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Jody Bechtold, LCSW, ICGC-II, IGDC, CEO
The Better Institute
20 Cedar Blvd, Suite 204
Pittsburgh, PA 15228
412-343-0613
jody@betterinstitute.com

Local Therapy Group Spreading the Word About Problem Gambling as Usage Increases

The Better Institute helps people impacted by gambling harms including individuals, partners/spouses, and families.

Pittsburgh, Pennsylvania: The Better Institute, headed by Internationally Certified Gambling Counselor Jody Bechtold LCSW, ICGC-II, BACC, is spreading the word about the increase of problem gambling. The US already has over 35 states in some stage of legalizing sports betting/online betting. In 2017, there were less than 3. With expanded legalized gambling, both in brick and mortar establishments and online, The Better Institute has made it a focus to help as many people as possible that experience gambling harms; including individuals, partner/spouses, and the family.

According to the National Council on Problem Gambling, 2 million Americans, or about 1% of the adult population, are estimated to meet the criteria for severe gambling problems each year. Another 4 million to 6 million people are considered to have mild or moderate gambling problems. This research does not include the recent increase in access and availability of sports betting/online betting.

While The Better Institute offers support through one-on-one therapy, this is just part of the solution. Having enough trained and certified clinicians remains a challenge.

“In a country that is expanding gambling opportunities at an exponential rate, clinicians need problem gambling training now more than ever,” says Jody Bechtold. “To help those and their families impacted by gambling problems and addiction, clinicians must become trained and certified to treat gambling disorders to practice within their scope of expertise. It is unethical to treat people with gambling problems without the proper training and certification.”

To continue their mission of educating clinicians to help those impacted by the harms of gambling, The Better Institute also offers online training via the [Gambling Disorder Treatment Webinar Series](#) and frequently share their knowledge and experience with clinicians at events through the [Council on Compulsive Gambling of Pennsylvania](#) and other out-of-state and national organizations.

For more information on Problem Gambling and how The Better Institute helps people impacted by gambling harms including individuals, partners/spouses, and families, visit <https://betterinstitute.com/problem-gambling-help/>

About The Better Institute: The Better Institute houses a team of expert clinicians who vary in licensed speciality areas, but share a common goal: to help clients get better. The Better Institute was founded to deliver progressive therapies that improve clients' quality of life. The Better Institute offers in person services from their location in Mt. Lebanon and teletherapy online to meet the needs of parent's demanding schedules and varying locations. Learn more at: <https://betterinstitute.com>

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