

Problem Gambling Services



Announcements

Oregon Department of Human Services

Addictions and Mental Health Division

September 2008

As part of our PGS Action Plan process you asked for more communication, so here's the first issue of our e-newsletter. Each month we'll use it to highlight important updates and information. As always, we welcome your feedback and suggestions on this and any other aspects of our program.

Paul D Potter, PGS Manager

Reminder: there are no regular PGS meetings scheduled until after the first of the year. Instead, we will be initiating several short term workgroups to help bring our Action Plan to life, and using this newsletter to keep you informed about PGS-related issues.



T or F? "There are no evidence-based practices (EBPs) for problem gambling."

False: EBPs such as Cognitive Behavioral Therapies, Motivational Enhancement Therapy, and Relapse Prevention have been shown to be effective in treating problem gamblers. Research has also shown that GEAR, the minimal intervention option we offer, is an effective treatment methodology. When we say there are no EBPs, we are creating a false impression of the effectiveness of gambling treatment.



2009 Problem Gambling

Awareness Calendars will be sent to each county/regional problem gambling prevention and outreach coordinator by the end of September. The calendars feature art by Oregon middle schoolers and they are a popular way to spread the word about problem gambling issues.

Staff changes? please notify Arlenia ASAP so we can keep our records current!

arlenia.elmore-jeggli@state.or.us

22nd National Conference on Problem Gambling



Prevention | Treatment | Responsible Gaming | Research | Recovery

June 26-28, 2008 | Long Beach, California

Paul recently attended the 22nd National Conference on Problem Gambling. For a copy of the program and presentations please email arlenia.elmore-jeggli@state.or.us.

Interesting Facts

Gambling and Smoking



- ◆ Gamblers have high rates of tobacco use and there is a linear relationship between gambling severity and both smoking frequency and nicotine dependency (Rodda et al. 2004).
- ◆ A New Zealand study showed that 58% of problem gamblers were daily smokers versus 22% of non-problem gamblers (Ministry of Health 2006).
- ◆ Gamblers who smoked daily gambled more days and spent more money than non-daily smokers. They craved gambling more and had lower perceived control over gambling (Petry & Oricken 2002).
- ◆ 41.6% of heavy gamblers are smokers versus 30.1% of recreational smokers and 21.3% of non smokers (Smith & Ferris, 1996).
- ◆ 62% of treatment-seeking gamblers in Connecticut and 69% in Minnesota smoked (Petry & Oricken 2002, Stinchfield and Winters 1996) compared to 25% of the general population (Reuter et al. 1990).
- ◆ Smoking is powerful reinforcement for the trance-inducing rituals associated with gambling (Harper, 2003).

Problem Gambling Services Staff

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DHS Problem Gambling Services web site: <http://www.oregon.gov/DHS/addiction/gambling.shtml>

