

GREAT LEADERS ALL HAVE ONE THING IN COMMON. HEART.

Standing up to adversity was a routine part of their day. Their work took courage, persistence, and an incredible amount of heart.

At Kaiser Permanente, we believe when we're physically strong, it serves as a foundation for facing personal and professional challenges. That's why we've dedicated ourselves to combatting one of the nation's most pressing health problems—heart disease.

And while our industry-leading work in heart and vascular care has earned us numerous accolades, what drives us is the belief that we're all connected by something much deeper than what's on the outside—that which is on the inside.

So keep tabs on your blood pressure. Check your cholesterol levels. And stay active. Take care of your heart. And then, use it well.

 KAISER PERMANENTE®



PHOTO BY CARI HACHMANN/THE PORTLAND OBSERVER

Philip Yassenoff (right), program manager at Cascadia Behavioral Healthcare's gambling treatment program at Southeast 43rd and Division, with Jose Ricardo Vargas Garcia (left), a gambling addiction adviser, and Nathaniel Peterson, a former gambling addict.

Head over Heels in Bets

continued ▲ *from front*

gambling addiction can overlap other addictions, like alcohol, or mental health issues, like depression.

Problem gamblers may go out of their way -- rob, steal, embezzle, abuse and take advantage of the ones they love—to get more money to gamble. “It’s like finding a key to a door that they never knew existed,” said Yassenoff.

He tells his clients, “You are not weak. You did not wake up one day and become a pathological gambler.” Something happened to you in your life, emotional loss, a divorce, disturbing childhood, poverty, a social injustice, any breadth of issues, he said, that leads you down a road of addiction.

Gambling transcends demographics, he said. A chief executive may be just as affected as a blue collar worker, only the former has more money to blow.

For Peterson, gambling was a way to escape his emotional issues. “It’s like a drug,” he said. “All your thinking revolves around gambling, how

to get money to gamble and how to maintain gambling.”

When he lost his job, Peterson finally called to get help. He checked into a treatment facility where he met with a counselor. For the first four or five months, he continued to lie and gamble as he got help.

But after being sick and tired of being sick and tired, Peterson realized treatment was an opportunity to change his character, restore his values and beliefs, and learn how to take control of his life again.

Today, having spent four and one half years in recovery and as participant of Gambling Anonymous, Peterson has not relapsed.

“People demonstrate such courage and willingness to have that learning process,” said Yassenoff of his clients. “Gambling becomes a catalyst to improve their life across the board.”

Peterson says one of his ultimate realizations was that he was not alone. Now he wants to make sure people are aware that gambling addiction is a very real thing. “I want to put a face on gambling,” he said.