

Veterans and Gambling



Gambling is a form of entertainment for many but can be problematic or even devastating for some. In the veteran community, problem gambling is highly correlated with increased drug and alcohol misuse, psychological conditions, tobacco use, and higher rates of suicidal ideation.

Ronzitti, S., Kraus, S. W., Decker, S. E., & Ashrafioun, L. (2019).

Signs of Problem Gambling

- Gambling more frequently or for longer than intended
- Lying about where money goes
- Declining work or school performance
- Borrowing money in order to gamble
- Increasing preoccupation with gambling
- Distancing or isolating from family or friends
- Unable to pay bills or cover expenses
- Chasing losses
- Committing/considering a crime to finance gambling
- Making repeated, and unsuccessful efforts to control or stop gambling

Council on Compulsive Gambling of Pennsylvania, 2022

Risk Factors for Problem Gambling

- Male
- Mental health conditions, including anxiety disorders, depression, and impulsivity
- Members of an ethnic minority
- Disrupted familial and peer relationships
- Currently participating in gambling activities, including: simulated gambling, social casino game playing, online gaming with in-game purchases, e-sports/sports betting

Galloway MS, Fink DS, Sampson L, Cohen GH, Tamburrino M, Liberzon I, Calabrese J, Galea (2019)

Individuals or families, to find help, treatment, or resources,
call 1-800-GAMBLER.
OR




TEXT 838255

CHAT:VeteransCrisisLine.net/Chat

For information on self-exclusion options in PA, go to
<https://responsibleplay.pa.gov>





If you know a veteran who may have a gambling problem, encourage them to seek help. Gambling disorder is NOT a weakness; it's an illness. Seeking help takes courage and strength.

People recover and go on to happier relationships and lives!



**Stay alert,
and watch
your Six!**

Protective Factors

- Abstinence from drug/alcohol and nicotine use
- Stable living arrangement
- Healthy association with gambling. Did not gamble when young, and never had a "big win" when gambling in their youth
- Higher level of education
- Higher socioeconomic status

Resources for Prevention

- Cambridge Health Alliance: www.basisonline.org
- Rutgers Center: socialwork.rutgers.edu/centers/center-gambling-studies
- Maryland Center of Excellence: www.mdproblemgambling.com
- National Council on Problem Gambling: www.ncpgambling.org
- The Brain and Mind Centre: www.sydney.edu.au/brain-mind
- PA Vet Connect: <https://www.dmv.pa.gov/veteransaffairs/VetConnect>

N.A. Dowling, S.S. Merkouris, C.J. Greenwood, E. Oldenhof, J.W. Toumbourou, G.J. Youssef (2017)

Individuals and families can visit the **Council on Compulsive Gambling of Pennsylvania**

for information about problem gambling warning signs, resources, counselors, and support meetings. Providers can find assessments, literature, and information about upcoming trainings and the process to become a certified treatment professional.

www.pacouncil.com

Brought to you by the
**Pennsylvania Problem Gambling
Prevention Workgroup**

