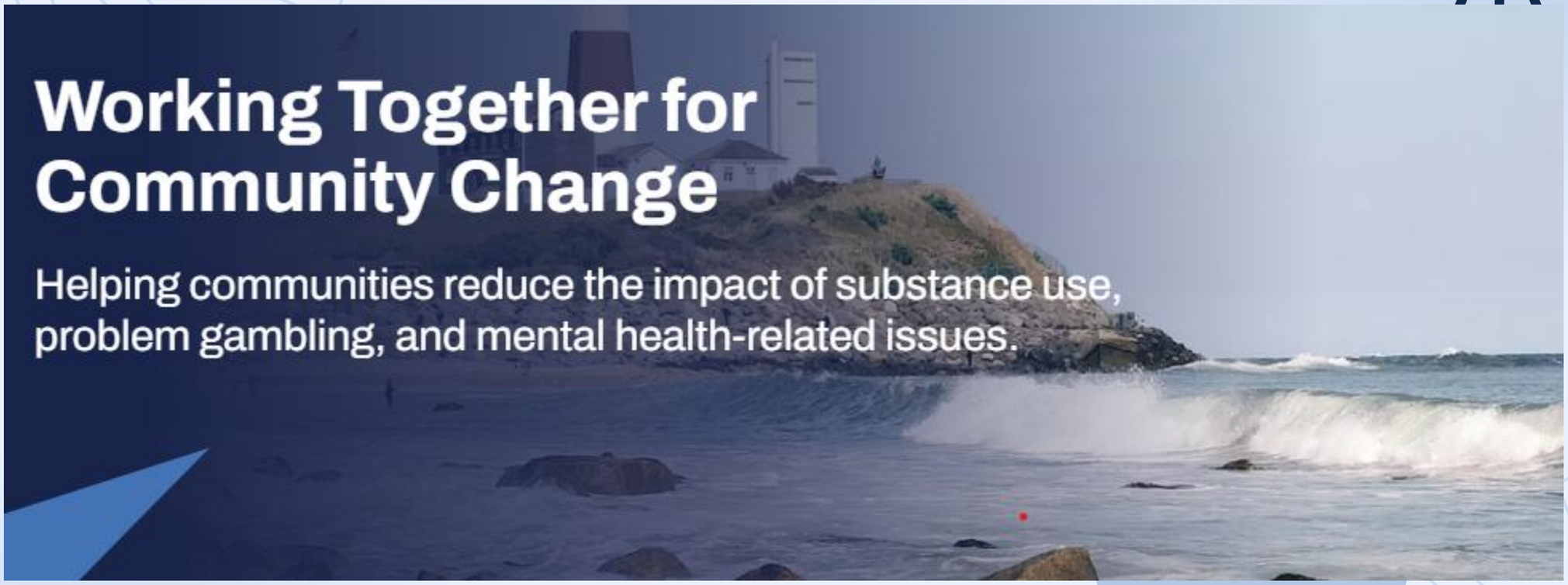

Working Together for
Community Change
Helping communities reduce the impact of substance use,
problem gambling, and mental health-related issues.

SERAC

WHAT IS GAMBLING?

- Risking something of value on an activity that has an uncertain outcome.



<u>Responsible Gambling</u>: Describes the ways in which games of chance are both offered and participated in a socially responsible way that lowers the risk of gambling harms



<u>Problem Gambling:</u> Pattern of gambling engagement that is so extreme it causes an individual to have important problems in various aspects of their life



<u>Gambling Disorder</u>: clinical term relating to a score assessed by a professional using a recognized set of criteria

Education and Training





Scroll, Click, Bet: Understanding Screen Time, Gaming, and the Digital Priming for Youth Gambling



Your Presenters: Dena Miccinello-Barbarula, Brailee Whan, Katie Wilt, David Ruela & Jeff McKenna





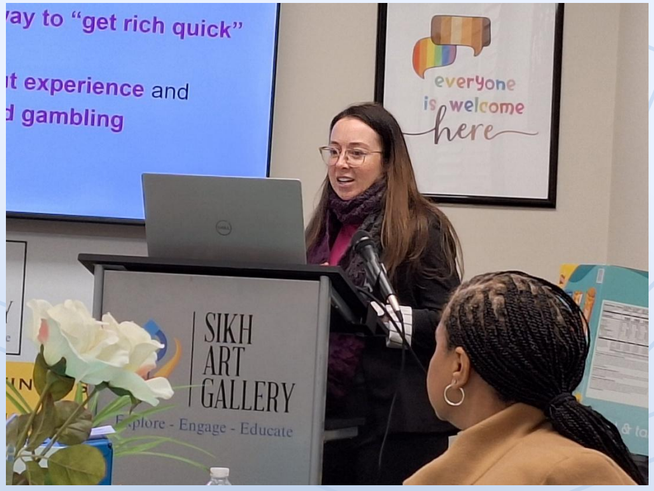
A COMMUNITY CONVERSATION ABOUT GAMBLING




KNOW THE
RISKS OF
GAMBLING




A Community
Conversation
About Gambling


SIKH
ART
GALLERY
Explore - Engage - Educate
everyone
is welcome
here


NAVIGATING PROBLEM
GAMBLING
A COMMUNITY DIALOGUE FOR
AWARENESS AND SUPPORT
SERAC
Amplify
WCTC


UCFS Healthcare
BETTOR CHOICE GAMBLING TREATMENT PROGRAM

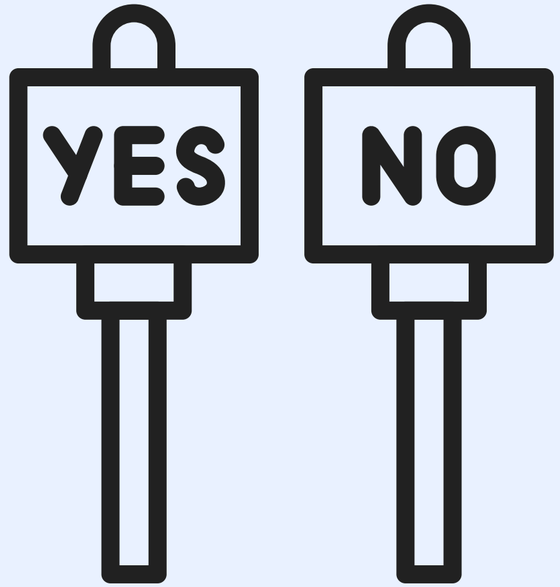

COMMUNITY SURVEY ON GAMBLING
Scan Here!
KNOW THE RISKS OF GAMBLING
CONNECTICUT


COMMUNITY SURVEY ON GAMBLING
Scan Here!
ONLINE SPORTS BETTING:

Establish what They Consider to be Gambling

Do you consider any of the following gambling?

- Video games and apps
- Bets on school or professional sports
- Fantasy sports
- Lottery tickets
- Card Games
- Dares
- Internet challenges
- Trading card games
- Role play strategy games




CAN YOU RANK THE RISKS?
High School Football Player Who Participates In 2 Fantasy Football Leagues
RISK
CAN YOU RANK THE RISKS?
Buying A Lottery Ticket Every Time You Pump Gas
RISK
CAN YOU RANK THE RISKS?
Teenagers Getting Together Once Per Month For Poker Night
RISK


RISK RANKING ACTIVITY
WHAT DO YOU THINK OF WHEN YOU HEAR THE WORD GAMBLING?
Brain Biology And Gambling Disorder
POWERED UP COURSES
Healthy Video Gaming Programs
Scan the QR Code or visit our site.


ACABOUTIT

Conversation Guides:

Be curious! Why do they play?



Content taken from Powered Up Parent ™

App or Trap?

Twitch

Gaming
with Gambling Components

Roblox

Fortnite

Gambling

DraftKings

Neither

Scenario #3

A 16 year old football player uses his college-aged friends log-in to bet on a sports betting app

Key Risks:

- Age
- Student athlete
- Friend playing bookie
- Low perception of harm

How to Have a Conversation:

1. Ask the Question!
2. Implement a Screener to Facilitate Discussion
3. Connect with Resources
    a. Online and virtual-based
    b. Local counselors or clinicians
    c. Support groups
    d. Psychoeducation



How to Have a Conversation:

1. Ask the Question!
2. Implement a Screener to Facilitate Discussion

Brief Biosocial Gambling Screener:

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
3. During the past 12 months did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

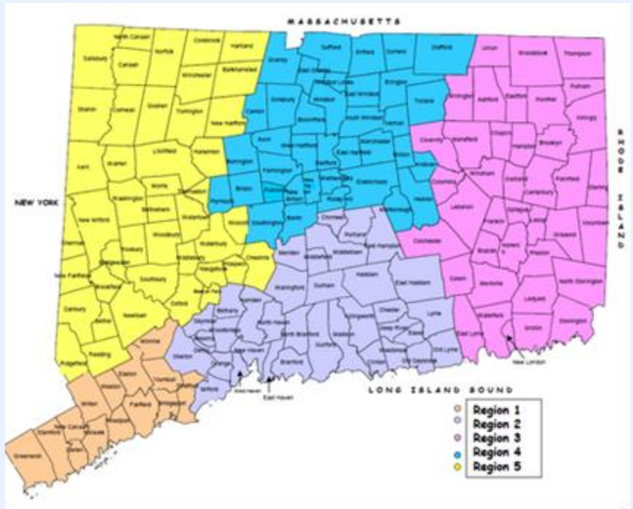
The CT Council on Problem Gambling:

The Connecticut Council on Problem Gambling (CCPG) does not advocate for or against gambling but is committed to working with all stakeholders to help individuals and families impacted by gambling related harms.

CCPG provides Connecticut's only 24-hour Problem Gambling Helpline, offering phone, chat, and text support. CCPG also implements advocacy, prevention, outreach, and education programs serving students, veterans, and other at-risk populations.



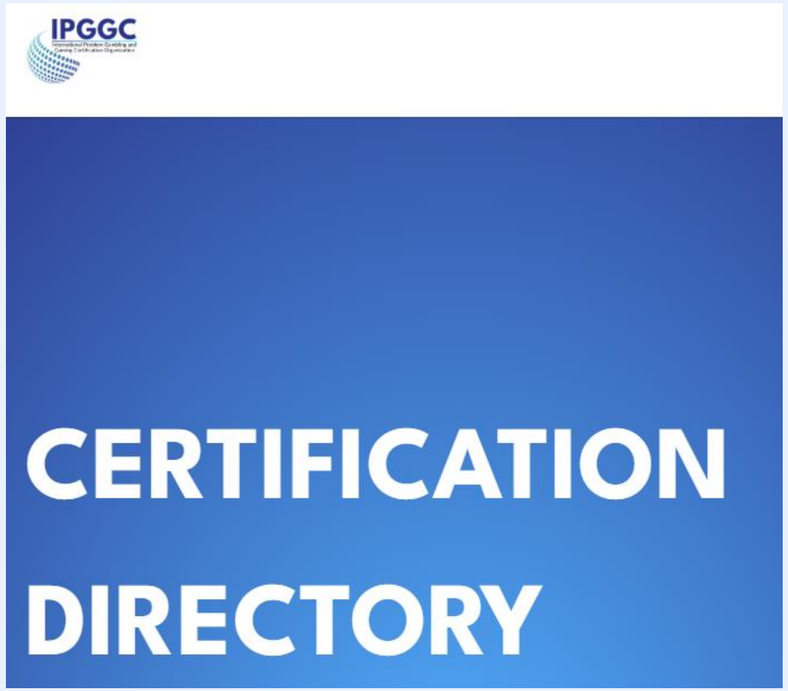
BETTOR CHOICE TREATMENT PROGRAMS



CONNECTICUT
Mental Health & Addiction Services

- Gambling-specific treatment programs funded by the State of Connecticut
- Services are offered at more than 14 locations in Connecticut through community agencies
- Programs offer a variety of outpatient services for both problem gamblers and those affected including:
- Individual, Group, Peer recovery support
- Budget/financial counseling
- All programs accept insurance
- More information at ct.gov/dmhas/pgs

Find a Certified Counselor:



Search for:

- ICGC-I
- ICGC-II
- IGDC

https://ipggc.org/directory/



RESOURCES

CT COMMUNITY FOR ADDICTION RECOVERY (CCAR)
https://ccar.us/

CONNECTICUT COUNCIL ON PROBLEM GAMBLING
https://ccpg.org

NATIONAL COUNCIL ON PROBLEM GAMBLING
www.ncpgambling.org

DMHAS PROBLEM GAMBLING SERVICES (PGS)
www.ct.gov/dmhas/pgs

Gam-anon
www.gam-anon.org

Gambler’s Anonymous
www.ctwmaga.org

CT Gambling & Gaming
www.ctwmaga.orghttps://ctgamblingandgaming.org/

RESPONSIBLE PLAY THE CT WAY
www.responsibleplayct.org

Utilize Tools:

Powered Up: A Comprehensive Guide to Understanding and Supporting Gaming Habits



CT Gaming & Gambling
https://ctgamblingandgaming.org/

Game
Quitters https://gamequitters.com/

Online Gamers
Anonymous www.olganon.org

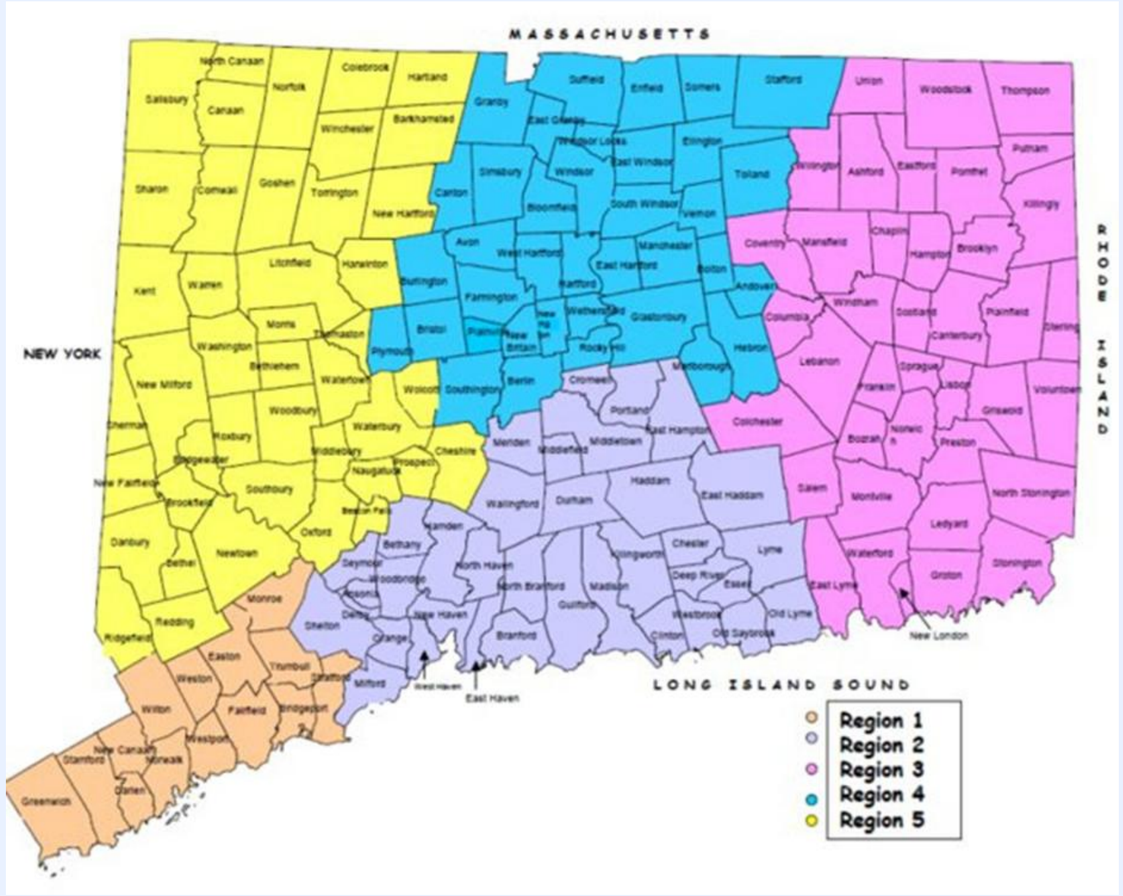
Computer Gaming Addicts
Anonymous http://cgaa.info

Reboot &
Recover https://rebootandrecover.org/

ReSTART www.restartlife.com

Kindbridge www.kindbridge.com

REGIONAL GAMBLING AWARENESS TEAMS



Join the team in your region!

GamblingAwarenessCT.org



KNOW THE RISKS OF GAMBLING

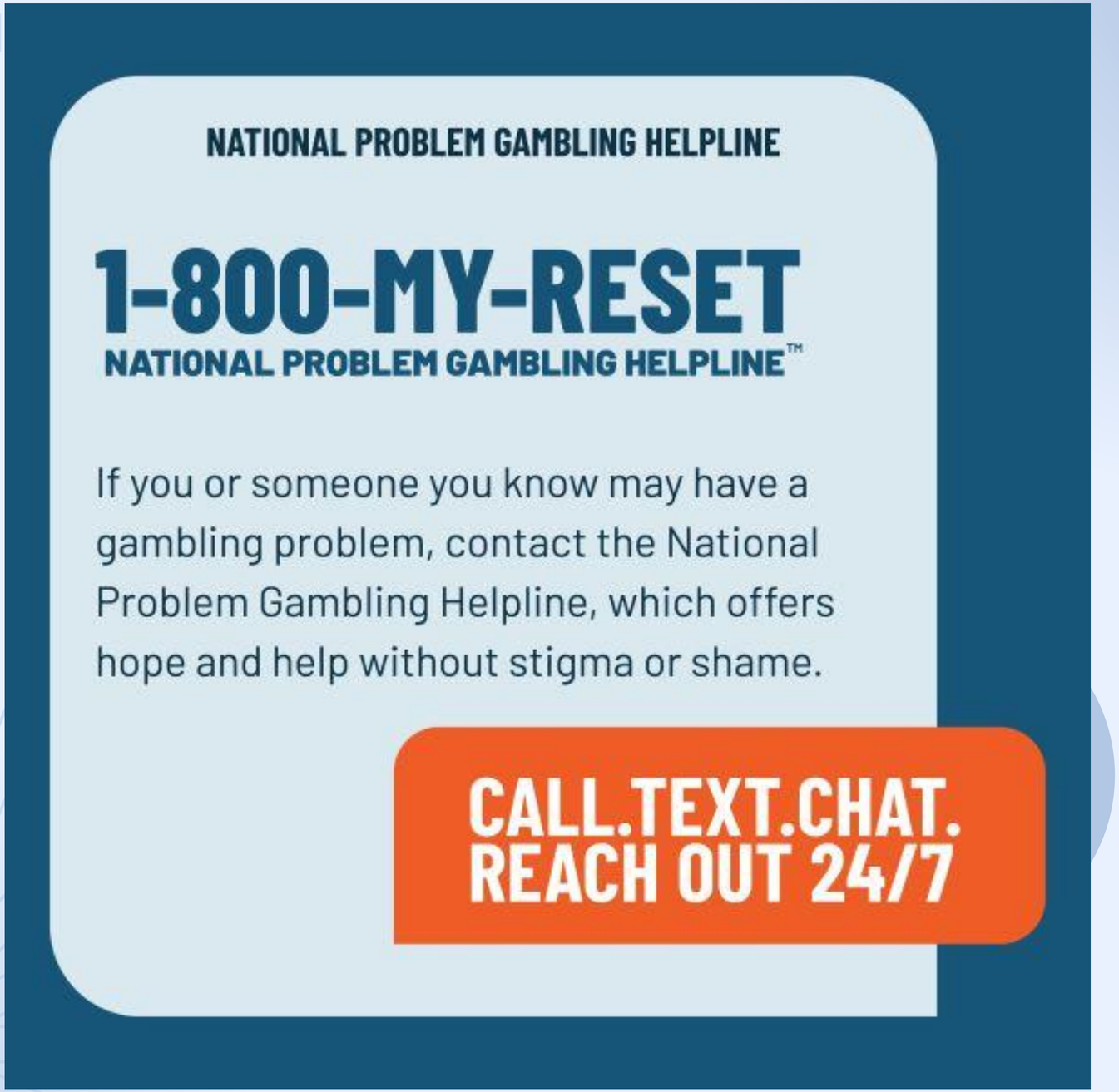






Gambling responsibly means taking steps to reduce risks or harms to yourself that can occur when gambling.

To learn more and to book the van, visit ResponsiblePlayCT.org.


NATIONAL PROBLEM GAMBLING HELPLINE
1-800-MY-RESET
NATIONAL PROBLEM GAMBLING HELPLINE™
If you or someone you know may have a gambling problem, contact the National Problem Gambling Helpline, which offers hope and help without stigma or shame.
CALL.TEXT.CHAT.
REACH OUT 24/7

988
24/7 Crisis & Support



Be a Lifeline

Do you know someone in crisis?

You can be a lifeline and help support them!

Here are five steps you can take that are known to help:

1. **ASK:**
   Are you thinking about suicide? How do you hurt? How can I help?

2. **BE THERE:**
   In person or on the phone. Show support. Listen. Keep promises to connect.

3. **HELP KEEP THEM SAFE:**
   If the person in crisis is suicidal, details matter: Do they have a plan, or ideas about timing or method? You can call 988 to support their crisis care.

4. **HELP THEM CONNECT:**
   When someone is in crisis, connecting them with ongoing supports can help establish a safety net. Remind them they can call, text or chat 988 to connect with a trained crisis counselor 24/7.

5. **FOLLOW UP:**
   After the immediate crisis is over, check in. That text or call afterwards makes a real difference.

988 SUICIDE & CRISIS LIFELINE

SOURCE: #BeThe1To @https://www.bethe1to.com/bethe1to-steps-evidence/

Additional Resources:

Gambling Addiction Podcasts.xlsx

Problem Gambling

Against the Odds - Problem Gambling Graphic Medicine | Request a Full Version (*Printed or Electronic) | Available in English, Coming soon in Spanish and Portuguese - Prevention Technology Transfer Center (PTTC) Network

Thank you!

What are your questions?

Region 3

Katie Wilt, Program Coordinator

SERAC

kwilt@seracct.org

Work: 860-383-5044



Online Casino

- A digital platform that offers traditional casino games like slots, poker, blackjack, roulette, and more.
- Accessible via websites or mobile apps, players can gamble from anywhere with an internet connection.
- Games are often powered by random number generators (RNGs) to simulate chance.
- Players use real money or digital currencies to place bets and can win or lose actual funds.
- Many platforms offer bonuses, free spins, and loyalty rewards to attract and retain users.
- Some online casinos also feature live dealer games, streaming real-time gameplay with human dealers.

But how does this tie into gambling?

- **Direct form of gambling**
- **Risk money on games with uncertain outcome**
- **Ease of access and 24/7 availability**
- **Psychological tactics**
- **Problems with unregulated platforms**

Sports Betting Apps

- Mobile applications that allow users to place bets on sports events (e.g., football, basketball, horse racing).
- Users can bet on outcomes like who wins, scores, player performance, or live in-game events.
- Often include features like live odds, real-time updates, and cash-out options.
- Funded through real money deposits, with winnings paid out directly to users.
- Many apps offer bonuses, free bets, and promotions to attract and retain users.
- Legal and regulated in many regions, but availability varies by jurisdiction.

But how does this tie into gambling?

- **Direct form of gambling**
- **Live betting and micro-betting**
- **Ease of access and 24/7 availability**
- **Gamification elements**
- **Monitored by regulatory bodies**

Loot Boxes

- Digital containers in video games that offer randomized rewards (e.g., skins, weapons, characters).
- Can be earned through gameplay or purchased with real money.
- Contents are usually unknown until opened—similar to a surprise or mystery box.
- Common in free-to-play and mobile games.
- Often part of monetization strategies to keep players engaged and spending.

But how does this tie into gambling?

- Randomized rewards
- Chasing to obtain rare or valuable items
- Regulated or banned as a form of gambling
- Psychological Triggers
- Loot boxes can be linked to problem gambling behaviors

Skin Betting

- "Skins" are cosmetic items in games (like weapon designs or character outfits) that don't affect gameplay but have real-world value.
- Skin betting involves using these skins as currency to place bets on games of chance or esports matches.
- Popular in games like Counter-Strike: Global Offensive (CS:GO), where skins can be traded, sold, or wagered.
- Often facilitated through third-party websites, not officially affiliated with the game developers.
- Players can win or lose skins based on outcomes, and some sites allow converting skins into real money.

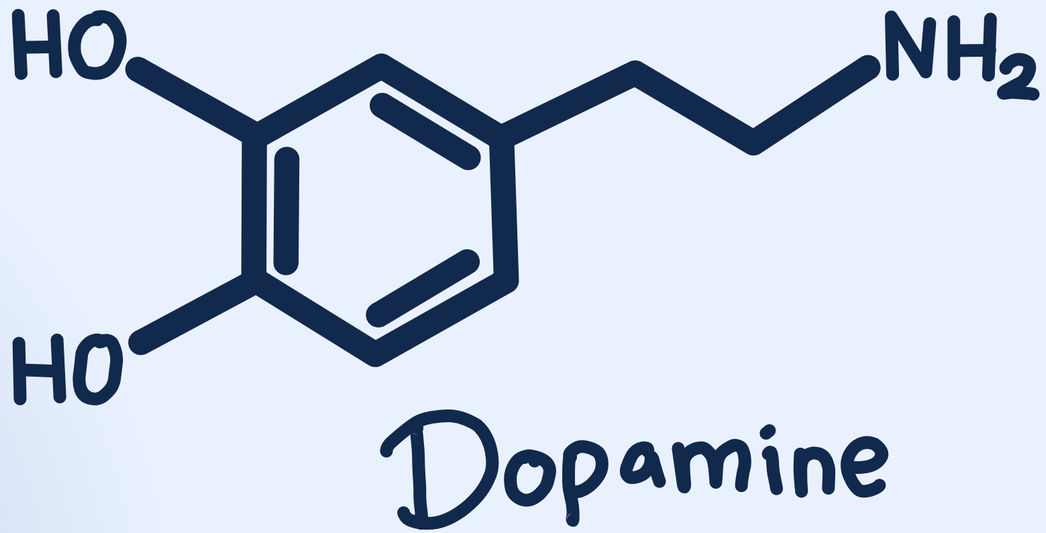
But how does this tie into gambling?

- Skins function like chips or tokens
- Risk value on random outcomes
- Include classic gambling formats
- Legal gray area, hold value but are not classified as currency
- Lack of proper age verification

Social Pressure & FOMO

Our brains are wired to value belonging and approval

Getting a like, streak, or social approval sparks a dopamine response in the brain’s reward circuitry



Variable Reward Systems

“psychological concept where rewards are given unpredictably”

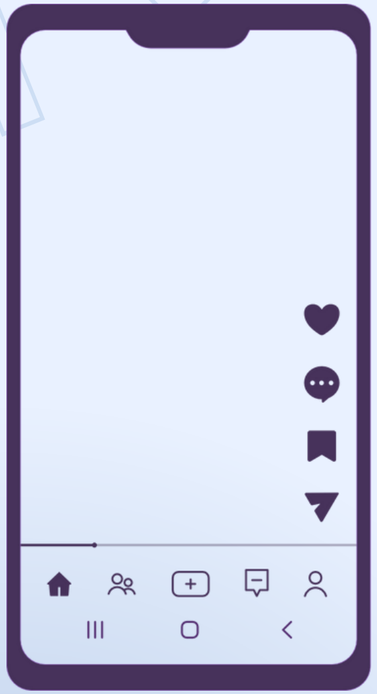


Manipulate our brain’s natural functions & create a sense of anticipation and urgency



The brain stays keyed up waiting for the next dopamine flood

Variable Reward Systems



- TikTok/Facebook algorithm
- Slot machines
- **Loot boxes**

Gaming

- 85% of teens play video games, with 41% playing daily
- 41% say that gaming negatively impacts their sleep patterns
- 41% say that they've experienced being called an "offensive name" or other forms of online harassment
- Boys are more likely to play daily and identify as "gamers"

Pew Research Center, 2024

What is...

Gambling: Risking something of value on an activity that has an uncertain outcome.

Problem Gambling: A pattern of gambling engagement that is so extreme it causes an individual to have important problems in various aspects of their lives.

Gambling Disorder: A clinical term relating to a score assessed by a professional using a recognized set of criteria from the DSM-V.

Warning Signs:

- Spending more time & money
- Making social occasions to gamble
- Increasing intensity of interest
- Withdrawal from family and friends
- Boasting about winning and evasive about losing
- Frequent absences from school, work & home
- “Chasing” losses with more gambling
- Decreasing desire to engage in other activities & interests
- Diversion of funds earmarked for other purposes
- Gambling to escape problems
- Exaggerated display of money & possessions

Who is at Risk for Developing a Gambling Problem?

People Who...

- have an early big win.
- have early access to their preferred form of gambling
- hold mistaken beliefs about the odds of winning.
- do not take steps to monitor gambling wins and losses.
- have had a recent loss or change, such as a divorce, job loss, retirement, or death of a loved one.
- often feel bored or lonely, or have a history of risk-taking or impulsive behavior.
- have financial problems.

Who is at Risk for Developing a Gambling Problem?

People Who...

- have few interests or hobbies or feel their lives lack direction.
- have a history of mental health problems, particularly depression and anxiety.
- have been abused or traumatized.
- have a parent who also has (or has had) problems with gambling.
- have (or have had) problems with alcohol or other drugs, gambling, or overspending.
- tie their self-esteem to gambling wins or losses.

THE MORE FACTORS THAT APPLY,
THE MORE LIKELY A PERSON IS TO DEVELOP A GAMBLING PROBLEM.

Among people who experience problem gambling:

- 31% experience suicidal ideation
- 50% experience a mood disorder
- 41% experience an anxiety disorder
- 60.8% experience a personality disorder
- 73% report a co-occuring alcohol use disorder
- Substance use is 10x higher in those who gamble
- 30% experience relationship issues

Consider the Population you are Speaking to:

Young Children: Gaming apps designed to mimic gambling activities are being targeted towards children as young as two

Teenagers: Adolescence can bring on more opportunities for peer pressure and risky behavior

College Students: The popularization of sports betting on campuses, combined with newfound independence

Consider the Population you are Speaking to:

Notable reasons to start a conversation of concern:

- Neglect of studies
- Unexplained absences
- Sudden drop in grades
- Less interest in extracurricular activities
- Withdrawing from friends
- Lunch money or valuables go missing
- Unusual interest in sports scores or video games

Learn the Language:

Examples of Gaming Slang:

Free-to-Play (F2P or FtP): Games that don't require a purchase to download and play. But, once downloaded, players are pressured to spend money on upgrade items like loot boxes, skins, and weapons.

Login Rewards: A login reward that creates daily gaming habits by giving players bigger rewards for coming back to play for consecutive days.

Power-Up: Objects that instantly benefit or add extra abilities to the game character, usually as a temporary effect. Power-Ups can be achieved by completing levels or found in purchased loot boxes

Strategies for Discussing with Youth:

- Explain that gambling results in losses more often than wins. Spending money on things they want is better than losing it all on a bet.
- Speak to students about the risks of gambling just as you would about the dangers of vaping, drug, and alcohol use.
- Teach them to speak up if they suspect gambling is affecting a friend or classmate.
- Publicly express your support for gambling-free youth events.
- Ask questions about their experiences with gambling – and listen to their answers.

Consider Integrating Protective Factors

Diversified Activities	Relationships	Nutrition	Sleep	Hygiene
Exercise	Healthy Conversations	Exploring Personal Perspectives	Understanding Benefits of Gaming	Positive and Negative Reinforcement
	Expectations & Consequences	Education and Learning	Creating Balance	



Powered Up Player