



EVERGREEN  
council on problem gambling

A QUARTER CENTURY OF SERVICE

# Problem Gambling and the Continuum of Care

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**EVERGREEN COUNCIL ON PROBLEM GAMBLING**



# Problem Gambling and The Continuum of Care

- ▶ Prevention
- ▶ Education and Awareness
- ▶ Treatment Services
  - Screening and Assessment
  - Early Intervention
  - Outpatient Services
  - Intensive Outpatient Services
  - Intensive Inpatient and Residential Services
  - Aftercare, Relapse Prevention, and Recovery Support



# 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.



# Gambling in Washington

## STATS

- ▶ About 75%–86% of adults in the U.S. gamble at one time or another. (94% in Washington)
- ▶ 71% of Washington residents have gambled in some form during the past year.
- ▶ Legal gaming in the U.S. is a more than \$100 billion industry. [Nearly \$3 billion in Washington]

## PREFERRED GAMES

- ▶ Lottery
- ▶ Tribal Casinos
- ▶ Raffles
- ▶ Pull Tabs
- ▶ Card Games
- ▶ Sports Betting



# What is Problem Gambling?

- ▶ Problem Gambling, Compulsive Gambling, Disordered Gambling... what's in a name?
- ▶ Problem gambling is 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.
- ▶ Problem gambling affects between 2%–4% of the adult population.



# Problem Gambling and Suicide

Of 374 problem gamblers in publicly funded treatment in Washington State, 50 had suicidal thoughts, and more than 6% had attempted suicide.

(2013)



# 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 in the Washington State Healthy Youth Survey, that they were already having problems because of their gambling.

2008 Washington State Healthy Youth Survey



Gambling is becoming less of this...







**Titan Slots™**  
Game Mania Studios  
Teen

**INSTALL**

Contains ads • In-app purchases

1 MILLION Downloads  
4.3 70,055  
Casino  
Similar

Packed full of fun – Titan Slots™.

**READ MORE**

The image shows the app store page for Titan Slots. It includes the app name, developer, age rating, and an 'INSTALL' button. Below that, there are statistics for downloads (1 million), rating (4.3), and category (Casino). A 'READ MORE' link is present. At the bottom, there is a small screenshot of the game interface showing a slot machine with a '2' on the reels and a 'BONUS: 20,000' message.

**LEAGUE OF LEGENDS**

**DREAM OR REALITY**  
3.20 ODDS  
BET

**MACHI E-SPORTS**  
1.33 ODDS  
BET

LAST 5: L L L L L (vs) W W W L W

How the bets are stacking up  
21% (red bar) | 79% (blue bar)

UPCOMING MATCHES

The image is a betting interface for a League of Legends match. It features the game title 'LEAGUE OF LEGENDS' at the top. Below that, the two teams are listed: 'DREAM OR REALITY' with odds of 3.20 and 'MACHI E-SPORTS' with odds of 1.33. Each team has a 'BET' button. Below the team names, their 'LAST 5' match results are shown: 'L L L L L' for Dream or Reality and 'W W W L W' for Machi E-Sports. At the bottom, there is a bar chart titled 'How the bets are stacking up' showing 21% in red and 79% in blue. The text 'UPCOMING MATCHES' is visible at the very bottom.

...AND  
BECOMING  
MORE OF  
THIS

The text is displayed in a large, bold, yellow font on a dark grey background. To the right of the text is a green circular logo consisting of several concentric, slightly offset swirls.

A hand holding a smartphone displaying a slot machine game interface. The screen shows a 3x3 grid of reels with various symbols, including a '777' combination. Text on the screen includes '32,145.50', 'BUY COINS', 'PAY TABLE', '6.75', and 'MAX BET'. The background is dark and blurred.

# The Line Between Gambling and Gaming is Blurred





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

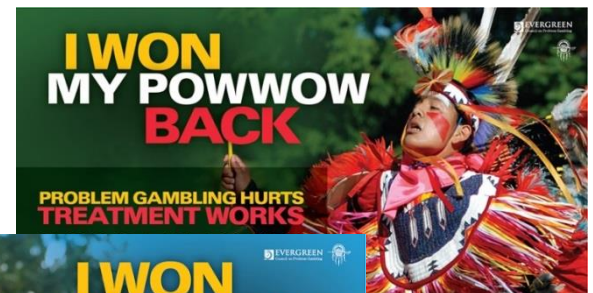
OTL sits down with Elijah Ballard as he opens up about how playing Counter-Strike: Global Offensive sent him down a dark road. JAY FRAM FOR ESPN

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



# 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





## Youth Prevention – By Youth For Youth

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



# MARCH IS PROBLEM GAMBLING AWARENESS MONTH

HAVE THE CONVERSATION



PROBLEM GAMBLING  
AWARENESS MONTH

→ HAVE THE CONVERSATION  
#HAVETHECONVO



# EVERGREEN

council on problem gambling



# Treatment Services

- ▶ Screening and Assessing for Disordered Gambling
  - You may already have Problem Gamblers on your caseload!
  - Co-morbidity is often the rule, not the exception.
    - ~75% have a history of an AUD
    - ~40% have a history of a SUD
    - ~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)



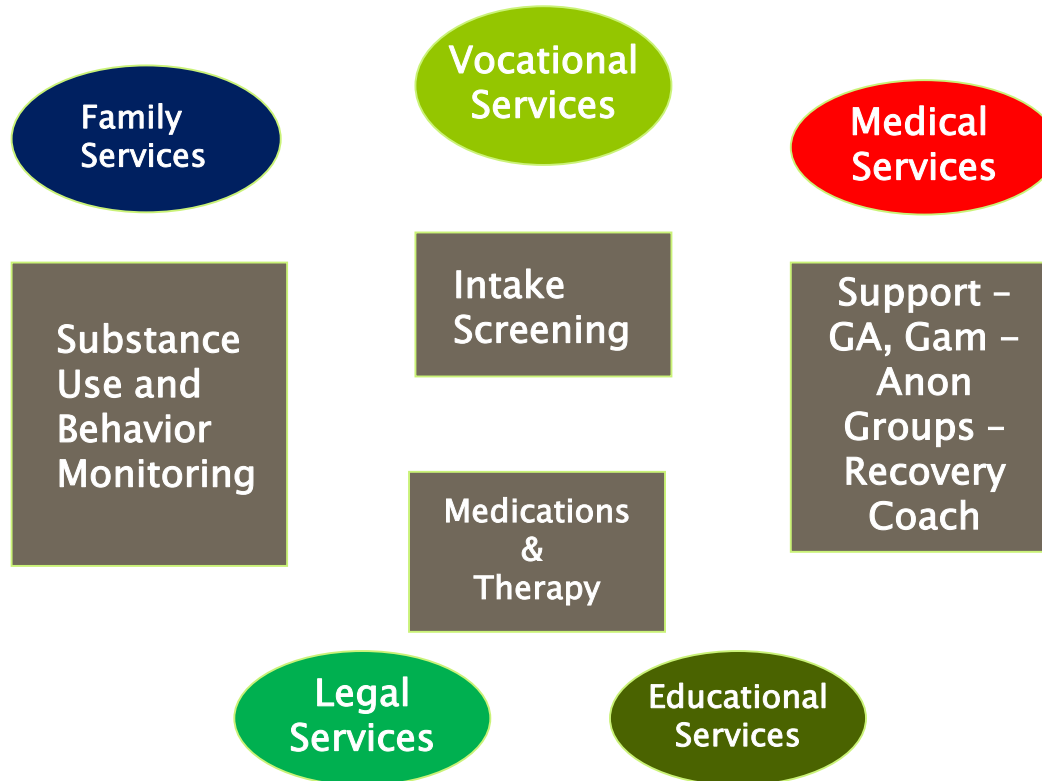
# Treatment Services

- ▶ Screening and Assessing for Disordered Gambling
  - Screening and Assessment Forms/Tools
    - South Oaks Gambling Screen (SOGS)
    - Problem Gambling Severity Index
    - Lie/Bet
    - GA and/or Gam-Anon 20 Questions
  - Assessment – 6 Dimension ASAM Assessment with DSM–5 criteria for Disordered Gambling



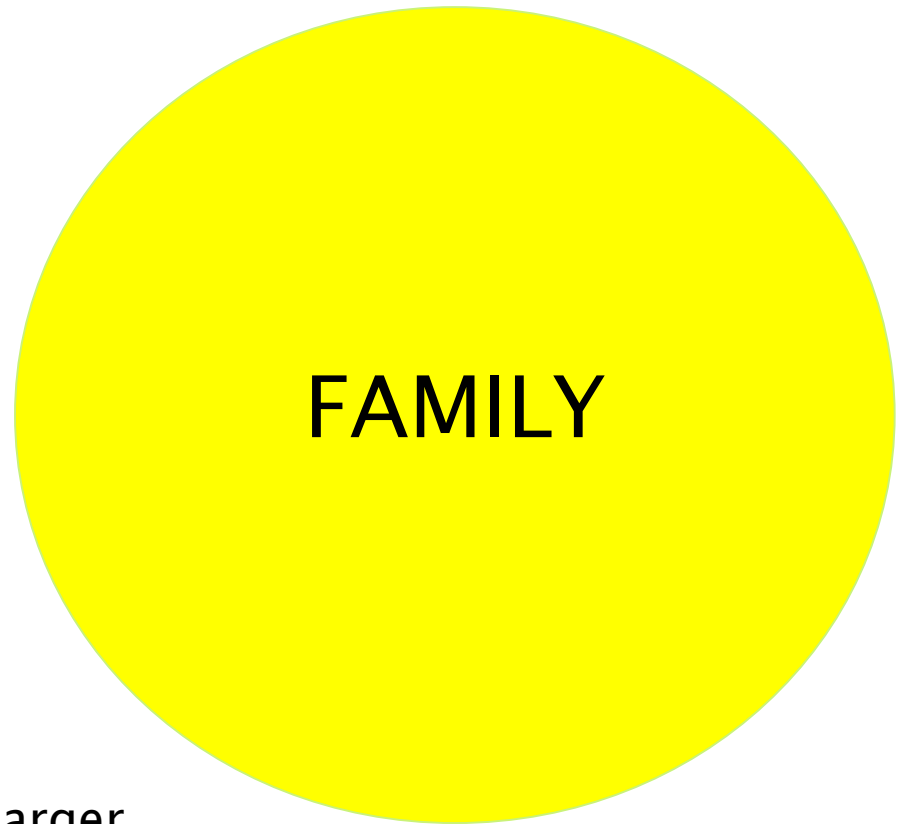
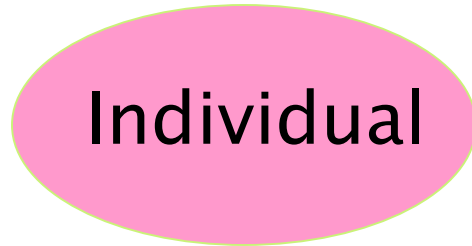


# The Best Treatment Programs are Comprehensive and Multidimensional



Copyright Alcohol Medical Scholars Program

# My Problem? Your Problem? Our Problem!!!!



An individual exists as part of a larger family system

Copyright Alcohol Medical Scholars Program



# Family Issues Related to Problem Gambling

- Impaired Relationships and Family Violence
  - 25–50 percent 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)
- Impaired Responses to Crisis -- Denial
  - Driven by fear and shame in many cases.



# Benefits of Family Therapy

- ▶ Assisting the Problem Gambler to gain awareness of their needs and behaviors.
  - ▶ Improving the mental and physical state of the entire family unit.
  - ▶ Permitting family members to gain self-care interventions to improve their own well-being.
  - ▶ Improving communication styles and relationship quality.
  - ▶ Helping families understand and avoid enabling behaviors.
- 
- ▶ Family Therapy: A Vital Part of Addiction Treatment
  - ▶ AUTHORED BY [ERIC PATTERSON, MSCP, NCC, LPC](#)



# Benefits of Family Therapy

- ▶ The family unit understands the process of addiction and recovery, as well as their role in the process.
  - ▶ Family members can address codependent behavior that may be preventing recovery.
  - ▶ Learning and understanding the systems in place that support and deter gambling behaviors.
  - ▶ Preventing gambling behaviors from spreading throughout the family or down through future generations.
- 
- ▶ Family Therapy: A Vital Part of Addiction Treatment
  - ▶ AUTHORED BY [ERIC PATTERSON, MSCP, NCC, LPC](#)



# Barriers to Family Involvement in Treatment

- ▶ STIGMA – Webster defines stigma as a mark of shame or discredit.
  - “I don’t want to talk to my family about this stuff!”
  - “It’s his/her problem, why do I need to go to treatment?”
- ▶ The sense of betrayal felt by family members towards the gambler.
- ▶ Lack of education and understanding that addictions are a “FAMILY DISEASE” – Each individual has influence on the other within the family system.
- ▶ Guilt and shame related to their own behaviors.
- ▶ The sense of betrayal felt by family members towards the gambler.



# EARLY INTERVENTION SERVICES

- ▶ ASAM Level 0.5 (Does not meet DSM–5 criteria, but identifies issues related to gambling)

**Harm Reduction:** Explore options to limit the problems related to gambling behaviors (Self–exclusion; limits on access to funds; relationship with money)

*The Money Exercise* – Brian H. Farr, MA, LPC [www.bhfarr.com](http://www.bhfarr.com)

**Individual and Family Education:** Signs and Symptoms; Personal Financial Strategies

*Personal Financial Strategies for the Loved Ones of Problem Gamblers* – National Endowment for Financial Education and NCPG



## OUTPATIENT SERVICES

- ▶ ASAM Level 1
  - Meets DSM–5 criteria at Mild to Moderate

## INTENSIVE OUTPATIENT SERVICES

- ▶ ASAM Level 2
  - Meets DSM–5 criteria at Moderate to Severe

**Individual Service Plan** – “Meet the person/family where they are” related to the Stages of Change.

**Referrals for additional services** as needed (Financial Planning, Mental Health, Life Skills, Employment Services, Housing, etc.)

**Stabilization** – Education and skill building. Moving from Pre-Contemplation/Contemplation to Preparation

Developing **Recovery Capital**

**Early Recovery** – moving through the Stages of Change to the Action Stage.





# INTENSIVE INPATIENT SERVICES

- ▶ Residential ASAM Level 3
  - Meets DSM-5 Criteria at Moderate to Severe

Individual Service Plan – “Meet the person/family where they are” related to the Stages of Change.

Referrals for additional services as needed (Financial Planning, Mental Health, Life Skills, Employment Services, Housing, etc.)

Stabilization – Education and skill building. Moving from Pre-Contemplation/Contemplation to Preparation

Developing Recovery Capital

Early Recovery – moving through the Stages of Change to the Action Stage.

Aftercare planning – referrals for ongoing support after treatment



## AFTERCARE – RELAPSE PREVENTION SERVICES

- ▶ ASAM Level 1 or 2
  - Meets DSM–5 criteria at Mild to Severe

Individual Service Plan – Treatment planning to strengthen understanding of the process of relapse, building additional Recovery Capital within the recovery community, and planning for ongoing recovery maintenance

Referrals for additional services as needed...

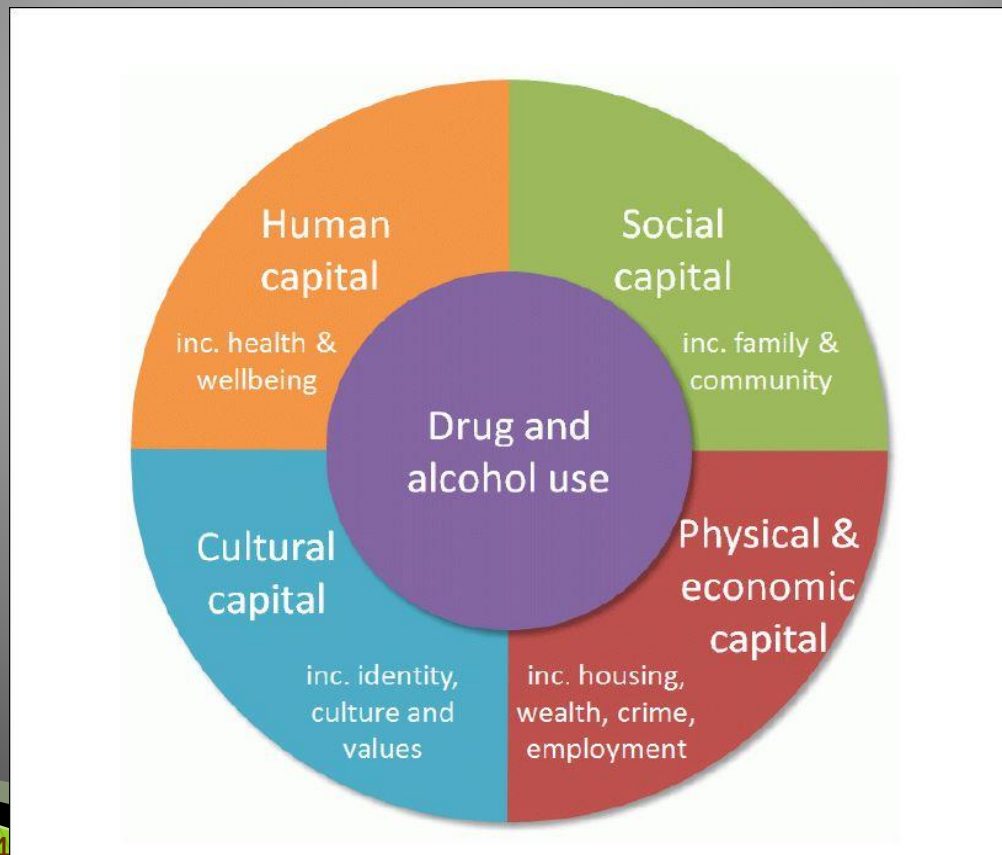
### Continued Development of Recovery Capital

- Recovery/Peer coach
- Sponsorship/Mentors in Recovery
- 12 Step work



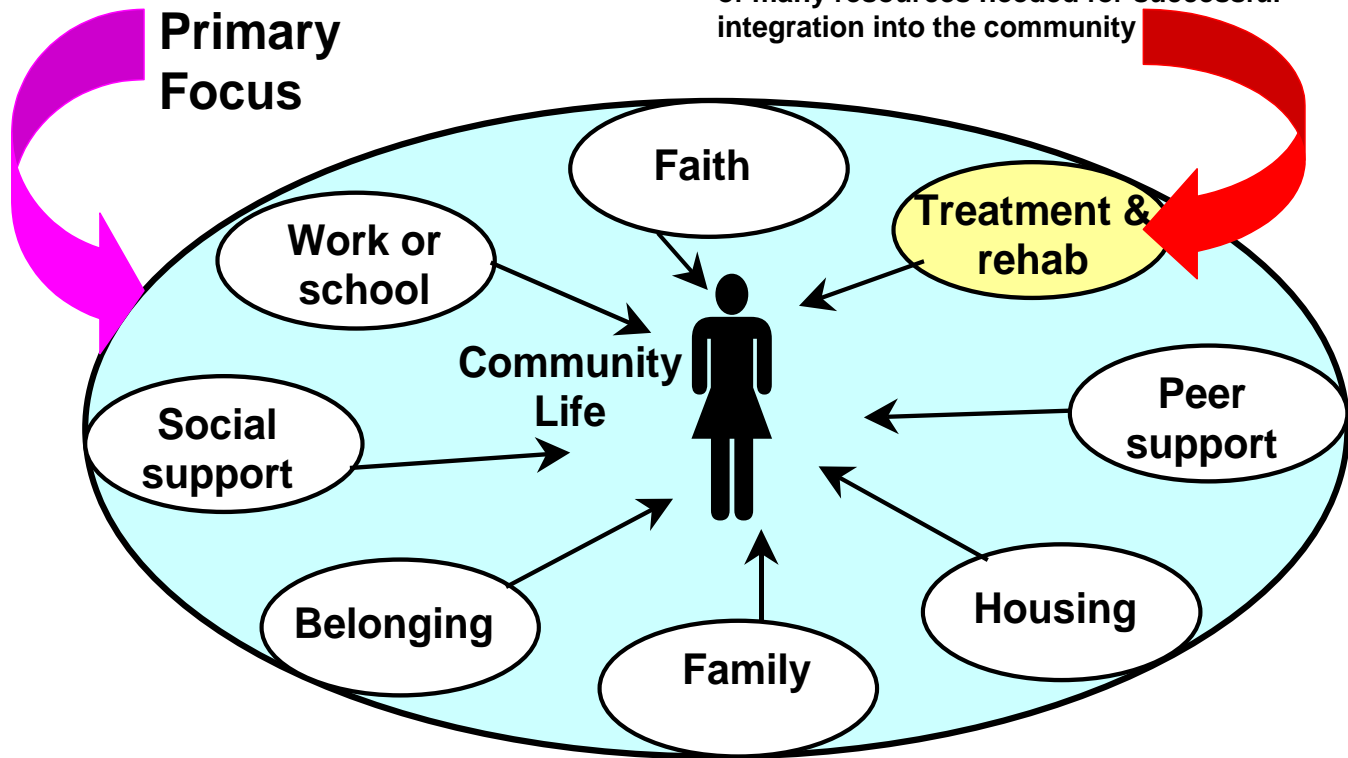
# What is Recovery Capital?

Recovery Capital: The quantity and quality of internal and external resources used to initiate or sustain recovery.



# Service System Progression Model 3: Recovery-oriented System of Care

In the model, clinical care is viewed as one of many resources needed for successful integration into the community



# Recovery Café Model

- ▶ A Healing Place – “You Matter”
  - Nutritious meals; Open Mic Nights; Computer Lab...
- ▶ Recovery Circles
  - Facilitated peer-to-peer support
- ▶ Volunteer Opportunities
  - Members can give back; improve communication skills; develop leadership skills, learn to interact effectively; share skills
- ▶ School of Recovery
  - Education classes address underlying causes of addiction; teach coping skills; build recovery capital
- ▶ Community-based 12-step meetings
- ▶ Referral Services
  - Network of service providers – housing , healthcare, mental health, legal assistance; referrals so Members can access the services they need

[www.recoverycafe.org](http://www.recoverycafe.org)



# Recovery Coach Academy (CCAR)

- ▶ Recovery coaches are not therapists.
  - Help people engage with treatment
  - Help with various skills needed for recovery
- ▶ Recovery coaches are professionals
  - Credentialing varies by state
  - Paid or Not Paid varies
- ▶ Recovery Coach Trainings
  - Through CCAR – [ccar.us](http://ccar.us)
  - Through Washington Recovery Alliance (WRA) and Access to Recovery (ATR) – [washingtonrecoveryalliance.org](http://washingtonrecoveryalliance.org)
  - Through The Evergreen Council on Problem Gambling



# Getting Help in Washington

**Problem Gambling Helpline (call or text):  
800.547.6133**

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





# Treatment Services in Washington

## OUTPATIENT SERVICES

- ▶ 35 State and Nationally Certified Gambling counselors
- ▶ Individual
- ▶ Group
- ▶ Family

## RESIDENTIAL SERVICES

- ▶ None in Washington State
- ▶ ECPG offers funding support for residential services out of state:
  - Oregon
  - Minnesota
  - TBD – Post Site Visit/Audit



# Training and Certification

- ▶ Washington State Problem Gambling Certification for treatment providers.
- ▶ Workshops/Conferences across the State provide quality training and Continuing Education/Clock Hours.
- ▶ Support for Clinical consultation and Supervision.
- ▶ *Four Directions* – Tribal Problem Gambling Awareness Conference.
- ▶ Tribal Casino/Card Room Employee Responsible Gaming Training.
- ▶ New RG STAR Online Casino Employee Responsible Gaming Training launching Fall 2017!



# Therapeutic Justice

- ▶ Problem Gambling Assessment and Treatment through Pierce County Drug Court and Family Court
  - Launched Fall 2012
- ▶ Modeled after first and only stand-alone Problem Gambling Court in the United States (Amherst, NY)



THERAPEUTIC JUSTICE

*"No matter how bad things get,  
there is always hope.  
I had lost that, but  
regained it before it was too late.  
Today, life is better than it has ever been.  
Hard work? Yes. Worth it? Undeniably."  
— Recovering gambler*



The Evergreen Council on Problem Gambling is proud to be a partner in the first Problem Gambling Track in a Therapeutic Justice Court in Washington State. We applaud those whose hard work is making life better – for them and for everyone close in their lives.

**PROBLEM GAMBLING HURTS  
TREATMENT WORKS**

 **EVERGREEN**  
council on problem gambling

24/7 Helpline: **1.800.547.6133**  
[www.evergreencpg.org](http://www.evergreencpg.org)

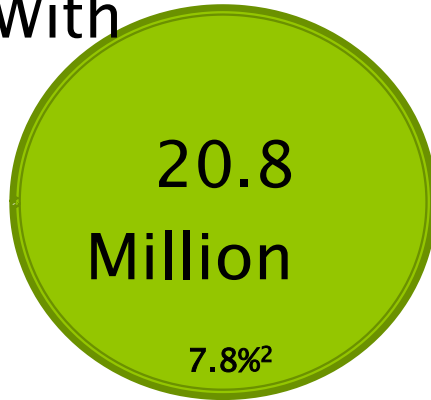
# Funding and Gaps in Services

- ▶ Currently no residential services in Washington for problem gambling treatment.
- ▶ GA and Gam–Anon meetings are available predominantly in large metro areas and often not in smaller communities.
- ▶ Many treatment agencies do not yet offer services for problem gambling treatment.
- ▶ Access to Recovery Oriented Systems of Care are limited.
- ▶ There are not enough trained counselors and Clinical Supervisors for problem gambling treatment in Washington.



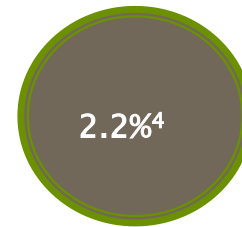
# Substance Use Disorders

U.S. Pop. With  
Past Year  
Problem <sup>1</sup>



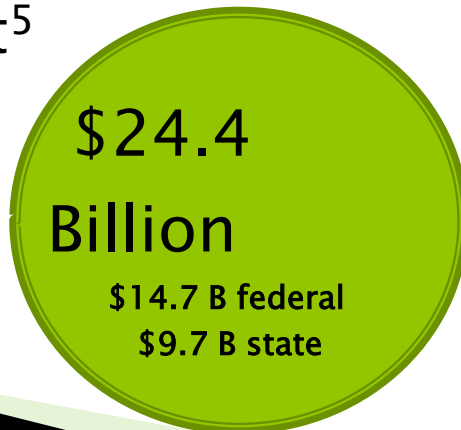
# Gambling Disorders

U.S. Pop. With Past Year  
Problem <sup>3</sup>



5.45 Million  
(3.8 times  
smaller)

2016 Public Funds  
Invested into SUD  
Treatment<sup>5</sup>



2016 Public Funds  
Invested into Problem  
Gambling Services<sup>6</sup>



\$73.0 Million  
(334 times  
smaller)

\$0 federal  
\$73 M state

# How Do I Become a Certified Problem Gambling Counselor?



## ▶ Criteria for Problem Gambling Certification

(See full certification packet at [www.evergreencpg.org](http://www.evergreencpg.org))

- Current certificate or license issued by the State of Washington to provide mental health or chemical dependency treatment services...
- Bachelor's Degree or a Bachelor's Equivalency\*
- 1,500 hours of professionally supervised post-certification or post-licensure experience providing mental health or chemical dependency treatment...
- Three letters of reference...



# Problem Gambling Counselor Certification Criteria (con't)

- Gambling-specific training and experience
  - Level I – 30 hours training (includes Introductory/Core training); 100 hours supervised experience working with problem gamblers
  - Level II – 60 hours training; 300 hours supervised experience working with problem gamblers
- Passing score on the National/International Gambling Counselor Examination
- Signed Problem Gambling Counselor Ethical Standards Statement
- Liability Coverage Insurance with a minimum \$1 million/\$3 million policy in effect



# Thank You!

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