

DEFENDANT CHECKLIST

PERSONAL

- Maintain current employment (if possible) or secure another job
- Attend Gamblers Anonymous regularly
 - Document your meeting attendance
 - Get a sponsor
 - Begin 12-Step Writing
 - Be of service
- In-Patient Treatment (if necessary)
- Participate in Weekly Outpatient Counseling
- Self-Exclude from Casinos (for maximum years allowed)
- Register Credit/Debit Cards & Checking Accounts with Everi STeP Program (a cash access exclusion program)
- Obtain GamBlock, GamBan or BetFilter (software that blocks access to online gambling sites and mobile gambling apps)

FAMILY

- GA Pressure Relief Group Meeting (to create a budgetary framework and opportunities for ongoing accountability)
- Recommend Gam-Anon to spouse/partner/family members
- Participate in Family Outpatient Counseling (if available)

CASE-RELATED

- Maintain contact with attorney/public defender; ask questions
- Obtain letter from outpatient counselor and/or inpatient treatment facility documenting DSM-5 diagnosis & treatment program
- Use character letter templates to gather letters of support from:
 - Family
 - Friends
 - Employer
 - GA Fellowship
- Request a Settlement Conference (when plea is offered)
- Write a letter to the judge expressing remorse
- Write a letter to the victim(s) expressing remorse
- Be prepared to address the court at sentencing