GAMBLING DISORDER AND RECOVERY

Scott Anderson, Problem Gambling Treatment Coordinator
• Gambling is risking something of value on an event that is determined mostly by chance.
• A person is gambling if he or she puts up something of value, such as money or property.
• The outcome has an element of chance beyond the person’s control.
• Once the bet is made, it’s not reversible.
“Gambling is a spirit that talks in your ear so that you can’t hear your heart.”

Anonymous response on a survey of Native Americans in Nevada
Addiction Syndrome

Distal Antecedent -
genetic risk, exposure, etc.

Proximal Antecedent -
biopsychosocial events

Expression -
use to avoid unpleasant feelings
AT RISK

- Older adults
- Adolescents
- Males 18-34
- Veterans
- TBI/PTSD
- Trauma
- Medications for Parkinson’s and Restless Leg Syndrome
CAUTION

- H.A.L.T Hungry, Angry, Lonely, Tired
- Bored
- Grief/Loss
- Depression/Anxiety
- Medication
- Relationships
- Hope
- Gamblers Fallacy
“Hustle”
Boredom
Something of value
Staff
Violence
STG involvement
Bingo profits in 2014

$ 92,479,646.83
CASINO GROSS REVENUE

- Number one leisure activity in the USA
- $182.77 Billion Dollars*

*© Statista 2016
“Casino gambling causes up to $289 in social costs for every $46 of economic benefit.”

Gambling in America: Costs and Benefits, by Earl L. Grinols
COSTS

- Productivity
- Divorce
- Bankruptcy
- Foreclosure
- Crime - including money laundering, human trafficking, “cheating,” stealing, domestic violence
According to the Gambling Impact and Behavior Study, 19.2% of pathological gamblers have filed bankruptcy while only 5.5% of low-risk and 4.7% of at-risk gamblers.

Bankruptcy results in social as well as personal/psychological costs; it is estimated that it takes between 33 to 46 good paying households to compensate for one bankruptcy.

Jon E. Grant, J.D., M.D., M.P.H., Liana Schreiber, B.A., Brian L. Odlaug, B.A., and Suck Won Kim, M.D.
BORDER STATES
Types of Gambling

CASINOS
LOTTERY
BINGO
STOCKS
INTERNET CAFES
RAFFLES
HORSES
SPORTS
INTERNET
SLOTS/VLT’S
FANTASY SPORTS
OTHER?
Thank you for supporting a girl!

To enter our drawing for five cases of Girl Scout cookies, visit gsoh.org and submit this unique code: GSOH260906

Council will announce five randomly selected winners twice throughout the duration of the contest. Entries must be received by 11:59 p.m. EST on March 7, 2017 or March 26, 2017.
SCREENING

SOGS-South Oaks Gambling Screen
Widely used, good research, user friendly

NODS-National Opinion Research Center Diagnostic Statistical Manual Screen for Gambling Problems
Based on DSM criteria

BBGS-Brief Bio-Social Gambling Screen
Just 3 questions
Abbreviated versions of the NODS
- NODS-PERC
- NODS-CLIP
- PGSI-Problem Gambling Severity Index
- Volberg Screen
- LIE-BET-Not Recommended
Questions can be “sprinkled in” throughout assessment process.
Pathway 1: Behaviorally Conditioned Problem Gamblers

Pathway 2: Emotionally Vulnerable Problem Gamblers

Pathway 3: Antisocial, Impulsivist Problem Gamblers

http://digitalscholarship.unlv.edu/cgi/viewcontent.cgi?article=1275&context=gaming_institute

by Blaszczynski & Nower (2002)
TREATMENT

- Motivational Interviewing - empathy, self-efficacy
- CBT - beliefs, fallacies
- Acceptance/Commitment, Mindfulness
- Brief Intervention
- Harm Reduction - Reducing life-damaging consequences
Who May Treat Clients with Problem Gambling:

- LISW/LSW
- PCC/LPC/LPCC
- Psychiatrist
- Psychologist

*Declare Gambling in Scope
An endorsement has been made available for licensed Chemical Dependency Counselors.

www.ocdp.ohio.gov

LCDC II, LCDC III and LICDC level professionals may obtain a “GAMB”
ENDORSEMENT

- 30 hours of gambling specific education
- 100 hours of experience with affected population
- Supervision
- Will renew along with current credential

- Also available National Certified Gambling Counselor
- NCGC I & II
- Board Accredited Clinical Counselor
- BACC
TRAINING OPPORTUNITIES

- www.ebasedacademy.org
- www.recres.org
- www.drugfreeactionalliance.org
- www.ncpgambling.org
- www.ncrg.org
- www.mha.ohio.gov
Moved from Impulse Control Disorders to Addictions

Threshold lowered from 5 to 4 criteria

Illegal acts to finance gambling removed but still relevant for severity
A. 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 in a 12 month period:

- Gamble more money in order for desired excitement
- Restless or irritable when cut down or stop
- Unsuccessful at control, cut back, or stopping gambling
- Is often preoccupied with gambling
Often gambles when feeling distressed
- Chasing
- Lies
- Risked or lost a significant relationship, job, or school
- Bailouts to relieve a desperate financial situation

B. The gambling behavior is not better accounted for by a Manic Episode.
Gambling Disorder DSM 5 Specifiers

**Episodic:** meeting criteria at more than one point, symptoms subsiding between periods of gambling disorder for at least several months

**Persistent:** Experiencing continuous symptoms, to meet diagnostic criteria for multiple years
Specify if
In early remission: after full criteria met, none of the criteria have been met for at least 2 months but for less than 12 months

In sustained remission: after criteria met, none of the criteria have been met during a period of 12 or more months
Specify current severity level

Mild: 4-5 criteria
Moderate: 6-7 criteria
Severe: 8-9 criteria
Cautionary Statement for Forensic Use of DSM5

Diagnostic and Statistical Manual of Mental Disorders, Fifth Edition. May 2013
Among pathological gamblers, alcohol has been found to be the most common substance of abuse. At minimum, the rate of problem gambling among people with substance use disorders is four to five times that found in the general population.
About 9.2 million adults have co-occurring mental health and addiction disorders

GAMBLING/CO-OCCURRING

- 7 times more likely to abuse substances; Nicotine and alcohol most widely used
- 76 percent of the gambling addiction treatment group suffered from depression. Astoundingly, 16 to 40 percent of pathological gamblers suffered from lifetime anxiety
- 24 percent of pathological gamblers had a lifetime prevalence of bipolar disorder. 20 percent had symptoms for a lifetime prevalence of ADHD.

Dr. Jon Grant, Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago
Among those with gambling problems:
- 38% suicidal ideation (SI)
- 32% suicide attempt
- SI leads to more gambling when gambling
- SI+ PG = 5x more likely to have depression
- PG + Drug history = 6x more likely attempt
- 21% of attempters say it is gambling related

Hodgins et al 2006
Study of 300 women, consecutive ER admissions. *(Muehlemann et al, 2002)*

- 26% categorized as experiencing IPV
- IPV 10x’s as likely if partner was problem gambler
- IPV 6x’s as likely if partner was problem drinker
- IPV 50x’s as likely if partner was both
LOTTERY DREAM
GA’s 20 questions
Meetings
Gam-anon
Pressure relief groups
http://www.gamblersanonymous.org/ga/locations
- **1-800-589-9966**
- 24 hours/7 days
- Printed on lottery tickets, all casino marketing
- Tagged on radio/tv spots
- Continuously updated resource guide
- [www.org.ohio.gov](http://www.org.ohio.gov)
- National helpline 1-800-522-4700
Some might not know about this option: customer has ability to voluntarily exclude themselves:

- Urge to gamble significantly reduced
- Perception of control increased
- Intensity of negative consequences from gambling decreased
- Credit
- Check Cashing
- Mail and Marketing

Restriction
COOPERATION

- Ohio Lottery Commission
- Ohio Casino Control Commission
- Ohio Racing Commission
- Ohio Department of Mental Health and Addiction Services
PILOT PROVIDERS

- Recovery Resources - Cleveland
- Maryhaven - Columbus
- Health Recovery Services - Athens
- Zepf Center - Toledo
- Meridian - Youngstown
- Center for Addictions Treatment - Cincinnati
CREEPY
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