

The Relationship Between Gambling, Mental Health, and Substance Use

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Problem Gambling Helpline: **1-800-GAMBLER (426-2537)**

Objectives:

1. Overview: The Maryland Center of Excellence on Problem Gambling
2. The scope of mental health and gambling disorders among adults and adolescents in Maryland (definitions, stats)
3. Shared risk factors for mental health, substance abuse, and gambling disorders
4. Gambling prevention and treatment resources
7. Questions

The Maryland Center of Excellence on Problem Gambling (the Center), promotes healthy and informed choices for individuals and communities regarding gambling and problem gambling.

Director: Mary Drexler, MSW
and 8 staff

Key Initiatives & Resources

- **Public Awareness:** Campaigns through social media, TV, radio, public service announcements, community outreach, public awareness materials and lending library.
- **Training:** On problem gambling awareness, prevention and intervention strategies for a broad range of health care, faith-based, social service and criminal justice professionals.
- **Treatment:** To provide technical assistance to the health care and behavioral health care system with Maryland to enhance capacity to address the issue of problem gambling.
- **Peer Recovery Support:** To assist individuals dealing with at risk and problem gambling connect with recovery resources within Maryland and to remove any barriers to recovery.

Key Initiatives & Resources (Cont'd)

- **Prevention Programs:** Targeted to the full age continuum and to diverse populations and at risk groups.
- **Public Policy:** To provide information regarding strategies to address the impact of gambling on Public Health within Maryland.
- **Research:** To provide evidence-based data on public health aspects of gambling disorders and evaluate and develop evidence based strategies for prevention and intervention.
- **Referral List:** Maintain a referral list of qualified problem gambling treatment providers.
- **Helpline Services:** Manage Maryland Problem Gambling 24/7
Helpline: **1-800-GAMBLER.**

Gambling

The staking or risking by any person of something of value upon the outcome of a contest of others, a sporting event, or a game subject to chance, upon an agreement or understanding that the person or another person will receive something of value in the event of a certain outcome (Legal Information Institute, 2006)

Definitions:

Problem Gambler: Someone who experiences negative consequences due to gambling behaviors.

Disordered Gambler: Person who has a gambling disorder; new term for gambling addiction and pathological gambler. Has four or more of the behaviors listed in the 5th edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Health Disorders (DSM) listed on the next slide.

Gambling Disorder: The term used in DSM to describe the most severe form of the disorder (American Psychiatric Association, 2013).

Mental Health and Gambling

- In The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)(American Psychiatric Association), gambling is classified as “Addiction and Related Disorders” with substance abuse disorders.
- Removed from Impulse-Control Disorder in 2010 because “pathological (disordered) gambling has commonalities in clinical expression, etiology, comorbidity, physiology and treatment with Substance Use Disorders.”

Therefore, Gambling is

Mental Health Disorder



**Addiction and Related
Disorder**



Disordered Gambling

What is a Gambling Disorder?

- According to the Diagnostic and Statistical Manual of Mental Disorders (2013) a diagnosis includes four or more of the following:
 - Preoccupied with gambling
 - Unable to cut back or control gambling
 - Irritable or restless when attempting to cut down or stop gambling
 - Risks more money to reach desired level of excitement
 - Gambles to escape problems or depressed mood
 - “chases” losses
 - Lies to family and others about gambling
 - Risk or loses relationships or job because of gambling
 - Relies on others for financial needs caused by gambling

What is a Gambling Disorder?

- A diagnosed mental health disorder (illness)
- Touches individuals, families, and our communities (divorce, mental health and suicide, loss of jobs, homes)
- Is a public health problem (increase in crime, incarceration, mental health services, financial services)

Possible Problem Gambling Scenarios:

Problem Gamblers are our family members, friends, and neighbors.



...A college student plays poker on Friday nights with the hope of making money to help pay tuition, he loses and becomes depressed.



...A recovering alcoholic turns to buying scratch off tickets as a way to spend her time and money without drinking, perhaps trading one addiction for another.



...A recently retired senior citizen goes on weekly bus trips to the casino which begins to deplete the monthly budget to pay rent and utility bills.



...A high school student enjoys slot machine games on-line as a release from the expectations of grades and starts using his parent's credit card to get bonus points and make it more exciting.



What is Adult Social Gambling?

- Playing with set amounts of money and when it is gone, stopping. No IOUs from friends.
- Playing for fun, not causing worry or stress.
- Avoiding high stakes games with large pots of money.
- Limiting play to once or twice a week.
- Playing with friends, not alone.

(www.ncpgambling.org, 2019)

What is Underage Gambling?

The law requires youth:

- Under 18 cannot purchase lottery tickets.
- Cannot enter a casino until age 21.
- The young adult brain is still growing until the age of 25, making them vulnerable to risky behaviors.

(www.drugfree.org, 2019)

National Statistics on Mental Health and Gambling - Adults

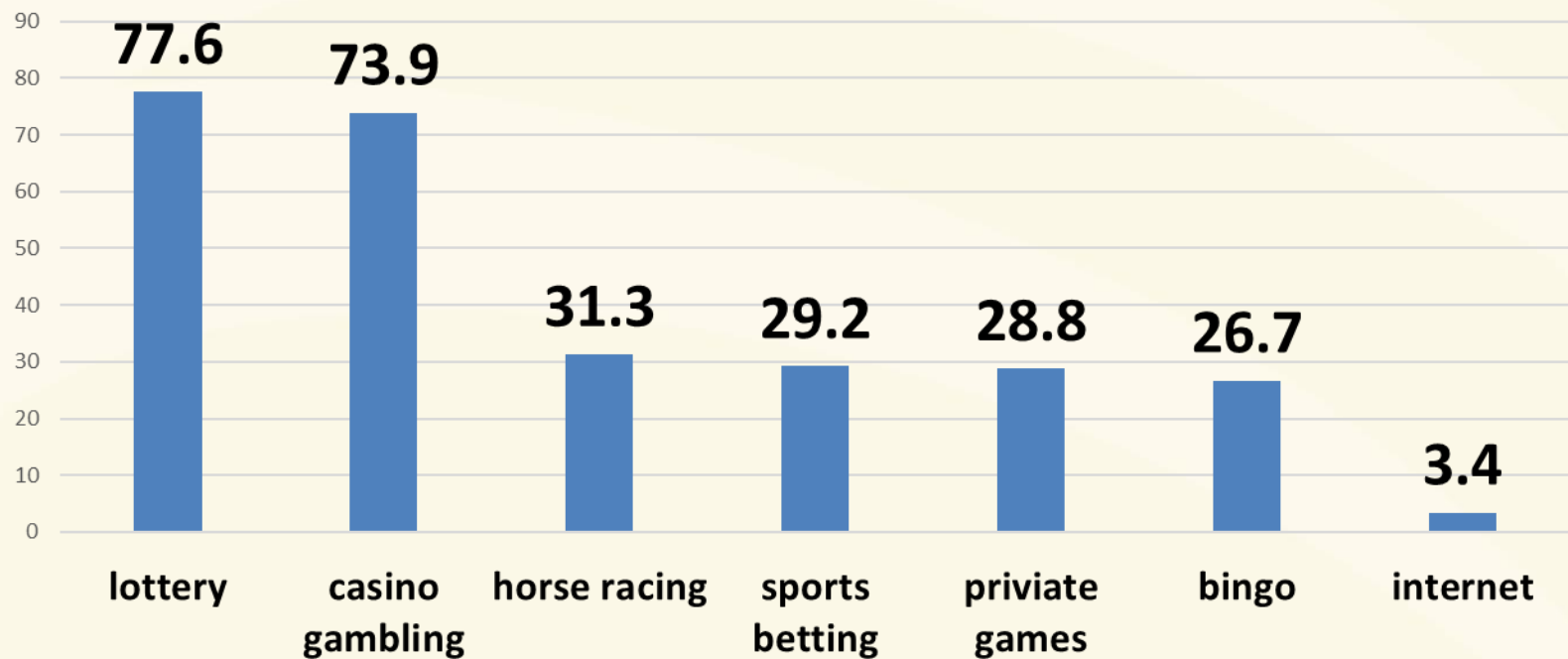
- 46.4% of the population will experience a MH problem in their lifetime, 5% in a given year (National Council for Behavioral Health, 2019).
- 6% of adults 26 and older have a substance use disorder (American Addictions Centers, 2019).
- 1.9% of the population are disordered gamblers (Tracy, 2017).
 - 5% of adults with mental illness also have a gambling problem (Bergamini, 2018).
 - 96% of problem gamblers have a psychiatric disorder (National Center for Responsible Gaming, 2019).

Maryland Statistics on Mental Health and Gambling - Adults

- 87% of Maryland residents have gambled in their lifetime.
- 96% of daily smokers reported lifetime gambling.
- 96% of several times a week binge drinkers reported lifetime gambling.
- 98% of those that used illegal drugs daily reported gambling in their lifetime.
- 19% of gamblers are current gamblers, playing at least monthly.

(Statewide Gambling Prevalence in Maryland, 2017)

Type of Gambling Activities of Maryland Adults (Tracy, 2017)



Signs and Symptoms of Adult Problem Gambling

- Preoccupied with gambling
 - Secretive about gambling habits
 - Increasing bet amounts
 - Trying unsuccessfully to control, cut back, or stop gambling
 - Restless or irritable when not gambling
 - Gambling to escape problems
 - Trying to win back losses by more gambling
 - Lying to family and others about extent of gambling
 - Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling
 - Relying on others to bail him/her out to relieve a desperate financial situation caused by gambling
- (source: the Center, 2019)

What are the Stats on Youth gambling in Maryland?

- 33% of Maryland high school students reported gambling in their lifetime.
- Of those who reported gambling in their lifetime, 31% experienced gambling problems (10% of those surveyed)

(Lee, Martins, 2014)



Type of Gambling Activities by Percentage of Maryland High School Students Reported Use (Lee, Martins, 2014)



Signs and Symptoms of Youth Problem Gambling

- Selling of personal belongings
- Borrowing of money
- Stealing and/ or lying
- Debt
- Large amounts of money
- Change in social group
- Anxious, moody, depressed
- Absences from school
- Drop in grades
- Use of alcohol or substances

(www.ncpgambling.org, 2019)

Relationship between MH and Gambling

- Those with mental health disorders more likely to be a problem gambler
- Those with substance use disorders more likely to be a problem gambler
- Youth with substance abuse and/or mental health disorders more likely to gamble
- Parents who have MH/SA/or Gambling disorder, more likely to have children with one of these disorders
- Those with MH/SA/ and/or gambling problems are more likely to attempt suicide

(sources: multiple)

Why do people gamble?

- To make money
 - For fun
- For entertainment
- It is culturally acceptable
 - To forget problems

Risk and Protective Factors for Underage and Problem Gambling

- Defined as early predictors that relate to and/or influence the occurrence of mental health, substance abuse, and gambling (National Research Council and Institute of Medicine, 2009)
- Risk factors (cumulatively increase risk)
- Protective factors (cumulatively decrease risk)
- Found in the research

Adult Shared Risk Factors Examples (CDC, 2013)

Ecological Level	Shared Risk Factors (Mental Health, Substance Abuse, Gambling)
Society	Residential instability Low income, poverty
Community	Living in high stress neighborhoods
Relationship	Experience childhood trauma Intimate partner violence
Individual	Initiation of behavior at early age (SA, G) Serious illness, chronic medical condition (MH, SA) Active duty or retired military

Adolescent Shared Risk Factors Examples (CDC, 2013)

Ecological Level	Shared Risk Factors (Mental Health, Substance Abuse, Gambling)
Society	Lack of cultural identity Prejudice/discrimination Low socio-economic status
Community	Chronic community stress (neighborhood violence) Problems/ Difficulties in school
Relationship	Parental mental health, substance abuse, gambling Child abuse/ Maltreatment
Individual	Illness, poor physical health (MH, SA) Poor social/ problem solving skills/ coping skills Male (SA/ G) Those who like to take risks (SA/G) Aggressiveness Children of incarcerated parents (MH, SA) (Although parents in jail are more likely to be gamblers compared to general population)

Adolescent Shared Protective Factors Examples

Ecological Level	Shared Protective Factors (Mental Health, Substance Abuse, Gambling)
Society	Culture Policies and laws
Community	Participation in social activities School attachment Success in academics
Relationship	Peer groups that do not engage in behavior (SA, G), Strong parental bond, positive parenting skills, mentors or positive role models
Individual	Religiosity, spirituality Stable housing Good self-esteem



Gambling Prevention, Treatment, and Recovery Resources

Many Marylanders Do Not Know How to Get Help:

- 54% of disordered gamblers know about the helpline 1-800-GAMBLER.
- Other risk groups and non-gamblers are 50% or less.

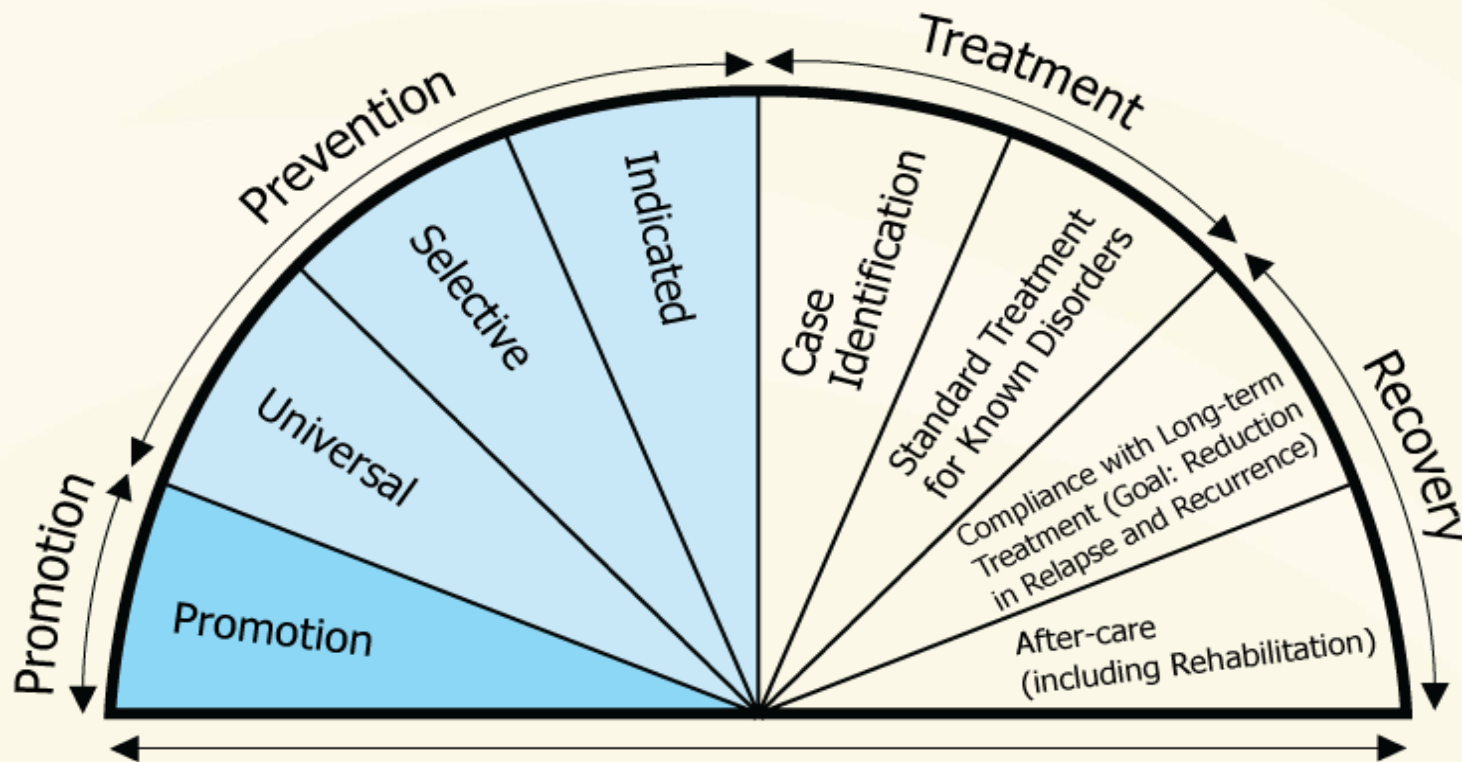
(Statewide Gambling Prevalence in Maryland, 2017)

Use Positive Coping Skills or Stress Relievers

- Practice deep breathing
- Learn yoga
- Limit cell phone use
- Take a walk/ exercise
- Listen to music
- Play sports
- Join a club
- Take time to relax
- Express feelings
- Hang out with good friends
- Pray
- Journal
- Eat healthy
- Get enough sleep
- Volunteer
- Play with a pet
- Talk to someone
- Problem solve



Institute of Medicine (IOM) Behavioral Health
Continuum of Care Model



The Center's Prevention goals:

- Prevent Underage Gambling
 - Must be 18 to buy a lottery ticket and claim bingo prize.
 - Must be 21 to gamble at a casino.
- Prevent Problem Gambling
 - Vulnerable populations such as youth, young adults, seniors, those with mental health and substance use disorders.

No Cost Treatment for Problem Gambling

The Maryland Department of Health Behavioral Health Administration:

- Will reimburse providers for problem gambling services
- To support assessment and individual/ group therapy
- For persons with gambling disorders and/or their loved ones.

The Center Peer Recovery Support Specialists

- Peers have lived experience with addiction and have been in recovery a minimum of 2 years.
- Available to help individuals seeking to limit, control or stop their gambling, and connect them with the most useful resources in their communities
- Encourage individuals continue to work toward their goals in dealing with any gambling problems.
- Receive training in how to assist those seeking help to connect with recovery resources.

Peer Recovery Support Specialists

Eastern Shore / Kenneth (Kenny) Crawford, CPRS, CCAR, I-FPRS,
Certified Peer Recovery Support Specialist

Office: 667-214-2133; Cell: 443-690-9811;

Email: kenneth.crawford@som.umaryland.edu

Baltimore City/NE Central MD / Kenneth (Ken) Wolfson, CPRS, CCAR, I-FPRS,
Certified Peer Recovery Support Specialist

Office: 667-214-2133; Cell: 443-690-9811;

Email: kwolfson@som.umaryland.edu

Southern Maryland/ Western Maryland / William (Will) Hinman,
Peer Recovery Support Specialist

Office: 667-214-2136; Cell: 443-717-2439;

Email: whinman@som.umaryland.edu



Maryland Coalition of Families

- Free, confidential support to loved ones of problem gamblers.
- Provide information and resources.
- Support for family members with a loved one who has a mental illness or substance abuse disorder.

Resources for Adults on Problem Gambling:

Helpline: 1-800-GAMBLER

Website: helpmygamblingproblem.org

Peer Support: Call 1-800-GAMBLER and ask to speak to a peer. "Have the Conversation With Someone Who Has Been There"

Maryland Coalition of Families: Support for family members who have a loved one who is a problem gambler, 410-730-8267 or info@mdcoalition.org

Voluntary Exclusion Program: Jasmine Countess, jasmine.countess@Maryland.gov or 410-230-8798

Talk to MH or SA counselor

Call us at 667-214-2120 for provider referral, no cost treatment, peer support, or information on the voluntary exclusion program

Problem Gambling Resources

- Gamblers Anonymous - www.gamblersanonymous.org
- Gam-Anon - www.gamanon.org
- Maryland 211, press 1: for crises

Resources for Youth on Problem Gambling:

Helpline: 1-800-GAMBLER

helpmygamblingproblem.org

A resource for help with gambling problems

Baltimoredicezombies.org

A resource for teens

Talk to your parents, school guidance counselor, mental health counselor, or other trusted adult to ask for help.



Questions to Ask Besides, “Do you or someone in your family have a gambling problem?”:

- What do you do for fun? Does it involve spending money?
- Are you having trouble paying your bills?
- Do you or a family member go to the casino? Play lottery? Go to bingo? Go to the horse track? Bet on sports? Bet on the internet? Are these activities causing family problems?
- Are you concerned about you or your family member’s spending habits?
- Does someone in your family have unaccounted-for cash advances, credit card debt, or loans?
- Is there missing money in your household?
- Are bill collectors calling your house?
- Do you argue often with your family members? Does it concern money?



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