

**Integrating
Gambling
Prevention
with ATOD
Programming
and Beyond**

Introduction

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Objectives

1. Participants will be better able to understand how to integrate gambling prevention with ATOD programs
2. Participants will learn 3 activities integrating gambling into programming
3. Participants will gain knowledge on how to promote programming in the community.

Who is in the room? Prevention, Therapy, Faith based, etc....
Work with Youth or Adults?

Making the Connection

Small-group activity:
Similarities and Differences between Gambling
and ATOD

Youth Prevention Message

"Gambling Awareness" NOT "Problem Gambling" because "no one has a problem"

No-use message versus harm reduction

Refusal skills and alternatives

4-5% of youth ages 12-17 has a problem (1 out of 25)

10-14% are at-risk for developing an addiction

Any formalized gambling is illegal for youth. Sports gambling, video gaming, phone apps, dice/cards are more prevalent amongst youth.

Youth Prevention Message (continued)

Not just gambling with money - "Hot Flaming Cheetos", shoes, electronics, etc..

Loot boxes, skins, toys and Chuck E. Cheese-promote gambling

Gambler's Fallacy - Brain development

Adult Prevention Message

"Gambling Addiction" or "Responsible" Gambling

- Setting \$ and time limits, balance with other activities, form of entertainment (not as a way to earn/make money)

About 95% of the population can gamble without an addiction. 1% meet the criteria for a Gambling Disorder (First Energy Stadium + 8,000) . 2-3% are considered problem gamblers

NOT anti-gambling

Focus on odds and probability on casino games and lottery tickets. The business of casinos and lottery. Sign and symptoms of addiction.

Adult Message pertaining to Kids

Not giving kids lottery tickets for birthdays and holidays

Playing games (i.e. L, R, C): Split the pot - Give the money back after so no one has a "big" win

Awareness around video gaming and loot boxes, phone apps, etc. and connection to gambling

Ranking the Risk

Rank each of the qualifications/scenarios from having the "most risk" to the "least risk" of developing a gambling addiction.

Moral of the story? There is no right or wrong answer.

Each situation has many factors that can put someone at risk depending on the situation and the person.

Integrating Gambling message within different programs - ATOD and beyond

- Drugs and Alcohol
- Mental Health
- Domestic Violence
- Poverty
- Specialized Populations:
 - Jails
 - 18-24 year olds
 - Seniors
 - Athletes

The ATOD Connection

- Study examined the comorbidity of pathological gambling... concluded that almost 75% of those diagnosed with a gambling disorder also had a co-occurring alcohol use disorder, while almost 40% had a co-occurring drug use disorder
- GD and SUD similarities:
 - Tolerance
 - Withdrawal
 - Loss of Control
 - Preoccupation
 - Consequences
- At-risk problem gamblers are more likely to be diagnosed with Alcohol Use Disorder and Nicotine Dependence

2016 Ohio Survey

| STATEWIDE | | Has anyone in your family EVER had a gambling problem? | |
|-------------------------|-------|--|--|
| Gambling Status | Yes | No | |
| Non-Gambler | 7.8% | 92.2% | |
| Non-Problem Gambler | 11.9% | 88.1% | |
| At-Risk/Problem Gambler | 23.4% | 76.6% | |

| STATEWIDE | | Has anyone in your family EVER had an alcohol or drug problem? | |
|-------------------------|-------|--|--|
| Gambling Status | Yes | No | |
| Non-Gambler | 27.6% | 72.4% | |
| Non-Problem Gambler | 34.8% | 65.2% | |
| At-Risk/Problem Gambler | 47.6% | 52.4% | |

Mental Health

Disordered gambling has been associated with mental illness

- Depression and Anxiety are the two most common connections
- Can also be associated with PTSD, bipolar disorder, obsessive-compulsive disorder or ADHD

High co-occurrence with mental health:

- Studies have found that people with gambling disorders had very high rates of personality disorders (more than 60 percent), mood disorders (almost 50 percent) and anxiety disorders (more than 40 percent).
- 5% of all suicides in the USA are related to compulsive gambling; as are 17% of emergency room admissions for attempted suicide

| STATEWIDE | | In the last 12 months, have you been under a doctor's care because of physical or emotional problems brought on by stress? | |
|-------------------------|-------|--|--|
| Gambling Status | Yes | No | |
| Non-Gambler | 14.9% | 85.1% | |
| Non-Problem Gambler | 12.9% | 87.1% | |
| At-Risk/Problem Gambler | 19.8% | 80.2% | |

| STATEWIDE | | In the past 12 months, have you felt seriously depressed? | |
|-------------------------|-------|---|--|
| Gambling Status | Yes | No | |
| Non-Gambler | 15.0% | 85.0% | |
| Non-Problem Gambler | 14.2% | 85.8% | |
| At-Risk/Problem Gambler | 26.1% | 73.9% | |

Domestic Violence

A study from 2013 screened 120 help-seeking family members of problem gamblers in a range of clinical services for both family violence and problem gambling. The main results showed that 52.5% reported some form of family violence in the past 12 months:

- 20.0% reported only victimization (*In the past 12 months, has a family member physically hurt you, insulted or talked down to you, threatened you with harm, or screamed or cursed at you?*)
- 10.8% reported only perpetration (*In the past twelve months, have you physically hurt, insulted or talked down to, threatened with harm, or screamed or cursed at a family member?*)
- 21.6% reported both victimization and perpetration of family violence.

Domestic Violence (continued)

Parents, current and ex-partners were most likely to be both perpetrators and victims of family violence. Most of the 32 participants interviewed in depth, reported that gambling preceded family violence.

The findings suggest that perpetration of family violence was more likely to occur as a reaction to deeply-rooted and accumulated anger and mistrust whereas victimization was an outcome of gambler's anger brought on by immediate gambling losses and frustration.

Poverty

University at Buffalo Research Institute on Addictions (RIA) shows that **gambling rates are 100% higher** in areas/neighborhoods with above average poverty levels

2017 study indicated that for those who gamble excessively:

- **Gambling problems occurred prior to becoming homeless (82.4%)**
- Homelessness preceded their gambling problems (15.4%)

Problem gambling was highest for those with **low socioeconomic status (11.1%)** compared to those with higher socioeconomic status (5.1%).

Specialized Populations

Jails: Adult or Juvenile settings

- Juvenile: Focus on risky behaviors as a whole. Curricula: "Risky Business"
- Adults: As many as one-third (33%) of criminal offenders meets criteria for a GD, and approximately 50% of crime by these individuals is reportedly committed to support their gambling behavior

Senior Citizens: Gambling to cope with grief, loss of friends/SO, loneliness, boredom

- Linked to Parkinson's Disease and Restless Leg Syndrome due to side effects from medications
- Hard to self-identify - reach out to caretakers or children.

Specialized Populations (continued)

Athletes: High schools, colleges, and professional sports have policies around gambling on sporting events. NCAA and Professional Leagues all prohibit it in some form for athletes who participate in sports.

- Competitive in nature
- Ohio's new proposed sports betting legislation is a great topic to discuss with coaches, players, parents, etc.

18-24 year olds: Video gaming, fantasy sports, sports betting, mobile gaming

- Partnering with colleges to provide education (Smart Bet, Campus Cents, athletic departments)
- Financial Wellness

Dice game (from Stacked Deck)

The die will be rolled 10 times. You will be asked to make 10 guesses.

Every roll of the die will cost you \$1 for a total of \$10 overall.

Whenever you win, you will make \$3.

- 1) Write down a number 1-6 that you think it will land on for each roll in the "Guess" column.
- 2) As the die is rolled, write down the actual number rolled in the "Result" column
- 3) In the "Won" column, write \$3 next to any matching numbers.
- 4) Total how much money you "Won" and subtract your \$10 that you spent.

Dice Game Processing

Did anyone guess correctly 0 times? 1 time? 2 times? 3? 4? 5?

Did those who "win" some money actually win overall?

How many of you walked away winning money?

How much did the "house" make in this game? What is the "house advantage"?

What kind of emotions did you feel during the activity?

How could this be like real gambling?

Closing

Be creative and think outside the box

Relate to "risky behaviors" and "addiction" as a whole

Be conscious about the messaging you are sending to youth vs. adults

Promote it to a variety of populations/people who work with them