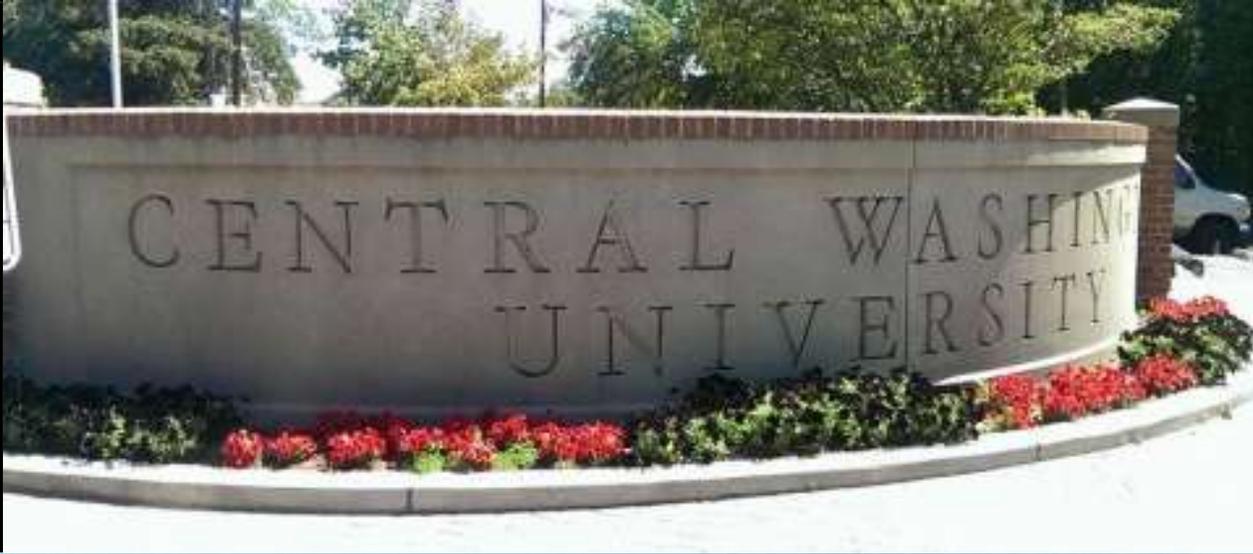




Understanding Addiction in the Digital Age



EVERGREEN
council on problem gambling

A close-up photograph of a road surface. Two parallel yellow lines are painted on the asphalt, running diagonally from the top left towards the bottom right. The asphalt is a dark, textured grey. The text 'WHY AM I HERE?' is painted in yellow, blocky, uppercase letters on the asphalt. The text is positioned to the right of the yellow lines and is slightly tilted, following the angle of the lines. The word 'HERE?' is on the bottom line, and 'WHY AM I' is on the line above it.

WHY AM I
HERE?

◎ Problem Gambling

- > Behavior that causes disruption in any major area of life: psychological, physical, social, or vocational.
 - *National Council on Problem Gambling*

Youth are at Greater Risk

- Individuals who start gambling by age 12 are 4 times more likely to develop a gambling problem.
- More than 3,000 Washington State High School Seniors acknowledged in the Washington State Healthy Youth Survey, that they were already having problems because of their gambling.

2013 Washington State Healthy Youth Survey



Traditional Gambling





LEAGUE OF LEGENDS

DREAM OR REALITY
3.20 ODDS
BET

MACHI E-SPORTS
1.33 ODDS
BET

LAST 5: L L L L L (Dream or Reality)
LAST 5: W W W L W (Machi E-Sports)

How the bets are stacking up
21% (Red bar) | 79% (Blue bar)

UPCOMING MATCHES

A betting interface for League of Legends. It shows a match between "DREAM OR REALITY" (odds 3.20) and "MACHI E-SPORTS" (odds 1.33). Below the odds are "LAST 5" records: "L L L L L" for Dream or Reality and "W W W L W" for Machi E-Sports. A bar chart shows "How the bets are stacking up" with 21% in red and 79% in blue. The text "UPCOMING MATCHES" is at the bottom.

War - Fir
he, Inc.

3. Candy Crush Sac
King

4. Candy Crush Soc
King

5. Farm Heroes Sac
King

6. Casino -
nes

8. Hay Day
Supercell

9. Slotomania - FRE
Playtika

10. Brave Frontier
gumi Inc.

A grid of app listings from an app store. Each listing includes an app icon, a title, and a "FREE" label. The apps shown are: "War - Fir he, Inc.", "3. Candy Crush Sac King", "4. Candy Crush Soc King", "5. Farm Heroes Sac King", "6. Casino - nes", "8. Hay Day Supercell", "9. Slotomania - FRE Playtika", and "10. Brave Frontier gumi Inc.".

Modern Gambling

A hand is holding a smartphone that displays a slot machine game interface. The screen shows a grid of symbols, including what appears to be a '777' combination, and various game controls like 'BUY COINS' and 'PAYTABLE'. The entire image has a greenish-yellow tint. Overlaid on the screen is the text 'The Line Between Gambling and Gaming is Blurred' in a bold, yellow font.

The Line Between Gambling and Gaming is Blurred

3 Commonly Defined Characteristics of Gambling:

1. **PRIZE**: Anything of value the sponsor awards in a promotion.
2. **CHANCE**: A process beyond the participants direct control determines the outcome.
3. **CONSIDERATION**: Requires money or serious effort.



Candy Crush Soda Saga

King

Everyone

INSTALL

In-app purchases



Downloads



5,373,861



Casual



Similar

Start playing this tasty match 3 game today! It's Sodalicious!

READ MORE



Titan Slots™

Game Mania Studios

Teen

INSTALL

Contains ads • In-app purchases



Downloads



70,055



Casual



Similar

Packed full of fun – Titan Slots™.



READ MORE



Sound Familiar?

SHOP



2 LOOT BOXES



5 LOOT BOXES



11 LOOT BOXES



24 LOOT BOXES



\$59.95

50 LOOT BOXES

1 friend playing Overwatch.

PRESS ENTER TO CHAT

PAYMENT INFORMATION

ESCAPE BACK

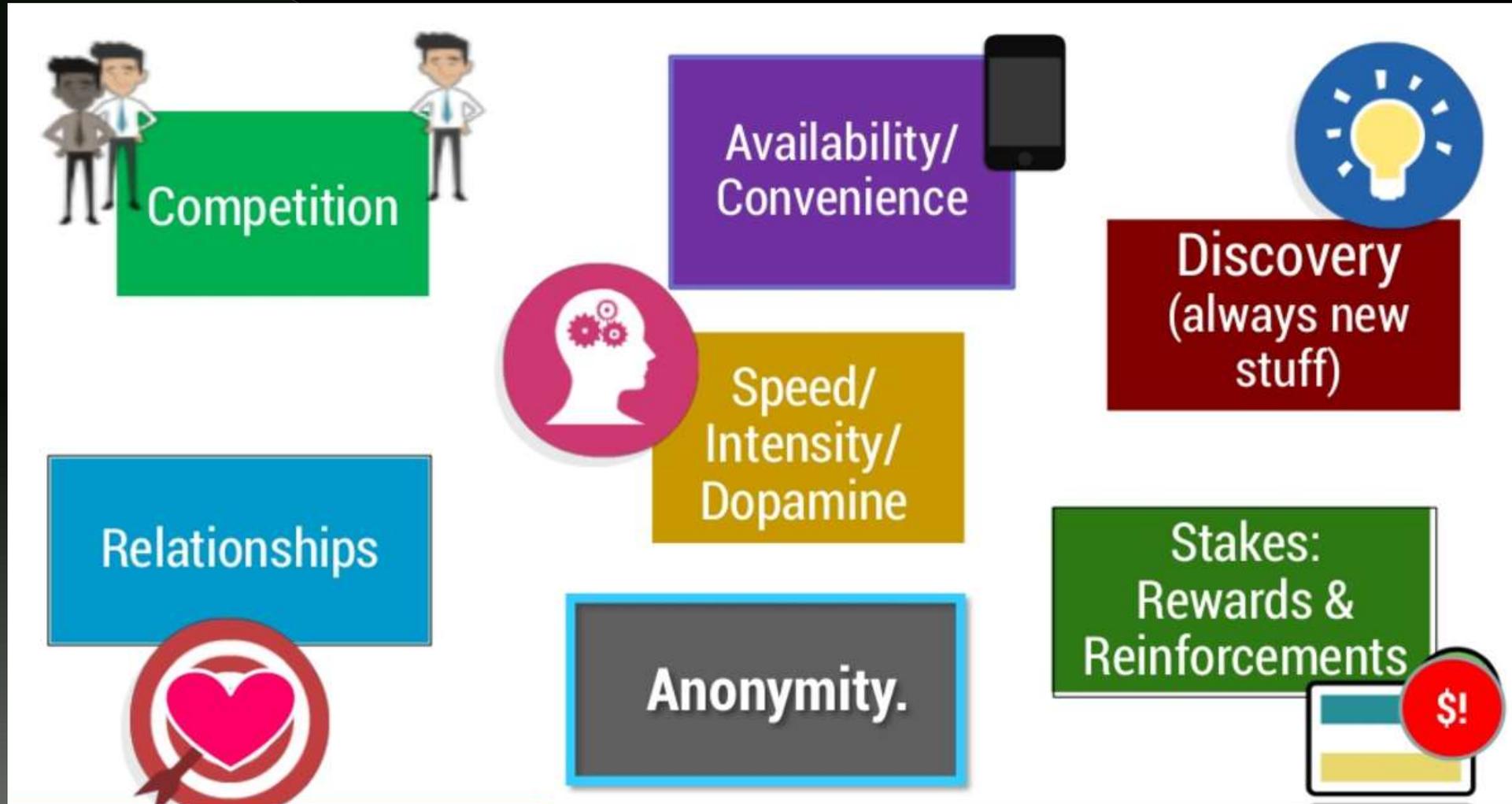


How a 16-year-old gamer turned into a compulsive gambler

OTL sits down with Elijah Ballard as he opens up about how playing Counter-Strike: Global Offensive sent him down a dark road. JAY FRAM FOR ESPN

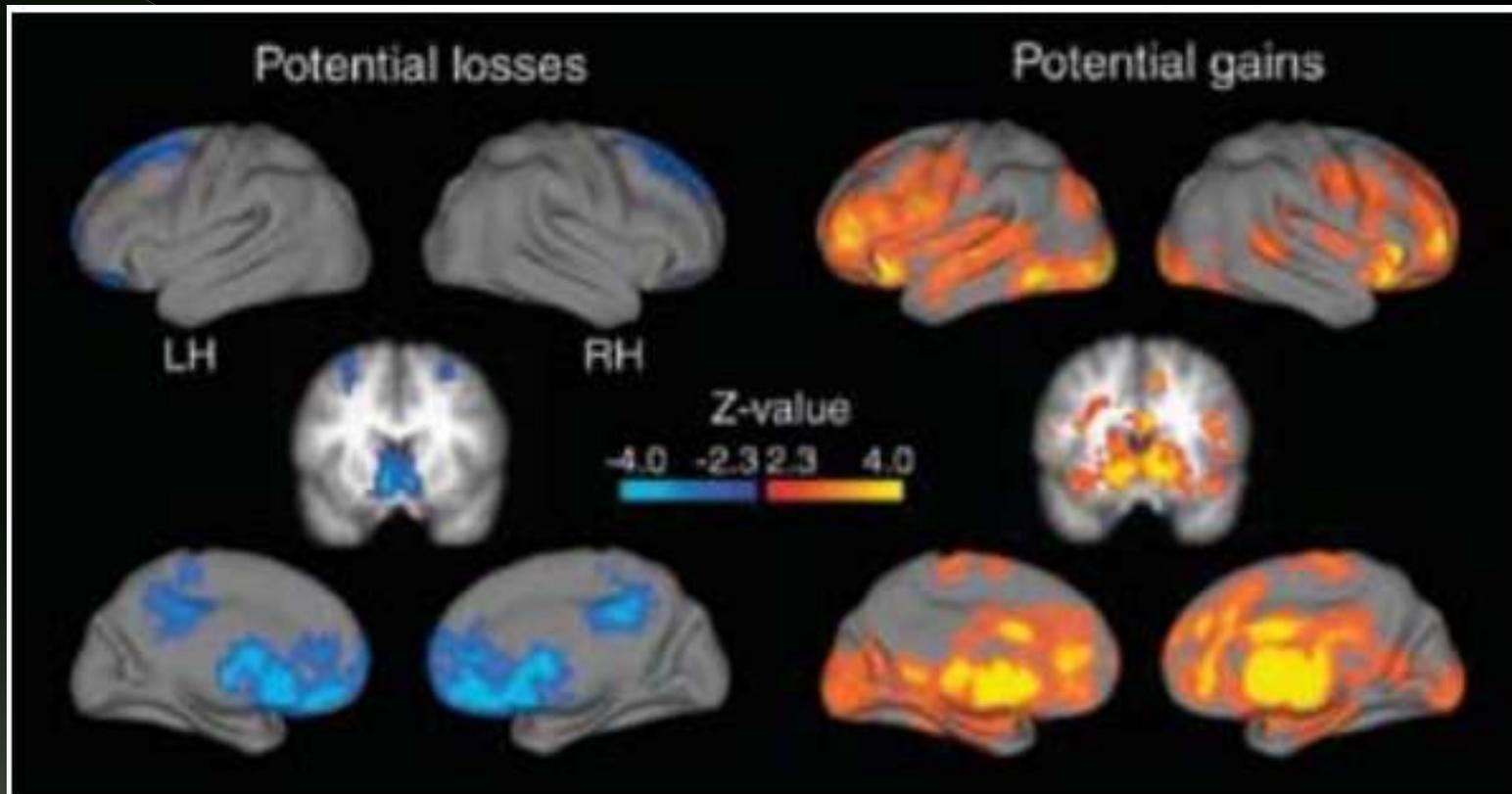
Skin in the Game - Counter-Strike has spawned a wild multibillion-dollar world of online casino gambling; it's barely regulated and open to any kid who wants in. ESPN.com 1/20/17

Similarities with Gaming and Gambling



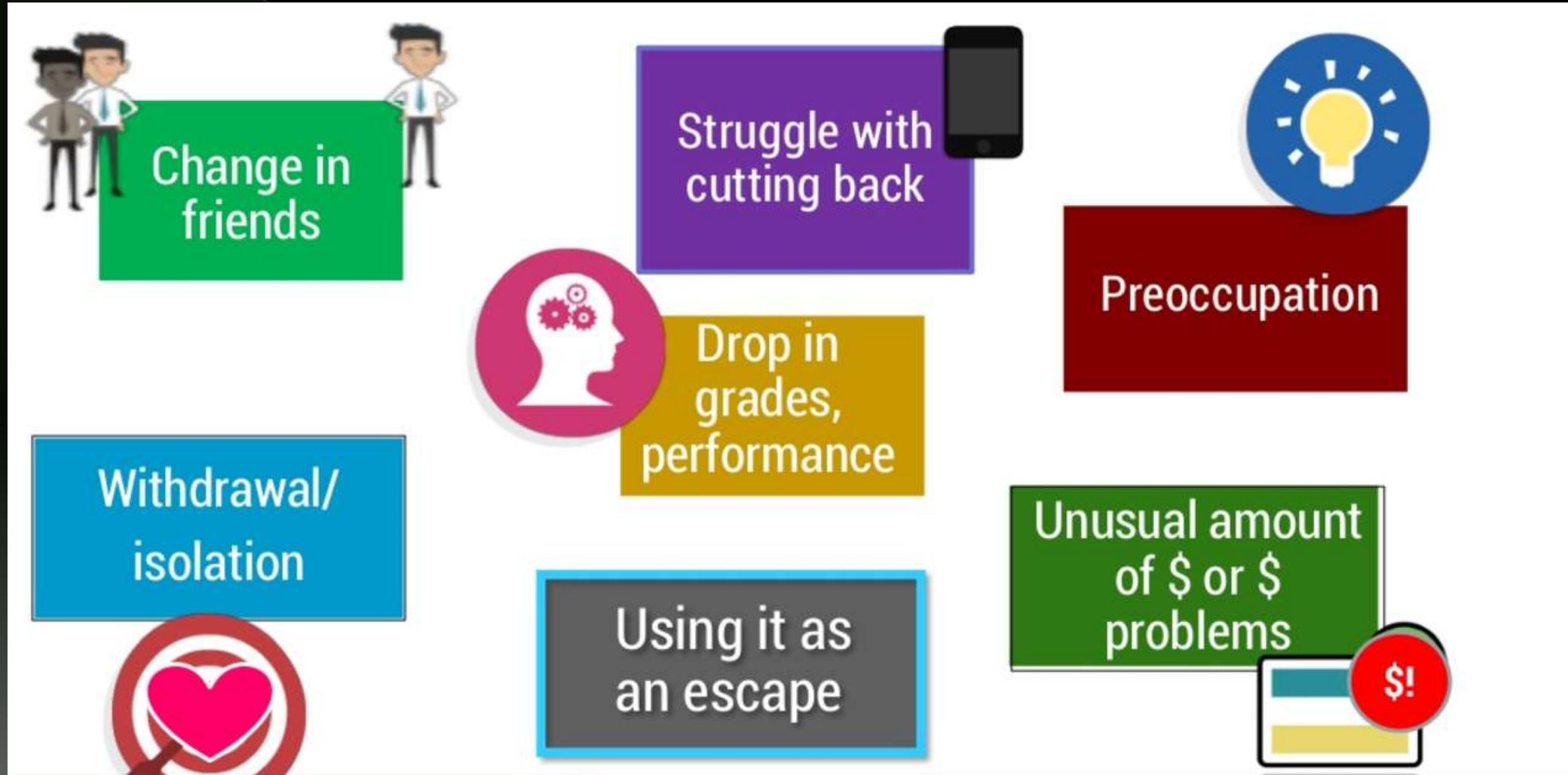
Gambling/Gaming and Dopamine

It's **NOT** about the money!



Dopamine **not released** when expecting a loss. Flooded with dopamine when expecting a **win!**

Similarities In Signs Of A Problem



The closest thing we have to
GAMING in the DSM-5...

“Internet Gaming Disorder”

Repetitive use of Internet-based games, often with other players, that leads to significant issues with functioning.

“Internet Gaming Disorder”

- ⦿ Preoccupation or obsession with Internet games.
- ⦿ Withdrawal symptoms when not playing Internet games.
- ⦿ A build-up of tolerance—more time needs to be spent playing the games.
- ⦿ The person has tried to stop or curb playing Internet games, but has failed to do so.
- ⦿ The person has had a loss of interest in other life activities, such as hobbies.

“Internet Gaming Disorder”

- A person has had continued overuse of Internet games even with the knowledge of how much they impact a person's life.
- The person lied to others about his or her Internet game usage.
- The person uses Internet games to relieve anxiety or guilt—it's a way to escape.
- The person has lost or put at risk and opportunity or relationship because of Internet games.

Youth “Pathological” Video Gamers

n=3,034 – grades 3, 4, 7 & 8

9% pathological gaming

- Less empathy
- More impulsivity

PEDIATRICS®

OFFICIAL JOURNAL OF THE AMERICAN ACADEMY OF PEDIATRICS

Pathological Video Game Use Among Youths: A Two-Year Longitudinal Study

Douglas A. Gentile, Hyekyung Choo, Albert Liau, Timothy Sim, Dongdong Li,
Daniel Fung and Angeline Khoo

Pediatrics 2011;127:e319; originally published online January 17, 2011;

DOI: 10.1542/peds.2010-1353

The online version of this article, along with updated information and services, is
located on the World Wide Web at:

<http://pediatrics.aappublications.org/content/127/2/e319.full.html>

Prevention

- Monitor internet use and set boundaries.
- Keep internet usage restricted to specific areas of the home.
- Take Care of Yourself! Talk to someone you trust about potential triggers that may be causing additional internet use.
- Get involved in other activities that aren't online.
- If you see something, say something!

Awareness/Prevention/Education

- Outdoor campaigns
- Casino and Card Room print materials
- Public Service Announcements for radio and television
- Health Fairs and Employee Assistance Programs
- Social Media Campaigns





RIP



“DON'T GET OWNED BY GAMBLING & GAMING.
GET REAL, GET THE FACTS.”
-KAT, POWER 93.3

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Department of Social & Health Services
Problem Gambling Help

[CLICK HERE FOR MORE INFORMATION](#)



Youth Prevention – By Youth For Youth

- Youth Peer-to-Peer Awareness Campaigns
- iHeart/DECA Outreach



THINK BEFORE YOU **BET** The **ODDS** ARE **ALREADY SET**

KUBE 93 fm

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WHAT ARE THE ODDS?



MARCH IS
PROBLEM
GAMBLING
AWARENESS MONTH

HAVE THE CONVERSATION



PROBLEM GAMBLING
AWARENESS MONTH

→ HAVE THE CONVERSATION
#HAVETHECONVO



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Resources

- Game Quitters: www.gamequitters.com
 - > Online support group for those dealing with gaming addiction.
- reSTART Life: www.netaddictionrecovery.com
 - > WA based treatment center for those dealing with gaming/internet addiction.
- OLGA & OLG-Anon: www.olganon.org
 - > Follows the same principles of AA - 12-Step Program and Anonymity
- Computer Gaming Addicts Anonymous: www.cgaa.info

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THANK
YOU