



COUNCIL ON COMPULSIVE GAMBLING
OF PENNSYLVANIA, INC.

The Impact of Gambling Disorder

Exploring Prevalence, Comorbidity and Suicidality

Council on Compulsive Gambling of Pennsylvania, Inc.

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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1-800-GAMBLER®

www.pacouncil.com

Learning Objectives

Upon completion of this workshop, participants will:

- Discuss the growth of gambling availability and the potential impact it has on individuals, families and society
- Outline co-occurring gambling, substance, use and mental health concerns
- Discuss the increased risk of suicidal ideation and attempts among those experiencing significant gambling problems
- Identify populations who are found to have an increased risk of developing gambling problems
- Recognize the benefit of incorporating brief screening tools and assessments into existing practice to help address gambling concerns
- Access local, regional and nationally available tools and resources

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.

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

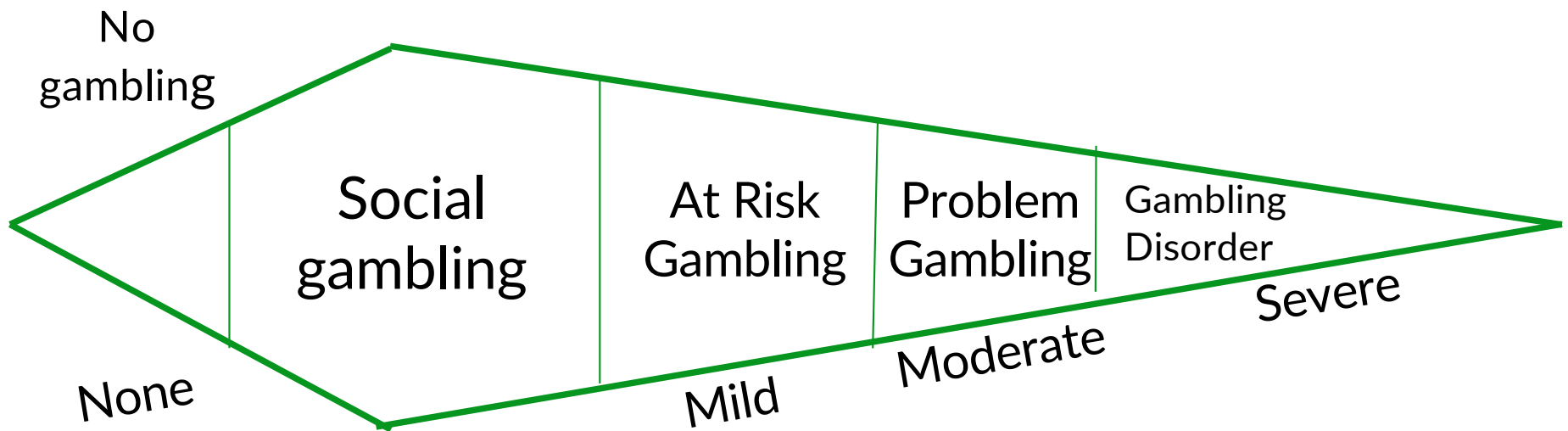
- [Dictionary.com](https://www.dictionary.com)

Types of Legal Gambling in PA - 2024

- Horse Racing & Off-Track Betting (1959)
- Lottery (1972) / Online Lottery (2018)
- Bingo (1981) / Games of Chance (1988)
- Fantasy Sports (2017)
- Category 1, 2, 3 & 4 Casinos (2004/2017)
- Truck Stop VGT's (2017)
- Airport Gambling (2017)
- Sports Gambling (2017)
- Online Casino Gambling/iGaming (2017)

Problem Gambling

Continuum





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Gambling & the Brain

Gambling Disorder

Progressive, persistent
and recurrent problematic
gambling behavior leading
to clinically significant
impairment or distress

- DSM-5

Gambling Disorder: DSM-5 Diagnostic Criteria

- Preoccupation
- Tolerance
- Withdrawal
- Loss of Control
- Escape
- Lying
- Risked Relationship
- Chasing
- Bailout

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

Warning Signs of Problem Gambling

- Preoccupation
- Tolerance
- Withdrawal
- Escape
- Lying
- Loss of Control
- Risked Relationship
- Chasing
- Bailout

Warning Signs

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

Warning Signs

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

Populations

- Men
- Women
- Kids/Adolescents/Students
- Older Adults
- All Ethnicities & Cultures
- Low SES/Disadvantaged Areas
- Military/Veterans
- SUD/MH comorbidity/replacement

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)

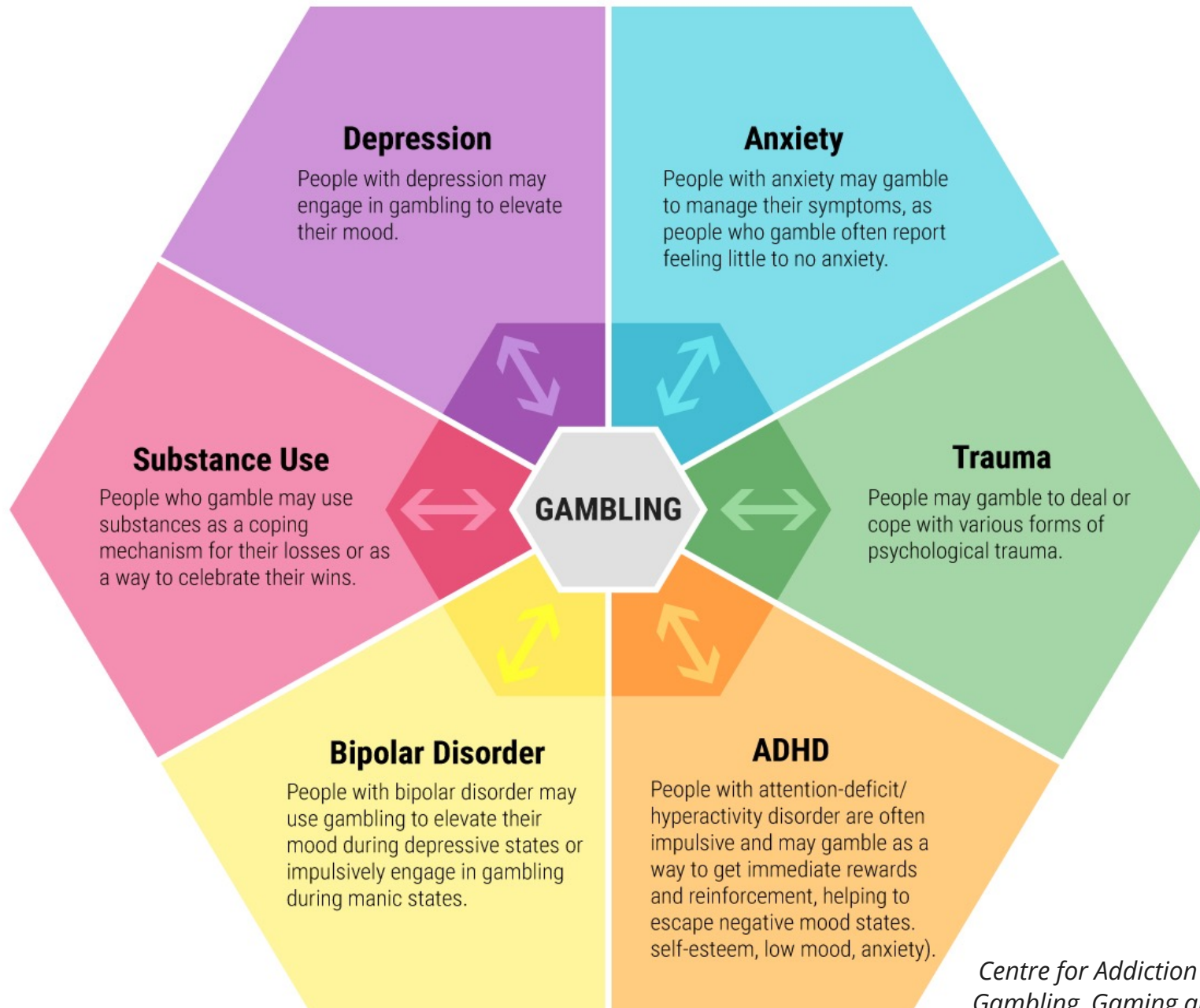
Why Talk About Gambling and Co-Occurring Disorders?

- High risk of gambling problems among individuals diagnosed with SUD & MH disorders

(Himmelhoch et al, 2015; Ledgerwood et al, 2002) (Rush et al, 2008)

- Not addressing gambling issues:
 - Decreases Tx effectiveness
 - Adds to treatment costs
- Early intervention and treatment work

Co-Occurring Disorders



Co-Occurring Disorders

Depression

People with depression
may engage in gambling
to elevate their mood

40% - 60%

Co-Occurring Disorders

Anxiety

People with anxiety may gamble to manage symptoms, as people who gamble often report feeling little to no anxiety

~40%

Co-Occurring Disorders

Trauma

People may gamble
to deal/cope with
various forms of
physical/psychological trauma

~10% - 35%

Co-Occurring Disorders

ADHD

People with ADHD are often impulsive and may gamble as a way to get immediate rewards and reinforcement

10% - 20%

Co-Occurring Disorders

Bipolar Disorder

may use gambling to elevate mood during depressive state or impulsively engage in gambling during manic states

2X more likely

Co-Occurring Disorders

Substance Use Disorder

People who gamble
may use substances
as a coping mechanism
for losses or as a
way to celebrate wins

Co-Occurring Disorders

Substance Use Disorders

~75% are also experiencing alcohol use disorder

~60% are also nicotine dependent

~40% are also experiencing drug use disorder

*Petry, Stinson, & Grant, 2005
National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), 2008*

Suicide in the US

- **In 2022:**
 - 13.2 million adults had serious thoughts of suicide
 - 3.8 million adults made a suicide plan
 - 1.6 million adults attempted suicide
- Overall, 49,449 people lost their lives to suicide

Suicide in the US

- More deaths occur by suicide in the US each year than by homicide or automobile accidents.
- The second leading cause among ages 15-24.
- For each death by suicide, about 25 people around them experience a major life disruption.
- Firearms remain the leading method for suicide, followed by poisoning and suffocation.

Problem Gambling and Suicide

- Nearly one in five, or 19%, had considered suicide in the past year, compared with 4.1% of the general population, while 4.7% attempted suicide, compared with 0.6% in the wider population.

- <https://www.theguardian.com/society/2019/jul/19/problem-gamblers-much-more-likely-to-attempt-suicide-study>

Problem Gambling and Suicide

- 49% of people struggling with gambling disorder have thoughts of committing suicide.

(Moghaddam et al, 2015)

Gambling and Suicide Video

5 Action Steps for Helping Someone in Emotional Pain



ASK

Are you thinking about killing yourself?"



KEEP THEM SAFE

Reduce access to lethal items or places.



BE THERE

Listen carefully and acknowledge their feelings.



HELP THEM CONNECT

Save the National Suicide Prevention Lifeline number 1-800-273-8255.



STAY CONNECTED

Follow up and stay in touch after a crisis.



NIH

National Institute
of Mental Health

www.nimh.nih.gov/suicideprevention

SAFE-T

- Identify Risk Factors
- Identify Protective Factors
- Conduct Suicide Inquiry
- Determine Risk Level/Intervention
- Document



QPR

- **Q** = Question

- **P** = Persuade

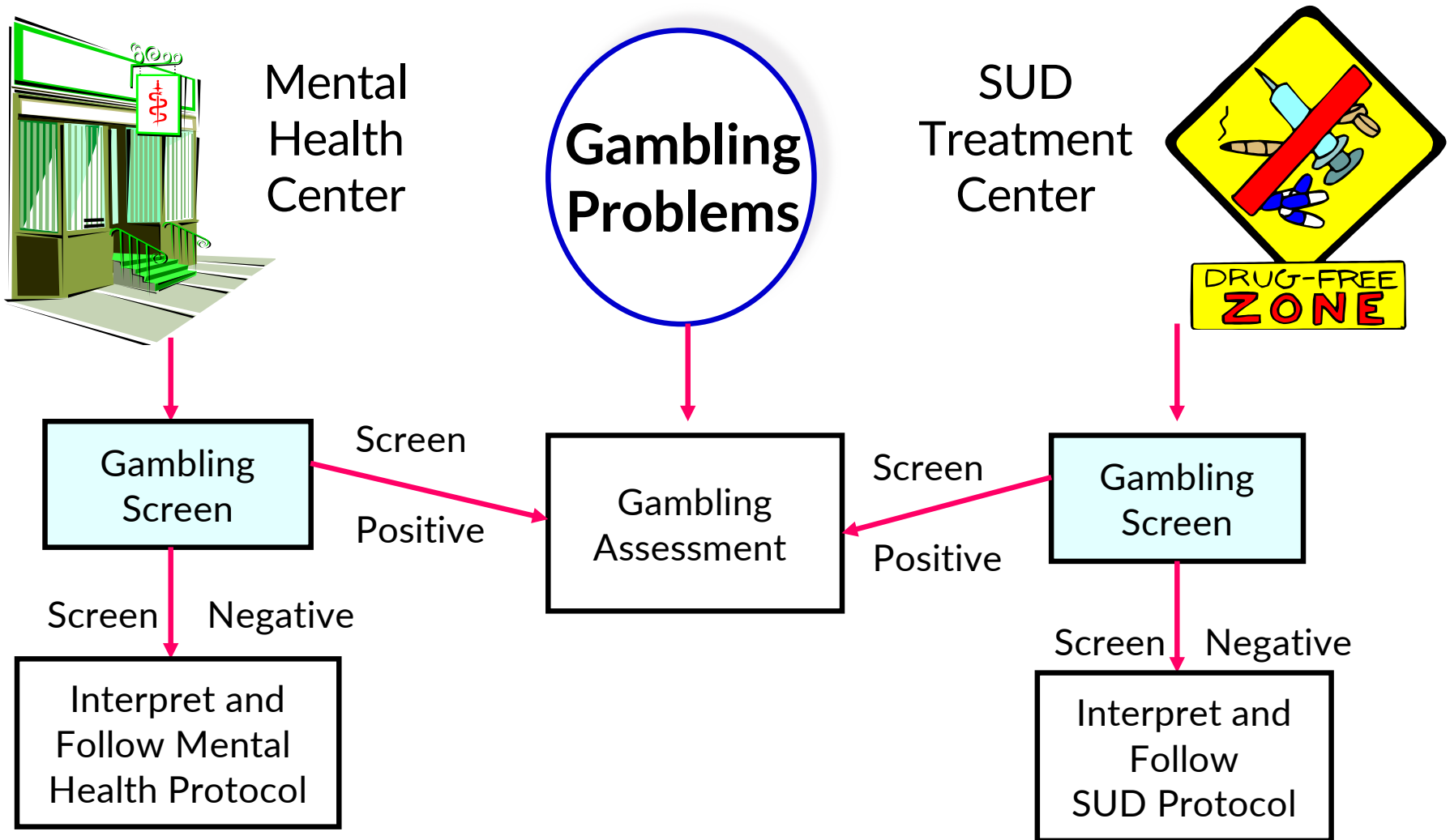
- **R** = Refer

Resources



- Crisis Text Line: Text “HELLO” to 741741
- <https://store.samhsa.gov/product/suicide-safe>
- TIP 50: Addressing Suicidal Thoughts and Behaviors in Substance Abuse Treatment, SAMHSA, 2015
- <https://afsp.org/risk-factors-and-warning-signs>
- <https://www.qprinstitute.com/>

No Wrong Door – Integration of Services



Problem Gambling Assessment Instruments & Screens

- Brief Screen - “Lie-Bet”
 - NODS PERC and NODS CLiP
 - Brief BioSocial Gambling Screen (BBGS)
- South Oaks Gambling Screen (SOGS)
- SOGS-RA - Adolescent Screen
- National Opinion Research Center DSM Screen for Problem Gambling (NODS)
- G.A. / Gam-Anon Twenty Questions

SBIRT

Screening, Brief Intervention, Referral to Treatment

- Integrates alcohol & drug discussion into clinical workflow
- Education/prevention
- Increased curiosity/conversation
- Uses Motivational Interviewing approach
- Referral to treatment when indicated

Introducing...SBIRT for Gambling!

Screening

Application of a simple test to determine if individual is at risk for, or may have, a gambling disorder

Brief Intervention

Explanation of screening results, information on responsible gambling, assessment of readiness to change, advice on change

Referral to Treatment

Individuals with positive results on a screening may be referred to resources for further assessment and/or counseling or self-help resources

It is important to remember that a positive screen does not constitute a diagnosis, even if the screen suggests a high probability of problematic gambling behavior.

SBIRT For Gambling



OARS

- Open Ended Questions
- Affirmations
- Reflections
- Summaries

Applying MI

- Ask
- Offer
- Ask

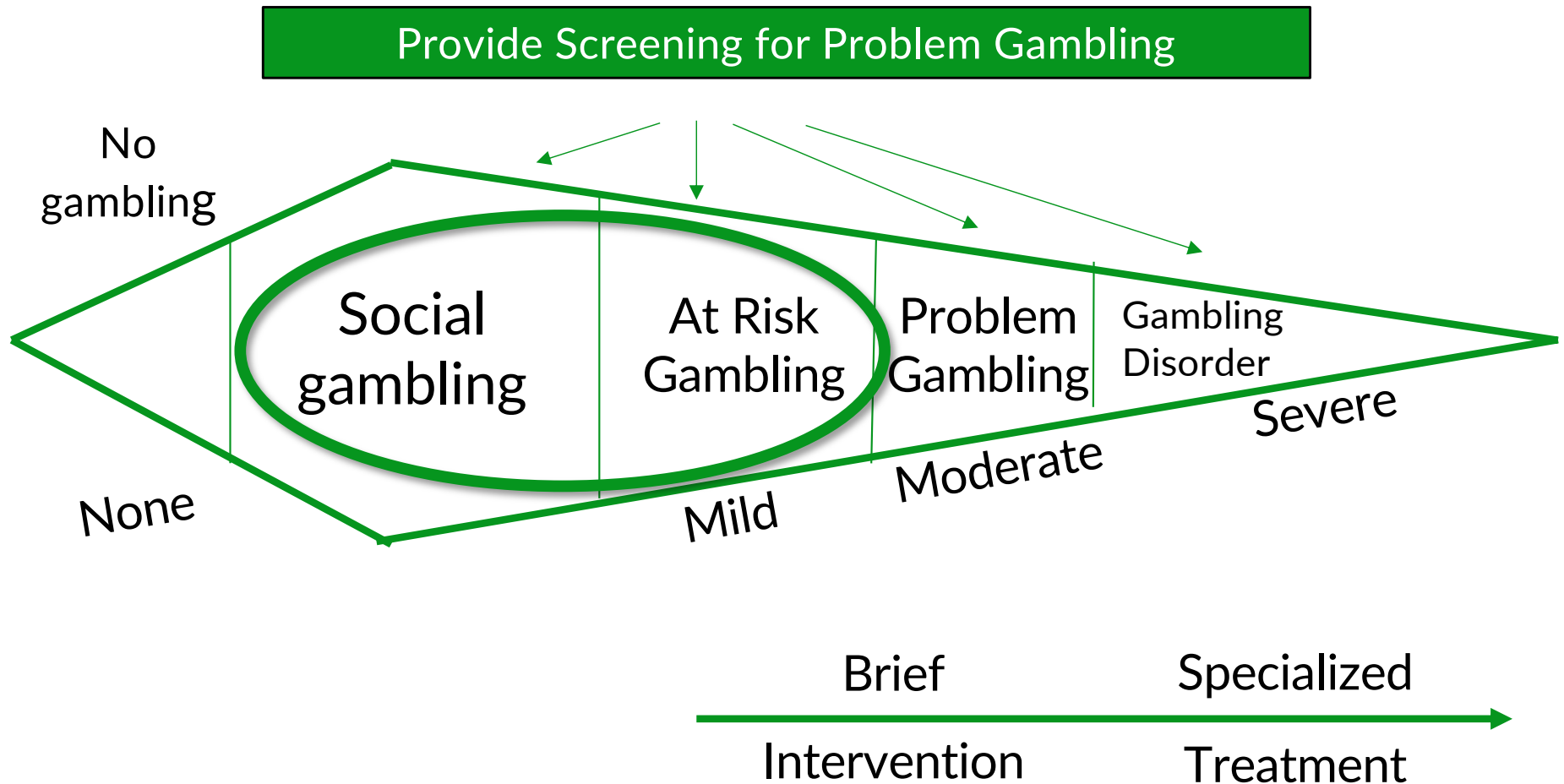
Things to consider with Brief Screens

- Developed to screen for most severe gambling problems

Issues happen on a continuum

Problem Gambling

Public Health Interventions



Things to consider with Brief Screens

- Developed to screen for most severe gambling problems

Issues happen on a continuum

- No definition of what 'gambling' is/could be

List types of gambling

**Do you
gamble?**

**Of course not...I hate casinos
and don't know the first
thing about sports!
I sure hope this ends soon
though, I have Bingo in an
hour, and I haven't gotten my
lottery tickets yet!**

**Nope, not
at all!**



FIRST DEFINE GAMBLING

“The following questions are about gambling. By gambling, we mean when you **bet or risk money or something of value** so that you can hopefully win or gain money or something else of value. Examples may include buying lottery tickets/scratch-offs, gambling at a casino, playing bingo, shooting dice, betting on sports, or playing in card games for money...”

Screening Strategy

Adapted by Illinois SBIRT from DSM5, BBGS, and Elizabeth Hartney, PhD

During the past 12 months have you gambled 5 or more times?

___ Yes

___ No

If yes continue to next 3 questions

Utilize Brief Screen

DURING THE PAST 12 MONTHS:

1. Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling?

Yes

No

2. Have you had to ask other people for money to help deal with the financial problems that had been caused by gambling?

Yes

No

3. Have you tried to hide how much you have gambled from your family or friends?

Yes

No

Things to consider with Brief Screens

- Developed to screen for most severe gambling problems

Issues happen on a continuum

- No definition of what 'gambling' is/could be

List types of gambling

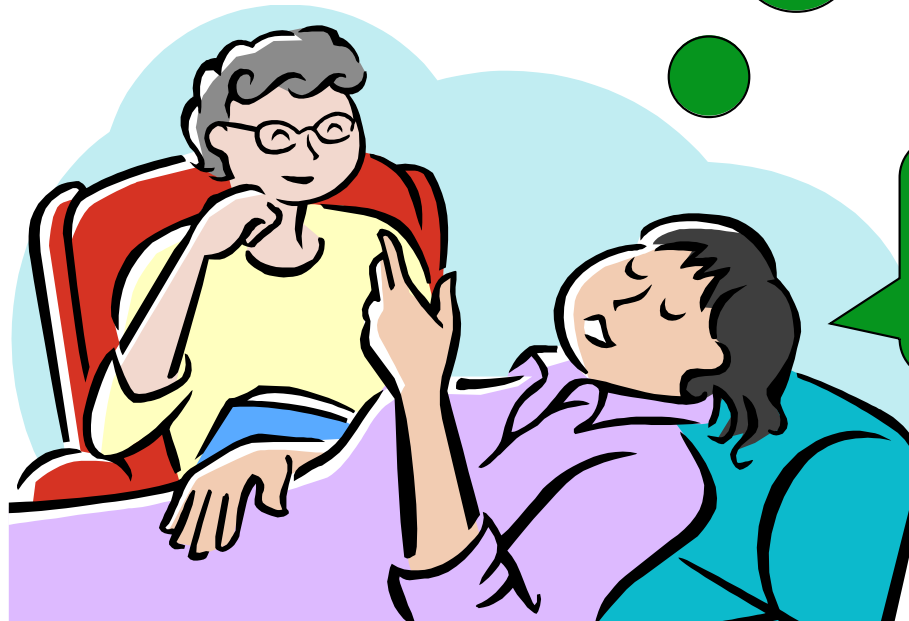
- Use Diagnostic Criteria

Could be off putting – words matter!

Have you ever lied
about your
gambling, or felt
like you needed to
keep betting more
and more?

Why is she
judging me, and
calling me a
liar?! I'm not
talking about
this!

No. And no.



Brief Bio-Social Gambling Screen

DURING THE PAST 12 MONTHS:

1. Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling?

Yes

No

2. Have you had to ask other people for money to help deal with the financial problems that had been caused by gambling?

Yes

No

3. Have you tried to hide how much you have gambled from your family or friends?

Yes

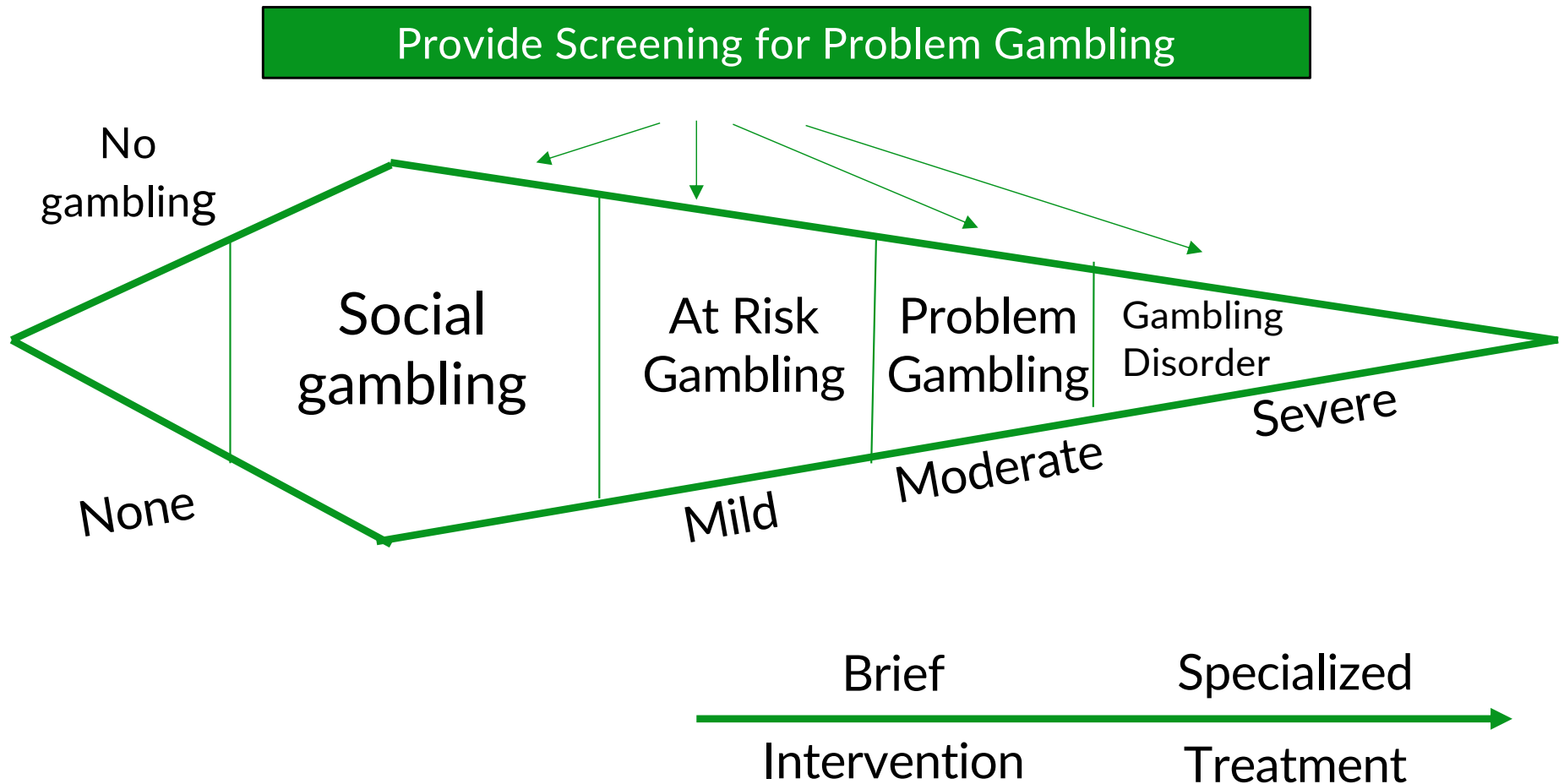
No

RISK STRATIFICATION

RISK LEVEL	GAMBLED 5 TIMES IN ONE YEAR?	1 OR MORE ON BRIEF SCREEN
LOW	NO	NO
MEDIUM	YES	NO
HIGH	YES	YES

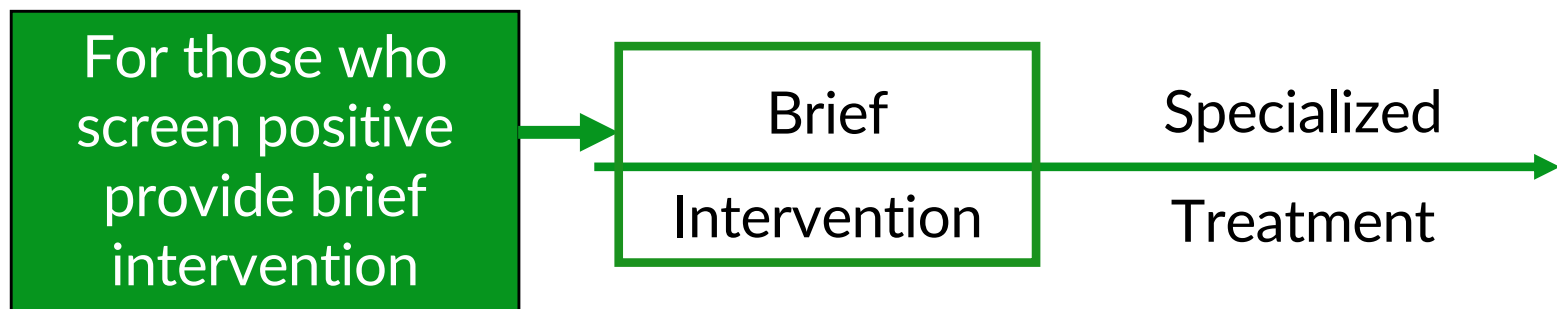
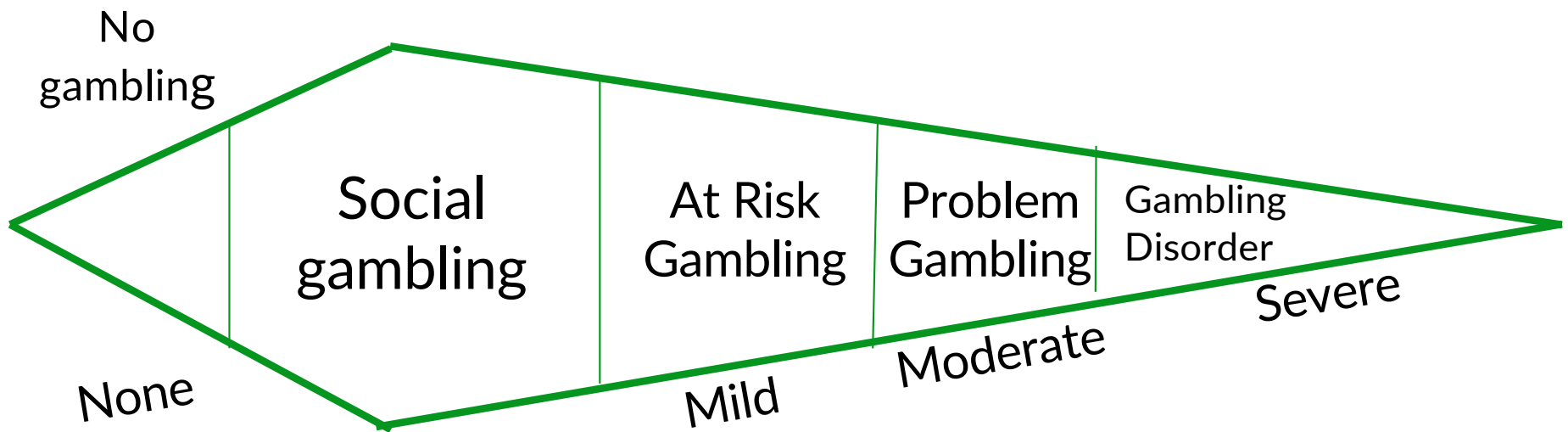
Problem Gambling

Public Health Interventions



Problem Gambling

Public Health Interventions



Brief Intervention

(Petry, 2005)

- Review levels of gambling and gambling disorder
- Dispel myths about gambling
- Risk factors for problem gambling/gambling disorder
- Four steps to reduce risk/harm for gambling problems
 - Limit money
 - Limit time
 - Don't view gambling as way to make money
 - Spend time on other recreational activities
- Keep it Brief - Less than 10 minutes!!!

DURING THE PAST 12 MONTHS:

4. Have you tried to cut down or stop your gambling?

Yes No

5. Have you increased your bet or how much you would spend, in order to feel the same kind of excitement as before?

Yes No

6. Did you think about gambling even when you were not doing it? (*Remembering past gambling experiences, or planning future gambling?*)

Yes No

7. Did you gamble when you were feeling down, stressed, angry or bored?

Yes No

8. Did you ever try to win back the money that you had recently lost?

Yes No

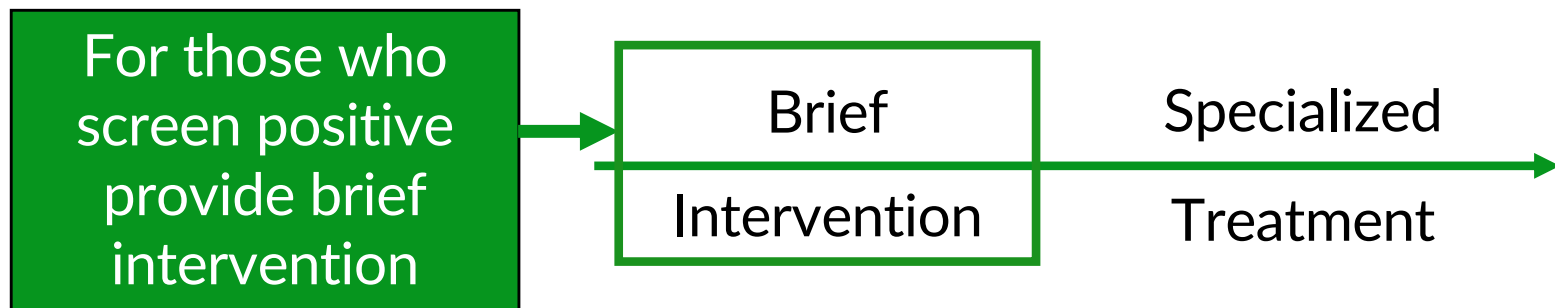
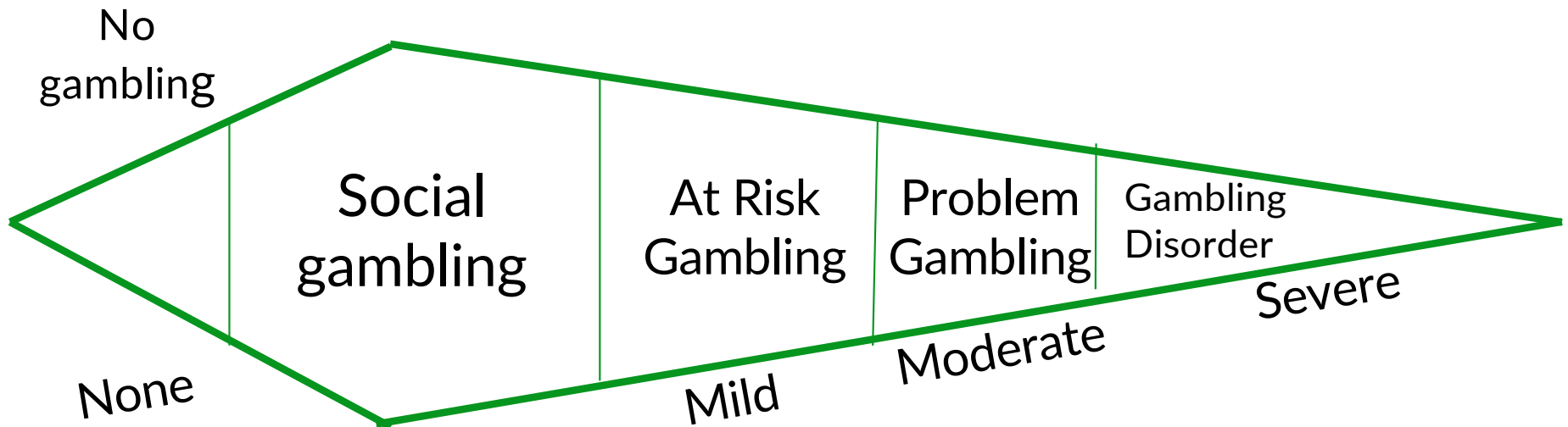
9. Has your gambling caused problems in your relationships or with work?

Yes No

Total "Yes" Responses

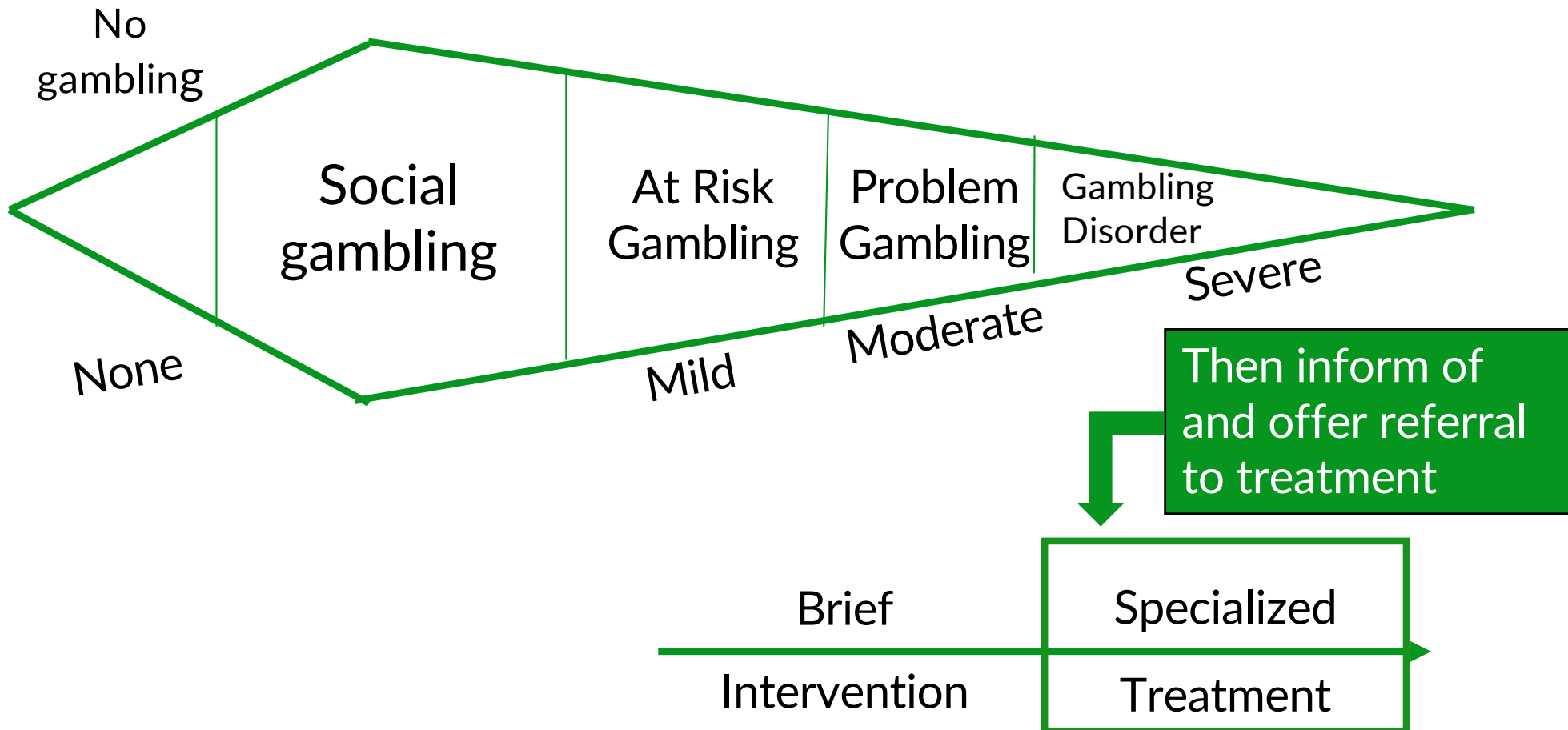
Problem Gambling

Public Health Interventions



Problem Gambling

Public Health Interventions



Referral to Treatment

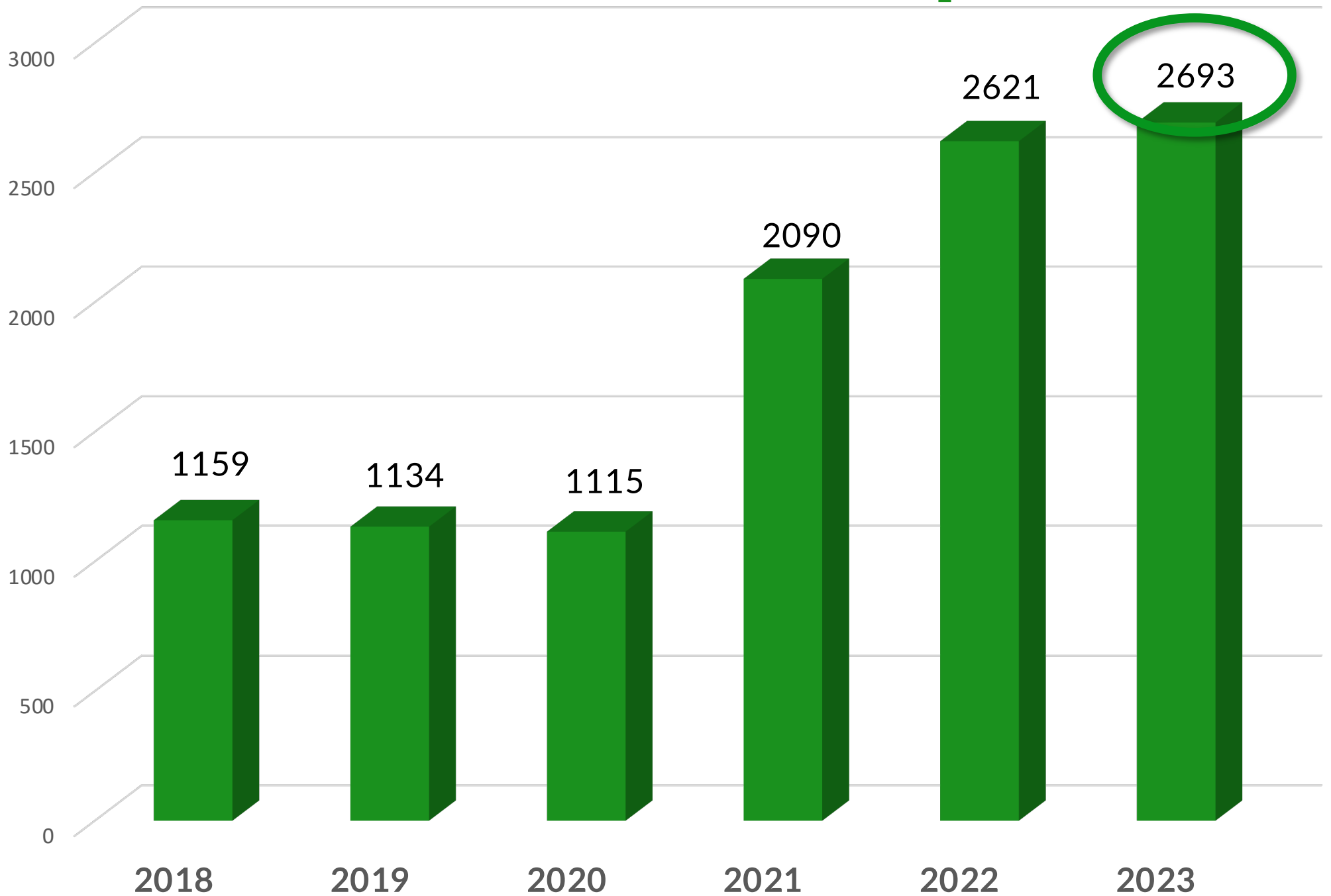
- 800-GAMBLER®
- Council on Compulsive Gambling of PA
- Department of Drug & Alcohol Programs
 - Treatment Providers
 - Counseling Agencies
- Self-Help / Mutual Aid meeting info

Pennsylvania Problem Gambling Helpline

1-800-GAMBLER

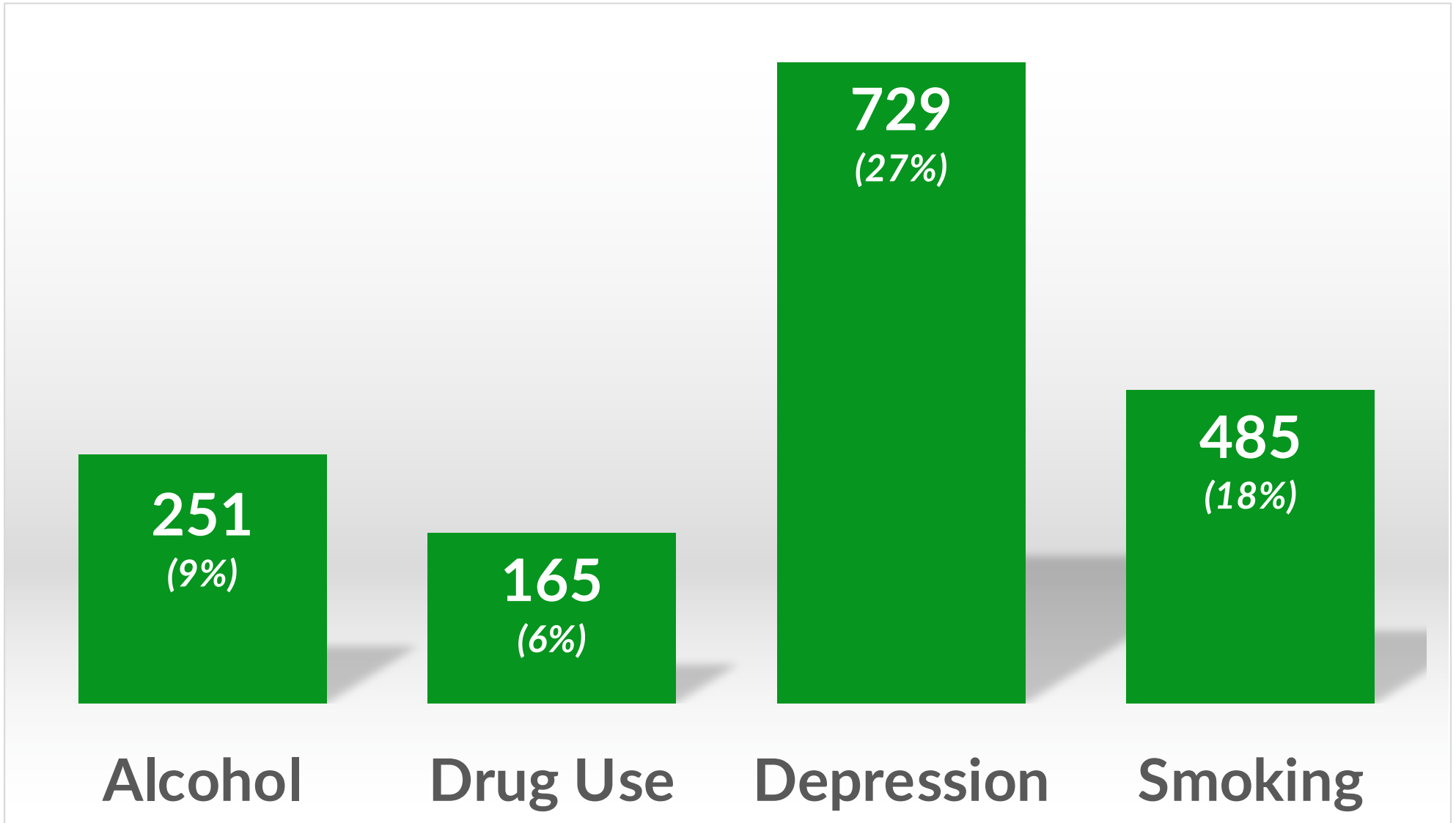
Call • Chat • Text

Calls For Help



2023 Helpline

“Other Reported Problems”



Integrated Assessment

Incorporating into existing assessments

How might you ask questions related to gambling in each of these sections of your intake or assessment?

- **Medical**

- **Financial**

- **Family History**

- **Substance Use**

- **Psychiatric**

- **Recreation**



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Find a Meeting

Enter ZIP

Search

1-800-GAMBLER®

HOME

ABOUT

PROBLEM GAMBLING

LOOKING FOR HELP

PROVIDING HELP

EVENTS

HELPLINE

A close-up, profile view of a woman with long, wavy, light brown hair. She is looking off to the right with a thoughtful expression, her hand resting near her chin. The background is a soft, out-of-focus green.

Recovery is Possible

www.pacouncil.com



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Can't Stop Gambling

Worried about friend or loved one

There is help in Pennsylvania.



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Published with support from the Pennsylvania Lottery and the Drug...



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10 RULES OF RESPONSIBLE GAMBLING

1. If you choose to gamble, do so for entertainment purposes. If your gambling is no longer an enjoyable activity then ask yourself why you are still "playing"?
2. Treat the money you lose as the cost of your entertainment. Treat any winnings as a bonus.
3. Set a dollar limit and stick to it. Decide before you go what you can "afford" to lose & how much you want to spend. Do not change your mind after losing.
4. Set a time limit and stick to it. Decide how much of your time you want to allow for gambling. Leave when you reach the time limit whether you are winning or losing.
5. Expect to lose. The odds are that you will lose.
6. Make it a private rule not to gamble on credit. Do not borrow money to gamble.
7. Create balance in your life. Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.
8. Avoid "chasing" lost money. Chances are the more you try to recoup your losses the larger your losses will be.

...way to cope with emotional/physical pain. ...than entertainment can lead

ONLINE GAMBLING

...gy advances, the internet acts ...owing hub of information and ...ring fast and easy access. ...ctivities is online gambling ...thousands participate in ...many are able to keep ...out of control, there is ...population who are

...g is now available ...casino gambling, ...censed facility, ...ccessed from ...at any time. ...combined ...play, may ...s.



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Podcasts

ALL IN
THE ADDICTED
GAMBLER'S
PODCAST

CONVERSATION ABOUT
RECOVERY

This is a purple podcast cover with white text. The title 'ALL IN THE ADDICTED GAMBLER'S PODCAST' is written in a bold, sans-serif font. Below it, in a smaller font, is 'CONVERSATION ABOUT RECOVERY'.

HELLO
MY NAME IS
CRAIG

This podcast cover features a brick wall background with graffiti. The text 'HELLO MY NAME IS CRAIG' is written in a large, white, bubbly, hand-drawn font. There is also some red graffiti that says 'LOVE' and 'MY' on the wall.

→ → ♥ ← ←
The Broke Girl Society™

This is a white podcast cover with a green border. At the top, there are two red arrows pointing towards a red heart. Below this, the text 'The Broke Girl Society™' is written in a black, sans-serif font.

THE
PROBLEM
GAMBLING
PODCAST

This podcast cover shows a close-up of a slot machine's reels and buttons. The text 'THE PROBLEM GAMBLING PODCAST' is overlaid in a white, bold, sans-serif font.

AFTER GAMBLING
PODCAST

This is a teal-colored circular logo for a podcast. The words 'AFTER GAMBLING' are written along the top inner edge of the circle, and 'PODCAST' is written along the bottom inner edge. In the center, there is a white microphone icon and the letters 'A' and 'G' separated by a vertical line.

FALL IN
THE PROBLEM GAMBLING PODCAST
FOR
MILITARY SERVICE
MEMBERS AND VETERANS

This is a black podcast cover with white text. At the top, there is an image of two military dog tags. Below that, the text 'FALL IN' is written in a large, bold, serif font. Underneath, in a smaller sans-serif font, is 'THE PROBLEM GAMBLING PODCAST FOR MILITARY SERVICE MEMBERS AND VETERANS'. At the bottom, there is a small logo and the text 'FALL IN'.



GAMBLING PROBLEM? GET YOUR LIFE BACK

If you've lost control of your ability to gamble responsibly, it may be time for a change. Self-exclusion allows you to voluntarily ban yourself from gambling activities such as casinos, interactive gaming and fantasy contests, so you can regain your life.

[Sign Up for Self-Exclusion](#)

[Learn More](#)


www.responsibleplay.pa.gov

Self-Exclusion

TYPES OF SELF-EXCLUSION

Casinos

You can request to be self-excluded from legalized gaming activities within casinos and offsite venues, such as off-track betting establishments.

 [Download PDF](#)

Interactive Gambling


You can request to be self-excluded from online gambling activities. Self-imposed limits are now available to online gamblers through each iGaming website.

 [Self Imposed Limits](#)

 [Self Exclusion](#)

Video Gaming Terminals

You can request to be self-excluded from participating in legalized gaming activities at video gaming terminals.

 [Download PDF](#)

Fantasy Contests

You can request to be self-excluded from participating in fantasy sports gambling activities.

 [Download PDF](#)

Things to consider with Brief Screens

- Developed to screen for most severe gambling problems

Issues happen on a continuum

- No definition of what 'gambling' is/could be

List types of gambling

- Use Diagnostic Criteria

Could be off putting – words matter!

- How questions are asked is vital

Could be seen as leading, or close off future discussion

**You've never lied
about gambling or
wanted to spend more
money on it,
have you?**

**Phew! She can't
tell that I
gamble...I have
so much going
on, I'm
definitely NOT
giving that up!**

**Nope, no
problem here!**



What do you do for fun, to relieve stress, for entertainment, to be social, etc.?

I usually hang out with friends...we don't do a lot, but sometimes we go to the casino, out to play bingo, or sometimes I like to stop and buy some scratch offs and imagine what I'll do when I win.



Do you enjoy any leisure activities? Like movies? Sports? Gambling? If so, how often? For example, buying lottery tickets, going to the casino, cards with friends?

Not a whole lot, but I do buy lottery tickets a few times a week and my friends and I always go to the casino to celebrate our birthdays.



Today's Slides





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Thank You!!

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