

PATHOLOGICAL GAMBLING for CAPTASA

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WHAT IS GAMBLING?

1. Individual must realize that he/she is putting money or valuable at risk.
2. Once bet, this money or valuable object is irreversible
3. The outcome of the game is determined by chance

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LEVELS OF GAMBLING

- Level 0** – Do not gamble at all.
- Level 1** – Gambling presents, but with little or no adverse consequence.
- Level 2** – Pattern of gambling that is associated with a wide range of adverse reactions or consequences ranging from mild to moderate.
- Level 3** – Experience the most extreme negative consequences and meet diagnostic criteria for pathological gambling.

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WHAT MAKES A GAME ADDICTING?

1. Immediacy
2. Ability to increase play in dollars and time
3. Perception of skill
4. Ability to block out external stimuli to get lost, escape or disassociate

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Prevalence & Demographics

- National estimates place prevalence of compulsive gambling at 1 % of the population and problem gamblers at 3% - in Kentucky that translates to 25,000 compulsive gamblers and 75,000 problem gamblers.
- Research done by University of Illinois indicates that each compulsive gambler cost society \$13,000.00 each year. In Kentucky, that translates to an economic impact of \$325 million each year.
- It is estimated that each compulsive gambler and each problem gambler will directly impact the lives of a minimum of 7 other people - mostly family.
- 20 - 25 % of those seeking treatment for chemical dependency will also be pathological gamblers.
- 50-80% of pathological gamblers will have alcohol related problems.

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Prevalence & Demographics

Noteworthy facts about pathological gambling:

- 42% of those seeking treatment for pathological gambling are female.
- Pathological gambling runs in families - 4.7 times greater risk if one parent is gambler, if both parents are gamblers 20 times greater risk
- As with chemical dependency, the earlier on-set of gambling the greater the risk of becoming a pathological gambler.
- Largest groups of pathological gamblers by age:
 1. _____
 2. _____
- 50% of pathological gambling clients will not come back after the initial session. Why? Implied in coming into treatment is that the client will abstain from gambling. If they can't gamble they cannot recoup their losses. If they don't recoup losses they cannot get out of debt.

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UNIQUE CHARACTERISTICS OF PATHOLOGICAL GAMBLING

- NOT SELF LIMITING
- SOCIOECONOMIC BACKGROUND
- SECRECY
- DECEIT
- SWIFTNESS
- RESTLESSNESS
- SHAME
- FINANCIAL & LEGAL PROBLEMS
- CONTROL
- MISUNDERSTOOD BY SOCIETY
- INTROVERSION
- MISUNDERSTOOD BY SOCIETY
- INTELLECTUALIZING
- FAMILIES

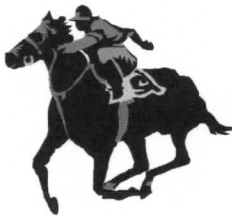
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UNIQUE CHARACTERISTICS OF PATOLOGICAL GAMBLING FAMILIES

- CONFUSION
- ANGER
- NEED TO MOVE QUICKLY TO PROTECT FAMILY ASSETS

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BELIEF SYSTEMS



- Human beings respond to beliefs, not to reality.

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KENTUCKY GAMBLING

- Three forms of legal gambling: horse racing, charitable gaming (bingo) and lottery.
- About \$2 billion in wagers and sales
 - 2009 – Lottery - \$800 million in sales
 - 2008 – horse racing & simulcast \$500+million
 - 2008 – charitable gaming - \$500 million

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KENTUCKY GAMBLING

- Kentucky state government receives about \$200 million from these sanctioned gambling activities.
- **Kentucky provides no publicly funded services for prevention, education, awareness or treatment for pathological or problem gamblers.**

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GAMBLERS IN KENTUCKY

- 9,000 pathological gamblers
- 50,000 problem gamblers
- 190,000 at-risk gamblers
- 250,000 Kentucky adults may have had some problem with their gambling.

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COST OF KENTUCKY GAMBLERS

- Social costs include:
 - Health care
 - Criminal justice
 - Social services
 - Bankruptcy
 - Theft
- Estimated social cost for uncontrolled gambling behavior range from \$18,000-\$13,500/year per gambler.

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SOCIETAL IMPACT OF GAMBLERS

- Chaos & dysfunction within the family
- High rates of separation & divorce
- Child abuse & neglect
- Marriages in gambling families frequently abusive
- Give birth to a new generation of gamblers
- Higher incidence of depression, anxiety and substance abuse disorders
- Suicide

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YOUTH AND GAMBLING IN KENTUCKY

- Nationally, prevalence rates for teen gambling are 3 times greater than for adults.
- 2006 *KIP Survey*:
 - 8% of 6th graders gamble
 - 17% of 8th graders gamble
 - 20% of 10th graders gamble
 - 21% of 12th graders gamble

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ANECDOTALLY DATA FOR KENTUCKIANS

- Helpline calls
 - 2000=1,622 -> 2005=2,716
- Gamblers Anonymous Meetings
 - 1998=11 -> 2009=28
- Certified Compulsive Gambling Counselors
 - 1998=1 -> 2009=10
- Self-ban
 - 100 of 120 counties have population that have self-banned

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MAGICAL THINKING OF THE PUBLIC

- Compulsive gambling is a silent epidemic usually affecting only the gambler and their immediate family
- Compulsive gambling is not perceived as being life threatening
- There is a taboo about money
- Lack of sympathy for people who lose or appear to squander their money

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TREATMENT & RECOVERY

- **INDIVIDUAL THERAPY**
- **GROUP THERAPY**
- **I.O.P. PROGRAM**
- **RESIDENTIAL PROGRAM**
- **GAMBLERS ANONYMOUS**

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TYPICAL TREATMENT PLAN

1. Abstain from all forms of gambling.
2. Attend a minimum of 3 GA meetings each week.
3. Find a sponsor within 90 days.
4. Bring family member (spouse) to next appointment.
5. Select and turn over control of financial matters to another person.

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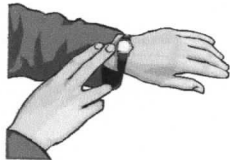
THE GOOD NEWS

- **In regard to treatment outcomes, 50% of gamblers stay clean with treatment alone, 70% if they go through treatment and then regularly attend GA, and 90% if they go through treatment, go to GA and attend aftercare.**

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QUESTIONS

It's time for me to stop, listen and answer questions.



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for
CAPTASA

THANK YOU!

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