

Problem Gambling Prevention Educational Resources and Screening Tools

Prevention Toolkit #2

Contents

- **Review:** Center for Substance Abuse (CSAP) Strategy: Problem Identification and Referral
- **Definitions:**
- **Review:** Problem Gambling/Disordered Gambling Continuum; Criteria and treatment eligibility
- **Prevention role**
- **Importance of Connection with Treatment**
- **Educational Resources to Share**
- **Screening Tools:**
 - **Lie/Bet**
 - **Brief Biosocial Gambling Screen**
 - **Gamblers Anonymous 20 Questions**
 - **GBIRT**
 - **Additional Screen Tools Information**
- **Wrap-up**

Review

CSAP Strategy

Problem Identification and Referral

- Identify individuals with misuse/abuse of substances or gambling behaviors in order to provide interventions that can deter those individuals of continued misuse through education and motivation strategies. This strategy does not include activity designed to determine if a person is in need of treatment
- Being familiar with screening tools and sharing resources with providers in your community for further assessment is best practice.

Review

Example Strategies

- Focused education program on selective populations e.g., awareness program for college athletes highlighting warning signs and prevention tools
<https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>
- Providing referral resources: **OPGR.org**; Employee Assistance Programs; Student Assistance Programs etc.
- Providing screening tool resources and connection to PG Treatment Services Provider



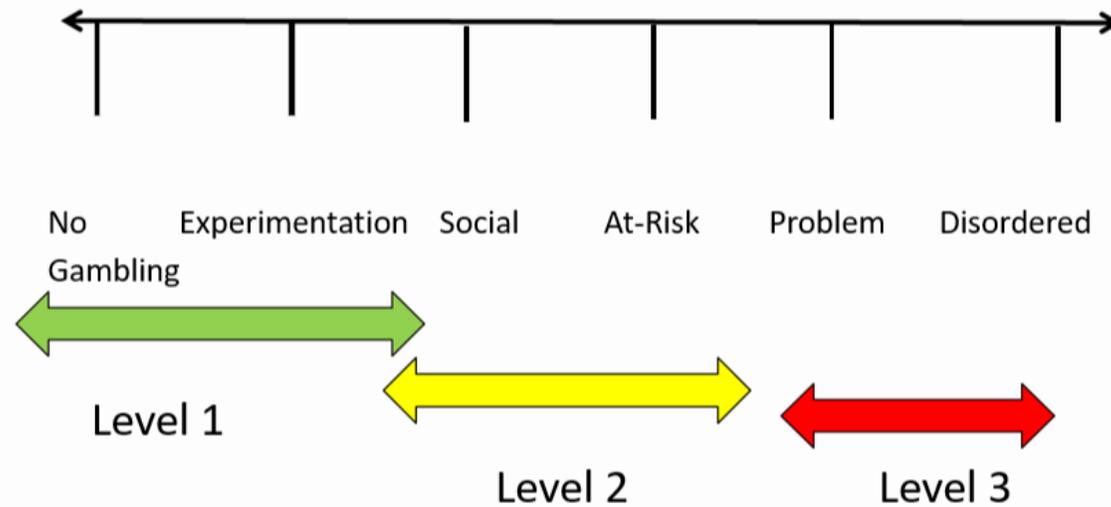
Definitions

Gambling: Risking money, or anything of value, on an event of uncertain outcome.

Problem Gambling: continuation of gambling activities despite negative personal, social or financial consequences that do not reach a clinical diagnostic level of disordered gambling.

Disordered Gambling: Clinical term relating to a score assessed by a professional using a recognized set of nine criteria.

Continuum of Gambling Behavior



Review

Continuum of Gambling Behaviors

Individuals can move back and forth on the continuum.

Review

American Psychiatric Association 9 Criteria for Gambling Disorder

1. Need to gamble with increasing amount of money to achieve the desired excitement
2. Restless, or irritable when trying to cut down or stop gambling
3. Repeated unsuccessful efforts to control, cut back on or stop gambling
4. Frequent thoughts about gambling (such as reliving past gambling experiences)
5. Often gambling when feeling distressed
6. After losing money gambling, often returning to get even (referred to as “chasing” one’s losses)
7. Lying to conceal gambling activity
8. Jeopardizing or losing a significant relationship, job or educational/career opportunity because of gambling
9. Relying on others to help with money problems caused by gambling

Review

Gambling Disorder Severity DSM5 Criteria

Problem Gambling 2-3 Symptoms

Mild 4-5 Symptoms

Moderate 6-7 Symptoms

Severe 8-9 Symptoms



Review

Oregon Treatment Services

Individuals presenting with 1 symptom qualify for treatment services.

People with close connections to individuals impacted by gambling behaviors are eligible for services in Oregon as well.

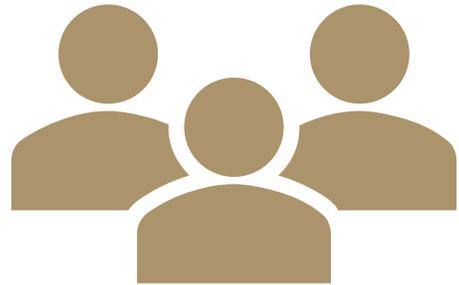


Prevention Role

Being familiar with screening tools and sharing resources with providers in your community for further assessment is best practice but conducting screening for treatment is not a prevention role.

Importance of connection with treatment

- Prevention staff are having conversations in the community! Connecting to the treatment provider for additional information, advice and collaboration strengthens the overall system.
- The treatment provider needs to know who prevention providers are outreaching to in the community, and who might be referred for services— adolescents as an example “let them know who you are outreaching to.”
- Prevention staff should have the discussion about adolescent treatment with their treatment provider. Find out if they will provide adolescent treatment or consult with adolescent treatment provider. Treatment can serve the lifespan but may be outside of their programs scope.



Resources to Share

Educational Resources

“Warning Signs”



- How much time is spent gambling
- Increase in gambling times and places
- Working up special occasions for gambling (canceling other plans)
- Intensity of interest in gambling (constant high tensions/excitement)
- Boasting (about winning; evasive about losing)
- Gambling when there is a crisis



Educational Resources

“Warning Signs”

- Exaggerated display of money and other possessions
- Increasing the size of bets
- Drop off in other activities and interest
- Frequent absences from school, work, and home
- Excessive phone use/internet use
- Personality changes (Increased irritability/hostility)
- Diversion of funds earmarked for other purposes
- Withdrawal from family/friends



Educational Resources “Responsible Gambling Guidelines”



- Set a money limit and stick to it
- Set a time limit and stick to it
- Make a rule not to gamble on credit
- Consider any losses the cost of recreation
- Expect to lose and treat any winnings as a bonus
- Don't gamble as a way to cope with emotional or physical pain
- Gambling should not interfere with or substitute for friend, family, work, or other worthwhile activities
- Avoid trying to win back lost money
- Become educated about the warning signs of problem gambling

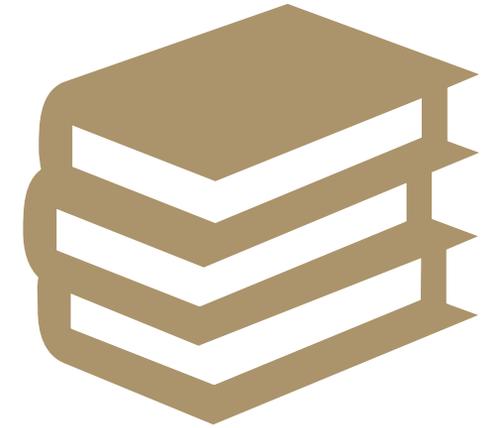




877-MYLIMIT



Screening Tools



Lie/Bet Questionnaire



Have you ever had to lie to people important to you about how much you gambled?



Have you every felt the need to bet more and more money?

Lie/Bet Questionnaire

Administer Lie/Bet
Questionnaire

“Yes” response to
one or both items:
further assessment is
needed.

“No” response to
both questions: no
referral necessary.
Provide education.



Brief Biosocial Gambling Screen (BBGS)

To screen for potential gambling-related problems, please complete the following questions.

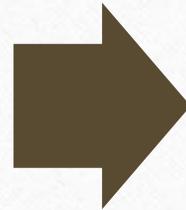
Yes	No	
		A “yes” answer to any of the questions means the person is at risk for developing a gambling problem and should be referred for further assessment.
		During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
		During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
		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?

<https://www.divisiononaddiction.org/outreach-resources/gdsd/toolkit/bbgs/>



Brief Biosocial Gambling Screen (BBGS)

“No” to All –
Provide Education



“Yes” to Any –
Provide Education
and Referral
Information

<https://www.divisiononaddiction.org/outreach-resources/gdsd/toolkit/bbgs/>



Gamblers Anonymous 20 Questions (1 – 10)

Yes	No		
		1	Have you ever lost time from work or school due to gambling?
		2	Has gambling every made your home life unhappy?
		3	Have gambling affected your reputation?
		4	Have you ever felt remorse after gambling?
		5	Do you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
		6	Does gambling cause a decrease in your ambition or efficiency?
		7	After losing do you feel you must return as soon as possible and win back your losses?
		8	After a win, do you have a strong urge to return and win more?
		9	Do you often gambling until your last dollar is gone?
		10	Do you every borrow to finance your gambling?

<https://www.gamblersanonymous.org/ga/content/20-questions>



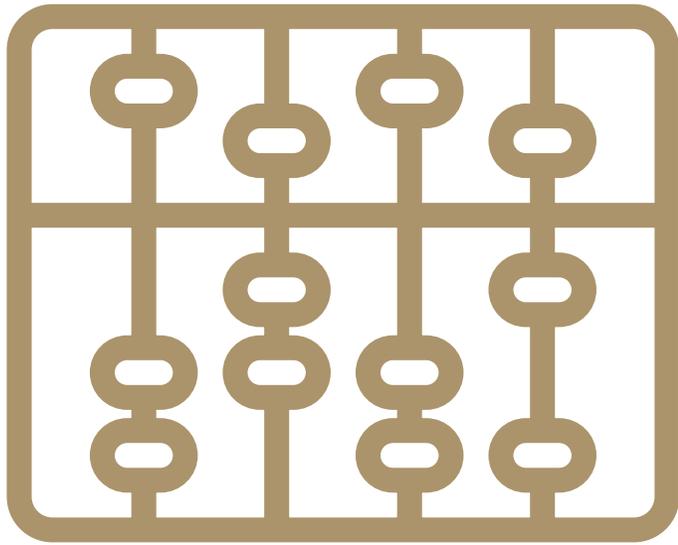
Gamblers Anonymous 20 Questions (11 – 20)

Yes	No		
		11	Have you ever sold anything to finance gambling?
		12	Are you reluctant to use “gambling money” for normal expenditures?
		13	Does gambling make you careless of the welfare of yourself or your family?
		14	Do you ever gamble longer than you had planned?
		15	Have you ever gambled to escape worry, trouble, boredom or loneliness?
		16	Have you ever committed, or considered committing, an illegal act to finance gambling?
		17	Does gambling cause you to have difficulty in sleeping?
		18	Do arguments, disappointments or frustrations create within you an urge to gamble?
		19	Have you ever had an urge to celebrate any good fortune by a few hours of gambling?
		20	Have you ever considered self-destruction or suicide as a result of your gambling?

<http://www.cahsd.org/wp-content/uploads/2016/05/Gamblers-Anonymous-20Questions.pdf>



Gamblers Anonymous 20 Questions Scoring Key



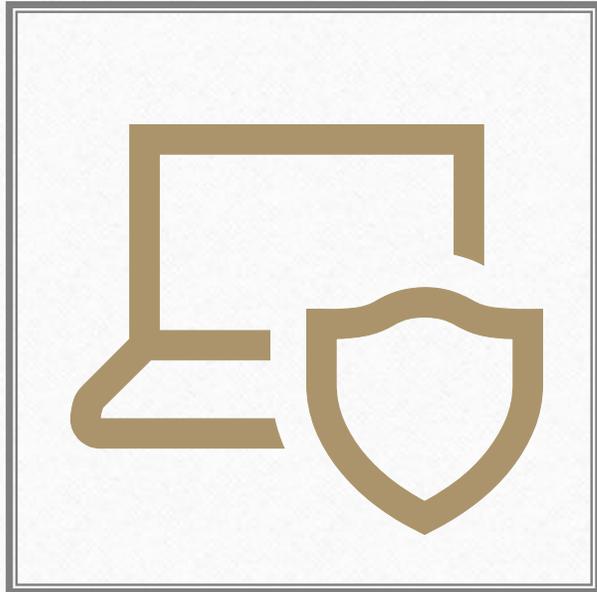
A score of seven or more “yes” answers may indicate a need to be assessed for problem gambling.

Score of six or less provide education.

Note: Responses can only be Yes or No.



Additional Screening Tools



For additional screening tools and resources visit the [Oregon Health Authority Problem Gambling Services website](#) .

Professionals who conduct screenings should connect with the local Problem Gambling Treatment Provider for training on best practice methods for administering gambling screening tools.