

DEALING **WITH ADDICTION**

**The Link Between Gambling and
Substance Abuse**



Mission Statement

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- **The Florida Council on Compulsive Gambling is a not-for-profit independent corporation concerned with the problems and effects associated with problem and compulsive gambling.**
- **The Council is under contract with state government and serves as Florida's advocate on gambling addiction and related issues.**

Programs and Services



Under state contract, the FCCG provides:

- **Toll-free Confidential 24-Hour HelpLine (888-ADMIT-IT)**
- **Prevention/education/outreach programs**
- **Training for medical/other health care professionals**
- **Representation on gambling related issues before policymakers**
- **Sponsor/conduct research**
- **Problem gambling awareness/education/training for governments/gaming operators/others**
- **Coordination/assistance in establishing alternative sentencing options in conjunction with judicial/law enforcement authorities**
- **Impaired Professionals Program**
- **Adolescent/senior outreach programs**
- **Statewide Speakers Bureau**

What is gambling?

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**Any time you bet money or something
of value on an event of uncertain
outcome, you are gambling.**

Forms of Gambling

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- Lottery
- Horse/Dog Racing
- Land Based Casinos
- Native American Casinos
- Floating Casinos
- Jai Alai
- Bingo
- Stock or Commodities Market
- Numbers
- Cards for Money, Not at a Casino
- Slot Machines, Poker Machines, Other Gambling Machines, Not at a Casino
- Dice Games, Not at a Casino
- Games of Skills for Money
- Sports
- Office Pools, Raffles or Charitable Small-Stakes Gambling
- Internet
- Trading or “Chasing” Cards
- Flipping Coins
- Dares
- Other

Problem Gambling

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Gambling is a problem when it adversely affects:

- Relationships
- Family and friends
- Physical, social and mental health
- School/work attendance and performance
- Financial status/choices
- Values/law
- Other areas of life

Types of Gamblers

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- **Social Gambler** sets aside time and money to gamble. Gambling does not interfere with any aspect of their life.
- **Problem Gambler** dedicates more time, money and thought to gambling. Gambling beginning to interfere with an aspect(s) of their life.
- **Pathological Gambler** preoccupied with gambling – every waking thought is about gambling.

Pathological Gambling Definition

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...Pathological gambling is a progressive disorder in which an individual has a psychologically uncontrollable preoccupation with an urge to gamble, resulting in damage to vocational, family and social interests.

...It is characterized by a chronic and progressive inability to resist the impulse to gamble.

...It was first diagnosed and recognized by the American Psychiatric Association in 1980 and published in the Diagnostic Statistical Manual.

DSM-IV Criteria for Pathological Gambling

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- A. Persistent and recurrent maladaptive gambling behavior as indicated by five or more of the following:**
- Preoccupation with reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble
 - Needs to gamble with increasing amounts of money in order to achieve the desired excitement
 - Has repeated unsuccessful efforts to control, cut back, or stop gambling
 - Is restless or irritable when attempting to cut down or stop gambling
 - Gambles as a way of escaping problems or relieving a dysphoric mood

DSM-IV Criteria for Pathological Gambling, cont'd

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- After losing money gambling, often returns another day to get even
 - Lies to family members, therapist, or others to conceal the extent of involvement with gambling
 - Has committed illegal acts such as forgery, fraud, theft, or embezzlement to finance 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 a desperate financial situation caused by gambling
- B. The gambling behavior is not better accounted for by a manic episode**

Progression

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- **Pathological gambling is defined as a progressive condition, which takes years to develop.**
- **Problem gambling among adolescents is viewed as a pre-clinical state. Likelihood to progress to adult classification depends upon variety of factors and influences, including prevention, education and treatment efforts.**

Diagnostic Classifications

At-Risk	1 - 2 criteria
Problem	3 - 4 criteria
Pathological	5+ criteria

Problem Gambling/Dual Addiction: Gambling & Substance Abuse

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- **30-50% of problem gamblers in treatment are substance abusers**
- **10-30% of addicts in treatment are problem gamblers**
- **20% of callers to the Florida Council on Compulsive Gambling Helpline report a drug or alcohol problem**

Problem and Pathological Gambling **DEALING** Prevalence in Florida **WITH ADDICTION**

- **Florida Adult Population**
 - 2% are past year problem/pathological gamblers
 - 3.6% are lifetime problem/pathological gamblers
 - 7.1% are current at-risk gamblers
 - 12.1% are lifetime at-risk gamblers
- **Florida Older Adults (55 and older)**
 - 1.1% are past year problem/pathological gamblers
 - 1.8% are lifetime problem/pathological gamblers
 - 3.7% are at-risk gamblers
 - 8% are lifetime at-risk gamblers

What Does the Research Show? Prevalence in Florida

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Serious to Severe Gambling Difficulties

- Adults - 9%
- Seniors – 5 %
- Adolescents – 12%
- College students – 5%*

*2.7% problem and 2.4% are pathological – 14.1 % are at-risk

Substance Abuse and Problem/Pathological Gambling

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Similarities

- Preoccupation
- Lack of Control
- Use/Abuse of Substances
- Depression
- Escape from Dysphoria
- Dysfunctional Families
- Low Tolerance for Frustration
- Denial
- Chasing
- Poor Communication Skills
- Co morbidity
- Poor Self Esteem
- Superstitious Behaviors
- Need for Immediate Gratification

Substance Abuse and Problem/Pathological Gambling

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Differences

- No visible addiction
- No overdose with gambling
- Very functional until bottom
- High suicide attempt rate
- High is internal, not external
- Lengthy time for hope to become reality
- Impact on families lasts longer
- Minimal public awareness
- No substance ingested
- Immediate financial crisis
- Perception/acceptance of disorder
- Far few resources
- Often solitary activity
- Little prevention programming available
- 100% abstinence very difficult

Jellinek Vs. Custer Curve

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- Handout
 - Similarities?
 - Differences?

Gambling and Mental Health

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- Individuals with both pathological gambling and substance abuse disorders have the highest degree of impulsivity
- A positive correlation has been found between the severity of an individual's gambling problem and depression
- Pathological gambling frequently co-occurs with affective disorders; high rates of major depression and bipolar disorders exist among patients with compulsive gambling.
- The co-occurrence of compulsive gambling with attention deficit disorder is fairly consistent

Assessing Clients: Top 10 Elements (See Handouts)

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- 1. Determine why the client presented for help**
 - Self-initiated, spouse/partner required, court stipulated, etc.
- 2. Conduct the Lie-Bet Screen (Preliminary screen)**
 - Have you ever felt the need to bet more and more money?
 - Have you ever had to lie to people important to you about how much you gambled?
 - (For adolescents, modify to read “argue” (FCCG finding))
- 3. Perform the DSM-IV Assessment (“Official” screen if ever presented in legal proceeding)**
- 4. Complete the SOGS (assesses progression)**
- 5. Ask to approximate how much money is owed and who money is owed to (e.g. family, friend, co-worker, credit card, bank, bookie, loan shark, etc.)**

Assessing Clients: Top 10 Elements

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- 6.** Identify whether the client is working
 - Employment type
- 7.** Determine if the client has engaged in any illegal activity due to their gambling (if yes, what?)
- 8.** Screen for alcohol or other drug use/abuse
- 9.** Conduct suicide assessment
- 10.** Identify the client's relationship status
 - Determine whether any children of minor age at home

Assessing Problem and Pathological Gambling

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- Lie-Bet Screen
- DSM-IV Screen (very conservative tool)
 - Only diagnoses for pathological gambling
- South Oaks Gambling Screen (SOGS) and Revised for Adolescents (SOGS-RA)
- Significant Other Gambling Problem Severity (SOG-PS)
- Older Adults (FCCG Screen)
- Gamblers Anonymous/GamAnon Peer Support Groups –
 - Developing understanding of GA (e.g. Pressure Relief Group) is imperative for clinician.

Treating Substance Abuse and Problem/Pathological Gambling

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Substance Abuse Client:

- “People” – Join support group; identify and restrict exposure to “using” friends, dealers, etc.
- “Places” – Stay out of bars, limit attendance at events where substances are used (football games, parties, etc)
- “Things” – Identify substances of choice and take steps to reduce or eliminate exposure; dispose of drug paraphernalia, other potential triggers

Treating Substance Abuse and Problem/Pathological Gambling

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Important Distinctions

- “People” – Join support group; identify and restrict exposure to using friends, dealers, etc.
GA – not as many young people as other 12-step programs; difficult to find peer support; limited awareness or understanding
- “Places” – Stay out of bars, limit attendance at events where substances are used (football games, parties, etc)
Gambling is everywhere – online, at the convenience store, on the football field or basketball court; difficult to avoid
- “Things” – Identify substances of choice and take steps to reduce or eliminate exposure; dispose of drug paraphernalia, other potential triggers
Biggest trigger is money – money is the drug, but cannot be avoided; gambler cannot avoid money

Money and Recovery

- Money is a major factor for consideration:
 - Limit access to cash (never carry more than \$20 in pocket)
 - No credit cards or ATM cards
 - Buddy for sporting events; family activities where gambling may occur; even for trips to the convenience store, if necessary
 - Limit computer access for online gambler

Family, Friends, and Loved Ones

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- May suffer consequences and require own support
- Great source of information on gambler
- Source of bailout – need education to stop rescuing
- May have to manage money on behalf of gambler

Resources

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- **888-ADMIT-IT (888-236-4848)**
 - 24-hour Toll-free Confidential and Multilingual HelpLine
- **FCCG website: www.gamblinghelp.org**
 - Online Forums: www.gamblinghelp.org/forum
- **Dealing with Addiction**
 - Other toolkits
- **Brochures and posters**
- **FOCUS and Senior FOCUS newsletters**
- **Recovery workbook series**
- **Professional Training**
- **Certified Gambling Counselors**
- **Legal and financial resource referrals**
- **Other**

24-Hour HelpLine 888-ADMIT-IT

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- **Statewide Access**
- **Staffed 24-Hours Daily**
- **Access to Language Line**
- **Handle Crisis and Non-Crisis Calls**
- **Supportive Intervention**
 - **Diverse Concerns**
- **Up-to-Date Resource and Referral Information**
 - **Trained Service Providers/Self-Help/Other**
 - **PATS Program**
 - **Soft Transfers**
 - **Peer Connect**
 - **Financial and Legal referrals**

Gambling Addiction Certification



- Currently, the FCCG uses nationally certified and trained counselors as referrals
- The Florida Certification Board has established a Florida specific credential for a Certified Gambling Addiction Counselor (CGAC)
 - Assures the public a minimum level of competency for quality services
 - Gives professional recognition to CGACs through a process that examines work competencies
 - Assures an opportunity for ongoing professional development for CGACs
 - Promotes professional and ethical practice by enforcing adherence to a Code of Ethics
- Current grandfathering period for the CGAC.

Prospects

- New Client Base
- Ability to better serve current client population
- Certification as CGAC
- Partnership opportunities
 - HelpLine referrals
 - Stipends for HelpLine referral assessments (PATs Program)
 - Expanded training opportunities
 - Informational materials support
 - Continuing Education Credits (CEUs)
 - CEUs for mental health, addiction and prevention professionals (Certified Board of Addiction Professionals of Florida and the Board of Clinical Social Work, Marriage and Family Therapy and Mental health Counseling, Psychologists granted by Florida Board of Psychology).

Contact

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For more information, contact:

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