

*Problem Gambling Services Critical Program Updates*      *November 2011*  
*Program Manager's Update*

Fall is upon us, with its mix of beautiful sunny afternoons, chilly mornings, showers, and gorgeous leaves. I hope that you are enjoying the sunshine when the chance presents itself – wetter weather is surely on the way!

As the seasons are changing and moving forward, so is the State of Oregon Health System transformation. This is the process which began with the Legislature passing Health Care Transformation and Health Insurance Exchange bills in June 2011. Many of you will be hearing more about the transformation process in the coming months as your agencies prepare for new models of doing business emphasizing accountability and flexibility. Your Problem Gambling Services team is working hard making certain that problem gambling treatment and prevention services are represented in the many different areas impacted by the change – contracts, outcomes, finance, peer-delivered services, and more. For updates, you can check the State's webpage here: <http://health.oregon.gov/>

Internet Gambling in the news:

There is growing interest at state and federal levels to legalize internet gambling. Most debate and discussion about this issue revolves around finances and regulation. However, at a U.S. House Energy and Commerce Subcommittee on Commerce, Manufacturing and Trade hearing last month, Keith Whyte, executive director of the National Council on Problem Gambling, made a few key observations. Read his full testimony here:

[http://www.ncpgambling.org/files/Advocacy/NCPG\\_Statement\\_on\\_Internet\\_Gaming\\_CMT\\_Hearing\\_Oct2011.pdf](http://www.ncpgambling.org/files/Advocacy/NCPG_Statement_on_Internet_Gaming_CMT_Hearing_Oct2011.pdf)

Mark Your Calendars!

The Regional Problem Gambling Conference (a joint venture between AMH, the Evergreen Council on Problem Gambling, the Oregon Council on Problem Gambling and others) will be held in Vancouver, Washington **April 25-28, 2012**. We'll keep you updated as the conference comes closer and more information is available.

---

## Treatment Updates

We have known for many years that individuals face multiple barriers when it comes to attending treatment, especially in rural areas; individuals may have to drive up to 100 miles to access a qualified problem gambling treatment provider. Individuals may have language

barriers, scheduling issues, or health problems that prevent them from attending traditional face-to-face treatment.

With the intent of removing these barriers and making treatment more accessible for Oregonians, we have been piloting an exciting new treatment option: online counseling for problem gamblers. Through OHA/DHS's Aspiring Leaders Program, and sponsorship from Karen Wheeler, AMH Addictions Program Administrator, staff at AMH and SPD partnered to make this project a reality. After extensive research on treatment options, technology issues, best practices, and so on, the OHA/DHS team put together guidelines for online counseling. During the past six months, OHA/DHS has been partnering with Linn County A&D and Emergence in Lane County to pilot this project.

Utilizing SKYPE technology, certified problem gambling counselors were able to provide individual counseling to problem gambling clients that were not able to attend traditional face-to-face counseling. We see many possibilities for this technology, including providing counseling to clients in their primary language, providing counseling for individuals who may be unable to travel, offering family counseling when family members do not live in the same community, and so on.

We are currently in the process of identifying how we can roll this treatment option out statewide. Please stay tuned and we will keep you up-to-date on how we can continue to reach our clients.

A special thanks to Tony Howell and Marcy Nichols in Linn County and to Michele Tantriella-Modell from Emergence in Lane County for their dedication and thoughtful insights during this process.

The OHA/DHS team included Greta Coe and Jackie Fabrick from AMH and Lynn Webb and Kelsey Weigel from SPD.

Adolescent Problem Gambling Treatment: an idea whose time has come?

We know from our Student Wellness Survey (SWS) data, as well as our most recent youth gambling prevalence study, that adolescents in Oregon are gambling, beginning as early as 6<sup>th</sup> grade. Youth who gamble are up to twice as likely to engage in other risky behaviors such as drinking, substance use, smoking, etc. Gambling was one of only two risky behaviors (marijuana use was the other) that showed a significant increase in participation in the most recent SWS, done in 2010.

Many of our prevention efforts are focused on adolescents, and we think that the time might be coming for us to also gear up on the treatment side. As we all know, treating adolescents involves much more than just taking an adult approach and making a few modifications.

Adolescents differ from adults in many key respects, including: the developmental issues with which they are dealing, the values and beliefs that they hold, the degree to which they are system-dependent (home, school, etc.), how their brains work, and how a gambling problem may present itself clinically, to name just a few.

We'd like to hear from any of you who have treated adolescents for gambling problems or who are concerned about this—your experiences and thoughts would help us decide how and if to move forward. We may consider establishing a workgroup in the near future if there is sufficient interest. We have been approached by partners in the Oregon Youth Authority who are seeing gambling among the behaviors presented there, so that is another area we will be exploring in the future.

---

## Prevention Updates

### Prevention Coordination at the State Level

I am very happy to say that, now that Nicole has joined us as the Problem Gambling Services Manager, I will be able to pay full attention to what I haven't been able to do for almost a year—my real job as statewide problem gambling prevention coordinator! The good news is that you'll be hearing from me more (or maybe that's the bad news??) and I hope to be providing you with lots of great new resources and ideas...stay tuned! If there are things you'd really like to see our office doing in the way of problem gambling prevention, please send me an email: [wendy.hausotter@state.or.us](mailto:wendy.hausotter@state.or.us). Onward we go!

### “Teachable Moments” Webinar **Nov. 30 2-3 pm**

Thanks to those of you who took the opportunity to do some local education on the topic of youth gambling when it was in the news recently. We need to seize those moments whenever they arise and I know that many of you used the materials we sent out and added your county Student Wellness Survey data. And speaking of that, our next prevention webinar will focus on this issue, using the ORcade situation as an example. **Please plan to join us on Nov. 30 from 2 to 3 pm (1CEU).** Registration information will be sent out soon.

### Prevention Rules to Incorporate Problem Gambling

The Oregon Administrative Rules which govern substance abuse prevention are being revised, which provided us with an opportunity to include language around problem gambling prevention. Right now there are no administrative rules which specifically address problem gambling prevention (instead, there is Service Element 80 and contract language). It will take several months for the rules to move through the process so we will keep you posted. This is yet another important step in the infusion of problem gambling into ongoing system-wide prevention efforts.

### Problem Gambling Issues in the News:

Here are some links to articles of interest for people working in the prevention or treatment field:

[http://www.responsiblegambling.org/staffsearch/library\\_news\\_results\\_details.cfm?intID=13237](http://www.responsiblegambling.org/staffsearch/library_news_results_details.cfm?intID=13237)

[http://www.kmtr.com/news/local/story/Coos-Bay-casino-first-in-Oregon-to-offer-iPad/Btu5DJYZY0a\\_2pgtah\\_OpA.csp](http://www.kmtr.com/news/local/story/Coos-Bay-casino-first-in-Oregon-to-offer-iPad/Btu5DJYZY0a_2pgtah_OpA.csp)

### Upcoming Trainings:

Mark your calendars for a webinar on *Brief Interventions, Dec. 6, 1-3pm*. More info and registration will follow in late November.

| Problem Gambling Services Staff   |  | Helpline website: 1877mylimit.org    |  |
|---|--|--------------------------------------|--|
| DHS Problem Gambling Services web site: <a href="http://www.oregon.gov/DHS/addiction/gambling.shtml">http://www.oregon.gov/DHS/addiction/gambling.shtml</a> |  |                                      |  |
| Contact   | Title                                  | Phone                                | Email  |
| Nicole Corbin   | Problem Gambling Services Manager      | 503-945-6722<br>503-269-9806 (cell)  | <a href="mailto:nicole.corbinlawson@state.or.us">nicole.corbinlawson@state.or.us</a> |
| Karen Wheeler   | Addiction Programs Administrator       | 503-945-6191                         | <a href="mailto:karen.wheeler@state.or.us">karen.wheeler@state.or.us</a>             |
| Wendy Hausotter   | Problem Gambling Prevention Specialist | 503-945-9703 or cell<br>503-510-1117 | <a href="mailto:wendy.hausotter@state.or.us">wendy.hausotter@state.or.us</a>         |
| Jackie Fabrick  | Gambling Treatment Specialist          | 503-945-7815                         | <a href="mailto:jackie.fabrick@state.or.us">jackie.fabrick@state.or.us</a>           |
| Greta Coe   | Resource Specialist                    | 503-945-6187                         | <a href="mailto:greta.l.coe@state.or.us">greta.l.coe@state.or.us</a>                 |
| Patricia Alderson   | Administrative Support                 | 503-945-9710                         | <a href="mailto:patricia.alderson@state.or.us">patricia.alderson@state.or.us</a>     |

**Staff changes?** Please notify **Patricia** ASAP so we can keep our records current!

[patricia.alderson@state.or.us](mailto:patricia.alderson@state.or.us)

or 503-945-9710