

Problem Gambling Services

Oregon is recognized nationally as a leader in the field of problem gambling services; providing FREE prevention, outreach, early intervention, treatment and recovery services across the continuum of problem gambling. One percent of Oregon Lottery revenues fund these services. The Oregon Health Authority administers the funds that provides approximately \$6 million annually for treatment and prevention programs and services in each county.

Problem gambling is the continuation of gambling activities despite negative personal, social or financial consequences. Gambling Disorder is a clinical term used within the DSM, related to a score assessed by a professional using a recognized set of criteria. In Oregon, it is estimated 2.6 percent of the adult population experience moderate or serious problems with gambling. For each person with a serious problem, many others are affected (e.g., spouse, children).

People served

Outpatient problem gambling treatment is available within every county in Oregon. In 2018, the system served 1,059 individuals with gambling problems or family or others impacted negatively.

Oregon is one of the only states that offers free residential treatment for problem gamblers.

Problem gambling prevention is also offered in every county in Oregon. Problem gambling prevention and outreach programs are directed at avoiding or reducing the emotional, physical, social, legal, and financial consequences of disordered gambling for the gambler, the gambler's family, and the community.

Benefit to Individuals and Community

Treatment is available for FREE for both gamblers and their families, and those impacted by the negative consequences of gambling.

Oregon uses the public health approach that combines prevention, harm reduction and multiple levels of treatment focusing on quality of life issues for gamblers, their families and communities.

The program covers the continuum of care and includes:

- Prevention and outreach efforts, stand alone and infused into other prevention efforts such as suicide, alcohol, tobacco and other drug 24-hour Helpline staffed by professional certified problem gambling specialists
- A minimal intervention program involving phone counseling with a workbook;
- Crisis respite care;
- Outpatient treatment services;
- Residential treatment services; and
- Culturally specific and prison-based treatment programs

System Impacts:

- 947 individuals received problem gambling treatment services in 2018, along with 117 family members or those impacted by the negative consequences of gambling.
- At six-month follow-up, of those that successfully completed treatment, 51.1 percent reported no gambling; 37.8 percent reported much less gambling.
- At 12-month follow-up, individuals served provided a very strong endorsement of willingness to recommend the program to others.
- State invested over 1.5 million dollars for problem gambling prevention and outreach services in 2018, demonstrating continued support for prevention efforts and increased awareness that problem gambling is a significant public health concern.

Strengths of Program:

- Guaranteeing that problem gambling prevention and treatment funding is provided in each county.
- Supporting the development and implementation of the PGS five-year strategic system improvement plan that guides projects, outputs, outcomes and future planning and decision-making.
- Ensuring culturally relevant treatment services for Latinos, African Americans, Native Americans and Asian Americans.
- Ensuring treatment or psycho-education for incarcerated persons and other high-risk populations.
- Creating a yearly Oregon Problem Gambling Awareness Calendar, that portrays art from Middle School students from across the state.
- Implementing a program evaluation system that allows the program to gather demographic data on the individuals served, along with feedback on the services, as both help to inform decisions.
- Ensuring prevention providers conduct community readiness assessments to obtain metrics to guide future planning.
- Implementing the Positive Cultural Framework model within our system to increase awareness of problem gambling through enhanced communication and messaging.
- Providing access to information, help and hope through the Oregon Problem Gambling Resource web page. This web page directs visitors to our helpline through options of calling, texting or online chatting, motivational texting, and is also available in Spanish.

877-MYLIMIT

opgr.org

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HELP, HOPE, CONNECT

For Information regarding Oregon's Problem Gambling Services System:

Contact pgs.support@dhsosha.state.or.us