		Date: 2/																

Applied Technology Council

A Nonprofit Corporation
Advancing Engineering Applications for Hazard Mitigation
California • Delaware • Virginia

201 REDWOOD SHORES PARKWAY, SUITE 240 REDWOOD CITY, CALIFORNIA 94065
PHONE 650/595-1542 FAX 650/593-2320 WEB SITE www.atccouncil.org



President: James A. Amundson
Vice President: Victoria Arbitino
Secretary/Treasurer: William Staehlin

February 19, 2015

TO: MARK LABHART, TILLAMOOK COUNTY

FROM: CHRISTOPHER ROJAHN, APPLIED TECHNOLOGY COUNCIL

SUBJECT: INVITATION TO PARTICIPATE IN A WORKSHOP TO REVIEW THE STRATEGIES OF FEDERAL AGENCIES TO ENCOURAGE LOCAL ADOPTION OF DISASTER-RESISTANT CODES AND STANDARDS TO IMPROVE RESILIENCY NATIONWIDE, MARCH 12, 2015, ARLINGTON, VIRGINIA

Dear Mark:

On behalf of the Applied Technology Council (ATC) and the Building Code Workgroup of the Mitigation Framework Leadership Group (MitFLG)⁹, we are pleased to invite you to participate in an important *Workshop to Review the Strategies of Federal Agencies to Encourage Local Adoption of Disaster-Resistant Codes and Standards to Improve Resiliency Nationwide*, to be held at the Hyatt Arlington, 1325 Wilson Boulevard, Arlington, Virginia on **March 12, 2015**. The primary objective of this Workshop is to obtain input to increase the nation's resilience against natural disasters, including floods, wind storms, earthquakes and tsunamis, by identifying strategies and approaches to encourage state and local adoption of current disaster-resistant building codes and standards, including related actions that could be undertaken by Federal agencies. These recommendations, strategies and approaches will be described in a detailed report for internal use by the Federal Emergency Management Agency, in support of the activities of the Mitigation Framework Leadership Group.

To date, there have been two significant activities to begin to gather effective strategies. Over a two-week period of time in mid-January, a series of webinars were hosted to solicit input from a broad range of stakeholders. The stakeholders looked back in history, at current initiatives and also into the future to discuss and express critical attributes needed for Federal agencies with the support of state and local government agencies and insurance, financing and development industries to have a broad perspective needed to create a program that creates more sustainable and resilient communities. Each stakeholder responded to the following six questions:

- 1) Under what circumstances have you seen Federal action (e.g., proposition, advocacy, research, etc.) lead to code enhancement?
- 2) What examples can you provide where you have seen an opportunity for a Federal agency able to offer additional support (e.g., research incentives) to you and for all?
- 3) What barriers (e.g., access to research) have you encountered as a result of a Federal action?
- 4) What does the best Federal coordination with you look like?

⁹ MitFLG is composed of representatives from various Federal agencies.

- 5) When have you seen communication/messaging from the Federal government or from others work well? What made the communicator/messenger best positioned to deliver the message?
- 6) Do you have any other input you would like to provide?

The second significant activity was the hosting of a Workshop with members of MitFLG and other invited guests on February 3, 2015 in Washington, DC. The goal of this Workshop was to present the findings of the webinars to the group for further discussion and for the ATC Project Technical Committee to obtain more information from the MitFLG members and invited guests so that the ATC Project Technical Committee could write a final report with strategies that would effectively encourage adoption of current disaster-resistant building codes and standards.

The purpose of the upcoming Workshop is to provide the ATC Project Technical Committee with additional feedback including participation in polling to help categorize and rank the suggested strategies. This input will shape the content of the final ATC report to be delivered to FEMA at the end of March 2015.

A block of rooms is being held until February 25, 2015 at a Federal per diem rate of \$229/night (plus tax) at the Hyatt Arlington. If you are able to participate and need hotel accommodations, ATC will make reservations for you. ATC will reimburse you for travel expenses to attend the Workshop. The travel budget for the Workshop is limited, so we are asking all participants who need to fly to the Washington, DC area to obtain air tickets for the most reasonable price possible. When planning your travel, please note that our budget assumes roundtrip airfares of \$750, \$500, and \$450 between Washington, DC, and cities in West Coast states, mid-western states, and the East Coast, respectively.

Since we are anxious to identify individuals who are able to attend as soon as possible, we kindly request that you advise us of your intent to participate in the *Workshop to Review the Strategies of Federal Agencies to Encourage Local Adoption of Disaster-Resistant Codes and Standards to Improve Resiliency Nationwide* by completing and returning to ATC the attached response form. Please return a completed response form to ATC at your earliest convenience, **but no later than February 25, 2015.**

For travel purposes please note that the Workshop is scheduled to begin at 9:00 am on Thursday, March 12 and end at 4:30 pm. Registration opens at 8:30 am. An agenda will be prepared and distributed approximately 10 days prior to the Workshop, along with a copy of handout materials.

We believe this Workshop will produce lasting benefits for the development of more sustainable and resilient communities, and look forward to your participation.

Sincerely,



Christopher Rojahn
ATC Executive Director

cc: Bernadette Hadnagy, ATC Operations Manager
Scott Schiff, ATC Director of Projects
Chris Jones, ATC Project Technical Director



PROBLEM GAMBLING AWARENESS MONTH

GAMBLING IN AMERICA DID YOU KNOW?

48 states have some form of legalized gambling



Money Americans spent on legalized gambling

\$119 billion



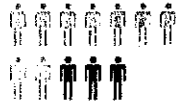
Social costs of problem gambling*

\$7 billion

*addiction, bankruptcy, and crime

Gambling Activity

75% of Americans have gambled in the past year



15% of Americans have gambled in the past week

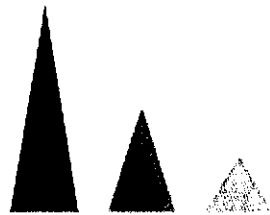


6.8 Million Americans meet criteria for gambling addiction

Beyond the Basics

Among those who have gambling problems.

Percentage of people who have gambling problems



75% have had problems with alcohol

58% have had problems with family

20% have attempted or committed suicide

Signs of Problem Gambling

Unexplained absences for long periods of time

Unexplained absences for long periods of time

Lies to loved ones about gambling behavior

Going without basic needs in order to gamble

Borrowing money to gamble

Help & Hope

☎ If you or a loved one needs help with a gambling problem, call

1-800-522-4700

Have the conversation about problem gambling and help someone in need

Family

Co-workers

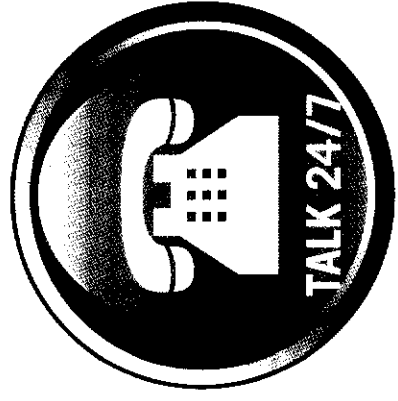
Doctors

FOR MORE INFO, VISIT:

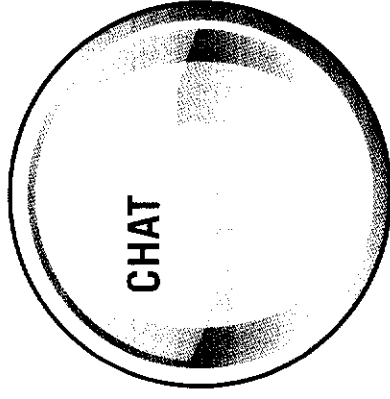


PROBLEM GAMBLING AWARENESS MONTH

PROBLEM GAMBLING HELP TALK OR CHAT



1-877-MY-LIMIT
(695-4648)



1877MYLIMIT.ORG



Get Help For Problem Gambling And Get Your Life Back

Are you answering "Yes" to any of these symptoms?

- Preoccupied with gambling and unable to stop?
- Bragging about gambling, exaggerating wins and minimizing losses?
- Restless and irritable when not gambling?
- Gambling to "feel better"?
- Borrowing money for gambling?
- Lying to hide time spent gambling or unpaid debt?
- Chasing losses (gambling to win back losses)?
- Losing work time because of gambling?
- Doing something illegal to get money for gambling?
- Jeopardizing a significant relationship or job by gambling?

If so, it's time to call for help. Problem gambling is not a bad habit or moral weakness. It is a serious condition that affects you, your family, your friends, and your job. With help, problem gamblers can put the game in perspective and make decisions to improve their lives.



If someone you know is gambling too much, call 1-877-MY LIMIT. Certified counselors are there 24 hours a day to help problem gamblers, their friends, and family by listening, educating, and lighting the path for people to see their choices and improve their quality of life.

For e-mail, live chat, instant messaging and other problem gambling resources and information, go to 1877mylimit.org.

More resources to help identify and understand problem gambling and contact information for treatment providers in your area is available online at 1877mylimit.org.



1-877-MY-LIMIT
(695-4648)



1877MYLIMIT.ORG

**Get help for
problem gambling**

Treatment is free, confidential and it works.



Hope is a click away



Anyone who gambles can develop a gambling problem. Problem gambling is any gambling behavior that has a negative effect on your life or the lives of people close to you. For example, if your gambling is causing you to miss work, fall behind in school, have arguments with family or friends, or worry about money you have lost, you may be a "problem gambler."

What is it like?

Oregon is internationally recognized for its system of treatment for problem gamblers and their families. Each year over 2,000 people enroll in one of Oregon's 27 problem gambling treatment programs, located throughout the state. Treatment options depend on client needs and include telephone counseling, in-person counseling and even residential treatment; all treatment is provided by counselors who specialize in working with problem gamblers. Eight out of every 10 people who receive state-funded help either stop gambling or greatly reduce their gambling.

When Their Problem Is Your Problem

If you are the spouse or family member of a problem gambler, it is important for you to:

- Realize that you are not responsible for the gambler's behavior.
- Reach out for support and help - talk to people you trust, call the problem gambling help line (1-877-MY LIMIT) or live chat, IM, e-mail at 1877mylimit.org.
- Take care of yourself.
- Stay in touch with your feelings.

Help Is Available

Spouses, partners, and family members of problem gamblers often feel frustrated, angry, sad, ashamed, and isolated. Depression and stress related illness are common. Fortunately, help is available that is no-cost, confidential, and effective. Hundreds of family members of problem gamblers are assisted each year in Oregon's system of care.

Online Help Is Available Too

If you'd rather not call, let your fingers do the talking online. Go to www.1877mylimit.org to chat live with a certified gambling counselor for help or advice. It's free and you can remain anonymous. Chat hours are 9 a.m. – 9 p.m. Monday – Friday.

A problem gambler doesn't necessarily need to "hit bottom" to decide to get help. To get specific advice on how and when to approach the problem gambler you know, call 1-877-MY LIMIT (1-877-695-4648) or log on to www.1877mylimit.org.



- Counselors are there to listen, educate and provide resources
- Professional certified counselors available 24/7
- All evaluations, counseling and treatment FREE to Oregon residents
- Confidentiality is always guaranteed except in cases involving child abuse or other legal requirements



1-877-MY-LIMIT
(695-4648)



1877MYLIMIT.ORG
CHAT