



COUNCIL ON COMPULSIVE GAMBLING  
OF PENNSYLVANIA, INC.

# **Problem Gambling Community Outreach Program**

**January 28, 2025**

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 operates the PA Problem Gambling Helpline - this 24-hour service connects individuals with help and resources 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](http://www.pacouncil.com)**



The City of Philadelphia  
Department of Behavioral Health and Intellectual disAbility Services

# Gambling Unit

Single County Authority

Problem gambling continues to be a rising issue among the adult and youth population.

Services focus on increasing public awareness of problem gambling and advocating for support services and treatment for individuals who adversely affected by this issue.

Our services include prevention and responsible gambling in schools, community settings, and in partnership with community-based organizations.



## Who is eligible for services?

- + Residents of Philadelphia County
- + Anyone can make a self or peer referral for service by contacting a provider directly

## Programs and Services

- Evidence-based Programs offered in school and community settings
  - + Gambling Away the Golden Years
  - + Youth Awareness I and II (Smart Choices)
  - + Wanna Bet
- Speaking Engagements
- Trainings, Community Health Fairs

## Provider agencies and contacts

**Black Women Health Alliance**  
1324 W. Clearfield St.  
Philadelphia, PA 19132  
**215-225-0934**

**Jewish Family and Children Services**  
345 Montgomery Ave.  
Bala Cynwyd, PA 19004  
**215-356-1851**

**Greater Philadelphia Community Alliance**  
2029 S. Eighth St.  
Philadelphia, PA 19148  
**215-468-1645**

**Cade Kids**  
128 Chestnut St. #302  
Philadelphia, PA 19106  
**215-925-0643**

**Southwest CDC**  
6238 Paschall Ave.  
Philadelphia, PA 19142  
**215-729-0800**

**Contact us** Tamika Harvey  
Tamika.Harvey@phila.gov  
215-599-4972



# Learning Objectives

*Upon completion of this workshop, participants will:*

- Become familiar with gambling and factors included in the development of problematic gambling
- Increase awareness of risk and protective factors of problem gambling within immigrant & refugee communities
- Discuss the impact of problem gambling on individuals, families and communities
- Have awareness of available local prevention and treatment 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)

# Gambling Availability

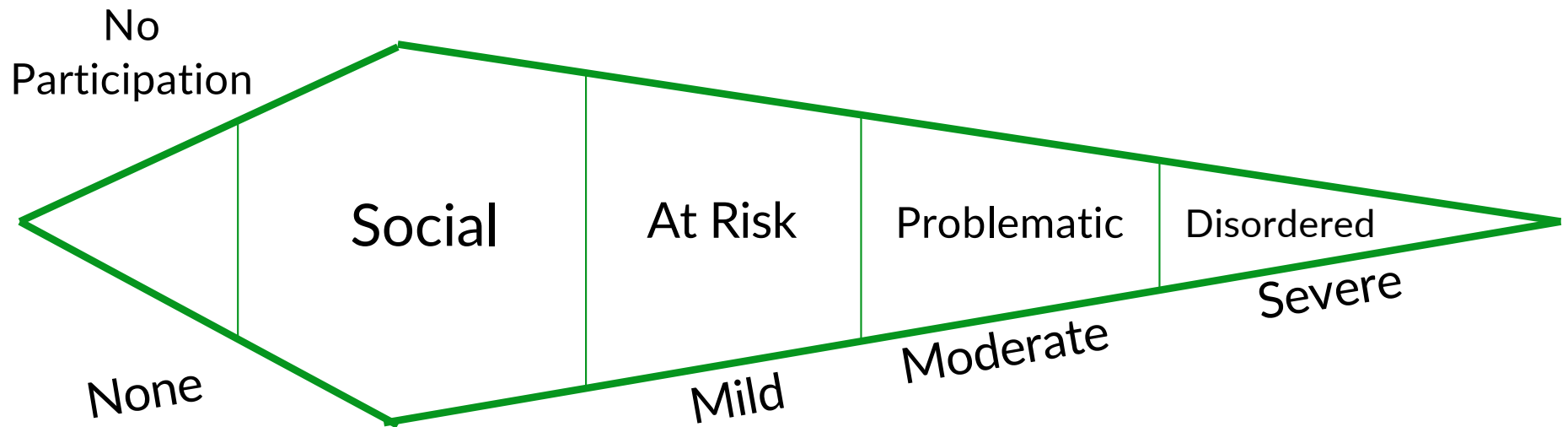
- Legal Gambling is available in over 150 countries
- 45 States, D.C. & U.S. V.I. & Puerto Rico have Lotteries
- 38 States have Casino gambling
  - Racinos / Commercial / Mini (VGT's)
  - Approximately 1,000 in United States
- 44 States have Parimutuel Betting
- 28 States have Off Track Betting
- 6(+?)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

# Types of Legal Gambling in PA - 2025

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



# Problematic Continuum



# Gambling Disorder

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

- DSM-5

# 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

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

# Warning Signs

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

# 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)

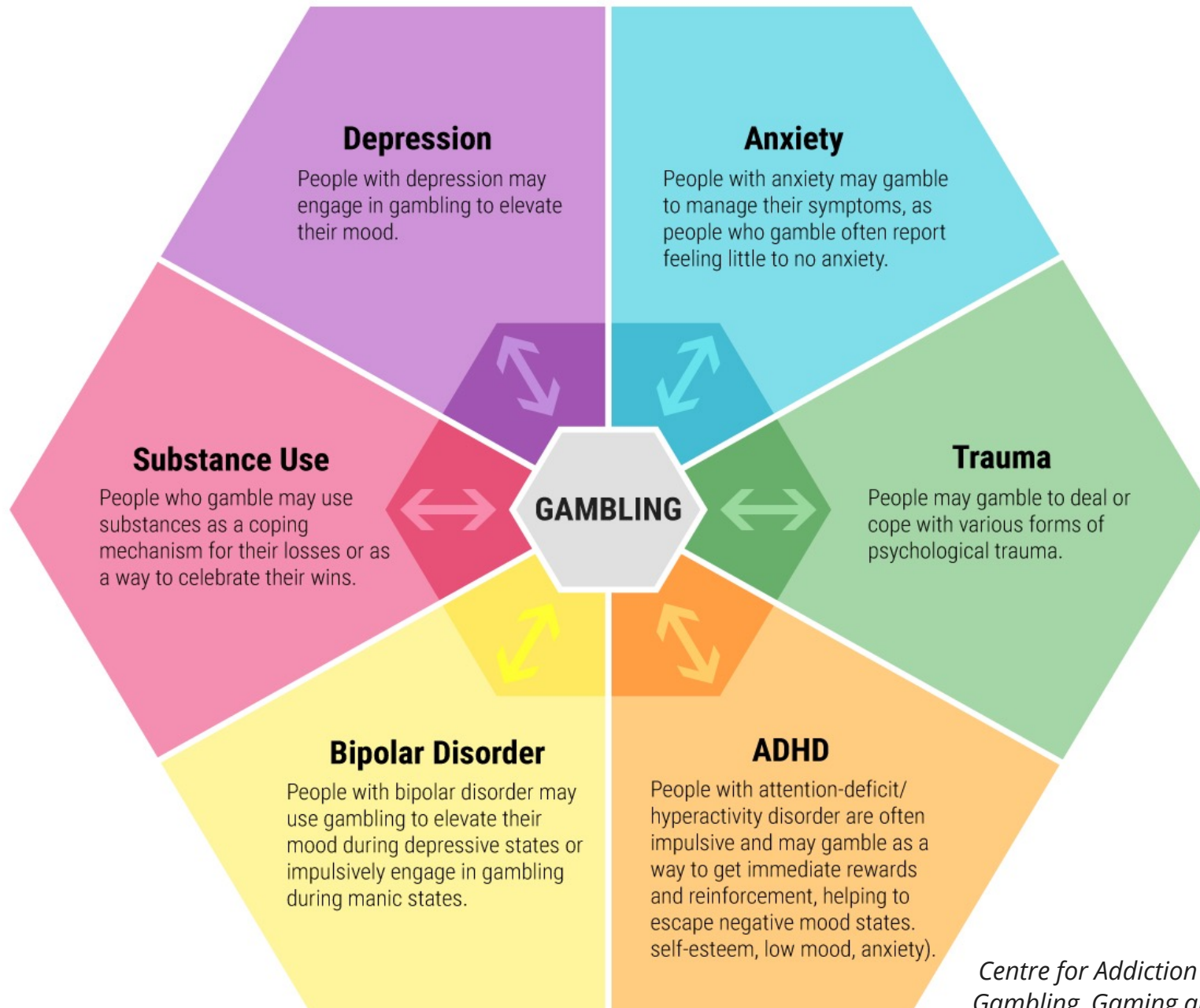
# Why Talk About Gambling and Co-Occurring Disorders?

- 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.

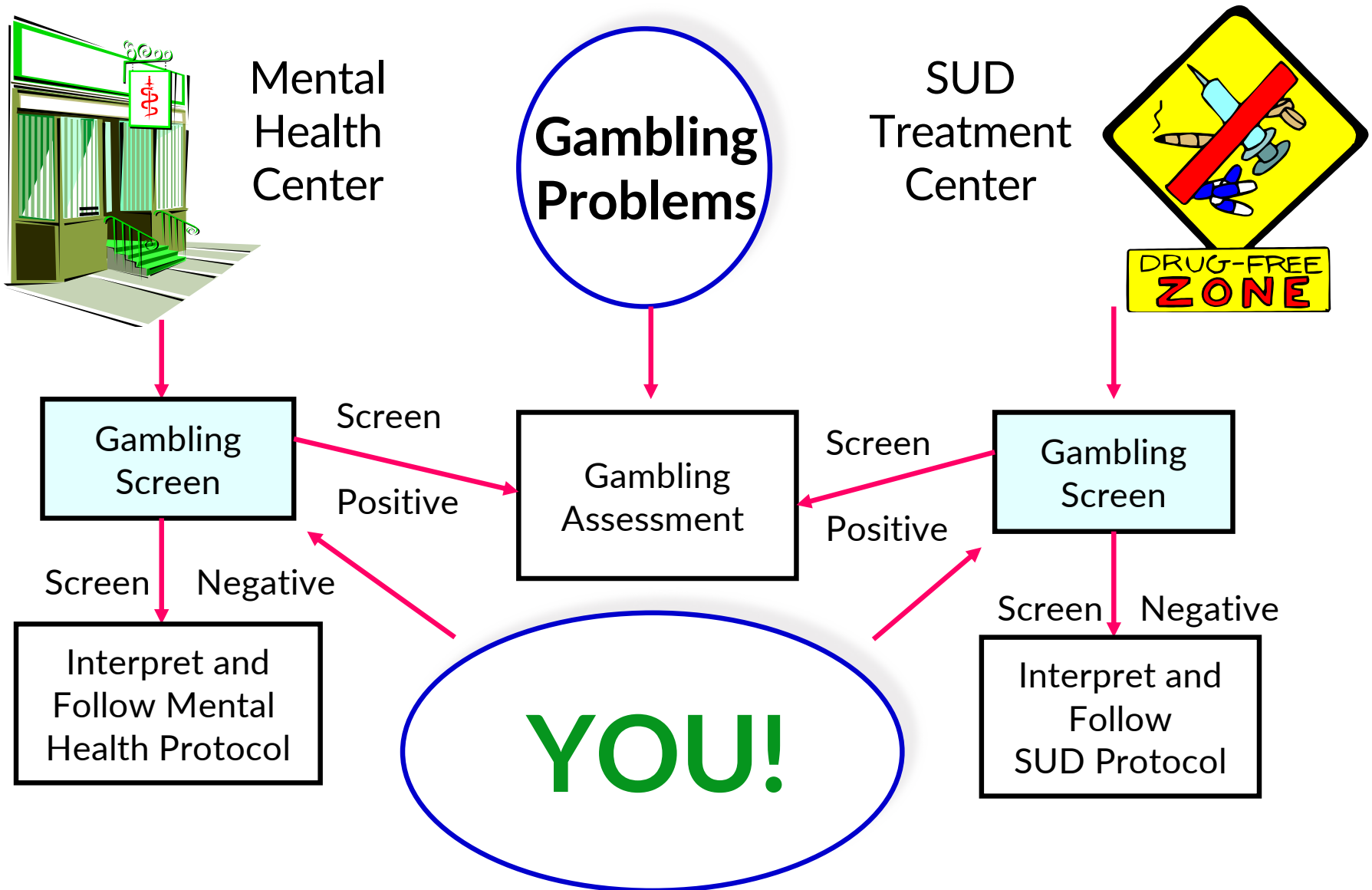
(Moghaddam et al, 2015)

# 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

# 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*

# Determine Frequency

During the past 12 months, how many times have you gambled?



# Assess for Potential Problems

- Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling?
- Have you tried to keep it a secret, just how much you have gambled/been gambling from your family or friends?
- Have you had to ask other people for money to help you deal with the financial problems that had been caused by gambling?

# Assess for Potential Problems

- Have you ever gambled to escape from stress or negative feelings?
- Have you ever felt the need to gamble more money to get the same excitement?
- Did you ever find yourself focusing on trying to win back money that you lost?
- Has your gambling ever caused problems in personal relationships or with work?

# Ways to Respond

- If someone answers "yes" to any of these questions, further discussion and a more in-depth assessment may be needed
- Ensure the individual understands that the discussion/responses will be kept confidential
- Share information about available resources and recovery options

# Where to Refer

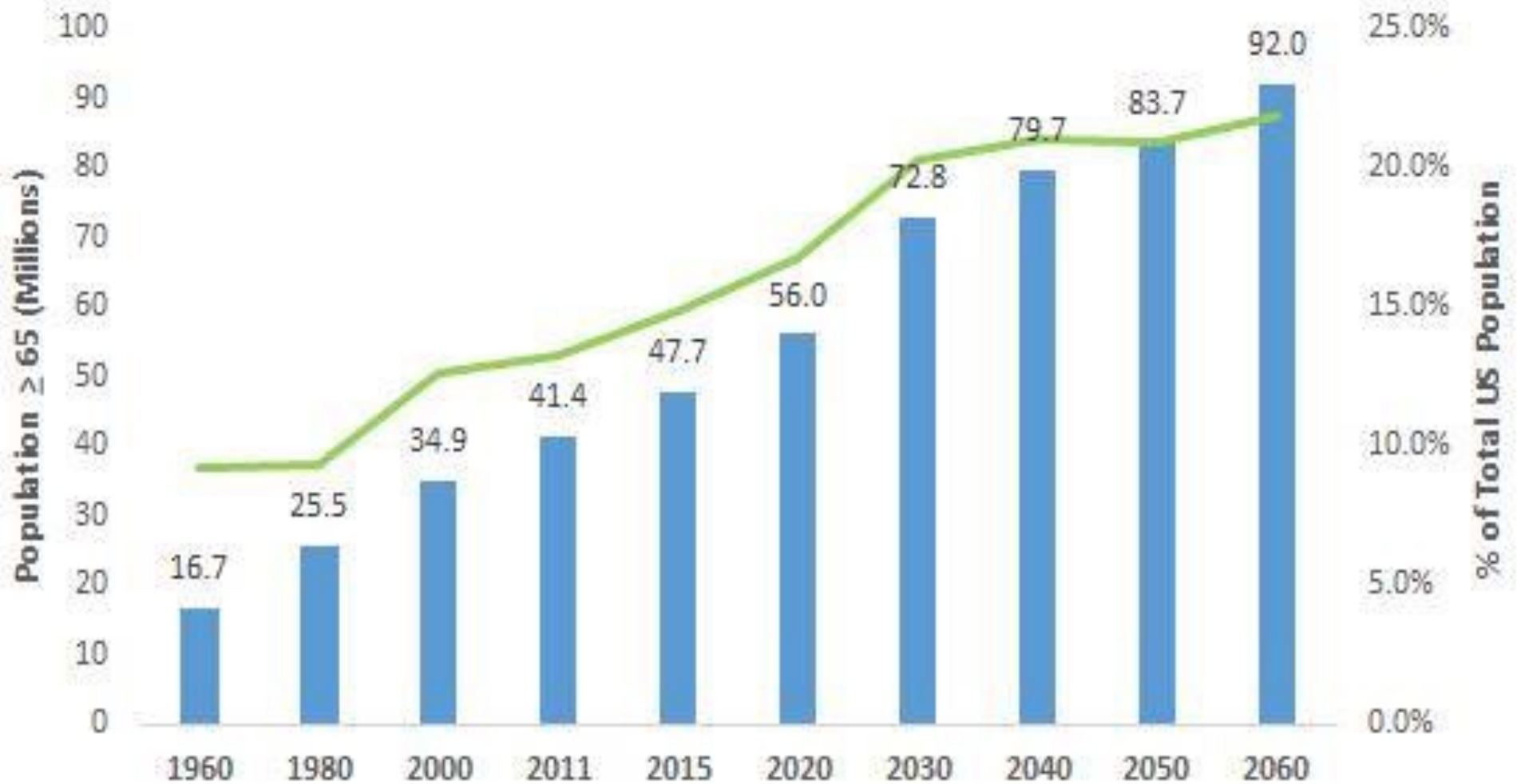
- 800-GAMBLER®
- Council on Compulsive Gambling of PA
- Department of Drug & Alcohol Programs
  - Treatment Providers
  - Counseling Agencies
- Self-Help / Mutual Aid meeting info



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# Addressing the Topic with Older Adults

# US Population 65 Years and Older



Source: US Census Bureau

# Older Adults

## Aging demographics

- 65+

- US - 17.3%;

- PA - 19%



- A person reaching age 65 has average life expectancy of an additional 19 years

# Older Adults & Gambling

## Some Reasons Why Older Adults May Gamble:

- Excitement/Entertainment
- Independence
- Tradition/Culture
- Loneliness and/or Depression
  - Loss of spouse/friends/family
  - Adjustment to new location
- Limited Recreational Alternatives
  - Physical/mental/social limitations
- Medications/Prescriptions???



# 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

# Pennsylvania Study

*(U. of Penn. And Penn State College of Med., 2005)*

**843 Adults 65+ at primary care clinics**

■ **70% Gambled in past year**

■ **11% At risk for developing a gambling problem**

# Older Adults - Prevention

- Posters, informational materials
- Peer support person/Champion
- Money management & assistance
- Alternatives to gambling activities
- Safer/healthier gambling guidelines



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# 10 Guidelines to Safer 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 with it.

*Decide before you go what you “afford” to lose  
& how much you want to spend.*

***Do not change your mind after losing.***

# 4. Set a time limit...

...and stick with 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.

The odds are that  
you will lose.

# 6. Make it a personal rule...

...not to gamble on credit.

*Do not borrow money to gamble.*

# 7. Create balance in your life.

Gambling should not interfere with, or be a 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.

# 9. Don't use gambling as a way to cope...

...with emotional or  
physical pain.

*Gambling for reasons  
other than entertainment  
can lead to problems.*

# 10. Become educated...

...about warning signs of  
problem gambling.

*The more you know,  
The better choices you can make.*



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# Addressing the Topic with Kids/Teens

# 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



# 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**
- Estimates indicate approximately twice this rate for kids/adolescents

# 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/abuse)
- Have been found to have a greater need for sensation seeking and more likely to take risks and to be excited and aroused while gambling



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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)

# 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*

# Gambling Prevention: Goals

- Prevention through risk-reduction
  - individual
  - family
  - peer and social contexts
  - community context
- Risk-reduction by enhancing protective factors
  - attributes of the individual
  - family support
  - environmental support
- Using schools as a basis for prevention through promotion of social/personal competence, thus enhancing resiliency  
(Lussier, Derevensky & Gupta, in press)

# Avoiding & Addressing Issues

## 1. Understand why we gamble/play games

- Temporary escape
- Social
- Measurable growth / Wins
- Challenge
- **Dopamine!!**

# Avoiding & Addressing Issues

2. Find other activities to satisfy needs
3. Plan ahead (have a schedule)
4. Distance from gaming/gambling
5. Join a support community



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# Cultural Considerations



# Cultural Considerations

- Values/Attitudes
- Grief and Loss
- Socioeconomic Status
- Trauma

# 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, experiences often go undocumented (Harvey, 1996; Gamst, et. al., 2008)
- Need for expansion of outreach to communities (Boyd-Franklin, 2003; Haskins, 2011; 2014)

# Cultural Considerations for Awareness/Prevention/Treatment?

**What multicultural awareness, knowledge, and skills will be key for treatment?**

# 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)

# Summary for PG and Diverse Populations

- Be aware of our cultural “self” and engagement with client/family cultural selves
- Integrate cultural contextual considerations during RX/outreach
- Focus on awareness and prevention
- Be flexible
- Be sure to include their “voices” during service delivery
- Continue learning
- Consult for support



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# **Problem Gambling Community Outreach Program**

**February 4, 2025**

Council on Compulsive Gambling of Pennsylvania, Inc.

# Pennsylvania Problem Gambling Helpline

**1-800-GAMBLER**

**Call • Chat • Text**





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Find a Meeting

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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](http://www.pacouncil.com)



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Can't Stop Gambling

Worried about friend or loved one

There is help in Pennsylvania.



Council on Compulsive Gambling of Pennsylvania

1-800-GAMBLER®

www.pacouncil.com

Published with support from the Pennsylvania Lottery and the Pennsylvania Department of Drug and Crime Prevention



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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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# Introduction to Gamfin



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A blue rectangular banner with white text. The main title 'GamFin' is in a large, bold, sans-serif font. Below it, the subtitle 'Problem Gambling &amp; Personal Finance' is in a smaller, regular sans-serif font, followed by the tagline 'an online community for therapists' in an italicized sans-serif font. In the bottom right corner, there is a small logo for 'Managed by MONEYSTACK' featuring a stylized 'M' with colorful blocks and the text 'Managed by' above and 'MONEYSTACK' below.

[Gamfin.org](http://Gamfin.org)

# DDAP Providers

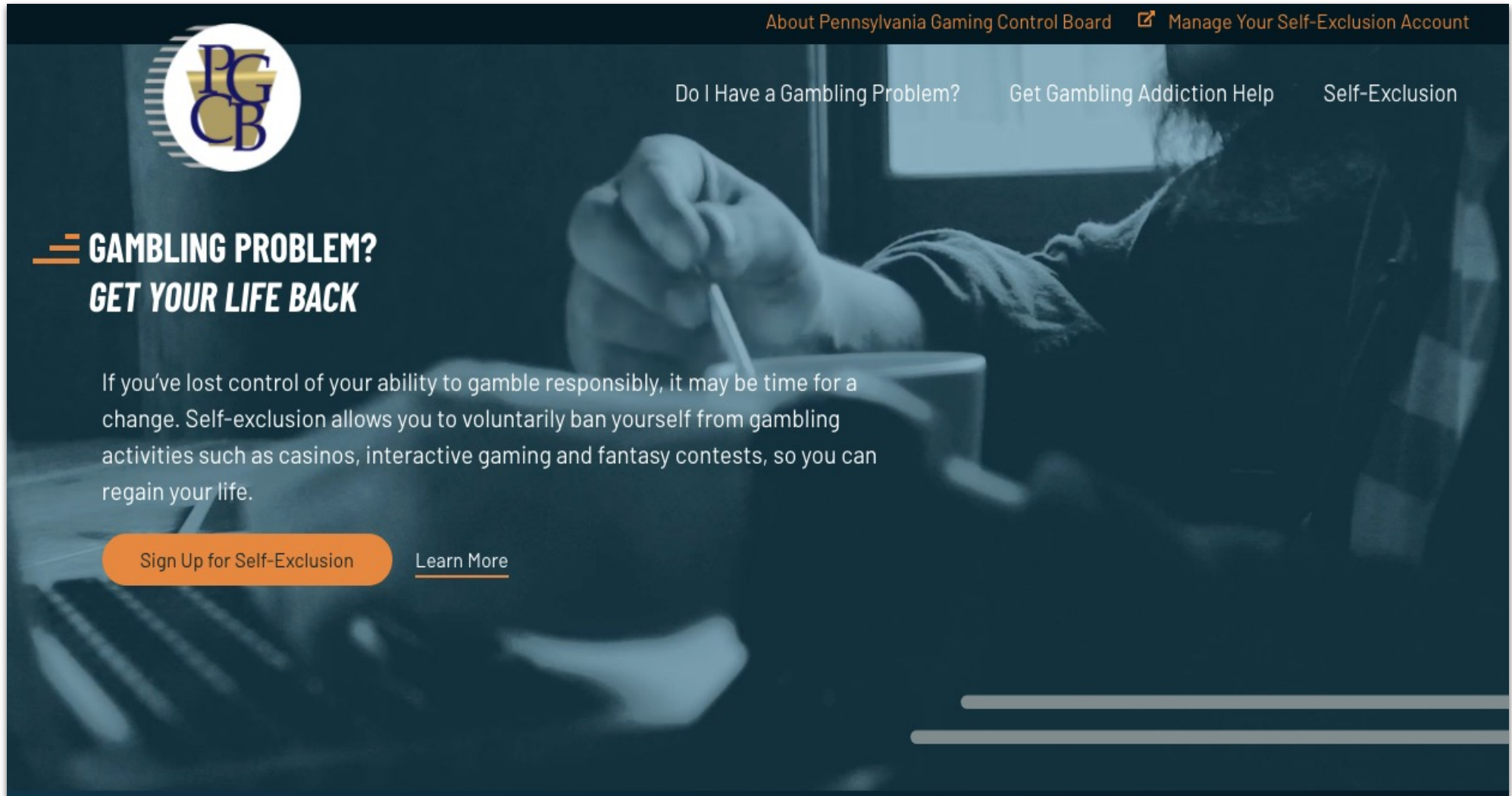


**pennsylvania**

DEPARTMENT OF DRUG AND  
ALCOHOL PROGRAMS

<https://www.pa.gov/agencies/ddap>

# Office of Compulsive & Problem Gambling [responsibleplay.pa.gov](https://responsibleplay.pa.gov)



The screenshot shows the website's header with the PGCB logo on the left and navigation links on the right: "About Pennsylvania Gaming Control Board" and "Manage Your Self-Exclusion Account". Below the header is a navigation menu with three items: "Do I Have a Gambling Problem?", "Get Gambling Addiction Help", and "Self-Exclusion". The main content area features a dark background with a person's hands holding a spoon over a bowl. On the left, there is a call to action: "GAMBLING PROBLEM? GET YOUR LIFE BACK" with a sub-headline: "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." At the bottom of this section are two buttons: "Sign Up for Self-Exclusion" and "Learn More".

**PGCB**

**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](#)

[About Pennsylvania Gaming Control Board](#) [Manage Your Self-Exclusion Account](#)

[Do I Have a Gambling Problem?](#) [Get Gambling Addiction Help](#) [Self-Exclusion](#)

PGCB-OCPG


# Office of Compulsive & Problem Gambling

## [responsibleplay.pa.gov](https://responsibleplay.pa.gov)

### 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](#)



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NCPG

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National Council on Problem Gambling

[www.ncpgambling.org](http://www.ncpgambling.org)



# GIFT RESPONSIBLY

Lottery Tickets  
Aren't Child's Play.





NCPG

National Council on Problem Gambling



***ResponsiblePlay.org***

# HAVE A GAME PLAN<sup>®</sup>



**Bet responsibly.**<sup>™</sup>



AMERICAN  
GAMING  
ASSOCIATION<sup>\*</sup>



**HaveAGamePlan.org**

You must be 21 year of age or older to participate. If you feel you need help, please call the following 24-hour confidential hotline 1-800-GAMBLER.

[www.americangaming.org](http://www.americangaming.org)



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Gamban

[www.gamban.com](http://www.gamban.com)

# ipggc.org



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## International Certified Gambling Counselor-I (ICGC-I) Certification

[ENROLL NOW](#) ▶

# Gamblers Anonymous & Gam-Anon

- [www.gamblersanonymous.org](http://www.gamblersanonymous.org)
- [www.gam-anon.org](http://www.gam-anon.org)

# Recovery Apps

The logo for 'evive' is displayed in white lowercase letters on a dark blue rectangular background. The letter 'i' is unique, featuring a small teal dot above it.

evive





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# Podcasts

**ALL IN  
THE ADDICTED  
GAMBLER'S  
PODCAST**

**HELLO  
MY NAME IS  
CRAIG**

  
**The Broke Girl Society™**

**THE  
PROBLEM  
GAMBLING  
PODCAST**

**AFTER GAMBLING  
A G  
PODCAST**

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





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*Thank You!!*

# Council on Compulsive Gambling of Pennsylvania, Inc.

Josh Ercole, Executive Director

215-643-4542 • [josh@pacouncil.com](mailto:josh@pacouncil.com)

[www.pacouncil.com](http://www.pacouncil.com)



# Thank You

Tien Duong, MSW  
Problem Gambling  
Prevention Coordinator  
[tien.duong@phila.gov](mailto:tien.duong@phila.gov)

City of Philadelphia

 **DBHIDS**  
DEPARTMENT of BEHAVIORAL HEALTH  
and INTELLECTUAL disABILITY SERVICES