



**CPA Conference
Problem Gambling Workshop
Intro to Problem Gambling**


June 5, 2023

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Council on Compulsive Gambling of Pennsylvania, Inc.

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Council on Compulsive Gambling of Pennsylvania

- CCGP is a non-profit advocacy organization whose purpose is to assist individuals in Pennsylvania who are experiencing gambling related issues
- CCGP has operated the PA Problem Gambling Helpline since 1997 - this 24-hour service connects individuals with help throughout Pennsylvania
- CCGP provides outreach, prevention and clinical training programs to community groups, professionals and treatment organizations throughout PA



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Learning Objectives

Upon completion of this workshop, participants will:

- Become familiar with gambling and factors included in the development of problematic gambling
- Identify prevalence rates and risk factors of disordered gambling
- Discuss warning signs and how to address the issue
- Have awareness of available local resources

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Trigger Warning

This presentation may contain imagery, discussion and elements that some attendees may find distressing to see and/or hear about.

If this may be challenging for you, or if there is any concern that you may have difficulty in coping with the associated content, please take any necessary steps to avoid such experiences or remove yourself from the webinar at this point.

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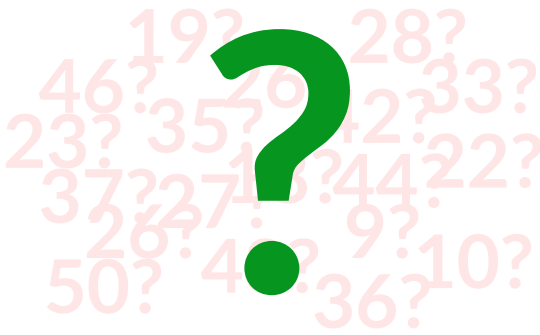
What is Gambling?

The activity or practice of playing a game of chance, or taking a chance, for money or some other stake, where there is a risk of losing that stake

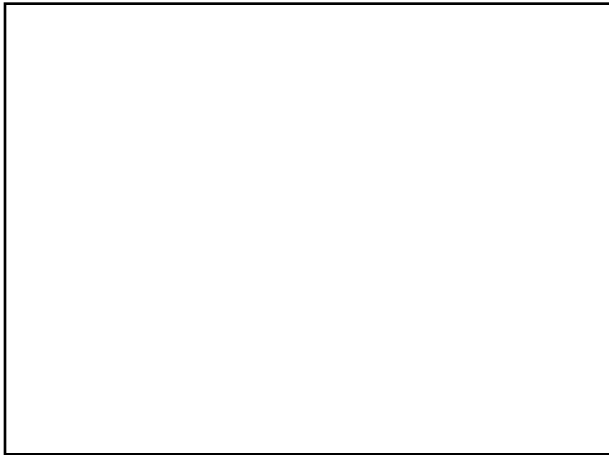
- Dictionary.com

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How many states have legalized gambling?



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Gambling Availability

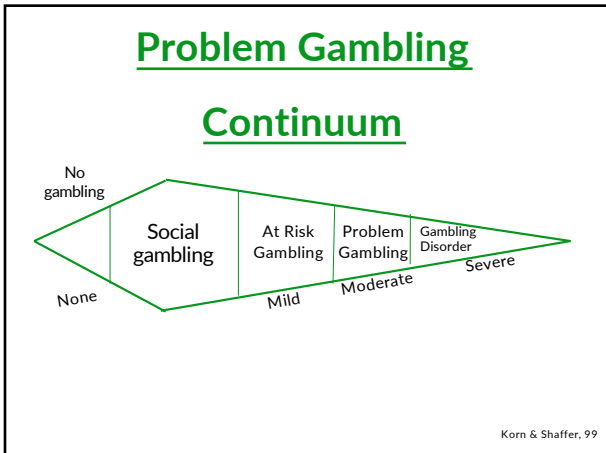
- Legal Gambling is available in over 150 countries
- 45 States, D.C. & U.S. V.I. & Puerto Rico have Lotteries
- 38 States have Casino gambling
 - Racinos / Commercial / Mini (VGT's)
 - Approximately 1,000 in United States
- 44 States have Parimutuel Betting
- 28 States have Off Track Betting
- 6(+?) states have legal Online Casino Gambling
- 33(+?) States, D.C. have legal Sports Gambling

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Types of Legal Gambling in PA - 2023

- Lottery (tickets & scratch-offs) / Online
- Category 1, 2, 3 & 4 Casinos
- Horse Racing & Off-Track Betting
- Fantasy Sports
- Truck Stop VGT's
- Sports Gambling
- Online Casino Gambling (iGaming)
- Airport Gambling
- Bingo / Games of Chance

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DSM-5

GAMBLING DISORDER

Progressive, persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the diagnostic criteria in a 12 month period

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- Gambling Disorder:
DSM-5 Diagnostic Criteria**
- Preoccupation •Loss of Control
 - Tolerance •Risky Relationship
 - Withdrawal •Chasing
 - Escape •Bailout
 - Lying

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Factors Affecting Progression

- Related to the Activity
- External Factors
- Internal Factors

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Problem Gambling Prevalence

- Estimates indicate approximately 1-3% of the adult population of the US
- This represents millions of people in the US & hundreds of thousands in PA

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Warning Signs

- Unexplained absences
- Withdrawal from family/friends
- Anxiety
- Distraction
- Mood swings
- Temper
- Secretive

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Warning Signs

- Preoccupation with gambling
- Borrowing
- Debts/New items
- Financial issues
- Defensiveness

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Consequences of Problem Gambling:

- Poor health
- Mental health issues
 Depression / Anxiety / Etc.
- Potential Alcohol & Drug dependence
- Family arguments & high divorce rates
- Legal conflicts
- Bankruptcy
- Job loss & unemployment
- **Suicide (60% ideation / 20% attempt)**

(Kessler et al., 2008; Morasco et al., 2006; NORC, 1999; Rush et al., 2008)

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Populations

- Men
- Women
- Adolescents/College Students
- Older Adults
- Ethnicity & Cultural Differences
- Low SES/Disadvantaged
 Neighborhood
- Military

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Youth Gambling and Problem Gambling

- Prevalence rates in the U.S., Canada, Australia, New Zealand and the U. K. regularly show that about 80% of past year underage youth gambling reported
- 4-6% experience severe problems
- 10-15% are at risk for the development of a severe gambling problem.

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Why do kids/adolescents gamble?

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How do kids/adolescents gamble?

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Legal Age to Gamble in PA?

- | | | | |
|--------------------|-------|--------------------|-----|
| • Lottery/iLottery | 18 | • Fantasy Sports | 18* |
| • Casinos/Slots | 21 | • Truck Stop VGT's | 21 |
| • Cat. 4 Casinos | 21 | • Airport Gambling | 21 |
| • Bingo | None* | • Sports Gambling | 21 |
| • Racetracks | 18 | • iGaming | 21 |

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How do
kids/adolescents
gamble?

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Some Ways That Kids Gamble

- With friends
- With parents
- With teachers
- At Religious organizations
- Online
- Day trading
- Video games

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Youth Problem Gambling Health and Social Issues

Adolescents who gamble:

- Often have lower self-esteem compared to other adolescents
- Prone to engaging in multiple co-occurring addictive behaviors (smoking, drinking, drug use)
- Have been found to have a greater need for sensation seeking and more likely to take risks and to be excited while gambling

Derevensky, 2012

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PAYS 2021

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Youth Problem Gambling: PAYS 2021

Pennsylvania Youth Survey

Asks students in grades 6, 8, 10 & 12 a series of questions to gather information about their knowledge, attitudes, experiences and behaviors towards alcohol, tobacco and other drug use – also included are potentially risky behaviors, including, but not limited to, **gambling**

2021 statistics:

- 1,072 schools throughout PA
- 246,081 surveys were represented

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Youth Problem Gambling: PAYS 2021

Included are past 12 month prevalence measures for:

- gambling for “money or valuables” on:
 - Table Games (poker/cards/dice/dominoes)
 - Lottery (scratch-off/numbers)
 - Sporting Events/Sports Pools
 - Online/Internet
 - Personal Skill Games (pool/darts/video games)
 - Any other way...

A question about gambling for “money/anything of value” in lifetime and the past 30 days is also asked

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Youth Problem Gambling: PAYS 2021

Regarding compulsive/dishonest gambling behavior, the Lie/Bet brief screen was added to the PAYS in 2013

- Have you ever felt the need to:
 - bet more and more money?
 - lie to people important to you (family/friends) about how much you gamble?

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Prevention

“A proactive process that promotes the well-being of people and empowers an individual, group, or community to create and reinforce healthy lifestyles and behaviors to meet the challenges, events and transitions of life”

(Substance Abuse & Mental Health Services Administration)

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Approach

Programs have generally addressed:

- Risk Factors
- Protective Factors
- *Based on obvious similarities between problem gambling and other problem behaviors*

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NCPG

National Council on Problem Gambling

www.ncpgambling.org

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Efforts

National Council on Problem Gambling (NCPG)

- Prevention Committee (2006)
 - Currently over 30 members across the US and Canada

2015 Prevention of Gambling Disorders: A Common Understanding

- Developed by the NCPG Prevention Committee
- Clarifies roles and responsibilities of preventionists
- Articulates effective prevention strategies by using a public health approach and SAMHSA models

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Approach

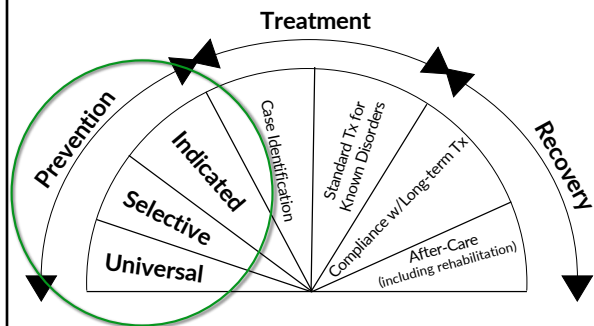
Center for Substance Abuse Prevention (CSAP) strategies:

- Information Dissemination
- Education
- Alternative Activities
- Environmental Policies
- Community-Based Process
- Problem Identification and Referral

(Substance Abuse & Mental Health Services Administration, 2017)

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The IOM Model



(Institute of Medicine (IOM) Classification System)

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Challenges

The Substance Abuse & Mental Health Services Administration (SAMHSA)

- Center for Substance Abuse Prevention
- Risk and Protective Factor Framework

Center for Disease Control and Prevention

- Primary source of US public health funding

Still no resources dedicated to problem gambling

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Treatment & Prevention Efforts

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Resources



changethegameohio.org



INTERNATIONAL CENTRE FOR YOUTH
GAMBLING PROBLEMS AND HIGH-RISK BEHAVIORS
youthgambling.com

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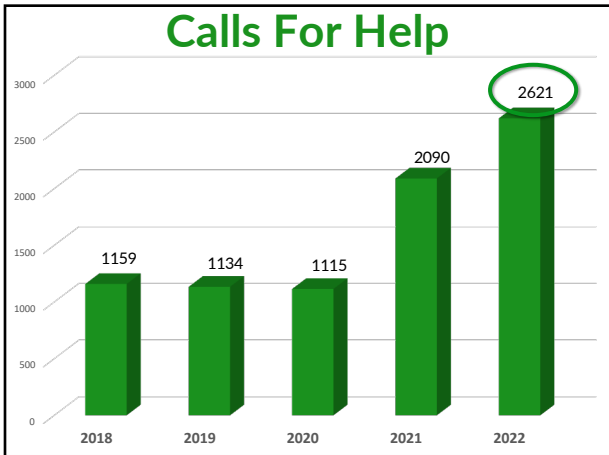
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Pennsylvania Problem Gambling Helpline

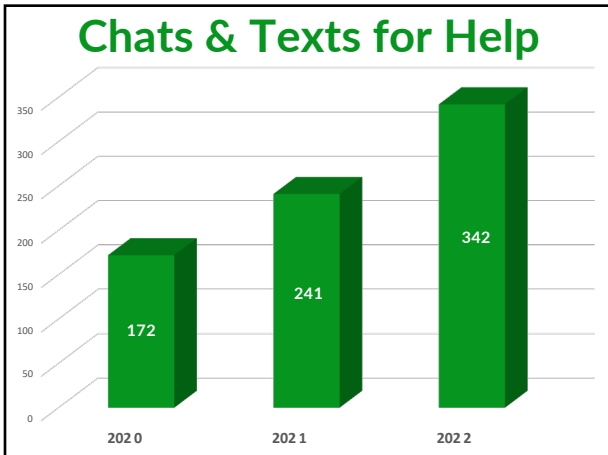
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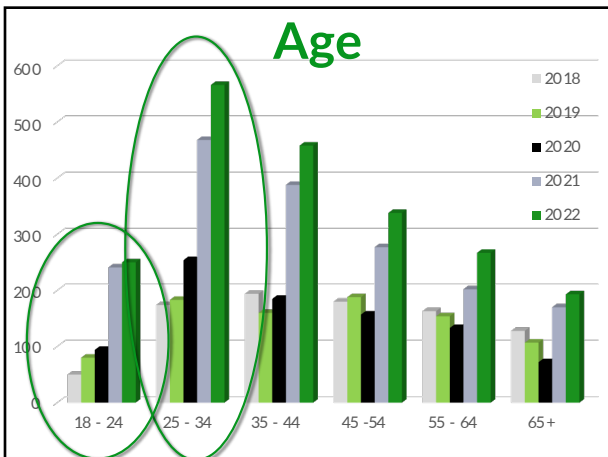
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PA Helpline Activity

2021 - 2022

- Over 10% of calls regarding individuals 24 & under
- Nearly 5X the call volume of 2017
- 25-34 – over 20% of 2022 calls

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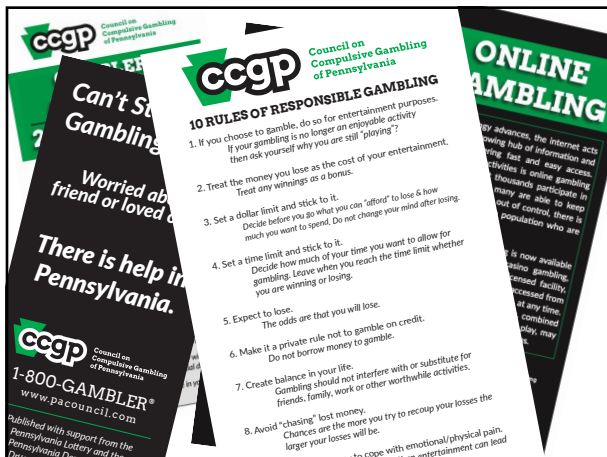
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Thank You!!

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