

What is Problem Gambling and Why is it a Problem?

**An Introduction to Issues and a
Consideration of the Continuum**



March 13, 2015



PROBLEM GAMBLING AWARENESS MONTH



START THE CONVERSATION



EVERGREEN
council on problem gambling

24/7 Helpline 1.800.547.6133



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GoodTherapy.org @Good_Therapy · Jun 19

#Mentalhealth issues are an experience, not a label. When we recognize that, we get closer to a stigma-free world.



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Chris Stearns @stearnsseattle · Mar 4

Looking forward to @EvergreenCPG presentation on #ProblemGambling at our @WAGambling meeting on Friday in Olympia.

↩️ ↻️ 2 ⭐️ 4 ⋮



Maureen Greeley @mlgreeley · Mar 4

@stearnsseattle @EvergreenCPG @WAGambling Welcome Chris! A big shout out to the WA State Gambling Commission for their great support!

↩️ ↻️ ⭐️ 1 ⋮



Chris Stearns

@stearnsseattle



Following

@mlgreeley @EvergreenCPG
@WAGambling thanks for your great work
and the impact it has on peoples' lives.

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RETWEET 1 FAVORITE 1



11:29 AM - 4 Mar 2015



Reply to @stearnsseattle @mlgreeley @WAGambling



GoodTherapy.org @Good_Therapy · Mar 4

Thank you for joining us! Conversations like this help reduce stigma and spread the word about #ProblemGambling. We appreciate you all!

↩️ ↻️ ⭐️ 5 ⋮



Evergreen CPG @EvergreenCPG · Mar 4

Thank you so much @Good_Therapy for your support of #ProblemGambling and helping us raise awareness for #PGAM and for all of your resources!

↩️ ↻️ ⭐️ 1 📢 ⋮



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Following

@EvergreenCPG Our pleasure! Thank you
for all you do! <3

↩️ ↻️ ⭐️ ⋮

RETWEET 1 FAVORITES 2



12:07 PM - 4 Mar 2015



Reply to @Good_Therapy

The First Northwest Regional Gambling Summit



Wednesday April 29, 2015
Seattle

Gambling – A Personal Choice

- Most people can enjoy gambling for recreation and entertainment.
- For some, gambling can become a problem that affects the individual, their families, employers, and communities.



What is Problem Gambling?

- Any pattern of gambling behavior that compromises, disrupts, or damages family, personal, or vocational pursuits.
 - A problem gambler is anyone whose gambling is causing psychological, financial, emotional, marital, legal, or other difficulties for themselves or the people around them.
- 

Diagnostic Criteria for Pathological Gambling

1. Preoccupation
2. Tolerance
3. Failure to Control
4. Withdrawal Symptoms
5. Escape Problems
6. Chasing Losses
7. Lies/Conceals
8. Jeopardize job, relationships, education
9. Relies on others for money

Need 4 of 9 criteria for DSM-5 diagnosis

"Addictive Disorders"

**American Psychiatric Association
In the DSM-5 – Released May 2013**

Substance-Related and Addictive Disorders Gambling Disorder

1. Gambling Disorder is the sole condition in this new category.
2. New term reflects research finding that gambling disorder is similar to substance-related disorders in clinical expression, brain origin, comorbidity, physiology, and treatment.

Prevalence

- The American Psychological Association, which classifies compulsive gambling as a mental health disorder, estimates 2% to 4% of Americans have an active gambling problem.
- Research shows that the incidence of problem gambling doubles with the presence of another addiction, such as alcohol or substance abuse.

Psychiatric Problems Associated with Problem Gambling

With PG, comorbidity is the rule, not the exception

- ~75% have a history of an alcohol use d/o
- ~40% have a history of a substance use d/o
- ~60% have a history of nicotine dependence
- ~50% have a history of a mood disorder
- ~40% have a history of an anxiety disorder
- ~60% have a history of a personality disorder

Petry et al. (2005)

Addiction: Gambling vs. Substances

SIMILARITIES

- Loss of control
- Denial
- Depression
- Progressive/Tolerance
- Chasing
- Blackouts
- Escape
- Similar Highs
- Brain effects

DIFFERENCES

- Hidden addiction
- No “overdose”
- Huge financial problems
- No “UA” test
- Doesn’t require ingestion
- Fewer resources available
- Public perception
- Higher rates of suicide attempts

Brain Effects Similar to Substance Abuse



- **Similar to Meth**

“Pathological Gamblers Demonstrate Frontal Lobe Impairment Consistent with that of Methamphetamine-Dependent Individuals,” Kalechstein, Fong, Rosenthal, Davis, Vanyo, Newton (2007): Journal of Neuropsychiatry & Neurosciences



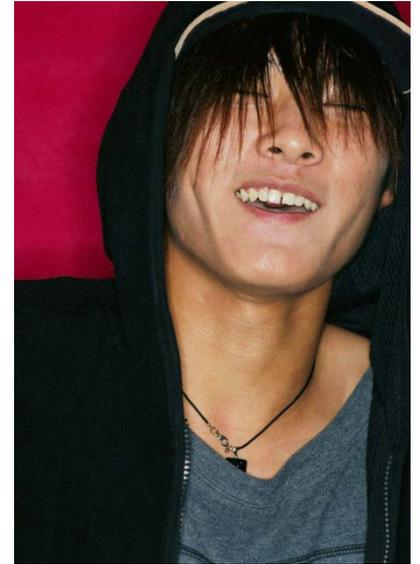
- **Similar to Cocaine**

“Functional imaging of neural responses to expectancy and experience of monetary gains and losses,” Breiter, Aharon, Kahneman, Dale, Shizgal (2001): Neuron, 30(2) 619-639

Youth are at Greater Risk

Individuals who start gambling by age 12 are 4 times more likely to develop a gambling problem.

More than 2,000 Washington State High School Seniors acknowledged they were already having problems because of their gambling.



2008 Washington State Healthy Youth Survey

Gaming Employees and Problem Gambling

- Gaming industry staff rates of problem gambling are 5-10 times higher than the general population.
- They have greater rates of problem gambling than the general population, 15 to 20% -- 10 times the national average.



Super LOTTO							
A	03	15	29	36	40	50	
B	09	12	28	38	45	49	
C	05	10	21	32	41	47	
D	11	19	35	37	42	48	
E	02	21	28	29	32	47	
\$6.00							
Bonus 7							
Match 6 of 7, win \$200,000							
MX	02	17	20	21	26	43	49

Family Issues

Family Violence

- 25% to 50% of spouses of pathological gamblers have been abused and children of compulsive gamblers are often prone to suffer abuse as well as neglect

(National Research Council, 1999)

- Children of problem gamblers show higher rates of pathological gambling and higher levels of use for tobacco, alcohol, drug use, and overeating.

(Gupta & Derevensky, 1997)



Suicide/Depression

- More than 21% of problem gamblers in Oregon treatment in 2007 had suicidal thoughts, and more than 7% had attempted suicide.
- Of 374 problem gamblers in publicly funded treatment in Washington State, 50 had suicidal thoughts, and more than 6% had attempted suicide. (2013)
- A Nova Scotia study listed problem gambling as a factor in 6.3% of suicides (2004)

Crime

- 75% of non-incarcerated/ 97% of incarcerated gamblers report engaging in illegal activities to finance gambling. [Lesieur, 1992]
- More than 1/3 of pathological gamblers report stealing from their employer [Ladouceur et. al. 1994]
- Majority of gambling-related crimes are non-violent (theft, embezzlement, forgery, fencing stolen goods, insurance fraud, bookmaking) [<http://www.gameplanit.com>]

Characteristic Crimes

- Fraud
 - Bouncing checks repeatedly
 - Theft from employer (money, services or goods, lottery tickets)
 - Bookmaking
 - Co-morbidity related drug/alcohol offenses
 - Theft from family (money, opening credit cards without their knowledge)
 - Leaving children at home without supervision
 - Leaving children in car
 - Drug sales
- 

Getting Help in Washington

PROBLEM GAMBLING HELP LINE:

800.547.6133

- Provides information and referral to treatment for people with gambling problems and their families.
- Confidential, professional service
- 24 hours a day, 7 days a week
- Free of charge



TREATMENT SERVICES IN WASHINGTON

OUTPATIENT SERVICES

- 33 State and Nationally Certified Gambling Counselors
- Individual
- Group
- Family

RESIDENTIAL SERVICES

- None in Washington State
- ECPG currently contracts with 3 residential facilities
 - Oregon
 - Minnesota
 - Louisiana

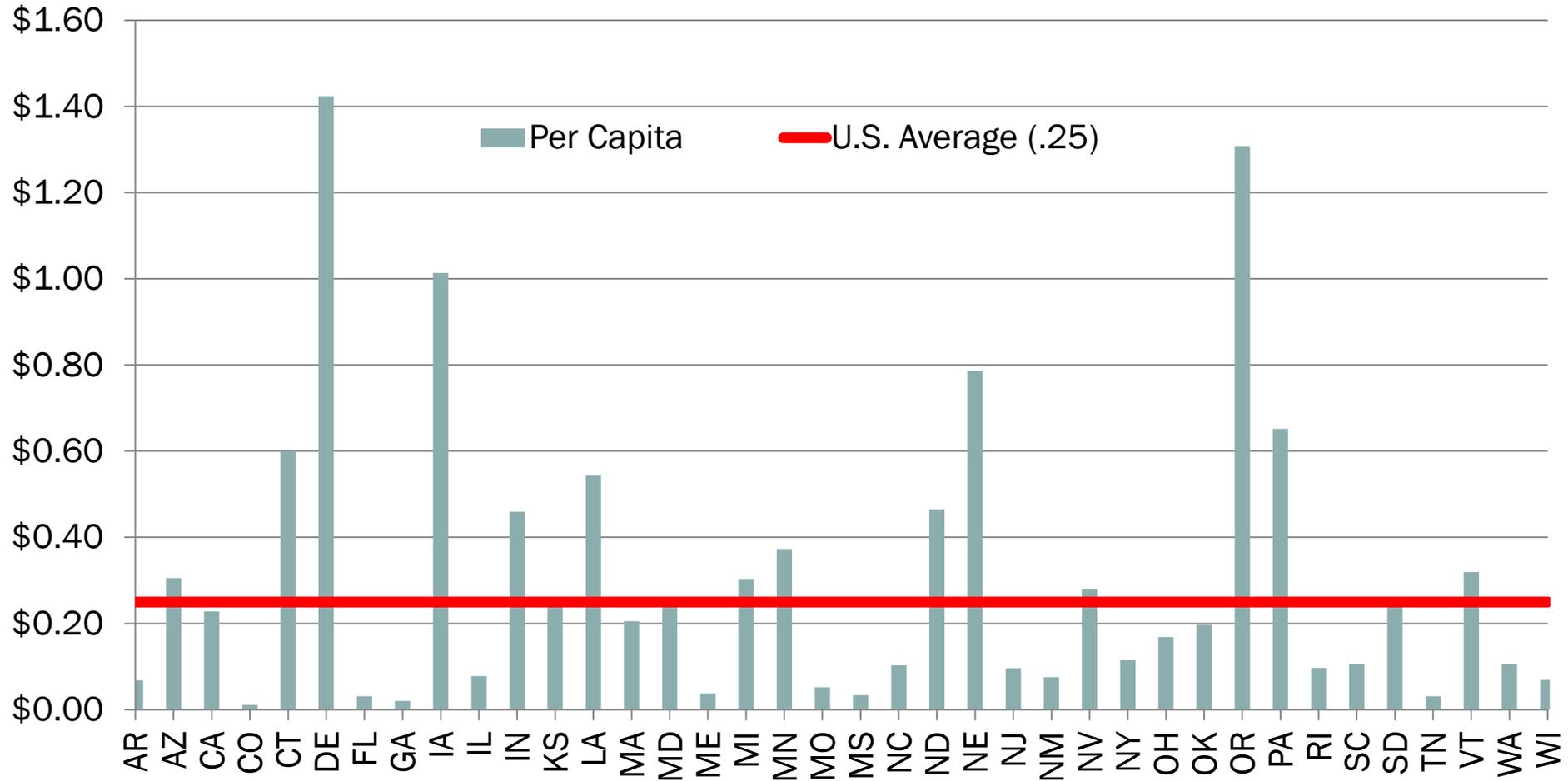
Washington State Treatment Client Profile

- Almost 50% of clients are females more than 40 years old.
- More than 40% of treatment clients are married or in a committed relationship.
- The majority of clients receive treatment in Western Washington with only 16% receiving treatment in Eastern Washington
- The ethnicity of clients roughly follows the state population.

Washington State Problem Gambling Program Key Statistics/Data

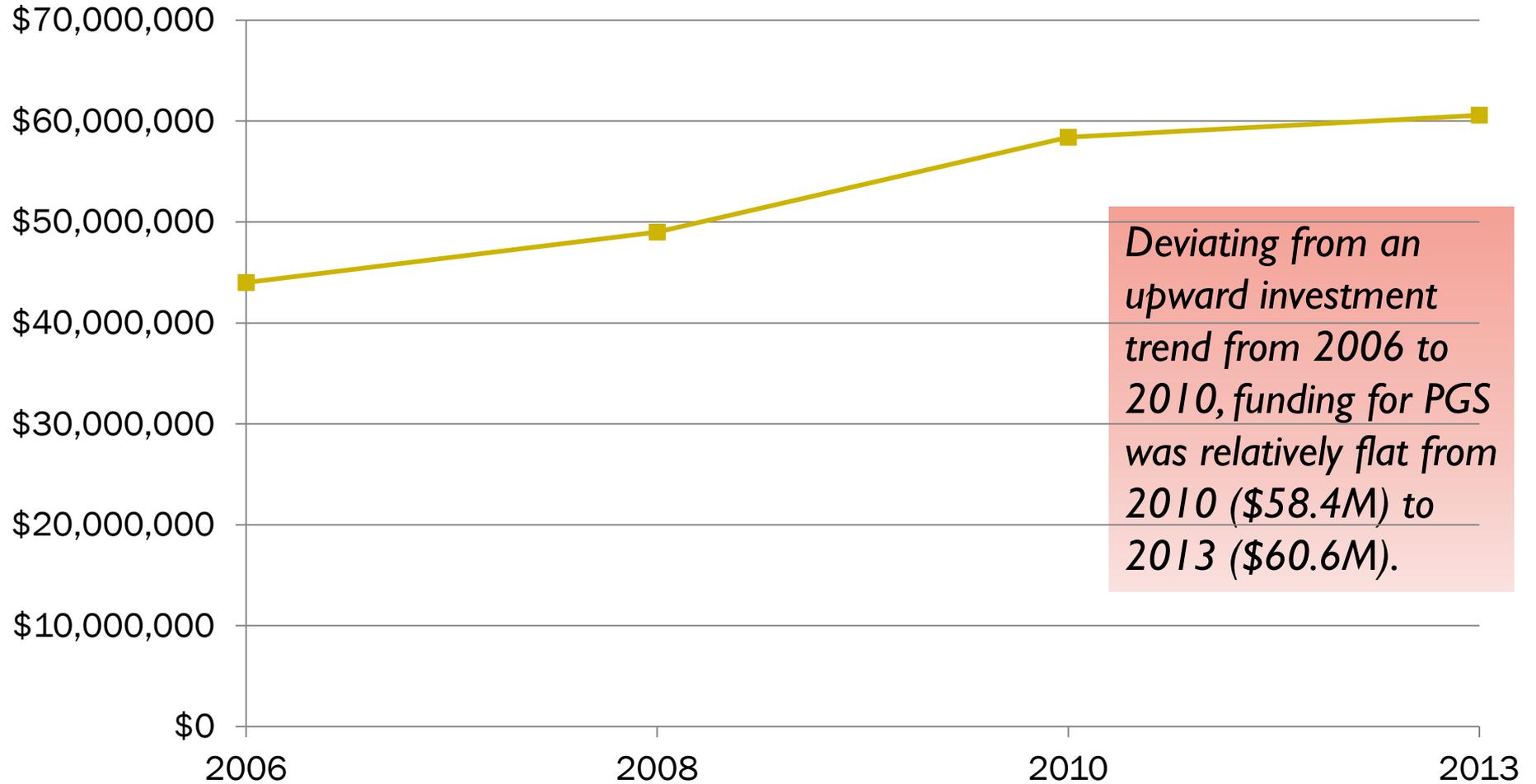
- State program funding is about \$724,000 per year.
- In fiscal year 2014, 528 clients received gambling disorder treatment services.
- The treatment retention rate in the most recent 12 months was 57%
- Nearly 8 out of every 10 individuals assessed in 2014 for gambling disorder were admitted into treatment.
- There are 24 state certified gambling disorder treatment agencies, 19 of those have contracts with the state.

2013 US PER CAPITA PG SERVICES



Note: Includes only funds line itemed for problem gambling services and passing through a state agency. Missing states do not fund problem gambling services through legislative actions or utilize state agency budgets line itemed for problem gambling services

STATE PG SPENDING 2006-2013



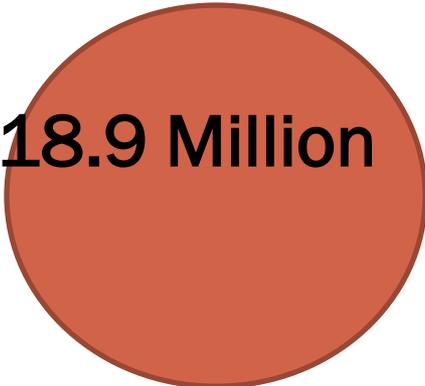
Deviating from an upward investment trend from 2006 to 2010, funding for PGS was relatively flat from 2010 (\$58.4M) to 2013 (\$60.6M).

Data based on past four APGSA Surveys

SUBSTANCE USE DISORDERS

U.S. Pop. With Past Year Problem ¹

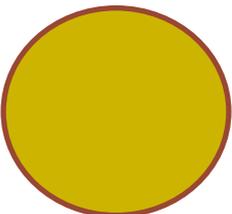
18.9 Million



GAMBLING DISORDERS

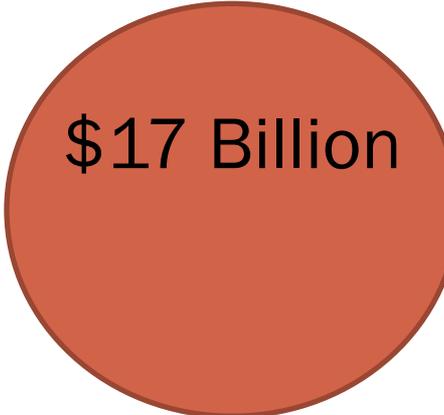
U.S. Pop. With Past Year Problem ²

6 Million
(3 times smaller)



2009 Public Funds Invested into SUD Treatment³

\$17 Billion



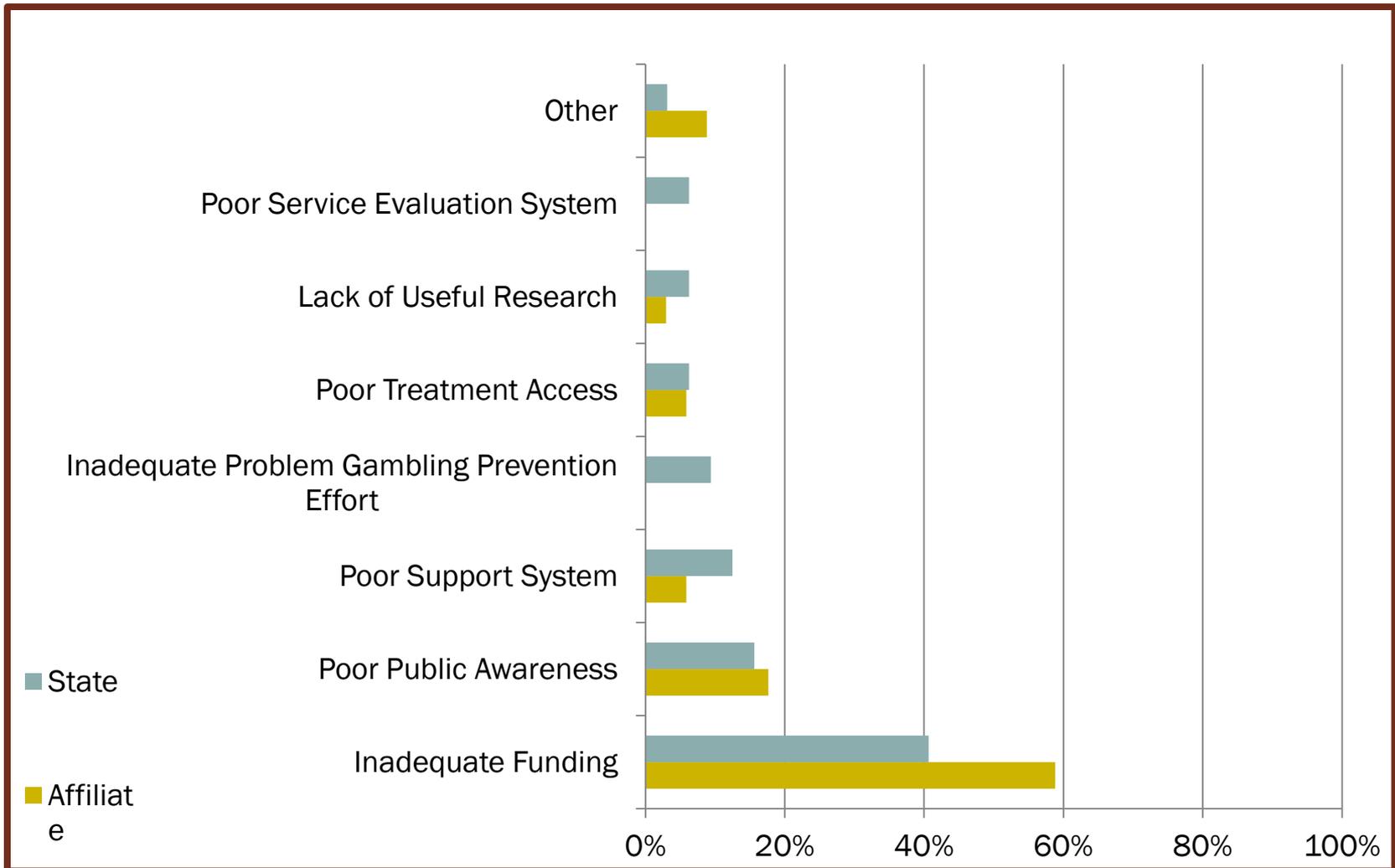
2013 Public Funds Invested into Problem Gambling Services⁴

\$60.6 Million
(281 times smaller)



¹ Substance Abuse and Mental Health Services Administration (2012) ² Williams, R.J., Volberg, R.A. & Stevens, R.M.G. (2012). ³ Substance Abuse and Mental Health Services Administration (2013). ⁴ APGSA & NCPG National Survey (2013) Excludes private insurance payments, client private payments, etc.

IDENTIFIED GAPS IN SERVICES



QUESTIONS?

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VOICES OF RECOVERY

