

PROBLEM GAMBLING 101

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Day 1

- Gambling – Just the Facts
- The Scope of Gambling
- Problem Gambling
- Progression of Problem Gambling
- Prevalence Among Populations
- Addressing the Issue
- Assessment Instruments & Screens
- DSM-5
- Resources

GAMBLING - JUST THE FACTS

What is Gambling?

Dictionary.com defines gambling as the following:

- 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

Gambler's Anonymous definition of gambling:

“Any betting or wagering, for self or for others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or “skill”, constitutes gambling.”

(Gambler's Anonymous, March 1994, Handbook)

Which of the following activities can be considered 'gambling'?

- Buying lottery tickets
- Playing fantasy football
- Playing slots or table games at a casino
- Playing free blackjack online
- Day trading / Stock Market
- Speeding up to beat a red light
- Being in a golf league tournament
- Playing video games
- Buying raffle tickets / entering sweepstakes
- Flipping a coin to see who washes the dishes
- Church Bingo
- Putting your business card in a bowl to win a free lunch
- ??????????????????????

Problem Gambling: “Just the Facts”

- ⦿ Gambling is older than alcohol.
- ⦿ Gambling has historically been the way humans communicated with the gods - a way to divine the future.
- ⦿ The Bible has several references to gambling.
- ⦿ Gambling games have been found in the ancient pyramids, dating back to 1500 BC
- ⦿ *Loaded* dice were found in the ruins at Pompeii

The Three Waves Of Gambling in America

Problem Gambling: “Just the Facts”

- ⦿ The first wave began with the early settlers
- ⦿ During this time, and in colonial days, public lotteries were used to support colonies and finance public projects (schools, roads, churches & hospitals)
- ⦿ 1812 – New Orleans becomes gambling ‘capital’
- ⦿ 1820’s - Moral/religious concerns & Cheating
- ⦿ 1833 – End of PA Lottery...all others banned soon after
- ⦿ By mid 1840’s – First Wave ends

Problem Gambling: “Just the Facts”

- ⦿ Second wave begins with Gold Rush/Western Expansion
- ⦿ San Francisco quickly becomes new ‘center of gambling’
- ⦿ Backlash soon led to ban in California – shift to Nevada
- ⦿ Post Civil War – Lotteries revived to fund rebuilding
- ⦿ 1895 – Backlash leads to ban of lotteries
- ⦿ 1910 – All states prohibit gambling – End of Second Wave

Problem Gambling: “Just the Facts”

- ◎ 1929 - Third wave begins with Stock Market Crash & Great Depression
- ◎ Struggling economy and tourism expected from newly constructed Hoover Dam presents an opportunity in NV
- ◎ 1964 – New Hampshire Lottery (first since 1895)
- ◎ August, 1971 – PA Lottery
- ◎ 1978 – Atlantic City, NJ

Problem Gambling: “Just the Facts”

- ⦿ What makes the third wave different and likely “here to stay” is the strict regulation of gambling games today. States want/need the \$\$.
- ⦿ Cheating, though possible, is very difficult.
- ⦿ Continued expansion of all forms of gaming to other jurisdictions....

THE SCOPE OF GAMBLING

Gambling Availability

- 48 States have Legal Gambling (HI & UT do not)
- 44 States, Puerto Rico, D.C. & U.S. Virgin Islands have Lotteries
- 38 States have Casino
 - Racinos / Commercial / Tribal
 - Nearly 900 in United States
- 44 States have Parimutuel Betting (Horse & Dog Racing, Jai Alai)
- 28 States have Off Track Betting
- 3 States have Legal Online Gambling (NV/NJ/DE)

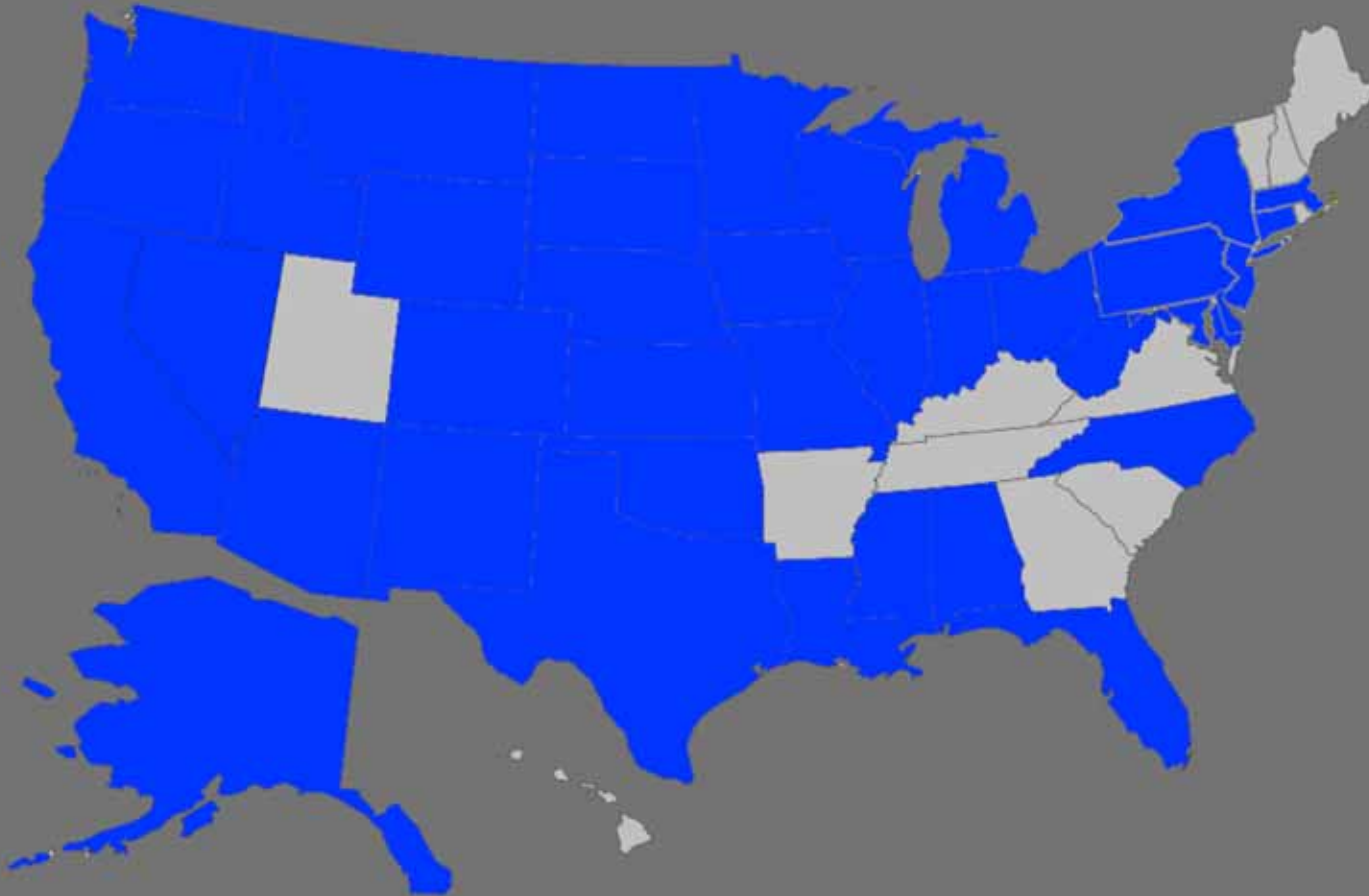
Lottery

PA Lottery

August, 1971 *(Act 91)*

- 62% - prize \$\$
 - 29% - benefit programs – nearly 1/3
 - 7% - retailer commissions
 - 2% - operating expenses
-
- \$24 billion to programs - property tax rebate, transit, prescription, AAA's

U.S. Casino Gambling 2016



Casino Gambling Northeast: 2016



Legal Age to Gamble in PA?

- Lottery **(18)**
- Casinos & Slot Machines **(21)**
- Charity Bingo **(None)**
- Racetracks **(18)**

Scope of Gambling

- ◎ 1975 - 2016: US adults who gambled in their lifetime increased from 68% to 86%
- Approximately 64% have gambled in some form in the past year
Gallup Poll, 2016
- Approximately 49% have bought a lottery ticket in the past year
Gallup Poll, 2016
- Approximately 26% have gambled in casinos in the past year
Gallup Poll, 2016
- Approximately 20% gamble in some form on AT LEAST a weekly basis

**WHAT % of ADULTS
GAMBLE?**

Scope of Gambling

1974 – 2016: Amount of money spent on legal gambling increased over 4300% from \$3 billion to over \$130 billion

American Gaming Association, NASPL, NIGC

- ◎ Americans spend more \$ on gambling (over \$600 billion/yr) than on food (\$400 billion/yr)

AP, 2008

- ◎ Americans spend more annually on gambling than movies, recorded music, theme parks, spectator sports and video games combined

NGISC, 1999

Gambling in U.S.

◉ Gambling by ethnicity

- 83% Caucasian
- 75% African American
- 83% Latino
- 82% Asian
- 84% Native American

Welte et al., 2002

Why Do People Gamble?

- ◎ **Excitement**
- ◎ **Entertainment**
- ◎ **Escape** (forget about their problems for a while)
- ◎ **Economics** (they want the money)
- ◎ **Ego** (the person's pride or reputation is on the line)

Is Gambling Good for America? "YES"

- Brings needed revenue
- Brings jobs and community revitalization
- Supports the American value of individual freedoms
- Vast majority gamble without serious harm
- Supports democratic process - citizens approve
- Viable recreation activity - enjoyed by many

Is Gambling Good for America? "NO"

⦿ Economically detrimental

- Unstable revenue source
- Regressive form of taxation
- Diverts spending away from small businesses
- Produces large societal expenses by increasing crime, bankruptcy, loss of productivity, medical demand, social service costs, etc.

⦿ Social costs are too high

- Harms individuals, families, communities

⦿ Morally and ethically harmful

- Reinforces non-community values
- Inconsistent with government's duty of care
- Preys on vulnerable populations

Important Message

Most people who gamble, just like most people who drink, do so safely and without negative consequences!

PROBLEM GAMBLING

Problem Gambling

- ⦿ **Problem Gambling-** is a descriptive term used to define those individuals with problems in their lives due to gambling.
- ⦿ **Pathological Gambling-** was the clinical term for the 'Impulse Control Disorder' defined in the DSM-IV. (312.31)

Problem Gambling

- **Gambling Disorder** – is now the clinical term for the ‘Substance Use and Addictions Disorder’ defined in the DSM-5
 - Progressive, persistent & recurrent problematic gambling behavior, leading to significant distress and major life problems
- **Prevalence-** estimates indicate that about 1-3% of the adult population of the US has a gambling problem
- This is estimated to be approx. 5 million people in the US & nearly 300,000 in PA

Types of Gamblers

- Social Gambler- Gambles occasionally, for fun, sticks to limits
- Serious Social Gambler-Gambles regularly, hobby, avocation, still does not spend more time or money than can afford, sticks to limits
- Professional Gambler- Gambles as a way of earning a living, very, very rare.

Types of Gamblers

- Problem Gambler –
Beginning to have problems due to gambling
- Gambling Disorder –
Persistent & recurrent problematic gambling behavior, leading to significant distress and major life problems

Subtypes of Pathological Gamblers

⦿ Action

- Early Onset
- Narcissistic
- Games of Skill
- Competition/Power
- Winning Phase
- More likely to be male

⦿ Escape *(Lesieur, 1992)*

- Later Onset
- Machine Games
(Slots/VP)
- Relief/Dissociation
- No Winning Phase
- Gender Bias?

Subtypes: The Pathways Model

(Blaszczynski & Nower, 2002)

- Three Pathways – All share the same:
 1. Access & Availability
 2. Classical & Operant Conditioning
 3. Habituation
 4. Chasing

Subtypes: The Pathways Model

(Blaszczynski & Nower, 2002)

- Pathway 1: Behaviorally Conditioned Problem Gambler
 1. Gambling often linked to learning & environment
 2. No pre-existing pathology
 3. May have early big wins, intermittent wins, enjoy excitement
 4. 1,2 & 3 combine to form a gambling habit
 5. Cognitive distortion contribute to habitual pattern
 6. Anxiety, depression, substance use likely secondary to gambling consequences

Subtypes: The Pathways Model

- Pathway 2: Psychologically Vulnerable Problem Gambler
 - Proposes that some individuals are emotionally vulnerable to problem gambling due to pre-existing psychological problems such as difficulty managing stress or dealing with crisis situation
 - Gambling viewed as way to escape or potential solution
 - Poor coping and problem solving due to negative family background experiences, inadequate role models or past trauma
 - May suffer from anxiety, depression, become isolated/withdrawn
 - Gambling may instill a sense of hope, increasing desire to gamble.

Subtypes: The Pathways Model

- Pathway 3: Antisocial/Impulsive Problem Gambler
 - Predisposing biological factors that contribute to problem gambling
 - Likely history of wide range of impulsive behaviors from early age
 - May have difficulties concentrating and learning
 - May have history of attention deficit disorder
 - May be overactive with a need for a lot of stimulation
 - May do things on impulse without considering consequences
 - The above behaviors point to biological disorders related to neurological deficits

Scope of Problem Gambling: Who is at Risk?

- ⊙ Risk factors: National, State & International
 - Male (*Barnes et al., 2013; Welte, 2002; NORC, 1999*)
 - Disadvantaged and marginalized groups
 - Youth, Unemployed, Male members of ethnic minorities, lower SES
 - Proximity to casinos (within 50 miles) (*NORC, 1999*)
 - Identify as “professional gambler”
 - Increasingly women (Louisiana, Montana, Oregon)
 - Native Americans (Montana, Oregon, N. Dakota)

Risk Factors

- **Family History of gambling problems or substance abuse**
- **Early age of starting gambling**
- **An early big win**
- **History of substance use/mental health disorder**
- **Working in casino or other gambling venue**
- **Type of Gambling (EGD's – speed of play)**

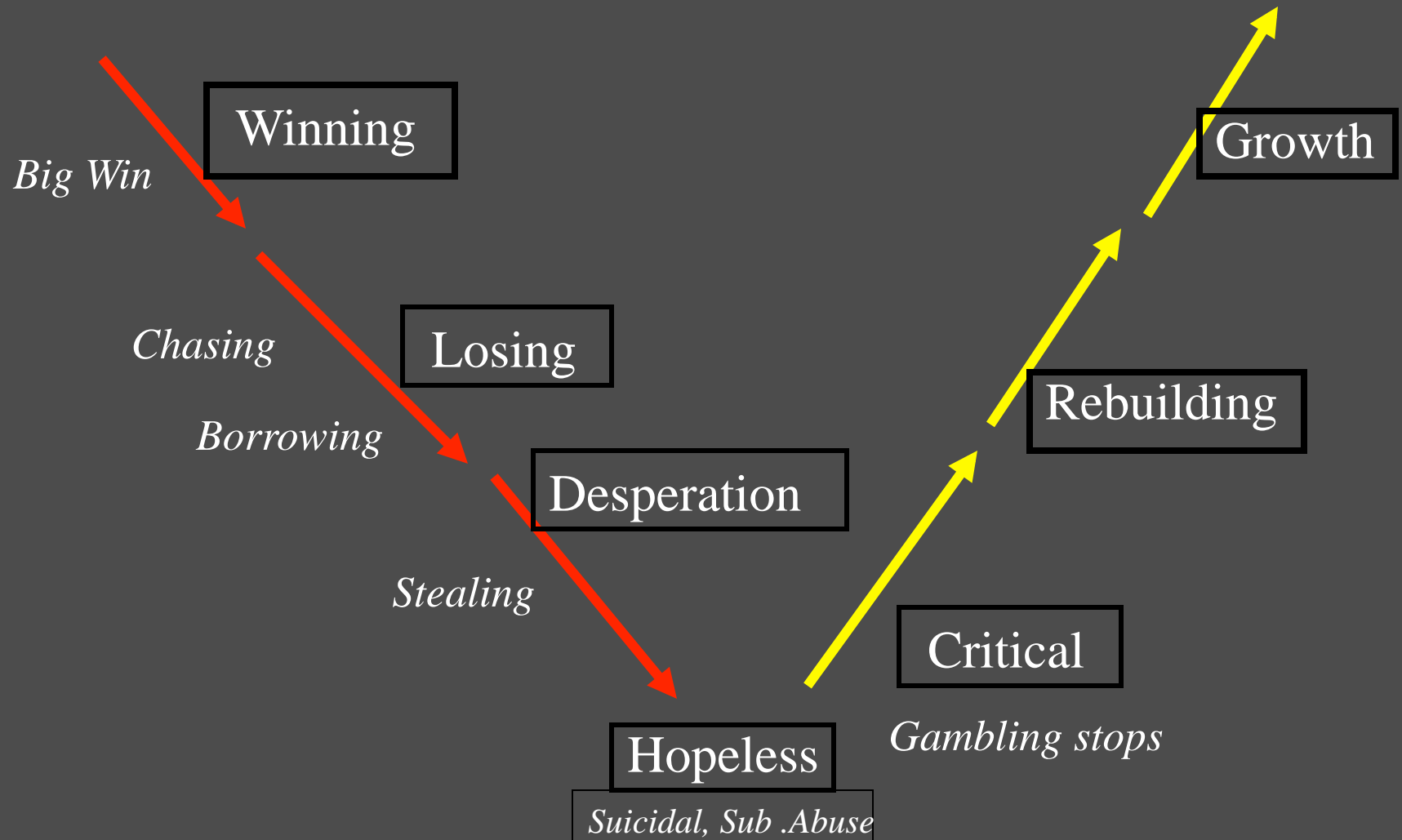
Risk Factors – Limited Understanding

- ⦿ Independence of Turns
- ⦿ Chance vs. Skill
- ⦿ Illusions of Control
- ⦿ Randomness

Research by Dr. Robert Ladouceur

PROGRESSION OF PROBLEM GAMBLING

Progression of Pathological Gambling



Progression of a Gambling Disorder

- Clinically useful, not necessarily research based
- Helpful to review with clients to assess severity of disorder
- May be used as motivational tool
- Decide where you want your “bottom” to be

Winning/Social Phase

- ◎ Gambling for “Pleasure”
 - Subtypes of Gamblers Differ
 - Some may/may not have “big win/winning phase”
 - Gambling for some begins as a social activity not necessarily a competition
- ◎ Recognition for successes boosts self-esteem
- ◎ Increasing involvement in gambling
 - Size of bets / Rate of play
 - Time
 - Preoccupation
 - Increasing self-esteem or stress relief dependent on gambling

Losing Phase

- ⦿ May begin w/prolonged streak, bad beat or big loss
- ⦿ Chasing begins & progresses from short to long term
- ⦿ Social aspect decreases
 - Gambling becomes increasingly solitary
 - Covering up, lying
- ⦿ Borrowing begins
 - Credit cards / friends / family / Illegal sources
- ⦿ Losing becomes increasingly intolerable
 - Depression, irritability, anger following losses

Desperation Phase

- ⦿ Begins with “crossing the line”
 - May involve illegal activities
- ⦿ Theft initially viewed as short term loan
 - May keep records - Intention to repay with winnings
 - Becomes easier each time
- ⦿ Common fantasy of starting over
- ⦿ Paradox of Desperation (Gambler’s Fallacy)
 - More losses – must be closer to next big win
- ⦿ Progression of depression and withdrawal

Hopelessness Phase

- ⊙ Begins with awareness of never getting even
 - **Chasing stops, Gambling doesn't**
 - **Doesn't care if wins/loses - Playing is all that matters**
- ⊙ Playing to "get it over with"
 - **Can't seem to get rid of money fast enough**
 - **Relief when money gone**
- ⊙ Gambles to point of physical & emotional exhaustion
- ⊙ Gambling continues because they don't know what else to do – staying in action becomes everything

Factors Affecting Progression

- Type of Game
- Access to Money
- Understanding of Risks
- Big Win
- Bail Outs

Factors Affecting Progression

- ◎ Life Stress
 - Losses
 - Relationship Problems
 - Physical Illness
 - Trauma
 - Alcohol/Drugs

Factors Affecting Progression

⦿ Internal Factors

- Impulsivity
- Depression/Negative Affect
- Competitiveness
- Narcissism

PREVALENCE
AMONG
POPULATIONS

Problem Gambling: “Populations”

- ⦿ Growing numbers of gambling problems among:
 - Adolescents
 - Older Adults
 - Women (though being male still strongest risk factor)
 - Individuals in treatment for substance use disorder
 - People of Color
 - Lower Income populations
 - Those with lower educations (high school or less than high school)
 - Those from disadvantaged neighborhoods

(Volberg '01 When the Chips are Down; Barnes et al, 2013)

IS THERE A GENDER
DIFFERENCE AMONG
DISORDERED
GAMBLERS?

Problem Gambling between Gender in U.S.

(Welte et al., 2002)

- 3.5 % TOTAL
- 2.9% FEMALE
- 4.2% MALE

- According to recent national survey, males still have approx. twice the odds of being a frequent or problem gambler. *Barnes et al, 2013)*

- Men have traditionally displayed higher rates of problem gambling than women...

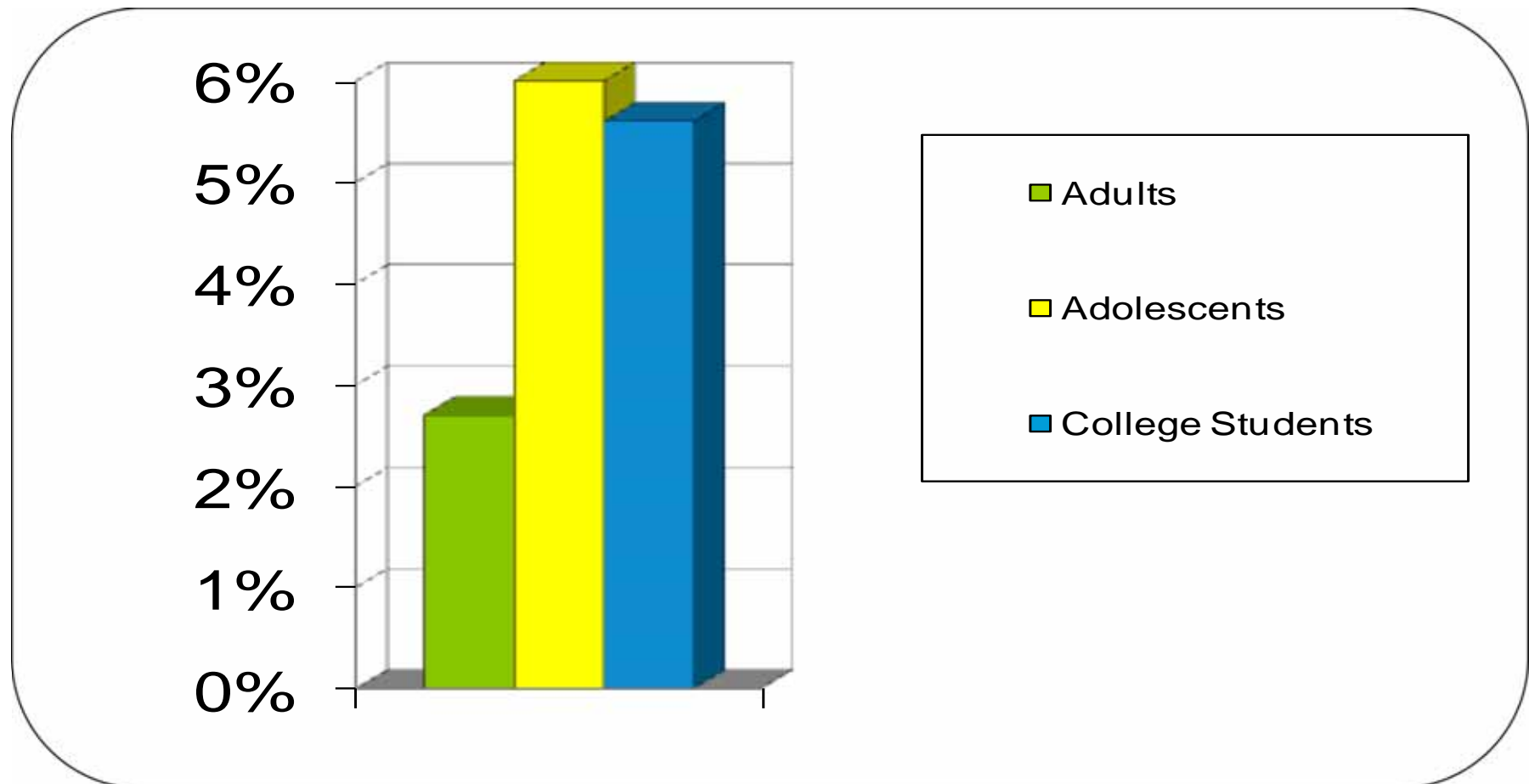
...However, this gap appears to be closing

- Men start earlier / progress over time –
Women start later / progress more rapidly
- Typically, women focus on fewer types of games than men...
- Nearly equal numbers of women and men seek treatment for gambling problems
- Women are still under-represented in GA

WHICH AGE GROUPS
HAVE HIGHER RATES
OF GAMBLING
PROBLEMS?

YOUNG PEOPLE
HAVE HIGHER RATES
THAN OLDER ADULTS

Prevalence of problem gambling by age



Sources: Oregon Adults: ages 18+ : Moore, TL (2006; *ibid*); Oregon Adolescents, ages 13-17 (combined “at risk” and problem gamblers): Volberg, R (2008; *ibid*); National ages 18-24 y.o.: Shaffer, H. & Hall, M. (2001). Updating and refining meta-analytic prevalence estimates of disordered gambling behavior in the United States and Canada. *Canadian Journal of Public Health*, 92(3), 168-172.

Prevalence Rates in Adolescents & College Students

Shaffer et al. 1999 meta-analysis

Lifetime rates in adolescents:

3.9 (2.3-5.4)% pathological gamblers

9.5 (7.6-11.3)% problem gamblers

Lifetime rates in college students:

- 4.7 (3.4-5.9)% are pathological gamblers

- 9.3 (4.4-14.1)% are problem gamblers

Prevalence Rates in Adolescents & College Students

Lifetime rates in adolescents:

.9 – 8.1% Disordered Gamblers

(Volberg, Gupta, Griffiths, Olafson & Delfabbro, 2010)

Lifetime rates in college students:

7.2 – 13.3% Disordered Gamblers

(Nowak & Aloe, 2014)

Lack of Current Data

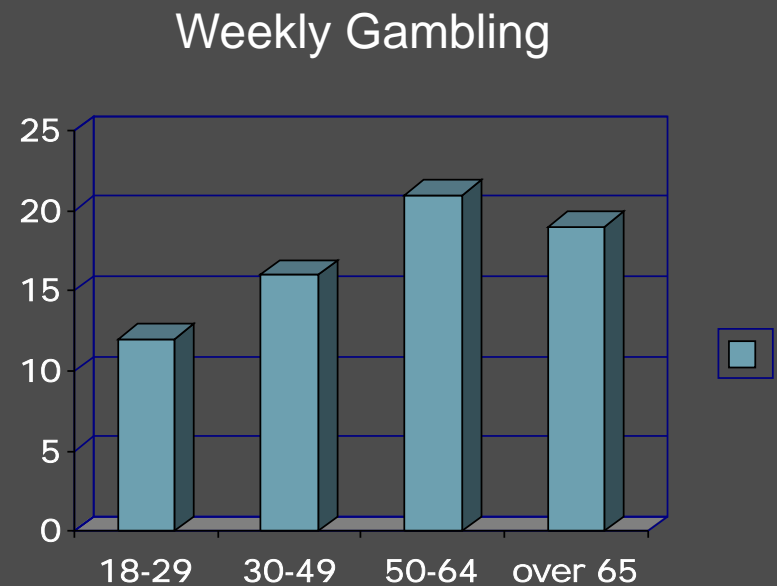
- You may have noticed that many of these studies are over a decade old
- Lack of funding – often funding only comes for prevalence studies when gambling expanded in a state.
- No national (or state) monitoring of youth (or adult) gambling behavior comparable to that done with substance abuse

NORC Survey - Age

- Like women, older adults gamble at fewer types of gambling
- Older adults are less likely to gamble than younger adults...
- ...however, the increase from 1975 to 2016 has been far more drastic for older adults than younger adults
- By 2020, it is estimated that 15 million Americans age 65+ will be living alone

NORC Survey - Age

While older adults less likely than younger adults to have ever gambled or engaged in past year gambling, they are more likely to gamble weekly



Problem Gambling & Ethnicity

NORC Survey, 1999, Cunningham-Williams, R. M., et al., 1998 & 2004, Barnes et al., 2013, DSM-5 Criteria

- Lifetime & Past Year gambling rates - higher for Caucasians than most other racial/ethnic groups
- BUT...weekly & problem gambling – highest among African Americans
- All groups equally as likely to gamble at lottery, casino, horse or dog track
- Problem gamblers were more likely to be: male, African American, have ASPD, and be dependent on/in treatment for illicit drugs

What Do We Know About Culturally Diverse Communities & Problem Gambling?

- Many don't seek clinical services
(Sue & Sue, 2003)

- Because they don't, their experiences often go undocumented
(Harvey, 1996; Gamst, et. al., 2008)

- Need for expansion of outreach to communities *(Boyd-Franklin, 2003; Haskins, 2011; 2014)*

Cultural Strategies (Fong, 2006)

- ⦿ Work with the **family**
- ⦿ Minimize shame through education
- ⦿ Involve respected elders
- ⦿ Address co-occurring disorders
- ⦿ Develop 12-step alternatives and recognize consumer use of alternative interventions (e.g., herbalist, acupuncturist, healers, Gamst, et al 2008)

Military Problem Gambling

Why is Gambling Common in the Military?

- Confidence in personal skills
- Downtime and boredom
- High-risk environment
- 24/7 access to online gaming
- Stress and anxiety
- Geographical isolation
- Easy access to gaming (slots/card games)

**Do More People Drink Alcohol
or Gamble?**

“Past Year” Gambling is More Prevalent than Drinking any Alcohol.

◎ All Adults

- Past Year Drinking = 60%
- Past Year Gambling = 75%

◎ Males

- Past Year Drinking = 62%
- Past Year Gambling = 81%

◎ Females

- Past Year Drinking = 57%
- Past Year Gambling = 70%

Substance/Gambling Comparison

Prob. or Path. Gambling (18+, 2009, US)	1.2%
Substance dep. or abuse (12+, 2009, US)	8.9%
Marijuana dep. or abuse (12+, 2009, US)	1.7%
Pain reliever dep. or abuse (12+, 2009, US)	.75%
Cocaine dep. or abuse (12+, 2009, US)	.43%

Problem Gambling: Co-occurring Disorders

- ◎ Co-occurring disorders and cross addictions are high among Gambling Disorder
- ◎ **Affect disorders:** depressions, anxiety and bipolar disorder are concerns.
 - **Depression** - 40-60% of gamblers
 - **Anxiety** - 41% of gamblers
 - National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), 2008*
 - **Bipolar disorder** – 2x more likely to develop gambling problem
 - **ADD** - 30% in one V.A. study

Problem Gambling: Co-occurring Disorders

- ◎ **Substance Abuse Disorders** seem unusually common to the problem gambling population.
 - **75%** of gamblers w/alcohol disorder
 - **38%** of gamblers w/drug use disorder
 - **60%** of gamblers are nicotine dependent

National Epidemiologic Survey on Alcohol and Related Conditions (NESARC), 2008

Gambling Disorder: Comparison to Substance Abuse

Similarities

- ⦿ Preoccupation & loss of control
- ⦿ Both are often progressive
- ⦿ Denial: problem resides outside of the person
- ⦿ Continued behavior despite negative consequences
- ⦿ Tolerance & withdrawal
- ⦿ Self help groups & family involvement

Gambling Disorder: Comparison to Substance Abuse

- **Differences**

- **Unpredictable outcome**
- **Gambling is not self-limiting**
- **No biological test / easier to hide**
- **More intense sense of shame & guilt**
- **Intensity of family anger**
- **Less public awareness about gambling**
- **More widespread acceptance of gambling**

Consequences of Problem Gambling:

- Poor health
- Mental health issues
 - Depression / Anxiety / Etc.
- 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)

ADDRESSING
THE
ISSUE

PROBLEM GAMBLING IN THE U.S.

Addressing the Issue

- ◎ **1957 - Gamblers Anonymous Begins in California**
- ◎ **1960 – GamAnon Begins in New York**
- ◎ **1972 – First Professional Treatment Program-V.A.**
- ◎ **National Council on Problem Gambling**
- ◎ **1979 – First State Funded Treatment Program-Maryland**
- ◎ **1980 – American Psychiatric Assoc. – DSM III**
- ◎ **1984 – NCPG begins Counselor Certification process**
- ◎ **1994 – A.P.A. – DSM-IV**

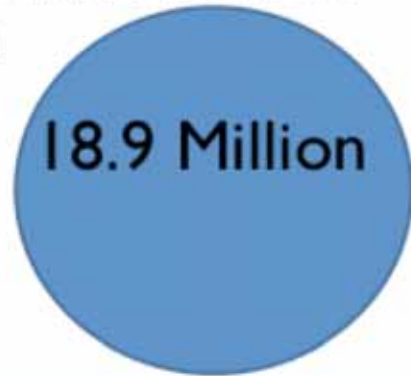
PROBLEM GAMBLING IN THE U.S.

Addressing the Issue

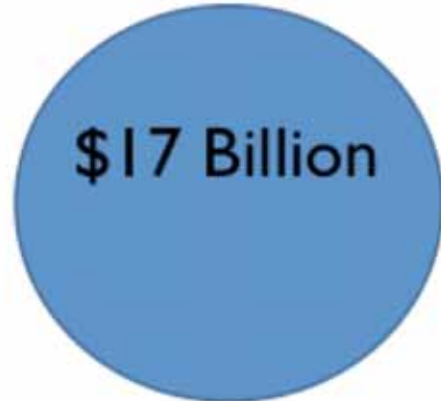
- ⦿ 2000 – Association of Problem Gambling Service Administrators - **APGSA**
- ⦿ 2001 – First year more than half of US states offered Problem Gambling funding – 26 states
- ⦿ As of 2013, 39 of 50 US States provide some kind of funding for Problem Gambling
- ⦿ Annual total of U.S. State Problem Gambling Spending = \$60.6M (PA – 8.3M)

Substance Use Disorders

- ▶ U.S. Pop. With Past Year Problem ¹

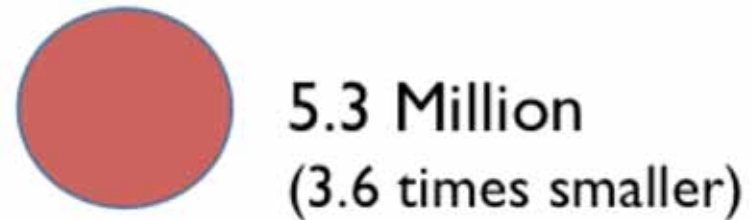


- ▶ 2009 Public Funds Invested into SUD Treatment³



Gambling Disorders

- ▶ U.S. Pop. With Past Year Problem ²

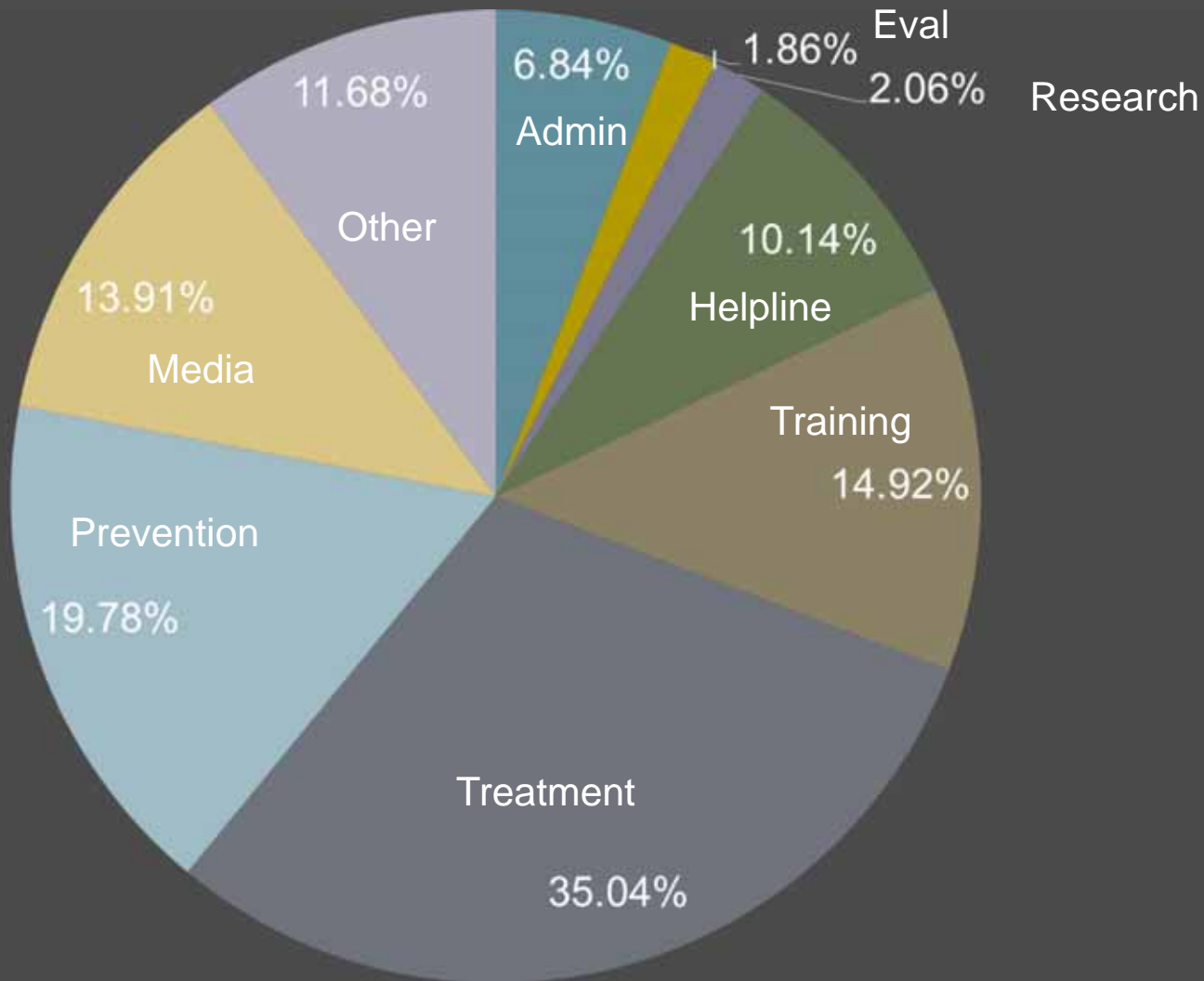


- ▶ 2013 Public Funds Invested into Problem Gambling Services⁴



Problem Gambling Fund Allocation: State Agencies

APGSA 2013 survey



Gambling Treatment Availability: 2016

- **Treatment resources still limited**
 - **Very Few Problem Gambling specific residential treatment programs in U.S.**
(PA, LA, MN, AZ, OR, FL, MI, and V.A.-OH)
 - **There are very few gambling treatment programs for the military today in the USA.**
- **Self-Help resources limited**
 - **60,000 AA meeting nationwide**
 - **1200 GA meetings nationally**

Pennsylvania Helpline for Compulsive Gamblers

Year: 2015

Month	Intake	Casino	Lottery	Wrong# / Hangup	Other	Total
January	142	385	435	430	19	1411
February	133	387	591	404	34	1549
March	132	411	432	402	32	1409
April	146	403	425	357	46	1377
May	131	413	448	326	27	1345
June	132	396	419	347	27	1321
July	149	443	473	338	33	1436
August	170	359	355	314	30	1228
September	144	330	368	270	30	1142
October	156	326	314	317	26	1139
November	124	304	336	288	27	1079
December	105	366	350	292	27	1140
TOTAL	1664	4523	4946	4085	358	15576

Recommendations Based on Helpline Data

- Most callers are learning about helpline from sources of gambling.
- There is a need to publish and advertise helpline number beyond gambling venues/tickets.
- Broader advertising/awareness of helpline number would likely increase access to helpline services of family members, since currently most callers are calling about their own gambling problem.
- Additionally, as it is clearly effective to advertise on gambling materials and at gambling venues, helpline number should be advertised at all gambling venues, including bingo halls, charitable gambling venues, tracks, etc.

Summary and Recommendations Based on Helpline Data

- As callers are mostly Caucasian, increased outreach to ethnic minorities is needed
- Percentage of callers referred to treatment as well as self-help support groups has significantly increased over the past several years
- This increase likely reflects the increased availability of treatment providers
- As treatment options continue to increase the goal is to increase the number of treatment referrals

Problem Gambling: Addressing the Issue

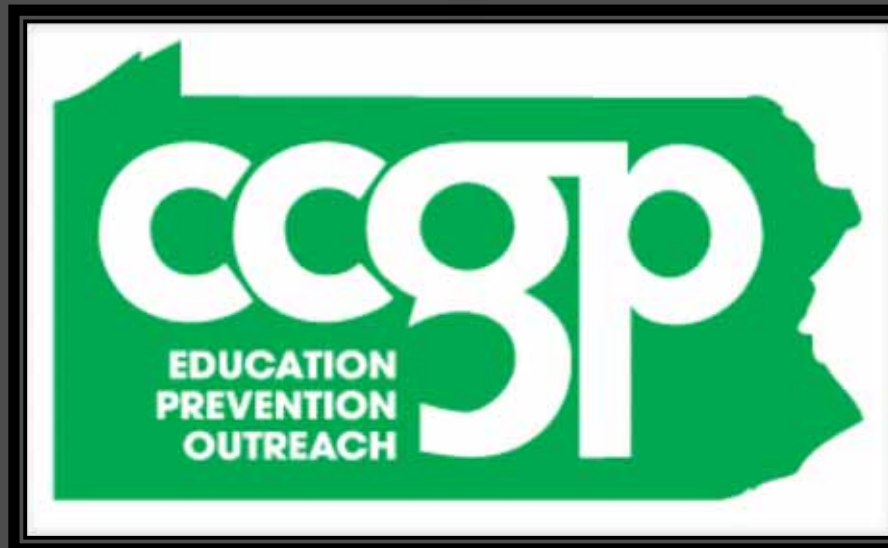
- ◎ Key elements included in training gambling counselors:
 - Accurate assessment and diagnosis for problem and pathological gambling, screening tools, scoring etc.
 - Treatment planning with gamblers and use of pressure relief groups, harm reduction, co-occurring disorders, debt negotiation (legal and illegal debts) and successfully engaging the client.
 - Elements of psycho-educational programming both instructive and supportive and available resources.
 - Medication consultations, and cautions.
 - (Requip, Mirapex, Abilify...)
 - Differences in self-help groups & special population treatment issues.
 - Workplace responsible gaming policies: NCAA and EAP's.

RESPONSIBLE GAMING
Customer Assistance Program
Training: 2016

Presented By

Josh Ercole

Council on Compulsive Gambling of Pennsylvania, Inc.



Helpline 1-800-GAMBLER

Self-Exclusion Program

The Office of Compulsive and Problem Gambling of the Pennsylvania Gaming Control Board has established and will maintain the self-exclusion program

Patrons may select to ban themselves, **VOLUNTARILY** for 1 year, 5 years or Lifetime

Features include:

- Removal from casino mailing data bases
- No check cashing / credit / player club membership
- Fines / Possible Arrest & Citation

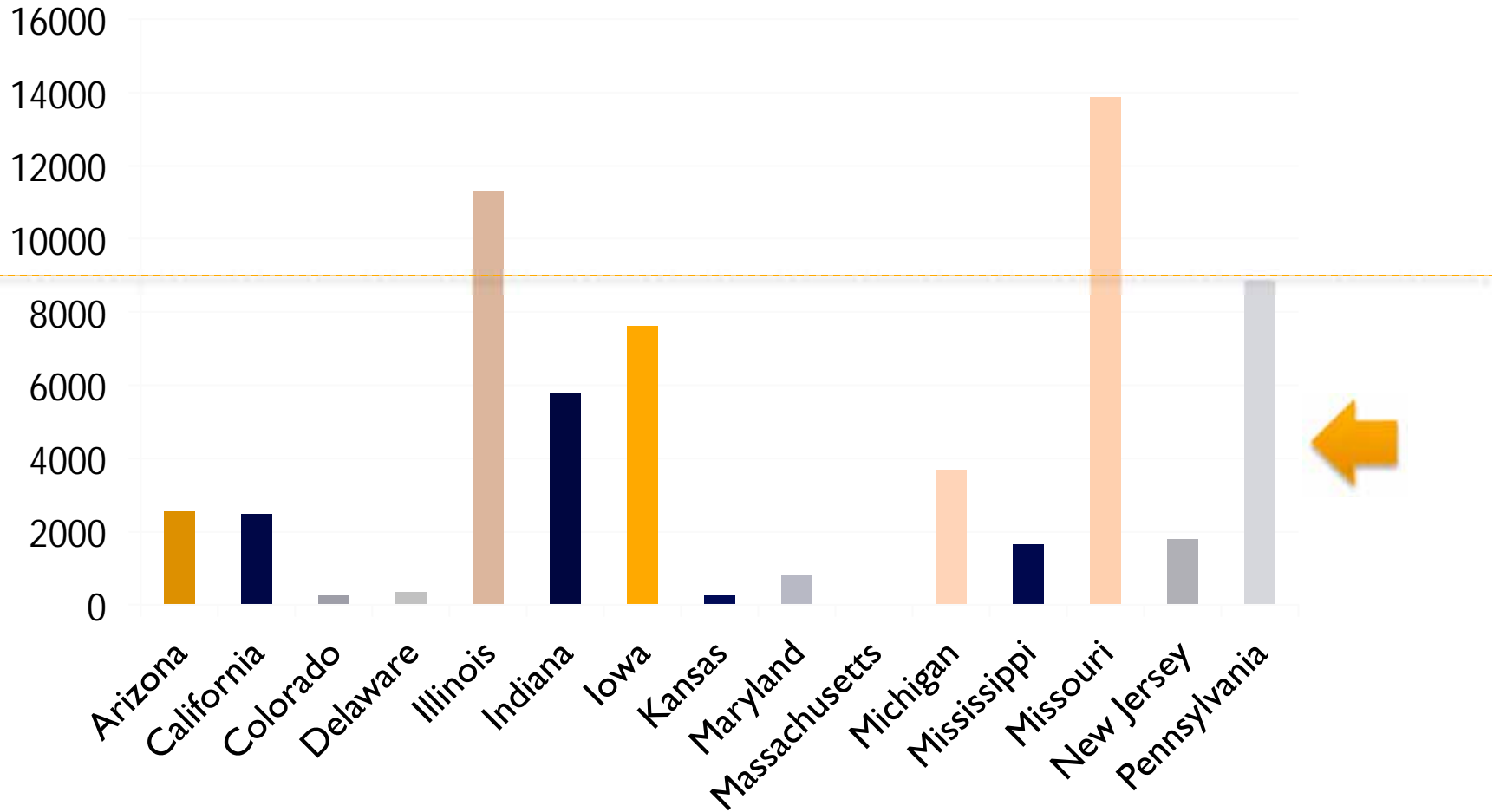
AS OF MAY 26, 2016

There have been

10,000

voluntary requests from individuals
for placement on the
PGCB Self-Exclusion List

Self-Exclusion data by State as of December 31, 2015



**PROBLEM GAMBLING
ASSESSMENT
INSTRUMENTS AND
SCREENS**

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-R A- Adolescent Screen**
- **National Opinion Research Center DSM Screen
for Problem Gambling (NODS)**
- **G.A. / Gam-Anon Twenty Questions**

LIE-BET

Problem Gambling Screen

1. Have you felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

A **YES** answer to one or the other of the following two questions, or a **YES** to both questions, should indicate a need for full assessment for problem and pathological gambling. A **NO** to both may indicate no gambling concerns.

Johnson, Nora et al Las Vegas VA Hospital, Nevada

The NODS-PERC

NODS 1	Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?
NODS 8	Have you ever gambled as a way to escape from personal problems?
NODS 10	Has there ever been a period when, if you lost money gambling one day, you would return another day to get even?
NODS 14	Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?

NODS CLiP

- Loss of Control: *Have you ever tried to stop, cut down, or control your gambling?*
- Lying: *Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?*
- Preoccupation: *Have there been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?*

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 pathological gambling. **Source:** Gebauer, L., LaBrie, R. 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

South Oaks Gambling Screen

Lesieur and Blume, 1987

- Valid And Reliable Instrument
- May Be Self Administered
- Most Widely Used Screen
- Available in 25 languages
- Has been revised for use among adolescents (SOGS-RA)

South Oaks Gambling Screen (SOGS)

1. Indicate types of gambling done in your lifetime. For each type mark one answer:
Not at All, Less than Once a Week, or Once a Week or More.

	Not at all	Less than once a week	Once a week or more
a. Played cards for money			
b. Bet on horses, dogs, or other animals (OTB, track or Bookie)			
c. Bet on sports (parlay cards, with Bookie, at Jai Ali)			
d. Played dice games, including craps, over & under or others			
e. Went to casinos (legal or otherwise)			
f. Played numbers/bet on lotteries			
g. Played Bingo			
h. Played stock and/or commodities mkt			
i. Played slot/poker/other gambling machines			
j. Bowled, shot pool, played golf, or some other game of skill for money			
k. Played pull tabs or "paper" games other than lotteries			
l. Some other form of gambling not listed			

South Oaks Gambling Screen (SOGS)

2. What is the largest amount of money you have ever gambled with on any one-day?

never have gambled

more than \$100 up to \$1000

\$10 or less

more than \$1000 up to \$10,000

more than \$10 up to \$100

more than \$10,000

South Oaks Gambling Screen (SOGS)

3. has (or had) a gambling problem.

Father

Mother

Brother/Sister

My Spouse/Partner

My Children

Another Relative

A Friend or Someone Important in My Life

South Oaks Gambling Screen (SOGS)

4. When you gamble, how often do you go back another day to win back money you lost?

Never

Some of the time (less than half the time) I lost

Most of the time I lost

Every time I lost

5. Have you ever claimed to be winning money gambling but weren't really? In fact, you lost?

Never (or never gamble)

Yes, less than half the time lost

Yes, most of the time

South Oaks Gambling Screen (SOGS)

6. Do you feel you have ever had a problem with gambling?

No, Yes, in the past but not now, Yes

7. Did you ever gamble more than you intended to?

Yes No

8. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

Yes No

9. Have you ever felt guilty about the way you gamble or what happens when you gamble?

Yes No

South Oaks Gambling Screen (SOGS)

10. Have you ever felt like you would like to stop betting money or gambling but didn't think you could? Yes No

11. Have you ever hidden betting slips, lottery tickets, or gambling money, IOU's or other signs of betting or gambling from your spouse, children or other important people in your life?
 Yes No

12. *Have you ever argued with people you like/love/live with over how you handle money?*
 Yes *No*

13. (If you answered yes to 12.) :Have money arguments ever centered on your gambling?
 Yes No

South Oaks Gambling Screen (SOGS)

14. Have you ever borrowed from someone and not paid them back as a result of your gambling?

Yes No

15. Have you ever lost time from work (or school) due to betting money or gambling?

Yes No

South Oaks Gambling Screen (SOGS)

16. If you borrowed money to gamble or pay gambling debts, who or where did you borrow from? (check 'yes' or 'no' for each)

- | | | |
|--|------------------------------|-----------------------------|
| a. from household money | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| b. from spouse | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| c. from other relatives or in-laws | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| d. from banks, loan companies or credit unions | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| e. from credit cards | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| f. from loan sharks | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| g. cashed in stocks, bonds or other securities | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| h. sold personal, or family property | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| i. borrowed on checking account (bad checks) | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <i>j. have (had) credit line with bookie</i> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |
| <i>k. have (had) credit line with a casino</i> | <input type="checkbox"/> Yes | <input type="checkbox"/> No |

Scoring the SOGS

- 1, 2 & 3 not counted – info gathering questions
- 4 - Most of the time I lose OR every time I lose = 1 pt
- 5 - Yes, less than half the time I lose OR
yes, most of the time = 1 pt
- 6 - Yes, in the past but not now OR yes = 1 pt
- 7 Thru 11 - Each yes = 1 pt
- 12. Not scored
- 13 Thru 16-i - Each yes = 1 pt
- 16-j and 16-k are NOT scored

SOGS Scoring Key

0 = No Problem

1-2 = Some Problem Likely

3-4 = Probable Problem Gambler

5+ = Probable Gambling Disorder

Many gamblers presenting for care can score over 10 on the SOGS.

Gamblers Anonymous- www.gamblersanonymous.org

Gamanon www.gamanon.org

1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation
4. Have you ever felt remorse after gambling?
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. After losing, did you feel you must return as soon as possible and win back your losses?
8. After a win, did you have a strong urge to return and win more?
9. Did you often gamble until your last dollar was gone?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself and your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self destruction or suicide as a result of your gambling?

Most compulsive gamblers will answer 'Yes' to at least seven (7) of these questions.

DSM-5 released in May 2013

DSM-5: MAJOR CHANGES

Defining Problem And Pathological Gambling

- ◎ **1980 – American Psychiatric Assoc. – DSM III**
 - 1st time pathological gambling included in DSM
 - Pathological Gambling as a psychiatric disorder
 - *“The essential features are a chronic and **progressive failure to resist impulses** to gambling and gambling behavior that compromises, disrupts, or damages personal, family, or vocational pursuits.”*
 - Due to efforts of Dr. Robert Custer
 - Based on clinical experience of limited number of experienced clinicians
 - 7 Criteria (5 related to money or getting money for gambling) – must meet 4 to be endorsed

Defining Problem And Pathological Gambling

◎ 1987 – DSM III-R

- Basically, rewrote substance dependence criteria for gambling
- Increased to 8 criteria (4 to be endorsed)

Defining Problem And Pathological Gambling

◎ 1994 – DSM-IV

- New set of 9 items that reflected similarities to substance dependence
- Addition of “repeated, unsuccessful efforts to control, cut back or stop gambling” item based on feedback from gambling treatment professionals
- The DSM-IV required 5 of 10 revised criteria – all criteria granted equal weight.

Definition of Impulse Control Disorders DSM-IV

- ⦿ A mental disorder
- ⦿ Recurrent failure to resist impulsive behaviors that may be harmful to themselves or others.
 - Examples:
 - *Intermittent Explosive Disorder*
 - *Kleptomania*
 - *Pyromania*
 - *Trichotillomania*
 - ***Pathological Gambling***

DSM-5

- Moved to “Substance-Related Disorders” which will be renamed Substance Use and Addiction Disorders
- So far, this is the only “behavioral” addiction included (hypersexual disorder in paraphilias; binge eating disorder in feeding and eating disorders)
- Renamed: Gambling Disorder

REMOVED criteria:

Have you committed illegal acts such as forgery, fraud, theft, or embezzlement to finance gambling

DSM-5

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

Gambling Disorder: DSM-5 Criteria

⦿ Preoccupation

1. Is **OFTEN** preoccupied with gambling (e.g., reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble)

⦿ Tolerance

2. Needs to gamble with increasing amounts of money in order to achieve the desired excitement

⦿ Withdrawal

3. Is restless or irritable when attempting to cut down or stop gambling

Gambling Disorder: DSM-5 Criteria

◎ Escape

4. Gambles as a way of escaping from problems or relieving dysphoric mood (feelings of helplessness, guilt, anxiety or depression)

◎ Chasing

5. After losing money gambling, often returns another day in order to get even

◎ Lying

6. Lies to family members, therapists, or others to conceal the extent of involvement with gambling

Gambling Disorder: DSM-5 Criteria

Loss of control

7. Has made repeated unsuccessful efforts to control, cut back, or stop gambling

Risked significant relationship

8. Has jeopardized or lost a significant relationship, job, education or career opportunity because of gambling

Bailout

9. Has relied on others to provide money to relieve a desperate financial situation caused by gambling

Gambling Disorder: DSM-5 Criteria

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

Gambling Disorder: DSM-5 Criteria

- ⦿ Gambling Behavior is not better explained by way of a manic episode.
- ⦿ **Scores:**
 - Gambling Disorder - 4 or more of the 9 criteria
 - “At risk gamblers” score 1-3 of the criteria

TREATMENT APPROACHES

Treatment interventions

- ◉ Individual & Group
- ◉ Gamblers Anonymous (GA)
- ◉ Stages of Change / CBT / Motivational Interviewing
- ◉ Harm Reduction
- ◉ Self-Exclusion

Counseling Options in PA

- ⦿ Most counselors are NOT trained in problem gambling treatment methods
 - Gambling Addiction Counselors (NCGC)
- ⦿ Funding in PA
 - Commercial Insurance
 - Problem Gambling Treatment Fund administered by DDAP
 - Preferred Providers throughout PA

RESOURCES

Helpline Numbers

1-800-GAMBLER

1-800-848-1880

800-522-4700 • 877-565-2112

24/7 • Free • Private

60+ Languages

Problem Gambling RESOURCES

The Department of Drug and Alcohol Programs (DDAP)

For information on becoming a state
reimbursed provider, contact

Lisa Schmidt

Public Health Program Administrator

717-783-8200

lischmidt@pa.gov

Problem Gambling RESOURCES

Pennsylvania Gaming Control Board
Office of Compulsive and Problem Gambling

For more information on Self-Exclusion,
visit www.pgcb.state.pa.us

or contact

Liz Lanza

Director, Office of Compulsive and Problem Gambling

717-346-8300
elanza@pa.gov

Problem Gambling RESOURCES

National Council on Problem Gambling

- WWW.NCPGAMBLING.ORG

- literature, State Affiliates, web pages, conferences, Helpline

- WWW.IGCCB.org

- Counselor Certification, directory, information and applications

- www.pgam.org

- Problem Gambling Awareness Month - FREE materials

- ◆ McGill University Youth Prevention materials www.education.mcgill.ca/gambling

- ◆ APGSA- Assoc. of Problem Gambling Service Administrators www.apgsa.org

Thank You!

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