

Wisconsin Public Psychiatry Network Teleconference (WPPNT)

- This teleconference is brought to you by the Wisconsin Department of Health Services (DHS), Division of Care and Treatment Services, Bureau of Prevention Treatment and Recovery and the University of Wisconsin-Madison, Department of Psychiatry.
- Use of information contained in this presentation may require express authority from a third party.
- 2021, Andrew Schreier, Reproduced with permission.

WPPNT Reminders

How to join the Zoom webinar

- **Online:** <https://dhs.wi.zoom.us/j/82980742956>
- **Phone:** 301-715-8592
 - Enter the Webinar ID: 829 8074 2956#.
 - Press # again to join. (There is no participant ID)

Reminders for participants

- Join online or by phone by 11 a.m. Central and wait for the host to start the webinar. Your camera and audio/microphone are disabled.
- [Download or view the presentation materials](#). The evaluation survey opens at 11:59 a.m. the day of the presentation.
- Ask questions to the presenter(s) in the Zoom Q&A window. Each presenter will decide when to address questions. People who join by phone cannot ask questions.
- Use Zoom chat to communicate with the WPPNT coordinator or to share information related to the presentation.
- Participate live or view the recording to earn continuing education hours (CEHs). Complete the evaluation survey within two weeks of the live presentation and confirmation of your CEH will be returned by email.
- A link to the video recording of the presentation is posted within four business days of the presentation.
- Presentation materials, evaluations, and video recordings are on the WPPNT webpage: <https://www.dhs.wisconsin.gov/wppnt/2021.htm>.

Why Are We Afraid to Ask About Gambling?

Andrew J. Schreier

MA, ICS, CSAC, LPC, ICGC-II

Goals and Objectives

1. Identify gambling's placement in today's addictions.
2. Explore why gambling is hidden among professionals.
3. Explore views/beliefs on gambling as individuals and professionals.
4. Incorporate gambling questions into intakes/screenings for client assessments to better identify individuals with problem /gambling use disorders and assist in providing better treatment or referral needs.
5. Learn professional ways to bring awareness of gambling for addiction counselors, mental health professionals, marriage and family therapists, treatment settings, communities, and individuals.

Problems with Gambling is Present

- Group Home (Adolescents)
 - Dice
 - Cards
- Halfway House (Adults)
 - Cards
 - Sports Betting
- Residential Treatment (Adults)
 - Cards
- Medicated-Assisted Treatment (Adults)
 - ❖ Scratch/Lottery Tickets
 - ❖ Slot Machines at Bars
 - ❖ Sports Betting
- Outpatient Mental Health (Adolescents & Adults)
 - Casino Trips
 - ❖ Smart Phone/Video Games

Gambling Questions

- How widespread is **gambling** in the U.S.?
 - Approximately 80-85% of U.S. adults have gambled at least once in their lives; 60% in the past year.
 - Some form of legalized gambling is available in 48 states plus the District of Columbia. The two without legalized gambling are Hawaii and Utah.
- How widespread is **problem gambling** in the U.S.?
 - 2 million (1%) of U.S. adults are estimated to meet criteria for pathological gambling in a given year.
 - Another 4-6 million (2-3%) would be considered problem gamblers.
 - They do not meet the full diagnostic criteria for pathological gambling, but meet one or more of the criteria and are experiencing problems due to their gambling behavior.

Gambling Information

- The American Gaming Association reports the casino industry generated approximately **\$72 billion** in gross revenues during the 2003-04 fiscal year.
- In 2004, gambling became a part of mainstream America through the popularity of televised poker tournaments, fantasy sports, and internet gambling.
- One of the most popular-selling holiday gift ideas in 2004 was gambling-related merchandise, namely poker chips and home casino games.
- The Candy Crush series collectively made more than **\$1.5 billion** in revenue from micro-transactions in 2018 (**\$4.2 million** per day).

Gambling Relative to Other Conditions

- Dice were found in an Egyptian tomb dated from approximately 3000 B.C.
 - *Fermented beverages existed in early Egyptian civilization.*
 - *Early alcoholic drink in China around 7000 B.C.*
- 80-85% of the adult population have reported gambling at some point in their life; 60% in the last year.
 - *According to 2018 National Survey on Drug Use and Health, 86.3% of adults reported they drank alcohol at some point in their life and 70.0% in the last year.*
- Problem/Pathological gambling combined is estimated to compromise approximately 1-3% of the general population.
 - *Bipolar and Schizophrenia have a similar prevalence rate.*
- Despite this, problem/pathological gamblers are often not recognized in general mental health treatment.

What are some of the addiction epidemics you have heard of in the last few years?

Where is gambling in today's world of addictions?



An iceberg floating in a blue ocean. The tip of the iceberg, which is above the water line, is labeled with several terms: Opioids, Stimulants, Social Media, Video Games, Vaping, Pornography, Technology, and Alcohol. The much larger part of the iceberg, which is submerged below the water line, is labeled with the word 'Gambling'. This visual metaphor suggests that while many issues are visible to the public, gambling is a much larger problem that remains hidden.

Opioids
Stimulants Social Media
Video Games Vaping
Pornography
Technology
Alcohol

Gambling

What are some reasons gambling
remains under the radar?

Reasons Why Gambling Remains Hidden

- Few individuals seek gambling treatment.
- No easy indicators for recent gambling.
- Gambling can be an isolating issue.
- Gambling is seen as a social/cultural activity.
- Lack of training/education on gambling and gambling-related issues/concerns.
- Prioritizing treatment can be difficult; mental health, alcohol/drug use, legal issues, marital problems, interpersonal relationship conflicts, family dysfunction, employment concerns, etc.
- Other addictions grab headlines and attention.
- Technology blurs how gambling is defined.

Case Study

- ▶ 32-year old male presenting for treatment for opioid use.
- ▶ Interested in medicated-assisted treatment to stop using heroin.
- ▶ Tested positive upon admission for opioids, cocaine, amphetamines, and marijuana.
- ▶ Self-reports having depression, anxiety, and Attention Deficit Hyperactivity Disorder (ADHD).
- ▶ Not currently taking any prescribed medications and is not seeing any mental health provider.
- ▶ Currently unemployed and trying to obtain disability for mental health and back pain.
- ▶ Interests include going for walks, drawing, and reading. Lives with his grandparents after both his parents died unexpectedly when he was in his late 20s.



Exploring Beliefs About Gambling as an Individual and a Professional

Reflect on the Following...

- How do I **define** gambling?
- What do I believe is considered to be a **gambling-related activity**?
- How **often** do I ask about gambling in sessions?
- How **comfortable** am I asking about, or addressing, gambling with clients and patients?
- What **knowledge education training** do I have about problem/pathological gambling?
- Do we ask about gambling during the **assessment** or **intake**?

Reflections, cont...

- How do I **treat**, or work with, a client who self-identifies as having a problem with gambling?
- If the individual says they do gamble, how much further do I **explore** it in session?
- Where do I rank gambling as far as treatment **priorities**?
- What **impact** does gambling have on other disorders, such as substance use and mental health?
- What **resources** do I have for someone who identifies with having a gambling problem?

Defining Gambling

- ▶ The Substance Abuse and Mental Health Services Administration (SAMHSA) defines gambling as, “**risking** something of **value**, usually money, on the of an event decided at least partially by **chance**.”
- ➔ How can the definition of gambling be complicated?



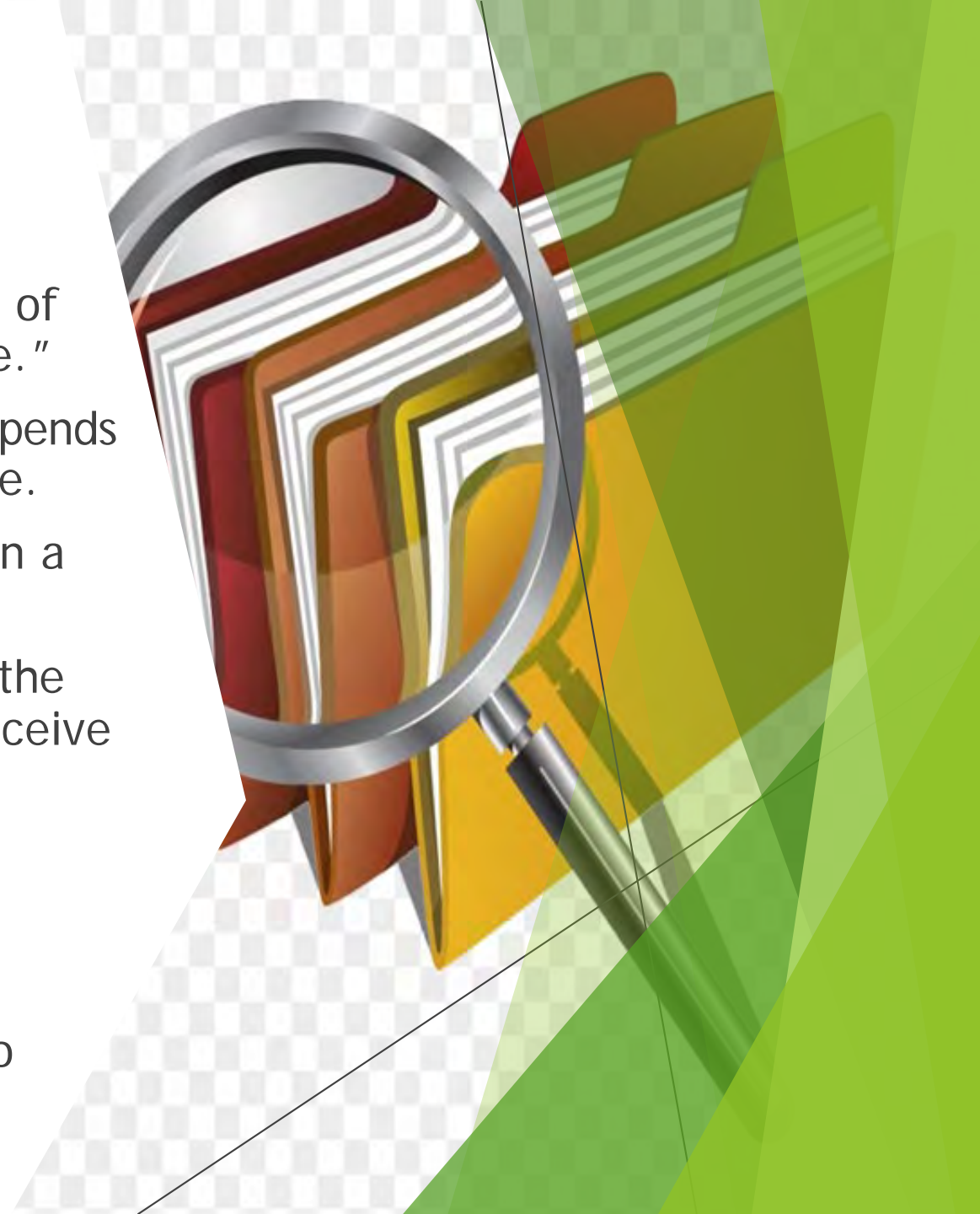
Why is it important for a
helping professional to
know about gambling?

The Importance of Helping Professionals Being Aware of Gambling

- People with a gambling problem are **less likely** to seek treatment for that specific issue, or to self-identify in session.
- If they do seek helping services, it is more likely because of **other issues** associated with problem gambling, like marital conflict or financial problems.
- The presence, or issue, of gambling may come up while **treating or addressing other issues** (such as substance use, mental health, etc.).
- There is a **lack** of gambling resources and professionals in the area.
- The **implications and consequences** of gambling on addiction and mental health.
- The **convergence** of gambling-gaming-technology is making it difficult to identify them as separate issues.

Case Study

- ▶ 45-year old female seeking counseling because of concerns regarding “spending money on a game.”
- ▶ Reports that she doesn’t “really gamble” but spends a lot of time and money on a smart-phone game.
- ▶ The game is a slot machine where you are given a certain amount of “tokens.”
- ▶ If you lose all your tokens, more are available the next day for free or you can spend money to receive more tokens immediately.
- ▶ You cannot exchange your winnings for actual money.
- ▶ Has spent \$50,000 on in-game purchases.
- ▶ Embezzled money from own private practice to cover costs.



Case Study



Gambling



Video Game



Technology

The Future of Gambling

- Video Game Gambling: The Next Big Thing for Online Casinos?
 - Imagine playing Mario Kart, but instead of playing to complete a level or compete with friends, you're playing for a high score to win money.
 - As an alternative to chance-based games like slots, these skill-based video games create a hybrid between gaming and gambling by rewarding skill rather than luck.
 - What kind of implications does this potentially have?



Gambling + Gaming = Gamebling?



Gambling and Video Games



Gambling on Video Gaming Events



Online Fantasy Betting on Video Games

Social media copies gambling methods 'to create psychological cravings'

Methods activate 'same brain mechanisms as cocaine' and leads to users experiencing 'phantom' notification buzzing, experts warn



Article Autopsy

- ▶ “These methods are so effective they can activate similar mechanisms as cocaine in the brain, create psychological cravings and even invoke **phantom calls and notifications** where users sense the buzz of a smartphone, even when it isn’t really there.”
- ▶ “Facebook, Twitter and other companies use methods similar to gambling industry to keep users on their sites.”
- ▶ “Whether it’s Snapchat streaks, Facebook photo-scrolling, or playing CandyCrush, you get drawn into **ludic loops** or repeated cycles of uncertainty, anticipation, and feedback.”
- ▶ “We have to start recognizing the costs of time spent on social media. It’s not just a game.”
- ▶ “Like gambling, which physically alters the brain’s structure and makes people more susceptible to depression and anxiety, social media use has been linked to depression

Addicted to losing: How casino-like apps have drained people of millions

NBC News spoke to 21 people who said they were hooked on casino-style apps and had spent significant sums of money. The industry is almost entirely unregulated.



Article Autopsy

- ▶ “We lie in bed next to each other, we have two tablets, two phones and a computer and all these apps spinning Reel Rivals at the same time. We normalize it with each other.”
- ▶ “Jackpot Magic is an app made by Big Fish Games of Seattle, one of the leaders in an industry of free-to-play social games in which some people have plowed thousands of dollars. Both are labeled as video games, which allows the company and others like it to skirt the tightly regulated U.S. gambling market.”
- ▶ “The whole time I was working as an addiction counselor, I was addicted to gambling and with no hope of winning any money back.”
- ▶ “These games are not gambling because, among other reasons, they offer no opportunity for players to win money or anything of value.”
- ▶ “Big Fish Game is one of the clearest examples of the convergence of the small-time harmless fun of video games and the rapidly expanding world of real-money

What **impact** does gambling
have on substance use,
mental health, and other
issues?

Impact of Gambling

- ▶ Studies show gambling alters neurobiological processes (affect responses to reward, impulsivity, learning, and self-control).
- ▶ Sleep deprivation is a common consequence of gambling. One study reports an average of 32 hours of sleep were lost per month due to late gambling and the average number of hours of sleep lost to gambling was 69 hours per month.
- ▶ Chronic stress can lead to hypertension, cardiovascular disease, peptic ulcer disease, and exacerbation of baseline medical problems.

Impact of Gambling

- ▶ Pathological gambling can directly trigger or worsen symptoms of depression, general anxiety, obsessions, and personality disorders.
- ▶ Escalating symptoms of hopelessness, guilt, shame, and desperation.
- ▶ Increased rate of suicidal ideation and attempts:
 - ▶ 17-24% of pathological gamblers will attempt suicide during their lives.
 - ▶ Close to 80% of gamblers calling a helpline reported feeling suicidal at the time of calling.

Impact of Gambling

- ▶ Defense mechanisms: avoidance, acting out, rationalization, denial, minimization, and intellectualization.
- ▶ Study suggests problem gamblers negatively affect 10 to 17 people who are significant in their lives.
- ▶ Researchers have estimated close to 30-40% white-collar crimes are tied to problem/pathological gambling in some way.

Impact of Gambling

- ▶ Problem/pathological gamblers have higher rates of bankruptcy. 1 in 5 are more likely to use loan sharks and illegal tactics to fund gambling.
- ▶ Average debt of pathological gamblers is close to \$40,000.
- ▶ Problem/pathological gamblers have higher rates of divorce (53.5%) and higher rates of spousal and child abuse.
- ▶ Past-year job loss rates have been reported to be twice as high in problem/pathological gamblers.





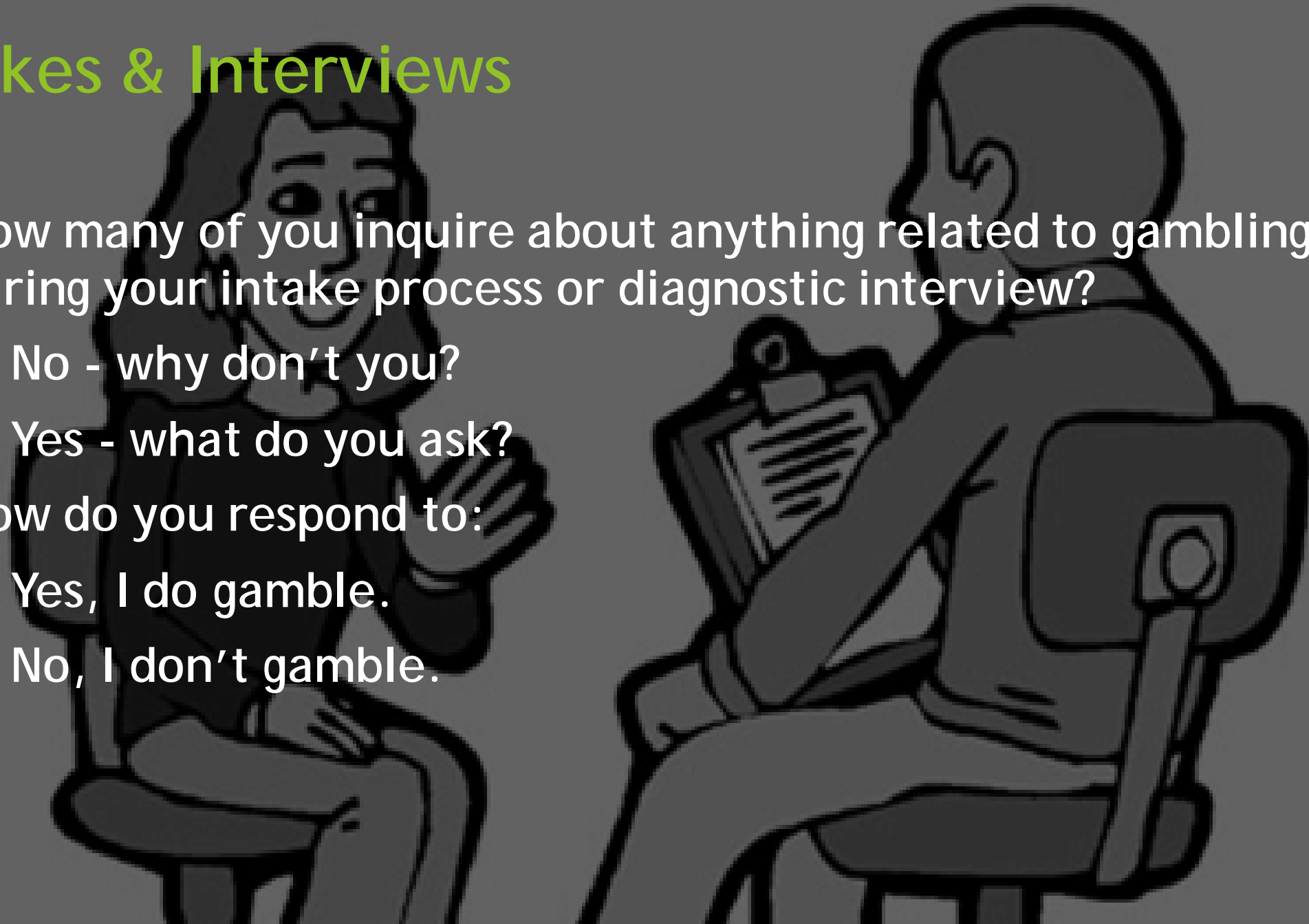


Populations to Pay Attention to for Gambling

- ▶ Substance Use
- ▶ Mental Health
- ▶ Older Adults
- ▶ Younger Age
- ▶ Ethnic Minority Status
- ▶ Lower Socioeconomic Standing
- ▶ Employee Assistance Programs
- ▶ Communities in Proximity to Gambling Facilities

Intakes & Interviews

- How many of you inquire about anything related to gambling during your intake process or diagnostic interview?
 - No - why don't you?
 - Yes - what do you ask?
- How do you respond to:
 - Yes, I do gamble.
 - No, I don't gamble.



Do you gamble?

Yes? Okay, let's
continue...

Is gambling a
problem for
you?

No? Let's move
on...

Gambling



Do you use
alcohol or drugs?



Yes? Okay, let's
continue...

Do you ever
have concerns
about any
mental health
issues?

No? Let's move
on...

Do you gamble?

Yes? Okay, let's
continue...

Is gambling a
problem for
you?

No? Let's move
on...

Ask
Questions

Intakes &
Interviews
Assessments
Screenings

Explore
Gambling
Connections

Gambling

Intakes & Interviews

Substance Use

- ▶ Do you consume alcohol?
 - ▶ How much?
 - ▶ How often?
 - ▶ Last time?
- ▶ Do you use any of the following drugs?
 - ▶ Ask about all drugs.
- ▶ Have you ever received treatment?
- ▶ Has anyone ever expressed concern over your AODA?
- ▶ Have you felt the need to cut back?
- ▶ Have you used more than you intended to?

Mental Health

- Have you ever been treated for any psychological or emotional problems?
- Have you had any significant periods of time where you experienced... (depression, anxiety, etc.)?
- Have you ever experienced serious thoughts of suicide or attempted suicide?
- Have you ever been prescribed medication for any psychological or emotional problems?

Gambling

- ▶ Do you gamble?
- ▶ Have you ever had any problems with gambling?

Different Kinds of Gambling



CASINO-STYLE CARD
GAMES (POKER)



DICE GAMES (CRAPS)



ELECTRONIC GAMES
(SLOTS)



BETTING ON
SPORTING EVENTS



LOTTERY TICKETS,
SCRATCH OFFS &
PULL TABS



BINGO (EX:
CHURCH)



50/50 RAFFLE
RICKETS (EX:
SPORTING EVENTS)



ONLINE GAMBLING
OR GAMBLING-
RELATED GAMES ON
A SMARTPHONE OR
TABLET DEVICE?

Explore Gambling

- Alcohol & Drug Use:
 - Anything else you believe you have a problem or addiction with besides alcohol and drugs? Sex, pornography, gambling, technology, video games, etc.?
 - Are there any other behaviors or activities you engage in that coincide with drug use?
- Mental Health:
 - What happens when you experience really low or high moods?
- Leisure Activities/Hobbies:
 - What do you do with your free-time?
 - What kinds of activities and hobbies do you, or did you, like to engage in?

Explore

- Activities with Parents, Family Members & Peers:
 - What activities do you engage in with family members and peers?
 - Now, and during your childhood/growing up?
- Finances:
 - Besides spending money on alcohol and drugs, was there anything else you spent money on that caused problems or may have hurt when it comes to your finances?
- Interpersonal Relationships:
 - Are there any other issues or behaviors that caused arguments or disagreements in your relationships?

Case Study

- ▶ 28-year-old male in treatment for substance use.
- ▶ Reports using heroin, prescription opiates, benzodiazepines, stimulants (amphetamines and cocaine), and marijuana.
- ▶ Works as a roofer; and often reports concerns over finances when winter approaches because of being laid off.
- ▶ Currently involved in WCS and must complete day reporting and groups.
- ▶ Reports most of his family also uses drugs.
- ▶ Lives with his mother and girlfriend.
- ▶ Comes into session talking about feeling hopeless because his mother is asking him to move out immediately, and he doesn't have any money to pay for a place to live.



“Playing the lottery
isn’t helping
either.”

What do you do?

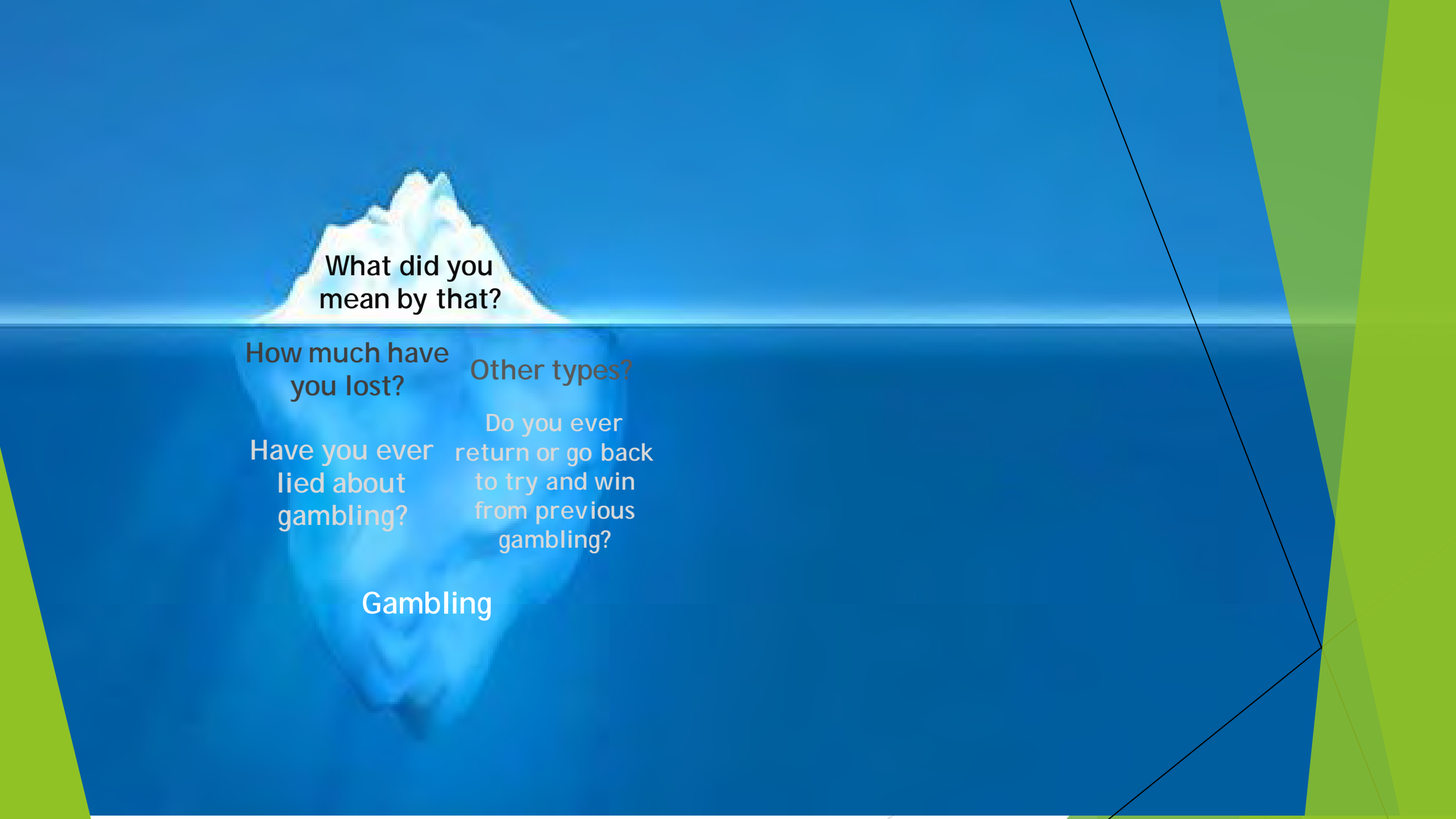


Case Study Breakdown

- Own Beliefs: How do I feel about playing the lottery?
 - My own experience with the lottery.
 - That experience could have easily led to a dismal of gambling as a concern or issue.
- Any **red flags** about gambling and this particular client?
 - Stated, “playing the lottery isn’t helping.”
 - Money problems
 - Job could be laid off any moment due to the weather.
 - Does not have enough money to move out.
 - Substance Use
 - In particular, stimulants (cocaine and amphetamines)
 - Mental Health Issues
 - Feels hopeless at times

Case Study Breakdown

- Came back in for next session.
- Briefly completed a check-in since our last one.
- Decided to explore gambling:
 - Counselor: "Right before our last session concluded you mentioned how the lottery wasn't helping. I wanted to follow-up a little bit on that because I know your financial situation is causing a lot of distress recently. What did you mean by that?"
 - Client: "I'm just losing a lot to the lottery, and it's not paying off."
 - Counselor: "When you say a lot, how much would you estimate you've lost on the lottery?"
 - Client: "Just on the lottery?"
 - Counselor: "We can start there, but by your statement I'm guessing there are some other types of gambling you participate in?"



What did you
mean by that?

How much have
you lost?







Other types?

Have you ever
lied about
gambling?

Do you ever
return or go back
to try and win
from previous
gambling?

Gambling

Gambling Use Disorder

- A. Needs to gamble with increasing amounts of money to achieve the desired excitement. 
- B. Restless or irritable when attempting to cut down or stop gambling.
- C. Repeated unsuccessful efforts to control, cut back, or stop gambling. 
- D. Often preoccupied with gambling (e.g., persistent thoughts of reliving past gambling experiences, planning the next venture, thinking of ways to get more money to gamble). 
- E. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- F. After losing money gambling, often returns another day to get even ("chasing" one's losses). 
- G. Lies to conceal the extent of gambling.
- H. Jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling. 
- I. Relies on others to provide money to relieve desperate financial situations caused by gambling. 

Ways to Bring Gambling into the Light

- Assessments & Intakes
- Explore in sessions the role/impact of gambling
- Training & Education
- Become Certified
- Supervision
- Discussing gambling concerns/issues in current supervision
- Article Autopsies
- Pay attention to when gambling is identified in other areas.

Article Autopsies

- “Police officer sent to rehab for doing scratch-off lottery tickets on duty, lawsuit claims.”
- “Professional poker player pleads guilty to fraud, embezzling \$22M and using most of it for crypto trading.”
- “Two Catholic school nuns accused of embezzling about a half-million dollars on gambling trips.”
- “Saudi Prince lost more than \$350M, gives wives in gambling at Egypt’s casino.”
- “The Knicks were roasted by fans when a fan hit a half-court shot was rewarded with \$1,000 in scratch-off lottery tickets.”

Learn More About Gambling



Textbooks



Research



Journals & Magazines



Books & Films

Gambling Resources and Referrals

- National Council on Problem Gambling <https://www.ncpgambling.org/>
- Wisconsin Council on Problem Gambling <https://wi-problemgamblers.org/>
- Gambling Treatment Providers WI <https://wi-problemgamblers.org/resources/gambling-treatment-providers>
- Gamblers Anonymous Meetings
<https://www.gamblersanonymous.org>
- Gam-Anon Meetings
<https://www.gam-anon.org>
- 1-800-GAMBLE-5 (WCPG Hotline)
- 1-800-522-4700 (NCPG Hotline)

Conclusion

- Gambling is not new and is not going away. Participating in it is common, and to some people, it can destroy their lives.
- Gambling has greater potential to impact people already experiencing issues with substance use and mental health.
- Advancements in technology and innovation are making gambling more difficult to identify; it is already leading to hybrid gambling-gaming related activities.
- Professionals need to look into their personal and professional beliefs about gambling and the impact it may have on their clients.
- Asking questions during intakes and exploring gambling in sessions will help identify individuals showing signs of problem and gambling use disorders.

Conclusion

- ▶ Having feelings of sadness does not automatically equate to a mental health disorder.
- ▶ The use of alcohol or drugs does not automatically equate to a substance use disorder.
- ▶ Engaging in gambling does not automatically equate to a gambling use disorder.
- ▶ For many people they will be able to manage their feelings, limit their alcohol or drug use, and control their gambling.
- ▶ However; individuals who do have mental health, substance use, and gambling use disorders need help because without it their lives can become devastated.
- ▶ The co-occurrence of these or combination of symptoms interacting can lead to even greater consequences and impact.
- ▶ Professionals have a responsibility to make gambling awareness part of their routine with other important issues (such as substance use, mental health, and trauma).

Conclusion

Any Questions?

Contact Information

- New Life Resources
- andrew.schreier@newliferesourcesinc.com

