



### What is Gambling?

Betting money or material goods  
on an event  
with an uncertain outcome  
in the hope of winning  
additional money  
&/or material goods.

PGS

Williams, Volberg, Stevens, & Williams, 2015

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### Normalization & Expansion of Gambling

- History of Gambling
- Societal Normalization of Gambling
- Prevalence Rates

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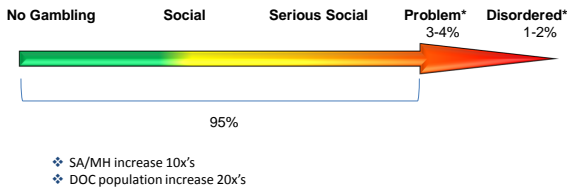
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### The Gambling Spectrum



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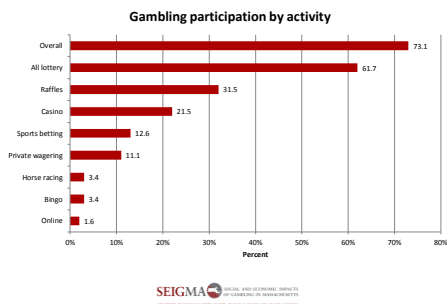
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## Past-year Gambling Participation in MA

Social & Health Impacts




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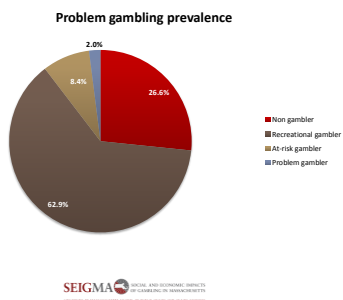
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## Gambling Groups in MA

Social & Health Impacts




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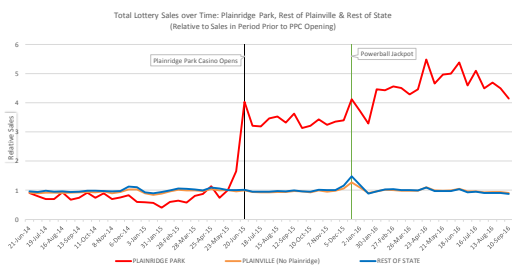
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## PPC Relative Sales (Sales relative to period prior to casino opening)

Economic & Fiscal Impacts



Bi-weekly total lottery sales, relative to sales during 6/7/2015-6/20/2015. Plainridge Park, other agents in Plainville, and rest of state. Source: MA Lottery




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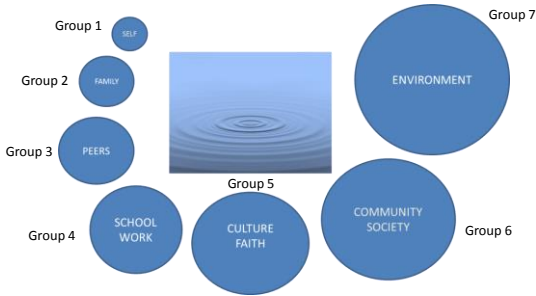
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For the next 10 minutes, break up into groups, and discuss 3-5 ways that we can be influenced by gambling on a regular basis.




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### Mo's Story

<http://www.ct.gov/dmhas/cwp/view.asp?a=2902&Q=335212&dmhasNav=|>

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### In Addition...

- Disenfranchised
- Underserved
- Adolescents/Young Adults
- People w/ Substance Use/Mental Health Disorders
- Offender Populations




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### Characteristics Distinguishing Problem/Pathological Gamblers from Recreational Gamblers




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### Implications for Prevention

- Importance of targeting excessive gambling levels rather than gambling in general
- The social network of gamblers is a particularly important target for prevention
- Certain demographic groups merit special attention
- Certain forms of gambling also merit attention as they pose an elevated risk to MA residents

Social & Health Impacts

SEIGMA SOCIAL AND ECONOMIC IMPACTS OF GAMBLING IN MASSACHUSETTS  
UNIVERSITY OF MASSACHUSETTS SYSTEM OF COLLEGE AND SENIOR SERVICES

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### Impact of Gambling on Vulnerable Populations

**Higher Rates of:**

- Depression**
- Alcohol-related Problems**
- Legal Problems**
- Unemployment**
- Utilization of MH TX**
- Suicide Attempts**



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# Brain Biology



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Adolescent Brain: Not Ready for Prime Time  
*KEN WINTERS, MN Dept of Public Health*

<http://www.bing.com/videos/search?q=ken%2Bwinters%2Badolescent%2Bbrain%2Bgambling%2Bvideo>

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- **Brain Biology & Changes in DSM-V**
- **Same area of Brain affected by Gambling as by Substance Use**
- **Near-Miss Phenomenon**

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# What symptoms do you think are associated with a Substance Use Disorder?

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## Changes in DSM-V

- Must have 4 or more of the following:
  - Is preoccupied with gambling (relives past experiences...).
  - Needs to put increasing amounts to get the same excitement.
  - Has repeated, unsuccessful attempts to control, cut back, or stop.
  - Becomes restless or irritable when trying to stop gambling.
  - Gambles as a way to escape problems or deal with dysphoric mood.
  - After losing money gambling, often returns another day to get even.
  - Lies to family/friends/coworkers to hide the extent of gambling losses.
  - Has jeopardized, or lost, a significant relationship, job, educational, or career opportunity because of gambling.
  - Relies on others to provide the money to relieve a desperate financial situation caused by gambling.
- Is not better explained by a Manic Episode

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## Brain on Drugs vs. Brain on Gambling

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|--|---|
| <ul style="list-style-type: none"> <li>• Affects mid-brain</li> <li>• Activates reward system</li> <li>• Releases dopamine</li> <li>• Reward system is hijacked</li> <li>• Pre-frontal cortex weakens</li> <li>• Tolerance builds</li> <li>• Withdrawal</li> <li>• Need larger/stronger doses</li> <li>• Loss of control</li> <li>• Preoccupied with activity</li> <li>• Personal life/relationships suffer</li> <li>• Repeatedly pursue rewarding experience despite negative consequences</li> </ul> | <ul style="list-style-type: none"> <li>• Affects mid-brain</li> <li>• Activates reward system</li> <li>• Releases dopamine</li> <li>• Reward system is hijacked</li> <li>• Pre-frontal cortex weakens</li> <li>• Tolerance builds</li> <li>• Withdrawal</li> <li>• Increase bets</li> <li>• Loss of control</li> <li>• Preoccupied with activity</li> <li>• Personal life/relationships suffer</li> <li>• Repeatedly pursue rewarding experience despite negative consequences</li> </ul> |
|--|---|

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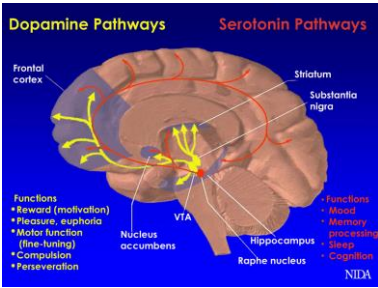
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## Addiction and the Brain



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## The Dopamine Effect



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## CCAR Video

<http://www.ct.gov/dmhas/cwp/view.asp?a=2902&q=467186>

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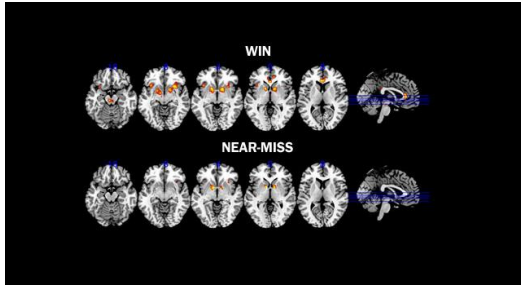
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### Near-Miss Phenomenon



Chase and Clark (2010)

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### Some Differences

- Intermittent Reward System / Unpredictable outcome
  - Gambling is not self-limiting
  - No biological test
  - Behavior not attributable to intoxication
  - Easier to hide
  - Fantasies of Success / Magical Thinking
- 
- Greater financial problems
  - Intensity of family anger
  - Less public awareness and acceptance
  - Problem or solution?
  - Near-Miss Phenomenon

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# Youth and Gambling



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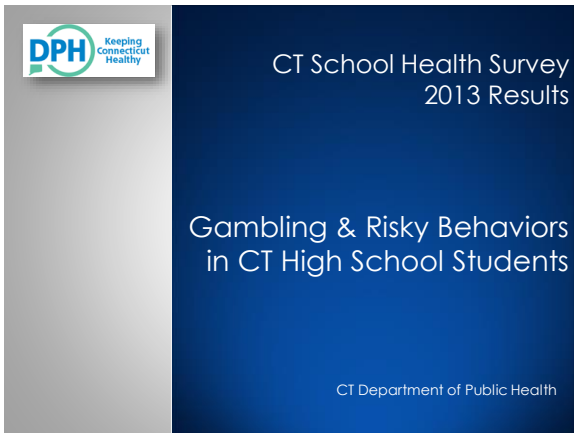
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For the next 10 minutes, please do the following:

- 1) Look over the slides for a couple minutes individually.
- 2) Look over the slides with a partner and identify **2 slides** that stand out (i.e. something you found interesting, something that is new to you, something that surprises you, etc.)



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# Gambling, Substance Use & Mental Health Disorders



## Lifetime Co-morbidity

*Although nearly half (49%) of those with lifetime pathological gambling received treatment for mental health or substance use disorders, none reported treatment for gambling problems.*

Kessler et al., 2008 (National Comorbidity Survey Replication)

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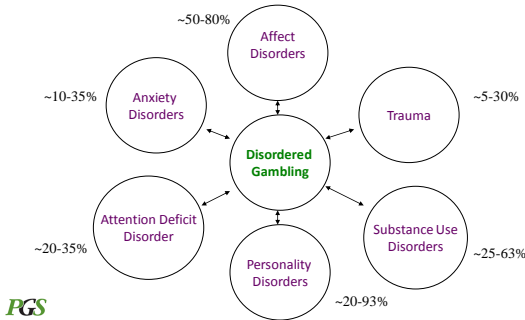
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**Psychiatric Comorbidity in Disordered Gamblers:  
Summary of Research of PG's in Treatment**




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**Case Story 1**

James came from a lower middle class family, the younger of two children. From his childhood his chief memories were of his mother and father getting into violent fights, cursing at each other and breaking things. Fights were often precipitated by financial problems related to his father's gambling. He also recalls that they were frequently evicted and he often had to change schools more than twice a year. His mother abuse alcohol, and of his father would often come home high on drugs after a gambling binge. His father was arrested and sent to prison for drug-related and assault charges.



After his father went to prison, James's family could not support themselves and life got even harder to bear. James was very embarrassed about his father but also angry with him for letting down the family. At school, he had a hard time sitting still during class. He found it difficult to concentrate on the work and pay attention. All he wanted to do was talk to girls, crack jokes, or draw—anything but study and learn. He sought everyone's approval by trying to be the funniest, loudest, craziest person wherever he was. He also found that he was pretty good at gambling at cards and sports betting. He even organized the sports betting pool at school. He also tried to be the one to drink the most, use the most drugs, steal the most, fight the most or win the most money gambling.

James became obsessed with obtaining the approval of his peers—to the point where he would lie awake at night worrying about fitting in with the crowd and trying to think of new ways to impress people. Drinking and gambling seemed to be the best way to fit in.

James started trying to work his way in with the dealers as well as bookies. They had the most money, they got all the pretty women, and they seemed to be the most respected and feared. He had to start at the bottom of the ladder, but James soon began to climb his way to the top. He also found himself constantly on edge, worrying about getting caught and sent to prison, and becoming a failure and embarrassment like his father. One night James woke up in the middle of the night shaking and sweating. His heart was racing, and he couldn't catch his breath. His chest hurt too. He was afraid that he was having a heart attack.

University of South Florida  
Co-occurring Disorders Problem Gambling Integrated Treatment Workbook

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For the next 5 minutes, with a partner, please answer the below questions about the case study:

- 1) How did his life as a gambler, drug user and dealer affect his mental health?
- 2) What decisions lie ahead for James?

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University of South Florida  
Co-occurring Disorders Problem Gambling Integrated Treatment Workbook



## Gambling and Opiate Use

<http://www.mdproblemgambling.com/special-announcements/>

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## Differentiate Between High & Low Risk Gambling



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### Risk Factors

- Age/Gender
- Living within 50 miles of a casino
- Tolerance
- An early “Big” win
- Early age of onset
- Life transitions
- Biological factors
- Progression
- Isolated/No other social activities
- Frequency of bets

**PGS**

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**High Risk Gambling is When...**

- Coping with grief, loss, or trauma;
- Highly emotional: angry, lonely, depressed, under stress;
- Feeling euphoric or overly optimistic;
- Under financial pressure & stress;
- Drinking or using substances;
- During times of major life change.

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**Low Risk Gambling**  
*“Hope to win, expect to lose”*

- Set a limit on time & money & stick to it;
- Gamble w/ money you can afford to lose;
- View gambling as entertainment;
- Gamble in a social setting & w/ others;
- Balance gambling w/ other leisure activities.

*PGS*

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**How to Integrate  
 Gambling into Services**




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## Have the Conversation!

- Ask more than once!
- What do you like to do for fun?
- Ever win anything?
- Acknowledge certain times of the year:
  - Superbowl, Big Horse Races, NCAA Basketball Tournament
  - When the Lottery Jackpot gets high
  - Fantasy Leagues
- What impact has gambling had on your recovery?  
Your relationship/s? Your finances?
- How long have you been gambling?
- Integrate Gambling into Substance Use Questions.

**Remember to TALK ABOUT MONEY!!!**




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For the next few minutes (individually) think about your intake assessment and identify **2 areas** where you could integrate gambling.




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## Other Brief Interventions

- **Make materials visible/available: Purple Card, articles, posters, books.**
- **Include topic of Gambling in recovery meetings, groups, discharge planning.**
- **Turtle Card.**




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### What Else You Can Do

- **Less focus on diagnostics & more focus on activities/goals around gambling & how it fits –or not– into their life & recovery.**
- **Ask gambling-related questions.**
- **Finds ways to talk about money!**

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### Evidence-Based Brief Screening Options




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### Initial Screening Question

In the past year, have you participated in gambling (for example, lottery, scratch offs, betting on sports, cards, casino, etc.)?

- None
- Less Than Monthly
- Monthly
- Weekly
- Daily

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## Problem Gambling Severity Index

Thinking about the last 12 months...	Never	Sometimes	Most of the time	Almost always
a. Have you bet more than you could really afford to lose?				
b. Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?				
c. When you gambled, did you go back another day to try to win back the money you lost?				
d. Have you borrowed money or sold anything to get money to gamble?				
e. Have you felt that you might have a problem with gambling?				
f. Has gambling caused you any health problems, including stress or anxiety?				
g. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?				
h. Has your gambling caused any financial problems for you or your household?				
i. Have you felt guilty about the way you gamble or what happens when you gamble?				



### 3 questions for identifying gambling problems:

## Brief Bio-social Gambling Screen (BBGS)

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
  - Yes
  - No
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
  - Yes
  - No
3. During the past 12 months, did you have such financial trouble that you had to get help from family or friends?
  - Yes
  - No

\*BBGS Scoring: Answering 'Yes' to one or more questions indicates likely disordered gambling.

Source: Gebauer, L., Leslie, K. A., & Shaffer, H. J. (2010). Optimizing DSM-IV classification accuracy: A brief bio-social screen for gambling disorders among the general household population. Canadian Journal of Psychiatry, 55(2), 82-90.



## Keep in Mind




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- Gambling is Pervasive & Normative;
- The Gaming Industry sells Hope & Solutions;
- The More Education & Income, the Less one Gambles;
- Gambling can have Negative Impact on Vulnerable & Underserved Populations;
- Gambling is the “Hidden Addiction”.




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### Three Important Messages for Everyone

1. **Gambling is not a risk-free activity.**
2. **Know how to keep the problem out of gambling.**
3. **Help is available for people with gambling problems, and persons affected.**




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### Resources for Support & Referral

- **Problem Gambling Services** [www.ct.gov/dmhas/pgs](http://www.ct.gov/dmhas/pgs)  
860-344-2244  
Better Choice Statewide Treatment Network of Programs  
Prevention Services  
Informational & Treatment Support Materials, Media, On-line/In Person Training
- **Northeast Gambling Awareness Consortium:**  
Marlene Warner [marlene@masscompulsivegambling.org](mailto:marlene@masscompulsivegambling.org)
- **UMass Amherst** <https://www.umass.edu/seigma/>  
➤ <https://www.umass.edu/seigma/data-mass-glance>




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## Resources for Support & Referral

➤ **12 Step Meetings**

Gamblers Anonymous  
[www.ctwmaga.org](http://www.ctwmaga.org) CT / Western Mass Site  
1-855-222-5542

Gam-Anon  
[www.gam-anon.org](http://www.gam-anon.org)  
1-855-222-5542

➤ **National Council on Problem Gambling**

1-800-522-4700  
Text: 1-800-522-4700  
[www.ncpgambling.org](http://www.ncpgambling.org)  
Chat: [ncpgambling.org/chat](http://ncpgambling.org/chat)



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## Closing Activity



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### As a Result of this Presentation...

What is something **I affirmed** ?

What is something **I learned**?

What is something **I will do differently**?



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*Thank you for completing  
your Evaluation Form!*



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