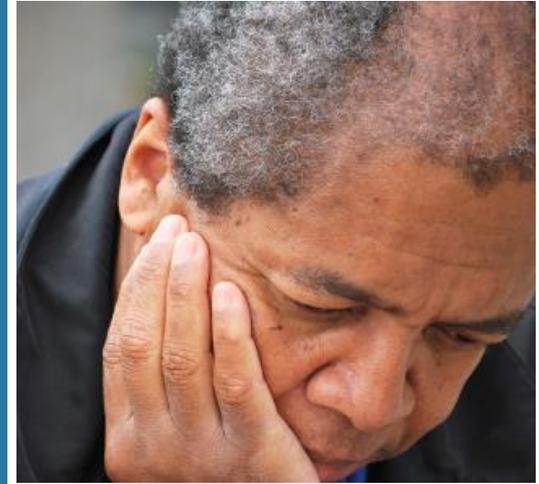


What is Problem Gambling? Local Data, Interventions and Moving Forward. Know Your Risks!

Charles W. Hartman, Ohio Certified Prevention Specialist II,
September 24th 2:00-3:30, 2015 Integrated Behavioral Health
Conference Charleston, W.V.



ONE WORD.....



Write down on a post it note in one (or two) words what is Gambling in your own opinion.

- Collect them and post in one spot, go over responses.

General Definition of Gambling



Gambling: 1. The activity or practice of playing a game of chance for money or other stakes.

2. The act or practice of risking the loss of something important by taking a chance or acting recklessly.

DSM V: Problem Gambling Defined



DSM-5 Diagnostic Criteria: Gambling Disorder

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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:

Needs to gamble with increasing amounts of money in order to achieve the desired excitement.

Is restless or irritable when attempting to cut down or stop gambling.

Has made repeated unsuccessful efforts to control, cut back, or stop gambling.

Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).

Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).

After losing money gambling, often returns another day to get even (“chasing” one’s losses).

Lies to conceal the extent of involvement with gambling.

Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.

Relies on others to provide money to relieve desperate financial situations caused by gambling.

The gambling behavior is not better explained by a manic episode.

Specify if:

Episodic: Meeting diagnostic criteria at more than one time point, with 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 for gambling disorder were previously met, none of the criteria for gambling disorder have been met for at least 3 months but for less than 12 months.

In sustained remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met during a period of 12 months or longer.

Specify current severity:

Mild: 4–5 criteria met.

Moderate: 6–7 criteria met.

Severe: 8–9 criteria met.

From the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition* (section 312.31).

Character Profile Activity



Pull-tab Penny: She values her relationship with her kids and family, Penny works as a waitress and has been spending a big portion of her tips on the Legion pull-tabs. Penny's husband is upset because her tips are a significant part of their combined income. Penny has begun to sneak to the Legion, and her husband is having trust/honesty issues with her as well.

Bingo Betty: Betty is a retired grandma that loves to regularly play Bingo twice a week, spending \$50 each night. Betty is on a fixed income and with new health care has never seen her savings drop to such a low level. Betty values her family and friends who live in her senior center. Her children argue with her over the money, so she is tempted to go only once per week. Betty loves the social aspect of going to the games with her friends, and craves the excitement of winning. She values the freedom the games give her.

Poker face, Lady Gaga: Lady G. likes her online poker. She feels like she is a naturally lucky person and she is about to cash in soon. Lady G. is a receptionist and she values her pet dogs, her nice nails, and fine dining. When Lady G. is doing well in poker she gets more of those things, during dry spells, she finds herself unable to take the pets for regular check ups, not have her nails done by someone else, and pack her lunch.

High-Roller Hal: Hal is in the oil business and likes a lavish lifestyle. Hal flies to Las Vegas once or twice a month and is received as a "whale" by the casinos. Compensated rooms and special treatment make him feel very special, he likes to flash his style and wears the nicest clothes. Hal sometimes will play roulette and craps, but he really enjoys going to the VIP area to play Texas holdem. Hal spends \$10,000 easily in a trip. Work has cut back some and all jobs are in jeopardy. Hal doesn't put a lot into savings and he finds that when he has a losing streak that he is very short tempered with his coworkers. Hal doesn't think he has a problem and can stop whenever he likes, he has gambled consistently since his college fraternity days.

Raffling Randy: Randy is a local store clerk that supports the local schools by buying raffle tickets. Randy values his school community, his local church, and his reputation. Randy gambles only \$100-\$200 per year with the raffles and some office sports pools. Randy feels that he is supporting his kids' school district by participating. Randy has never been in trouble and does not have relationship difficulties because of his choices.

Prevention Pollie: Pollie is a prevention person that may only spend \$5-10 dollars a year on Mega Millions when the lottery jackpot gets really high. She values her community, kids, and husband. Her husband's faith says any gambling is wrong, so they do have a conflict about the lottery. She says her husband doesn't know they paid for one small trip from a minor lottery win. Pollie feels guilty for her deception.

Sweepstakes Sally: Sally likes the Publishers House Clearinghouse Sweepstakes. She buys a couple magazines for herself and several for her niece and neighbors. She thinks the Prize Patrol will knock on her door someday. She values family, and she likes to be the favorite aunt. Her brothers and sisters tease her about winning someday, but they appreciate the thought of getting the kids educational magazines.



Losses Activity Instructions

- 1. Have your clients list their most important values on board (person, thing, concept). *I like to have three rows of five set up to fill in...**
- 2. Have them think about the values that are the most important to them.**
- 3. Have them list their own personal top three values and write the words protecting vs. risking next to them.**
- 4. Have the clients read character cards and complete losses worksheet.**
- 5. Have clients report on what their losses are for their character.**
- 6. Change What Do I Value to What are my losses? Show by marking off things on the now “Losses” board that someone could lose from gambling behaviors.**
- 7. Talk to them about protecting the things that they value vs. risking behaviors, and how focusing on the positives is an asset based message to keep the things dear to us safe.**
- 8. Find a personal closing quote to talk about making change happen, being intentional about it. Mine is “They say you cannot change one person 100%, but if you change 100 people 1%, you have really made a difference!”**

Losses Worksheet



Losses Worksheet

List one to three possible losses incurred as a result of your character's gambling.

List personal relationships that have been lost or damaged, or potentially lost or damaged as a result of your character's gambling behaviors.

Name three places that your character should not go to if they were trying to abstain from gambling behaviors and triggers.

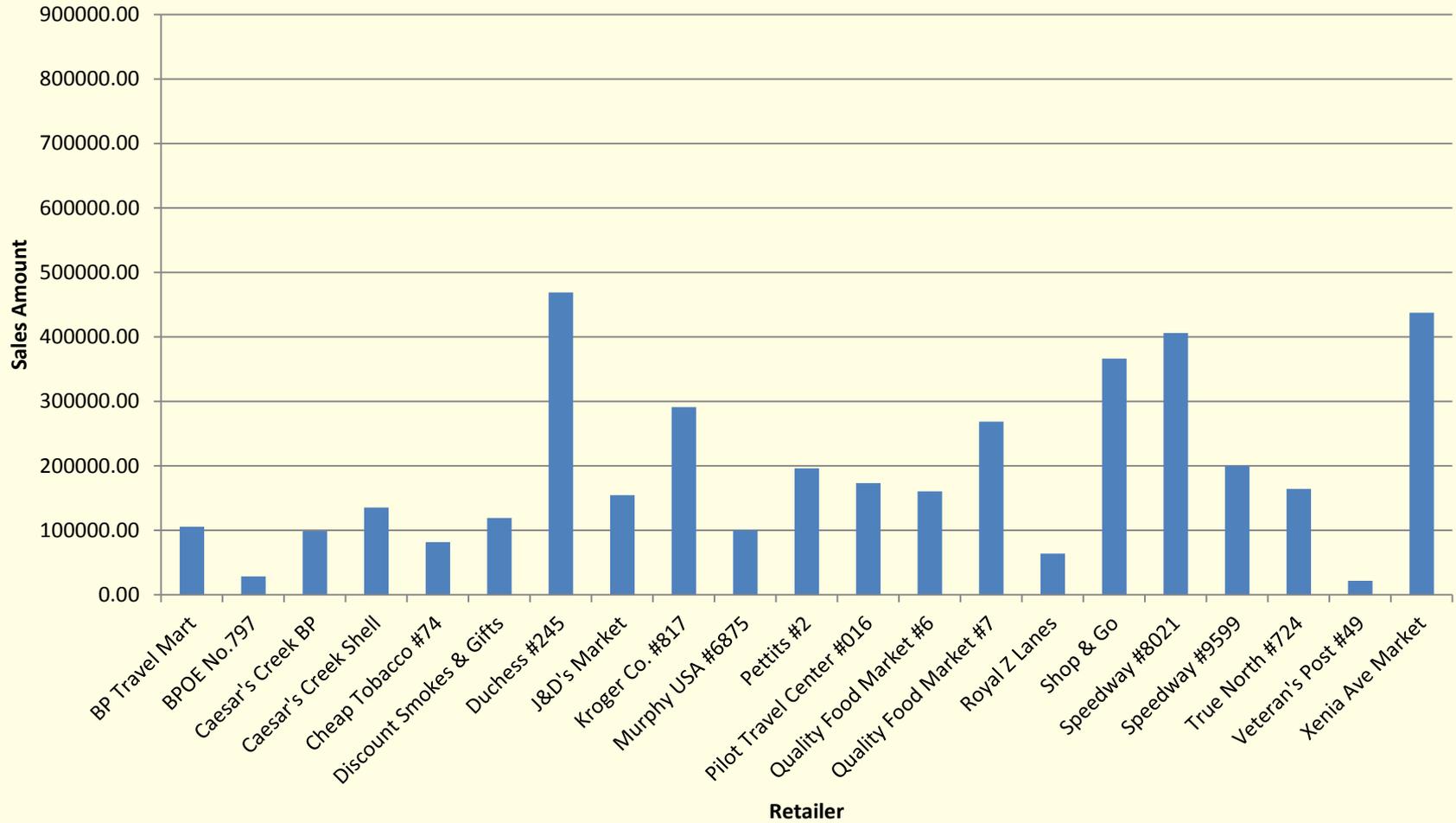
Name one to three people your character can't be around if they want to abstain from gambling behaviors.

List how gambling behaviors has cost your character financially. Also list any possible future losses they might incur as a result of gambling. What do you think their total loss could potentially be from a lifetime of gambling?

Clinton County Lottery Data 2013



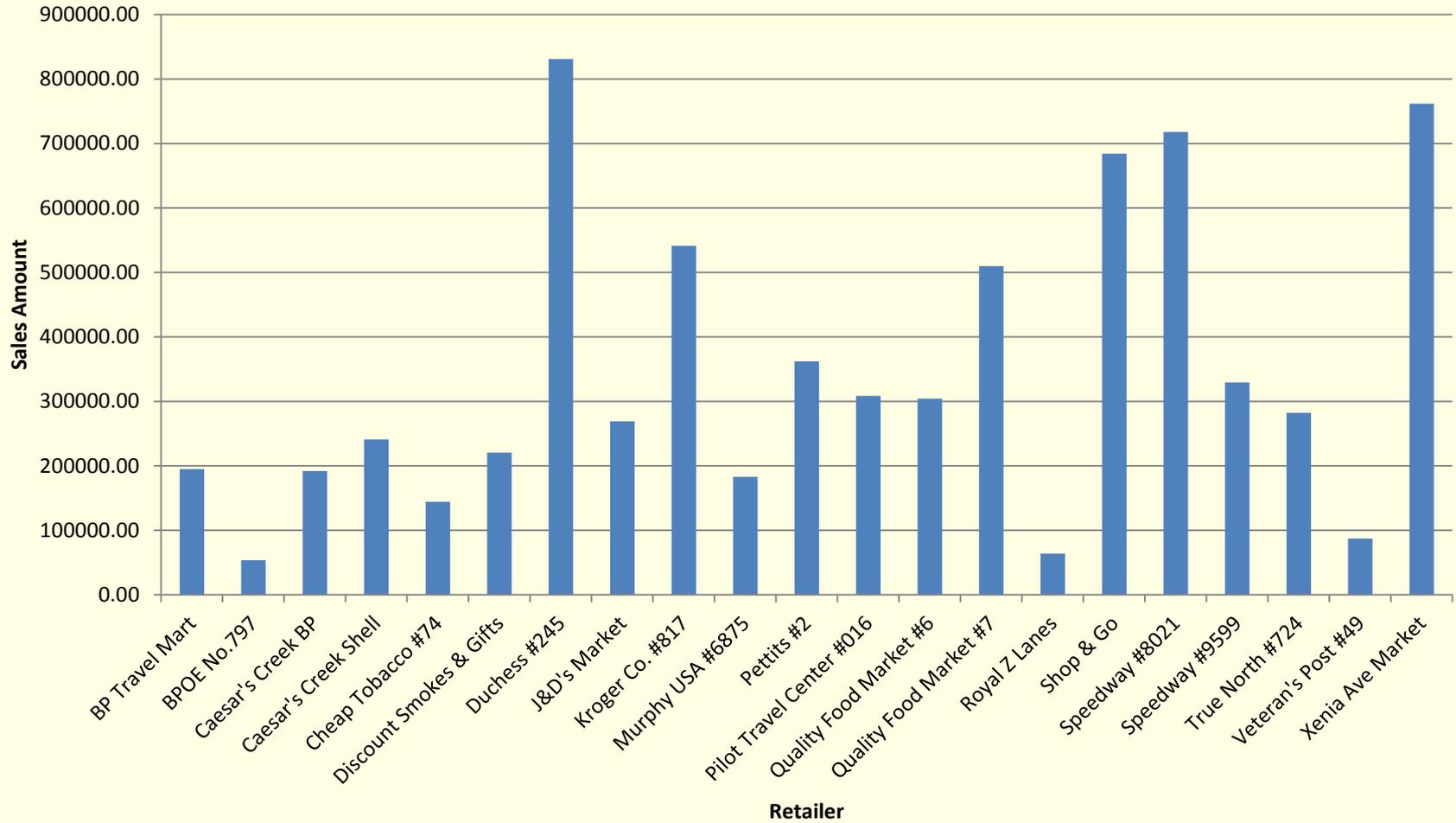
Clinton Co. Lottery Sales 2013



Clinton County 2014 Data



Clinton Co. Lottery Sales 2014



Lessons Learned



- **Clinton County has 1/5 the Population of Warren County.**
- **Clinton County spends twice the amount on lottery tickets.**
- **Clinton County is higher in unemployment, top 15 % statewide, while Warren County in the lower 15%.**
- **Clinton County has reported by vendors that people tend to come in at the beginning of the month and use “food stamp card” to buy groceries and then buy Lottery tickets and other unessential items with cash.**



Stacked Deck Lesson 1: House edge and gambling/problem gambling defined. Target audience is high school age, but well received by adults. It is evidenced based and inexpensive.

Do you have any questions or comments?

Possibly share some of our marketing strategies.

OHMAS has started the “Be the 95” campaign.

OHIO GPS has begun work on “Inverted Stoplight” campaign

Green: Know when gambling is a GO.

Yellow: Know when gambling is a SLOW.

Red: Know when gambling is a NO.

Contact



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