

Reflect Resource Renew

Three steps to address concerns about gambling. Visit OPGR.org for more information.

Problem Gambling Quick Talks or Elevator Speeches

Consider using these quick conversations to spark interest in your problem gambling prevention efforts. Follow up after to engage in further conversation or to provide resources.

- Gambling carries risk and can lead to problems. In Oregon, 88,000 adults are estimated to meet the clinical diagnosis for a gambling disorder.¹ However, problem gambling can be prevented, and referrals for free confidential treatment are available through Oregon Problem Gambling Resource. Most Oregon adults agree that getting help for someone with a gambling problem is the right thing to do, and they themselves would want someone to intervene with them in that situation.² Visit OPGR.org to learn more. I'll follow up with you soon!
- It's estimated that 88,000 adults in Oregon meet the clinical diagnosis of a gambling disorder.¹ There are many steps we can all take to address this issue. A recent survey showed that most Oregon adults are willing to visit the Oregon Problem Gambling Resource (OPGR.org) website if they're concerned about their own gambling or the gambling of their friends or family.² Please reach out to me if you have any questions. I'll follow up with you soon, so we can talk more.
- Approximately 88,000 adults in Oregon meet the clinical diagnosis of a gambling disorder.¹ Problem gambling is preventable. One way to prevent problem gambling is to establish guidelines about responsible gambling. A recent survey showed that eighty-seven percent of Oregon adults agree that if people choose to gamble, they should have their own personal guidelines for gambling responsibly.³ The Oregon Problem Gambling Resource (OPGR.org) has resources to learn how to establish guidelines for responsible gambling as well as how to recognize the signs or symptoms of problem gambling and how to get help for yourself or a loved one. Visit OPGR.org to learn more. I'll follow up with you soon!
- Gambling carries a risk. This includes for our youth. While most Oregon high school students (76%) don't gamble,⁴ we know that Oregon 11th graders who reported gambling had higher rates of skipping school, being in physical fights, being sad for two or more weeks, and using alcohol, marijuana, and other drugs.⁵ This can have devastating impacts on youth and their families. Creating a family rule about not gambling before age 21 can help prevent problems. I'll follow up with you soon!

- Oregon Problem Gambling Resource provides many resources to individuals or loved ones concerned about problem gambling. Efforts to prevent problem gambling are taking place across the state. In addition, there's a 24-hour helpline, phone counseling, therapy for individuals and their families, and treatment as well. Anyone who has a problem with gambling can access free, confidential treatment. Check out OPGR.org for more information. I'll follow up with you soon!

References

- 1 Oregon Council on Problem Gambling: Gambling & Problem Gambling in Oregon, 2018
- 2 Center for Health and Safety Culture. (2018). *Oregon Problem Gambling Survey*. Montana State University, Bozeman, Montana (n=1225)
- 3 Center for Health and Safety Culture. (2019). *Oregon Problem Gambling Survey on Guidelines*. Montana State University, Bozeman, Montana (n=734)
- 4 Oregon Student Wellness Survey, 2018
- 5 Oregon Student Wellness Survey, 2016