

DEALING **WITH ADDICTION**

Addiction is Not a Game!



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 & Services

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Under state contract, the FCCG provides:

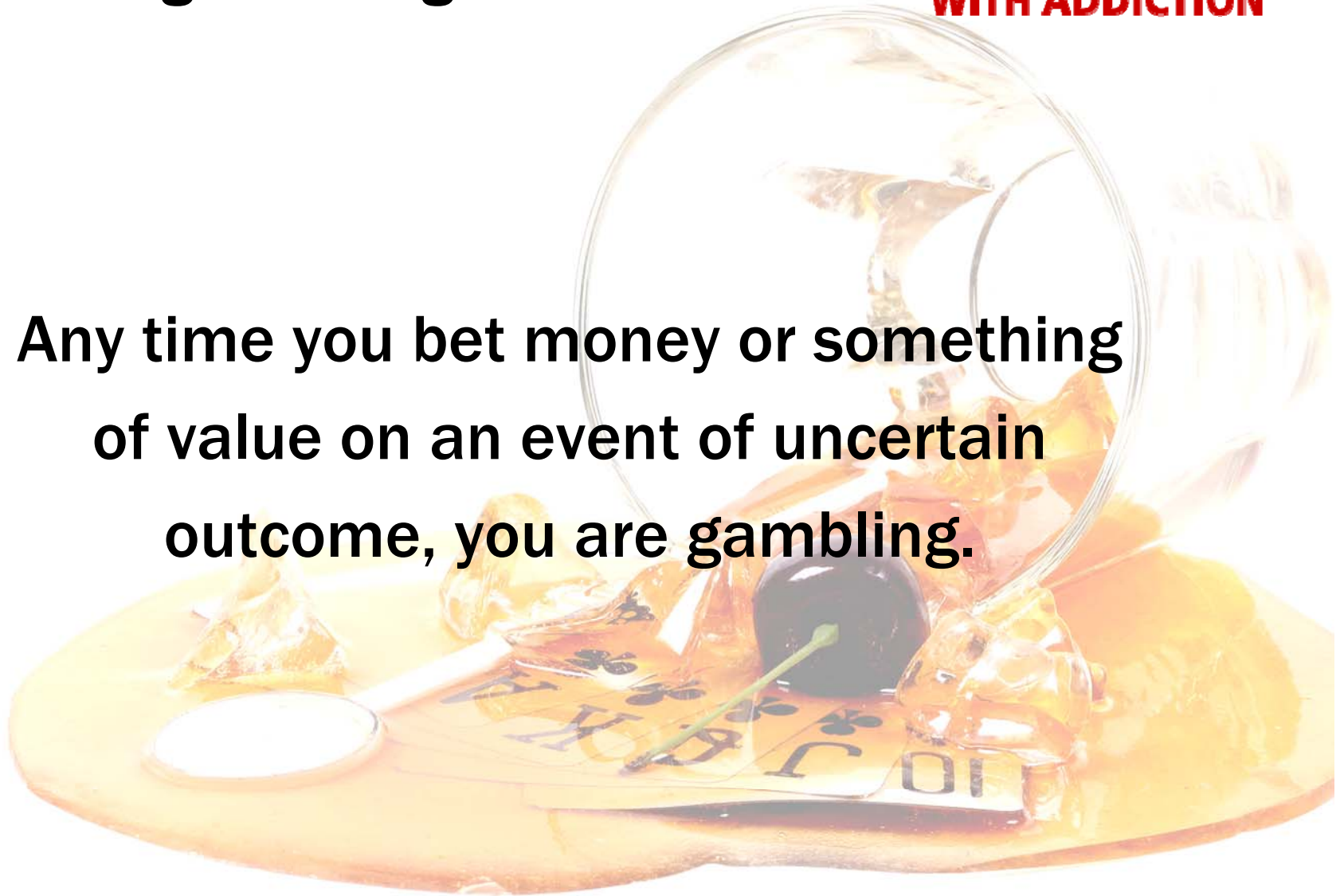
- Toll-free Confidential 24-Hour HelpLine (888-ADMIT-IT)
- Prevention/education/outreach programs
- Training for medical/other health care professionals
- Representation on gambling related issues before policymakers
- Sponsor/conduct research
- Problem gambling awareness/education/training for governments/gaming 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



*Not available in Florida

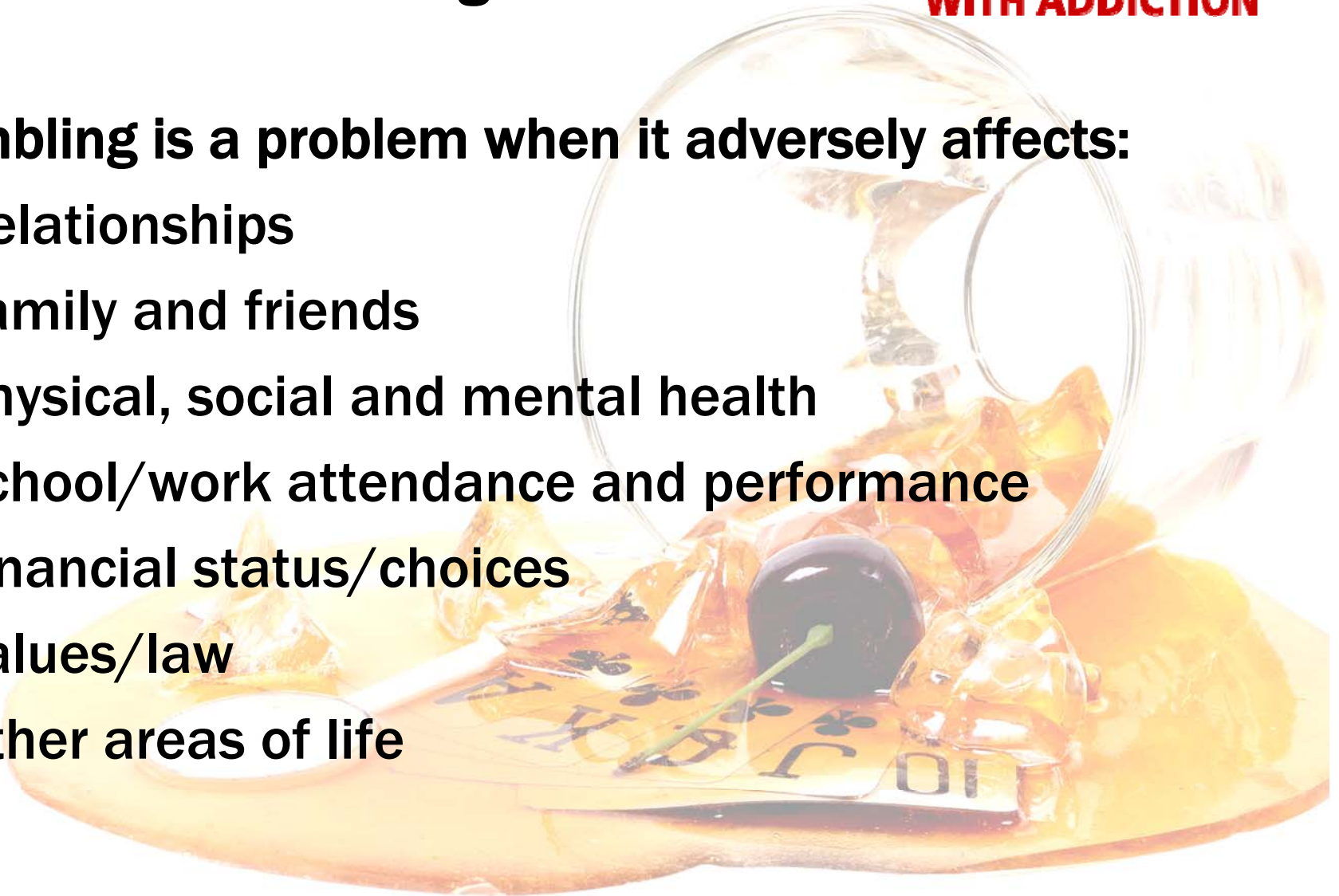
**Broward County referendum

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

- **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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- To be classified as a pathological gambler, an individual must meet at least five (5) of the following ten (10) criteria:
 - thinks constantly about gambling
 - increases bets to sustain thrill
 - exhibits agitation when cutting back
 - gambles as an escape
 - chases losses
 - lies to conceal activity
 - finances bets through illegal acts
 - jeopardizes significant relationships
 - relies on financial bailout
 - fails in effort to control or stop



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

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



Problem/Pathological Gambling Prevalence in Florida - Adults and Older Adults

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Based on the South Oaks Gambling Screen (SOGS):

- **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



Problem Gambling Prevalence Among College Students

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Florida prevalence study will be completed in 2008

- 2.9 million young people, ages 14-22 gamble on cards in an average week, and 15.4% of college youth report gambling on cards on a weekly basis.
- Members of fraternities and sororities are more likely to participate in gambling activities than those students not affiliated with the Greek communities.
- 35% of male athletes participating in a NCAA governed sport bet on college sports in the past year, in direct violation of NCAA bylaws.

(See College Fact Sheet for citation information)



Problem Gambling Prevalence: Florida Youth

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- FCCG study (conducted by University of Florida, 2002)
- **1,051 Florida adolescents surveyed:**
 - Ages 13-17
 - 3.8% of Florida adolescents are problem or pathological gamblers.
 - 5.9% of Florida adolescent males are problem or pathological gamblers vs. 1.6% of females.
 - 8.2% of Florida adolescents are at-risk gamblers



Problem Gambling Prevalence: DJJ Population

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- Of 518 youth, 91% gambled on at least one form of gambling within their lifetime, while 426 (74.9%) acknowledged same within the past year.
- Of 426 youth gambled in past year before entering residence, 45.3% cited they bet \$100 or more at one time; with nearly two-thirds stating they bet \$50 or more.
 - 15% lost \$400 in single day, while 40.9% lost \$100 or more.
- Over four-fifths (83.6% or 356 of 426) of those who gambled in last year have at least one negative consequence – translates to 62.9% of the entire residential population.
- 14.2% of entire sample and 16.9% of those gambling in last year (78), attribute their institutionalization in part to gambling.



Problem Gambling Prevalence: Florida Middle and High School Students (1 of 2)

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- **Study conducted by Florida Department and Children and Families (Florida Youth and Substance Abuse Survey)**
 - Middle and high school students
 - Focus: alcohol, tobacco, other drugs, and risk/protective factors
- **Two questions added**
 - Gambling frequency in past year
 - Whether betting caused arguments
- **Secondary analysis (Drs. Lieberman and Cuadrado, 2006)**
 - 8,501 (near 50-50 male/female)
 - Past year - **12.6%** gamble monthly or more and **4.3%** bet weekly or more



Problem Gambling Prevalence: Florida Middle and High School Students (2 of 2)

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- 14.9% had arguments with family or friends due to gambling
- Problem gamblers are:
 - More likely to use alcohol and drugs in past 30 days
 - Twice as likely to be drunk or high at school within past year
 - Six (6) times more likely to carry a gun to school within past year
 - Far more likely to do poorer in school, skip class for six (6) or more days
 - Nearly three (3) times more likely to attack someone to hurt and more than three (3) times more likely to have been arrested
- Overall, the higher the Gambling Risk Score, the more likely to engage in antisocial or problematic behavior



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



Comparison: Substance Abusers vs. Problem/Pathological Gamblers

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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



Comparison: Substance Abusers vs. Problem/Pathological Gamblers

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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



Gambling and Mental Health

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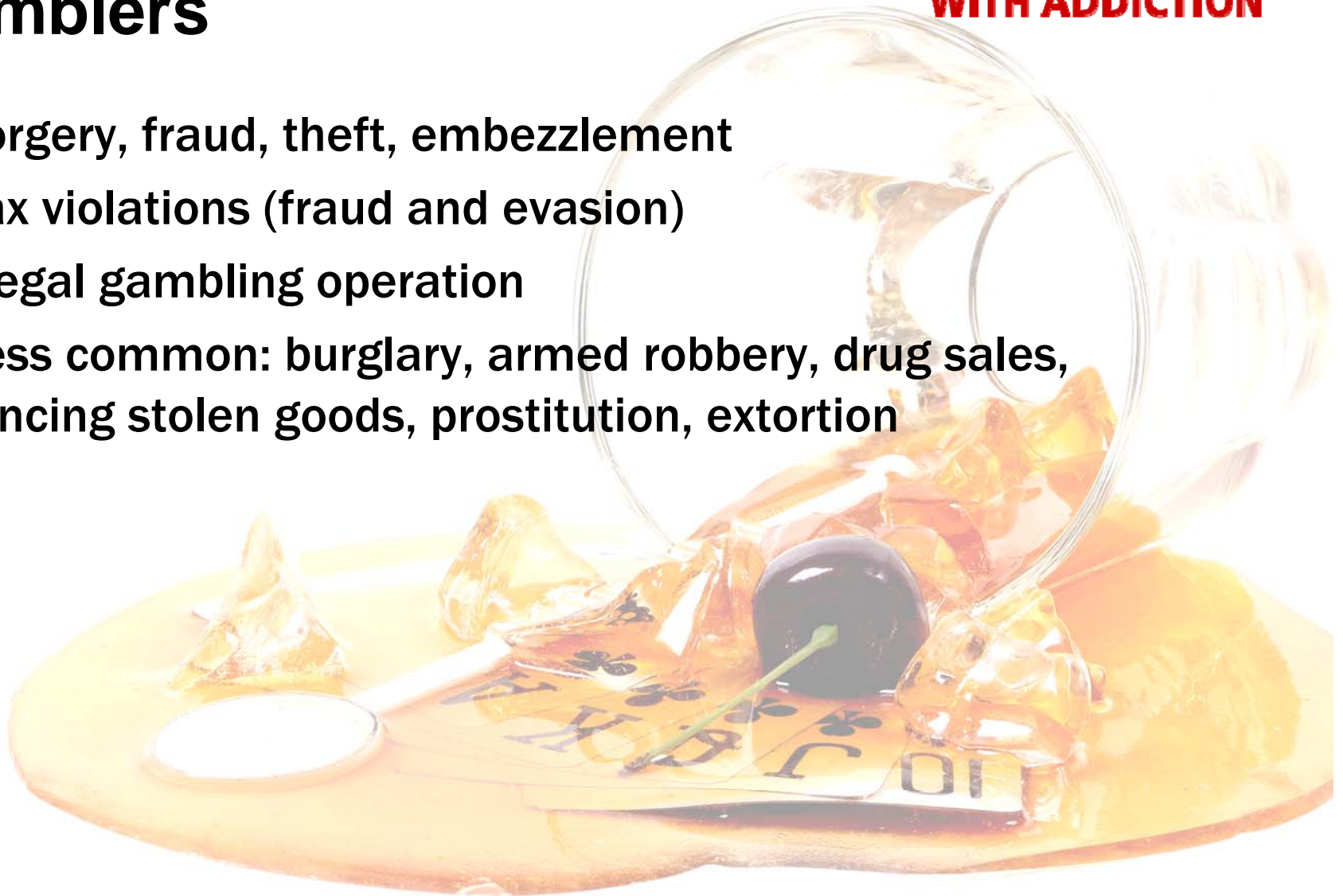
- Individuals with both pathological gambling and substance abuse disorders have the highest degree of impulsivity
- A positive correlation has been found between the severity of an individual's gambling problem and depression
- Pathological gambling frequently co-occurs with affective disorders; high 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



Crime Among Pathological Gamblers

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- Forgery, fraud, theft, embezzlement
- Tax violations (fraud and evasion)
- Illegal gambling operation
- Less common: burglary, armed robbery, drug sales, fencing stolen goods, prostitution, extortion



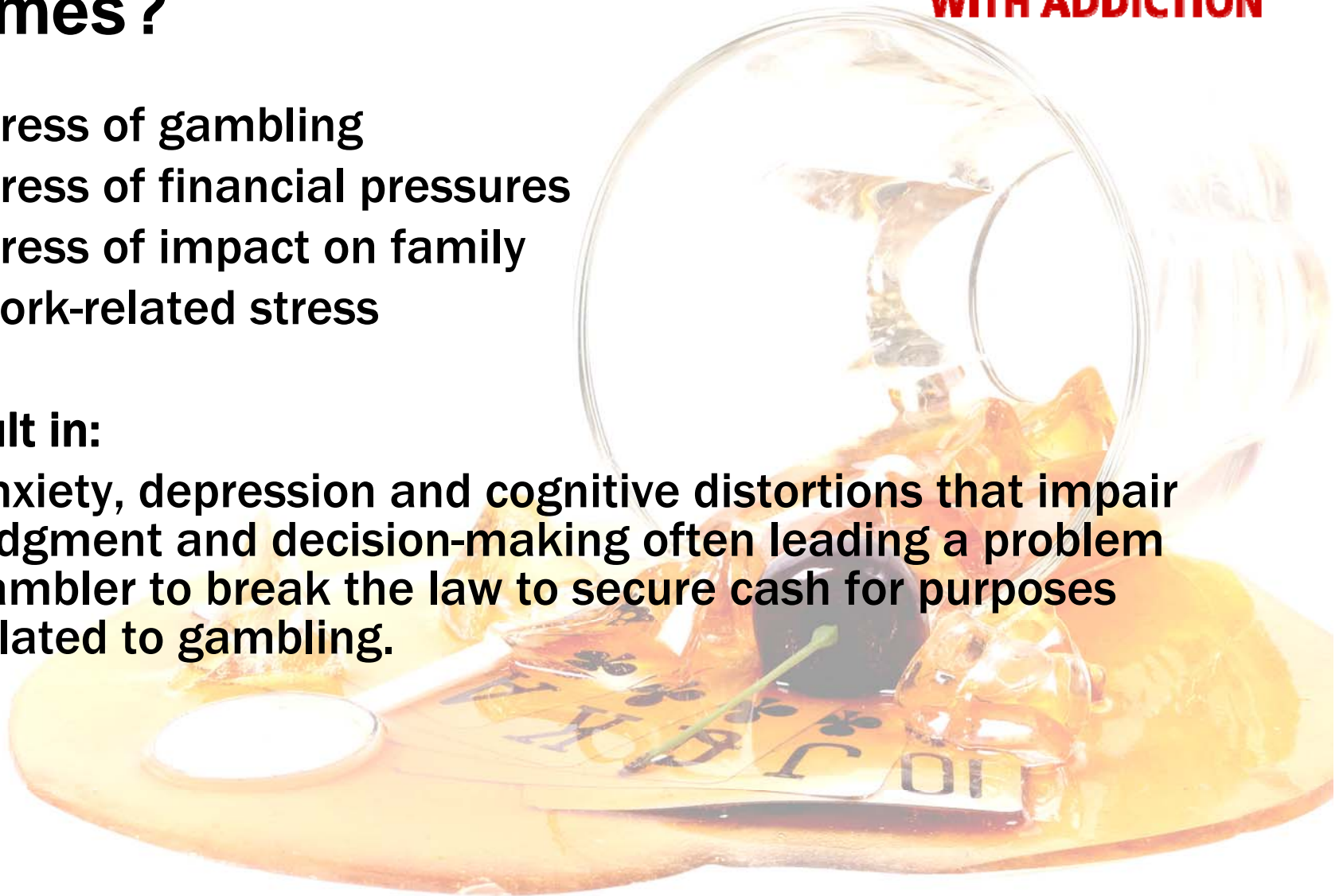
Why Gamblers May Commit Crimes?

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- Stress of gambling
- Stress of financial pressures
- Stress of impact on family
- Work-related stress

Result in:

- Anxiety, depression and cognitive distortions that impair judgment and decision-making often leading a problem gambler to break the law to secure cash for purposes related to gambling.



Assessing Problem and Pathological Gambling

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- **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)**
- **Quick Screen**



Quick Screen

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To quickly assess whether a client is experiencing a gambling problem, you need only ask the following three questions:

- 1.** Have you ever felt the need to bet more and more money?
- 2.** Have you ever had to lie to people important to you about how much you gambled?
- 3.** Have you ever argued with friends, family members or other persons close to you about your gambling?

A response to **1** or more questions warrants further investigation.



Building Partnerships

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- **Florida's Substance Abuse Advisory Council**
 - **Importance of prevention partnerships**
- **Identify and develop partnerships with local, well established organizations and individuals**
 - **Broward County Dept. of Human Services, Ft. Lauderdale, FL**
 - **Miami-Dade Coalition for a Safe and Drug-Free Community, Miami, FL**
 - **Family and Children Faith Coalition, Miami, FL**
 - **Center for Drug Free Living, Orlando, FL**
 - **Gateway Community Services, Jacksonville, FL**
 - **Hillsborough County Anti-Drug Coalition, Tampa, FL**
 - **Florida Association of Alcohol and Drug Abuse, Tallahassee, FL**
 - **Florida Certification Board, Tallahassee, FL**
 - **Academic and government organizations, addiction and mental health professionals/agencies, elder service providers, youth entities, gaming operators and others.**
- **Goals and objectives**



24-Hour HelpLine 888-ADMIT-IT

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- **Statewide Access**
- **Staffed 24-Hours Daily**
- **Access to AT&T 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
 - Financial and Legal referrals



Additional Resources

(1 of 5)

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- FCCG website: www.gamblinghelp.org
- Online Forums: www.gamblinghelp.org/forum
- Dealing with Addiction Toolkit
 - Jointly produced by FCCG and FADAA
 - Mini DVD self-contained mailer
 - 15 minute insightful video featuring recovering persons cross addicted and clinicians in the field
 - Problem gambling assessment tools
 - Research information
 - PowerPoint presentation for professionals and more



Additional Resources

(2 of 5)

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- **Middle and High School Prevention Curriculum**
 - Approved by State Education Department, endorsed by Departments of Children and Families, Health, Drug Control, Juvenile Justice, and funded by Florida Lottery
 - Based upon Florida educational standards, highly flexible and includes Instructor Guides, Student Workbooks and Counselor Guide
 - Online lesson plans
- **DJJ Program – “Are You Gambling with Your Life?”**
 - DJJ Approved
 - 10-hour in-house program, training, interactive CD and joint poster



Additional Resources

(3 of 5)

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- **PTA Toolkit - *Underage Gambling....It's Not a Game***
 - Program provides tangible tools to parents, teachers and students that furnishes insight, factual information, as well as PowerPoint presentation materials, and includes interactive CDs, a Jeopardy game, educational DVD, and more.
- **Managing the Odds: Problem Gambling Program for the Workplace**
- **Professional training - Aid mental health, addiction and other professionals to meet requirements for national certification as a Compulsive Gambling Counselor.**



Additional Resources

(4 of 5) **DEALING WITH ADDICTION**

- **Elder services**
 - Professional Training
 - Playing it Safe Toolkit
 - Senior Jeopardy – Just like the TV show (CD)
 - The Road Back – a video docudrama (30 minutes – DVD)
 - Accompanying PowerPoint Presentation (CD)
 - Gambling and Older Adults – professionals and problem gamblers talk openly about their experience (14 minutes - DVD)
 - Senior FOCUS (FCCG newsletter in English and Spanish)
 - Brochures, poster and bookmark
 - Fact sheets
 - Warning Signs
 - *Play it Safe* money with how-to tips on keeping gambling safe
 - Practical collateral materials highlighting the HelpLine number
 - Online forum (to be unveiled)

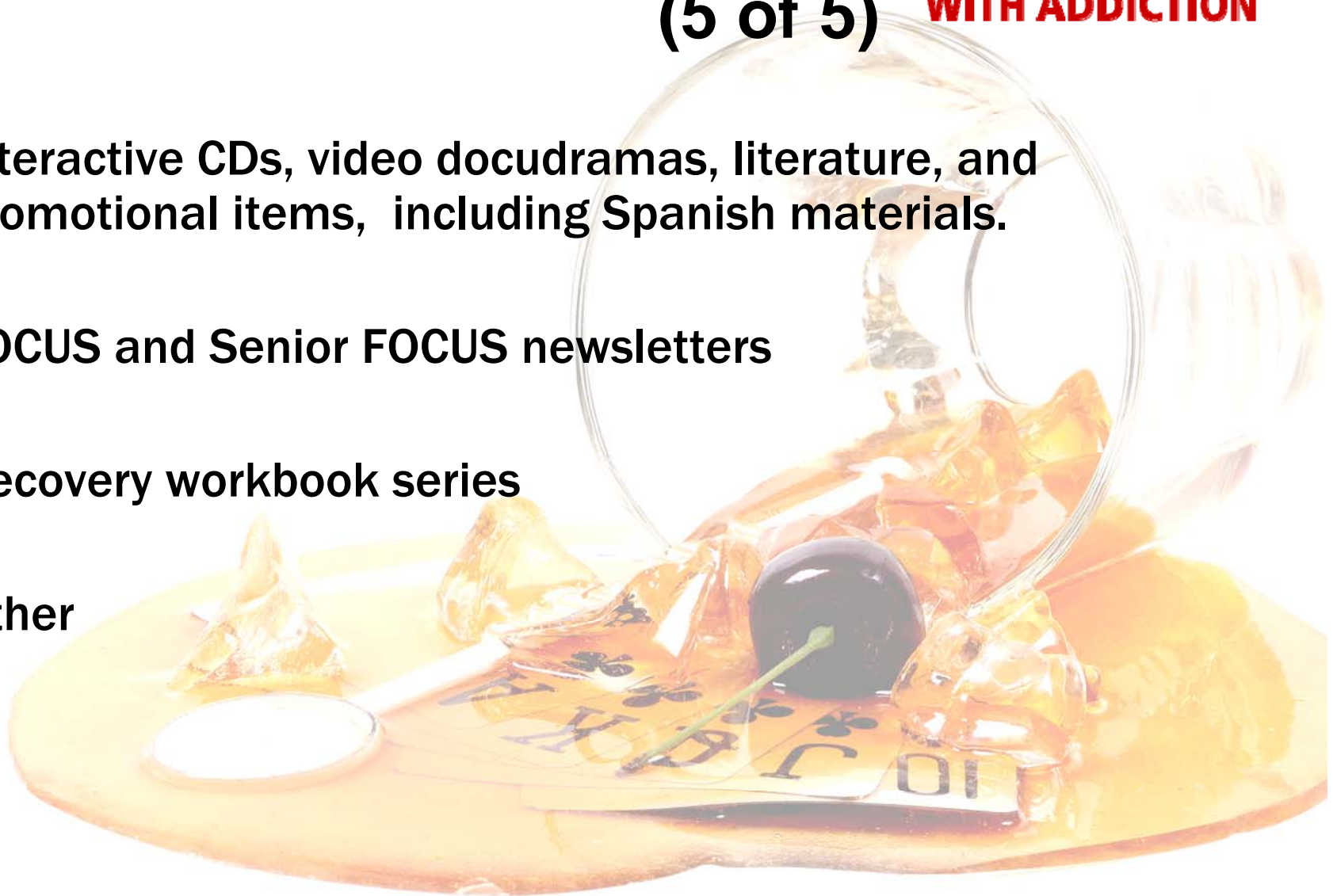


Additional Resources

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- Interactive CDs, video docudramas, literature, and promotional items, including Spanish materials.
- FOCUS and Senior FOCUS newsletters
- Recovery workbook series
- Other



High Risk Factors

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- Inability to have fun without participating in gambling or using alcohol and/or drugs.
- Lack of interest in family, work or recreational pursuits.
- Urges, cravings or preoccupations with gambling, alcohol and/or drugs.
- Using gambling, alcohol and/or drugs as a way to alter one's mood or outlook.
- Contemplating unrealistic and/or immediate solutions to serious problems.
- Placing oneself in high-risk situations.
- Feeling vulnerable to relapse.
- Isolating or withdrawing from one's support network.



Warning Signs

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- Careless and disinterested in family, work or school.
- Absent from home, work or school because of gambling alcohol and/or drug use.
- Losing time, efficiency or ambition in any aspect of life because of gambling, alcohol and/or drugs.
- Absent from home, work or school for periods at a time to check sources or place bets (e.g. drug dealer, bookie, etc.)
- Considering committing a crime to finance the need to gamble or do drugs.
- Erratic or unpredictable due to gambling, alcohol or drug use, or other mental health problems.
- Feeling like giving up or having self-destructive thoughts.



Contact

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For more information, contact:

Florida Council on Compulsive Gambling, Inc.
901 Douglas Avenue, Suite 200
Altamonte Springs, FL 32714
888-ADMIT-IT
(888-236-4848)

Email: fccg@gamblinghelp.org
Website: www.gamblinghelp.org
Online Forum: www.gamblinghelp.org/forum

