

Northwest (HHS Region 10)

ATTC

Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents:

Problem Gambling 101



EVERGREEN
council on problem gambling



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SAMHSA
Substance Abuse and Mental Health
Services Administration



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Meet your presenters



Maureen Greeley

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Tribal Land Acknowledgement

In applying a lens of cultural humility to issues of diversity, equity, and inclusion, the Northwest ATTC offers this land acknowledgement for today's event.

Our work intends to reach the addiction workforce in HHS Region 10: Alaska, Idaho, Oregon, and Washington. This region rests on the ancestral homelands of indigenous peoples who have lived on these lands since time immemorial.

Please join us in support of efforts to affirm tribal sovereignty and in displaying respect and gratitude for our indigenous neighbors.



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SAMHSA
Substance Abuse and Mental Health
Services Administration

Evergreen Council on Problem Gambling (ECPG)

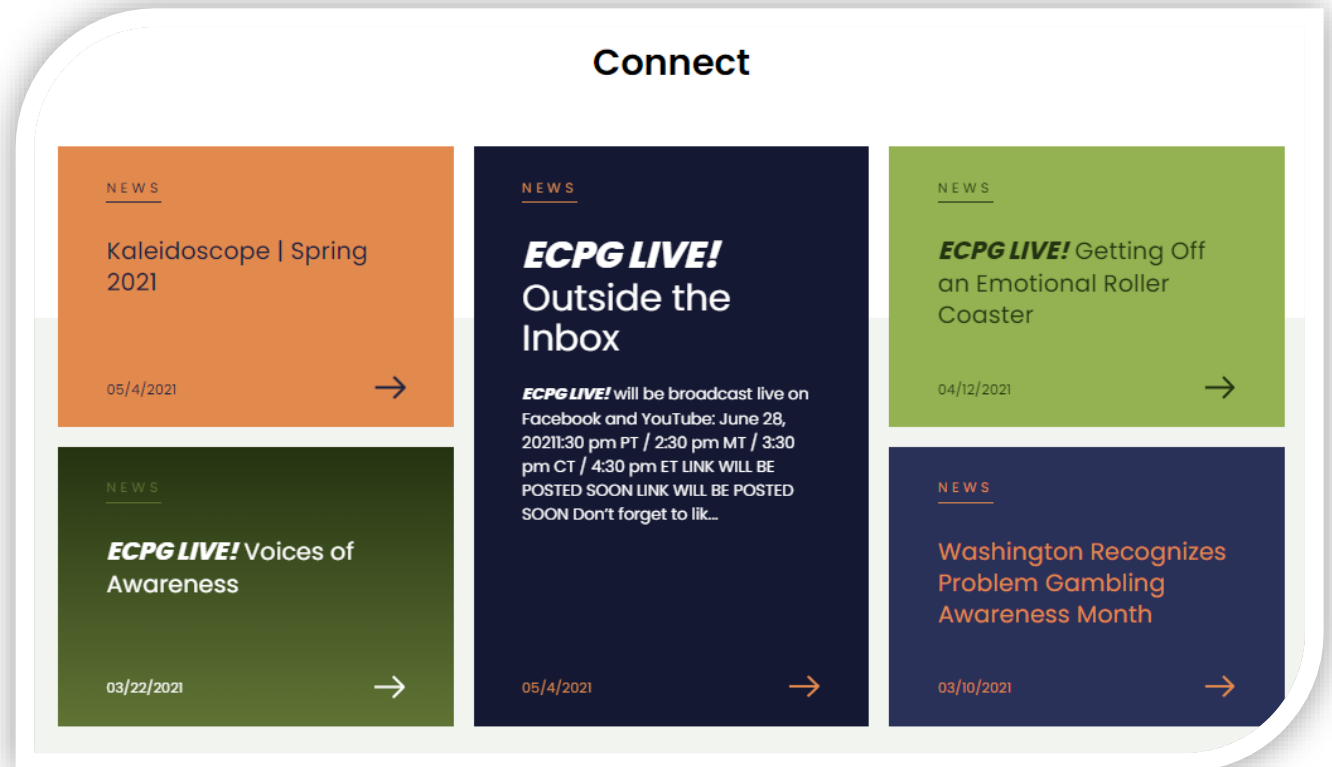
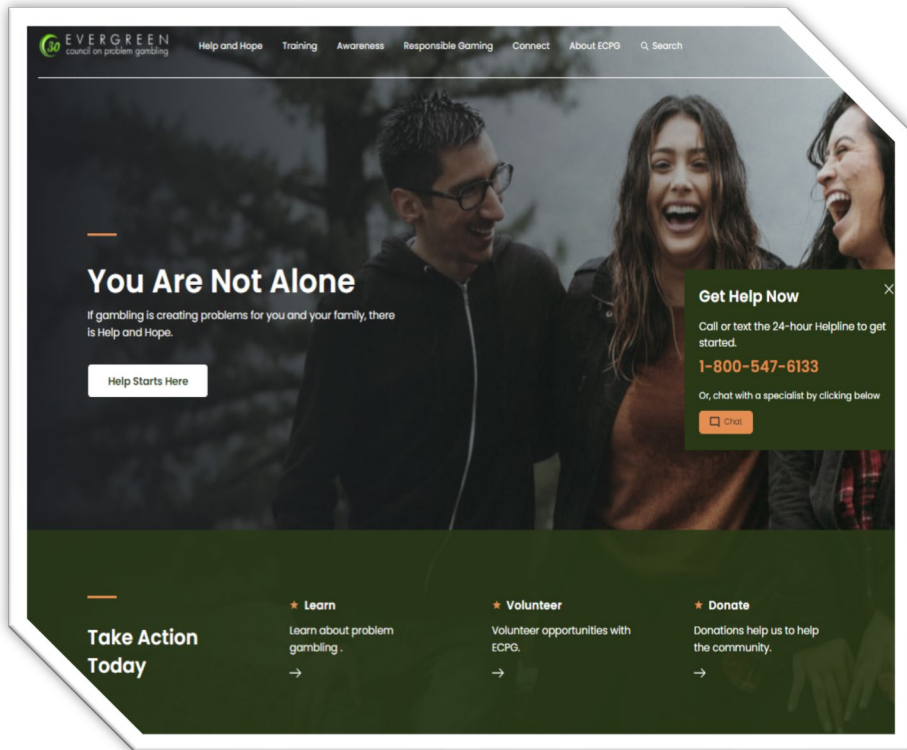
- ECPG is neither for nor against gambling or gaming
- We are very much FOR help being available to anyone and everyone who needs it, to cope and recover from problems related to gambling and gaming
- Our Mission: The Evergreen Council on Problem Gambling is dedicated to increasing awareness of public health issues around **problem gambling and gaming**, expanding the availability and integration of services, and supporting advocacy, research, and programs for education, prevention, treatment, recovery, and responsible gambling **and gaming**.



EVERGREEN
council on problem gambling



You can find us at www.evergreencpg.org



VIRTUAL // TRAINING // **ENGAGE** ONLINE LEARNING EXPERIENCE

ENGAGE Online Learning Experience

- *Gambling Counselor Core Training*
- November *Mid-Month Training*
- October *Mid-Month Training*
- December *Mid-Month Training*
- January *Mid-Month Training*
- February *Mid-Month Training*
- March *Mid-Month Training*
- *IGCCB Exam Prep eCourse* program
- *Foundations In Gaming Disorder*
- June *Mid-Month Training*

Training Opportunities (here)

ECPG is approved for Continuing Education credits by:

- International Gambling Counselor Certification Board (IGCCB)
- National Association of Alcohol and Drug Addiction Counselors (NAADAC)
- American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD)
- Mental Health and Addiction Certification Board of Oregon (MHACBO)
- Prevention Specialist Certification Board of Washington (PSCBW)

If you'd like to be added to the email distribution list for other ECPG training opportunities and more, please [Contact Us](#).

Where to find training to become a gambling counselor

- <https://www.evergreencpg.org/training/virtual/engage/gambling-counselor-core-training/>
- Registration is now open
- Part 1 (10hrs) is self-directed, **open now to those who register**
- Part 2 (20hrs) is live online **Oct. 18-21, 2021**





Connect and Engage!

[ECPG LIVE!](#)

[Kaleidoscope: Reflections of Diverse Views on Mental Health Equity](#)

[Connections: Healthy Gambling and Gaming Podcast](#)

[Presenter Previews, Video Blogs, and more on YouTube](#)

[Blog and eNewsletter](#)

Trigger Warning

Gambling/Gaming Recovery – Trigger Warning

The following slides contain text, images, audio, video or other media depicting gambling elements and video games for educational purposes.

If this is triggering, please mute, minimize, or step away from your computer as needed.

Please take care of yourself.



Learning Objectives

1

Understand the difference between recreational gambling, problem gambling, and Gambling Disorder.

2

Know where to go to get more information and training, and where to refer clients for gambling help services.

3

Know where to go to learn more about becoming a Certified Gambling Counselor.

What are you
most
interested in?

Gambling, Responsible Gambling, Healthy play

Risk and protective factors

PG Impacts – the ripple effects

A case example

DSM, ASAM, screening, Certification

Referral resources

Game vs. Gamble

Just a game

- No bets or wagers are made
- Ex: board games, card games, most video games

Gambling

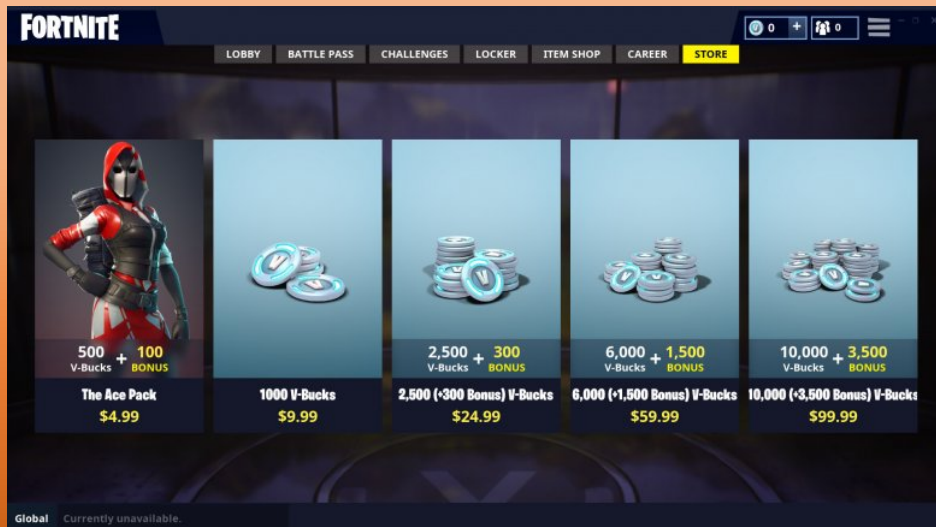
- **Prize:** Anything of value the sponsor awards in a promotion.
- **Chance:** Outcome is beyond the participant's direct control.
- **Consideration:** Something of value or serious effort is invested.



Purchase vs. Gamble

Purchase

- Paying a set price, for a known product, service, or good.
- Example:



Gambling

- The product to be received is unknown.
- Example:



Problem Gambling (which is correct?)

A) When someone gambles every day and spends at least \$500 per week.

30

B) A term used loosely to refer to any range of problems associated with gambling, from losing more than you can afford, to a severe loss of control, cravings, and major life problems.

Compulsive Gambling (which is correct?)

-
- 30 A) A term generally used to describe compulsive gambling behaviors. Coined by Gamblers Anonymous and not used diagnostically.
-
- B) Someone who has gambled every dollar, to the point of living under a bridge.

Pathological Gambling (which is correct?)

A) When a person resorts to lying, cheating, and stealing to support their gambling habit.



B) The diagnostic term used in the DSM-IV, prior to the publication of the DSM-5 in May 2013.

Gambling Disorder (which is correct?)

A) A silly phrase that professionals use to talk about someone's moral ineptitude.



B) The current diagnosis according to the DSM-5. Mild, Moderate, or Severe Gambling Disorders can be episodic or persistent, or in early or sustained remission.

BONUS! – Professional Gambling (which is correct?)

30

A) Someone who gambles on skill-based games as a profession, usually are sponsored, and generally does not display life problems associated with their gambling.

B) Someone who is so good at a gambling game that they win more than they lose.

Why Language Matters

Stigma is a big reason many people do not seek help for gambling-related problems. Certain terminologies may add to the stigma.

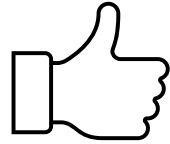
When we talk about these problems, we want to **focus on the disorder**, or symptoms – gambling with harmful consequences.

People have a problem, but **they are not the problem**. For example, calling someone a “problem gambler” can reduce them to one thing: a problem. Describing the situation rather than labelling the person – for example, “someone who has a gambling problem” or “someone affected by Gambling Disorder” – is less blaming and reduces stigma.



Compassionate Language

Say this...



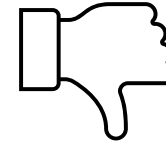
Some who gambles

Someone with an addiction
disorder/affected by addiction

Someone with problem gambling/Gambling
Disorder

Recurrence

Not that...



Gambler

Addict

Problem gambler/Pathological
gambler/Disordered gambler

Relapse



Overview of Gambling Games – Table Games



B I N G O				
10	17	44	56	71
15	24	33	46	66
12	19	FREE 8878 SPACE	50	64
13	22	36	47	61
11	21	41	58	73



Overview of Gambling Games – Paper Games



Overview of Gambling Games – Slot Machines





LDW's



The Stop Button



How Slot Machines Work

About Slot Machines (Random Number Generators)

Where to Learn More...

GameSense

<https://gamesensema.com/myths-and-games/>

camh

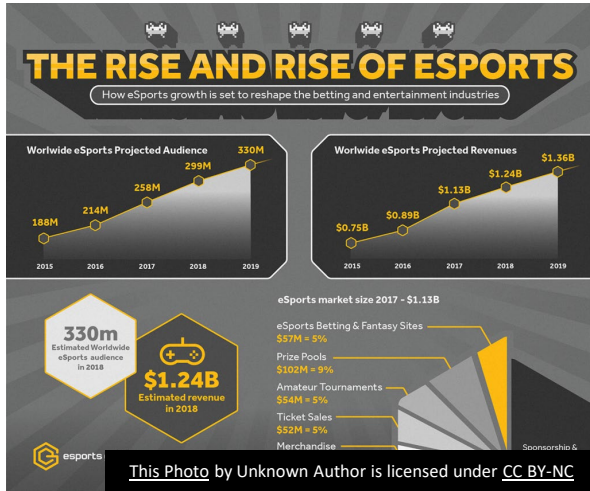
<https://www.problemgambling.ca/gambling-help/gambling-information/about-slot-machines.aspx>





Overview of Gambling Games – Racing and Sports





This Photo by Unknown Author is licensed under [CC BY-ND](#)



Modern Gambling

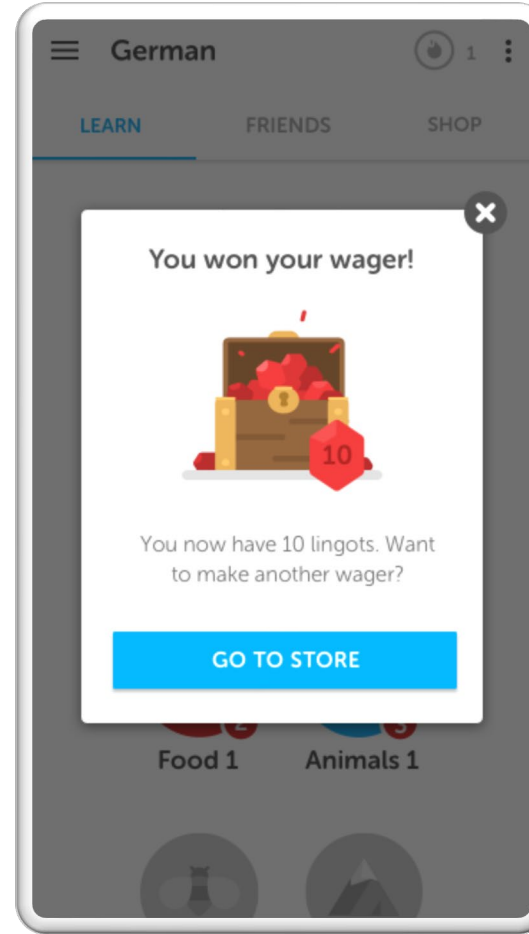
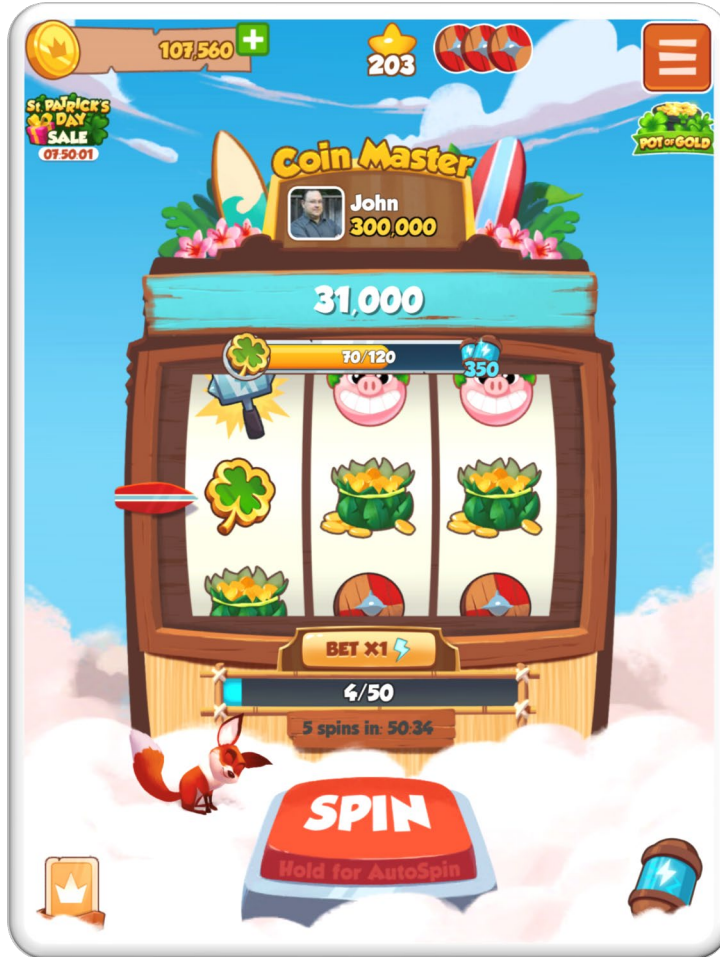




Yes, these are
gambling too

- Betting on games with family and friends
- Bingo
- Lottery tickets
- Raffle tickets
- Scratch-off tickets
- Fantasy sports
- App gambling games
- Skins betting
- Watch out for - Simulated gambling elements

App games can contain gambling graphics and elements, available to children, and potentially risky for those in recovery



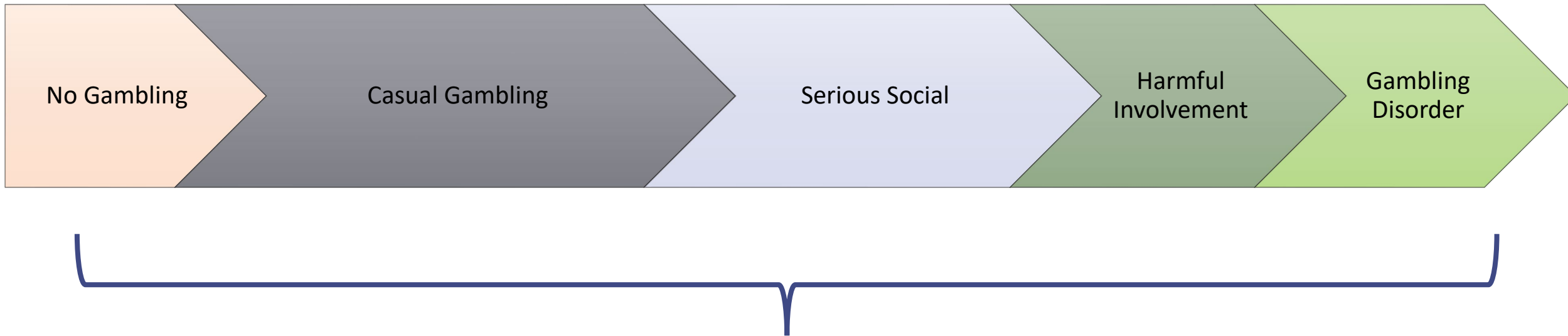


Check It Out

1. How old were you the first time you ever gambled?
1b. What did it teach you about gambling?
2. Do you know someone with a “gambling problem”?
2b. How can you tell?
3. What does society communicate about “problem gambling”?

Gambling Continuum

Chart not to scale



Gambling-related problems can occur anywhere along the continuum
Problems may be experienced due to *someone else's* gambling

Responsible Gaming (for gaming establishments)

- Do not cash payroll, welfare or unemployment checks
- Process to deny casino play privileges (also credit, check-cashing, casino promotions)
- Display toll-free helpline numbers for problem gambling (in ads, brochures, signs, etc.)
- Train employees about responsible gaming and how to offer help to customers
- Enforce legal-age laws
- Restrict advertising to age-appropriate venues and messages

Responsible Gaming
Staff Training And
Resources

Responsible Gaming
Certification



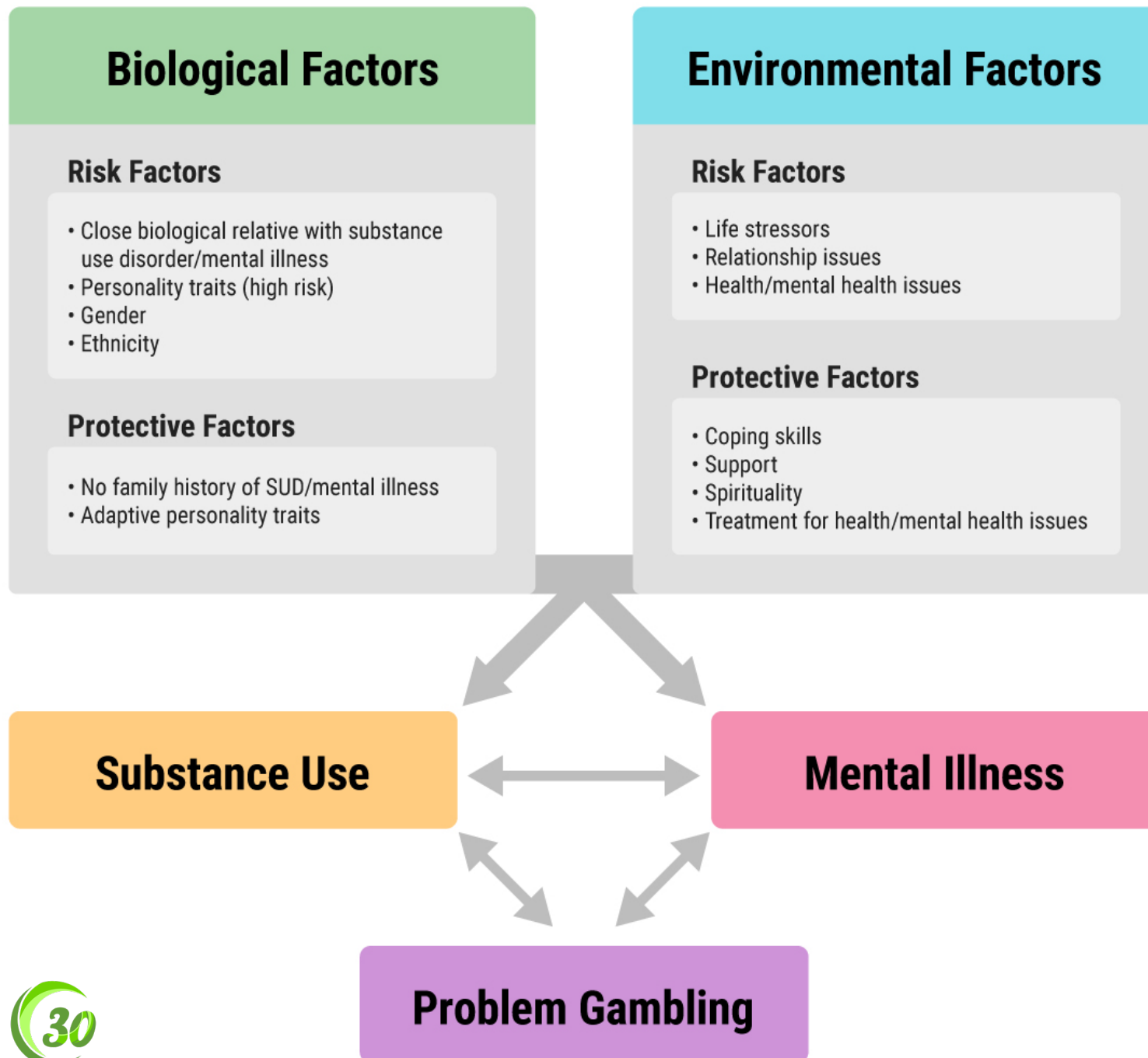
RG STAR

EVERGREEN COUNCIL
ON PROBLEM GAMBLING

Responsible Gambling (for players)

- Set a time limit (before you go) and stick to it
- Set a money limit (before you go) and stick to it
- Gamble only for fun (it's an expense for entertainment, like seeing a movie)
- Accept losing as part of the game (you are paying to play a game)
- Don't borrow money to gamble – not even from *yourself* (only gamble if it's in your budget...do you have a budget?)
- Don't let gambling interfere with family, friends, or work (stop if it causes any level of problems)
- Don't gamble to win back losses (you expect to lose, when it's gone, it's gone)
- Don't gamble to get money (it's not a source of income, it's an expense for fun)
- Don't gamble to cope with emotional or physical pain (don't self-medicate with it)

Risk Factors and Protective Factors for Problem Gambling



Problem Gambling Impacts

Physical
Health

Mental Health

Suicide

Substance Use
and Recovery

Crime

Family and
Relationships

Work

Finances



Physical Health

Those with PG are more likely than otherwise low risk individuals to experience:

- Heart disease
- High blood pressure
- Ulcers
- Stomach ailments
- Migraine headaches
- Chronic fatigue

Gambling and Mental Health

- With PG, **comorbidity is the rule**, not the exception
 - ~75% have a history of an **alcohol** use d/o
 - ~40% have a history of a **substance** use d/o
 - ~60% have a history of **nicotine** dependence
 - ~50% have a history of a **mood** disorder
 - ~40% have a history of an **anxiety** disorder
 - ~60% have a history of a **personality** disorder

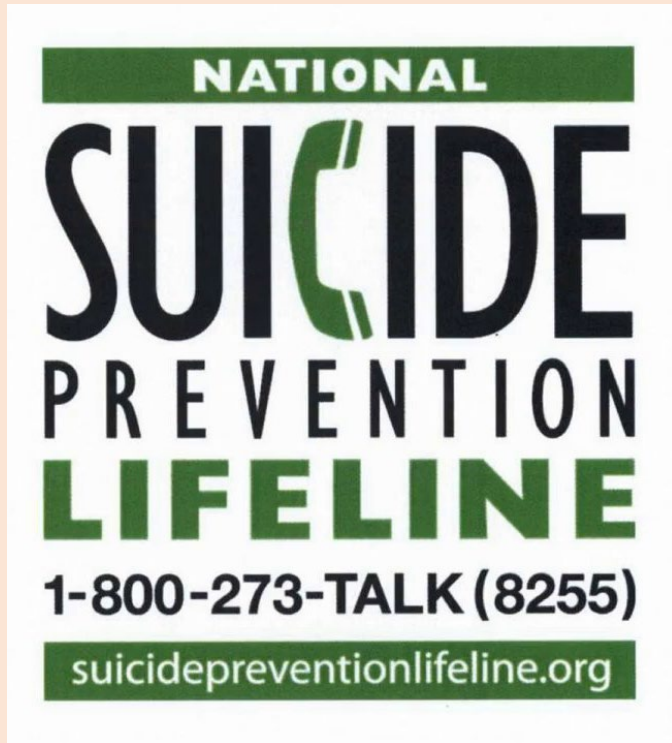
Petry et al. (2005)



Problem Gambling and Suicide

People struggling with gambling problems are 2.5X more likely to attempt suicide.

- **49% of people struggling with gambling reported they had suicidal thoughts**
- **17% reported attempting suicide.**
- **According to the World Health Organization, 5% of all suicides are related to compulsive gambling.**



A graphic on the left side of the slide depicts a family of four stylized human figures. The father is a large blue figure on the left, the mother is a large purple figure on the right, and two children, one orange and one green, stand in front of them. All figures have their arms raised in a celebratory or supportive gesture. The background is white.

Effects on Families

- It has been estimated that for every person with a gambling disorder, there are **10-11** family members and friends who are also impacted by the behaviors and issues of the addiction.
- **Financial Problems:** Gambling debts can mean that utilities can be cut off or a home could be in danger of being repossessed.
- **Relationship Problems:** Fights; domestic violence/intimate partner violence; divorce
- **Effects on Children:** Children of those with gambling addiction – or any addiction – are more likely to suffer from depression, behavioral problems, and substance abuse issues. Having a parent or family member who gambles is also a common reason for teens to begin gambling as well and are more likely to continue the cycle of addiction.

Typical Course of Events for Impact on Relationships

Denial phase	Occasional worries Keep concerns to self Make excuses for gambling	Considers gambling temporary Accepts increased gambling Questions unpaid bills	Easily reassured Unexplained financial crisis Accepts remorse of gambler
Stress phase	Spouse spends less time with family Arguments Spouse feels rejected	Demands upon gambler Attempts to control gambling Provides bailouts	Avoids children, family and friends Isolation Intense resentment
Exhaustion phase	Thinking impaired Confusion Physical symptoms	Immobilisation Rage	Doubts sanity Anxiety, panic
HELPLESSNESS HOPELESSNESS			MENTAL BREAKDOWN SUBSTANCE ABUSE
			DIVORCE SUICIDAL THOUGHTS & ATTEMPTS

Adapted from Custer & Milt (1985)

Crimes Related to Gambling

Most Common Crimes Associated with Disordered Gambling

- Theft
- Embezzlement
- Forgery
- Fencing Stolen Goods
- Insurance Fraud
- Bookmaking
- Selling Controlled Substances
- Identity Theft

[<http://www.gameplanit.com>]

Workplace Impact



Also –

- Inability to focus on work due to: stress, depression, harassment from collections.
- Missed time from work due to emotional/mental/physical health issues caused by the stress of the gambling problem. PTO used.

Gambling Occurs in the Workplace?

This can cause
challenges for
those in recovery


Super Bowl
Pools

Football
Pools

Pooled
Lottery
Purchases

March
Madness
Pools

No
Gambling at
Work



Cindy's Story

a case example

“Cindy’s”
Story:
What got her
here

What PG impacts do you notice?

- Lack of sleep
- Mental distress, suicidal ideation
- Financial issues
- Distanced from children, less parenting
- Marital issues
- Stealing from work
- Productivity loss
- Lack of dental/vision insurance

“Cindy’s” Story: The aftermath and recovery

What recovery impacts do you notice?

- Husband → alcohol use → ultimatum
- Seeking treatment
- Education about Gambling Disorder
- New-found support system
- Connection
- Improved parenting
- Marriage improved
- Progress on financial issues
- Dental/vision insurance returned
- Desire to help others in the community

Another Case Example: www.ogao.org

THE STORY – THE BEGINNING

July of 1995 changed our lives changed forever. My 28 year old brother Bobby could no longer handle the addiction of gambling. He chose to take his own life after his calls for help failed. My Mom was happily married to my Dad for 54 years, they had 5 children, and 10 grandchildren. Bob had a big circle of support around him. We have learned now how we could have better supported him, by educating ourselves. We thought that by making him realize what he was doing, or by helping him find a new “hobby” that he would be okay. What we didn’t understand is that his illness did not allow him to feel or see the support we offered. It was not as simple as, “find a new hobby.” He was a good person, with good values, morals, great strength, and he was very intelligent. He was also a very compulsive person. He did everything with 110% effort. He was a one friend person, video games captivated him, he played to win, he worked so hard at every job, he wanted to be the best. When he gambled it was no different. He first gambled when he was 18, he won \$500 on a scratch ticket. He liked the idea of quick and easy money. He gambled from there on a little bit here and a little bit there. He played the megabucks and scratch tickets mostly for the next few years. In 1991 video poker was introduced and quickly took over his life.

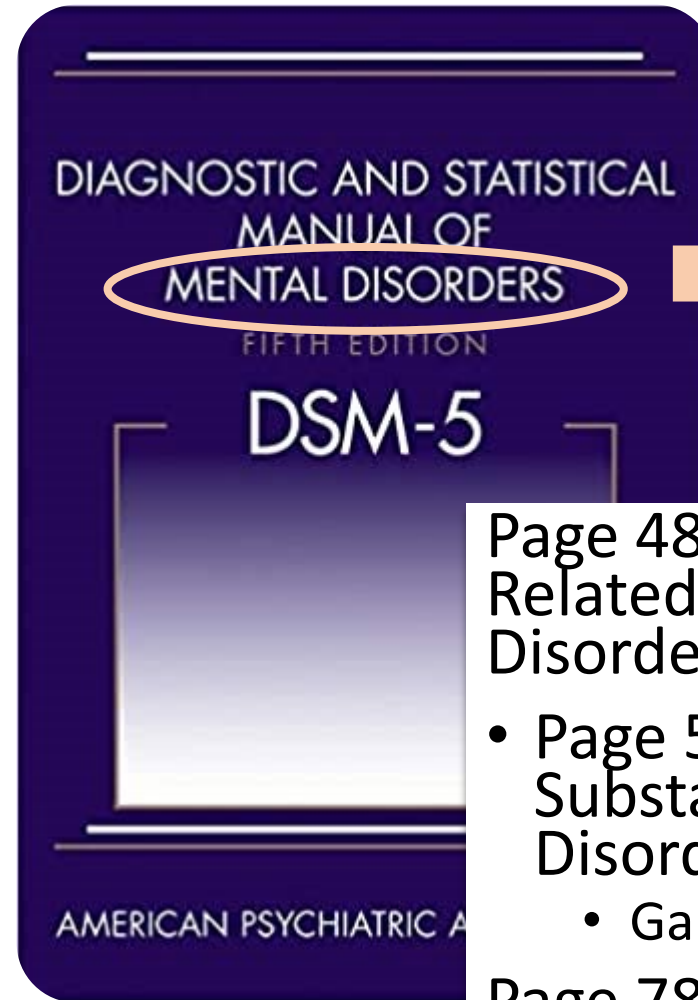


In the 4 short years after he began video poker, he changed from being a very conscientious person who always paid his bills, had money in his pocket, and many nice things, to someone who had to borrow money from anyone who would give it to him, he hawked his nice things, skipped bills and started writing bad checks. He was so ashamed and angry with himself for getting into this position, and he didn’t want to hear what we all would tell him again, that he withdrew from the family. He stopped coming to the family gatherings, birthdays and holiday. He felt that if he could no longer buy things for gifts then he didn’t want to be there at all. Not that any of us cared if he brought gifts or not.

in 1991, video poker was introduced and quickly took over his life.

Help in adopting a new paradigm

How the DSM-5 classifies Gambling Disorder



Page 481: Substance-Related and Addictive Disorders

- Page 585: Non-Substance-Related Disorders
 - Gambling Disorder

Page 783: Conditions for Further Study

- Page 795: Internet Gaming Disorder

Screening Tools

Some short, some long

BRIEF SCREENS

- Brief Biosocial Gambling Screen (BBGS)
- Lie-Bet Screen
- NODS-Clip
- NODS-Perc
- SBIRT for gambling

LONGER SCREENS

- GA 20 Questions
- NODS-Self Report
- Problem Gambling Severity Index (PGSI)
- South Oaks Gambling Screen (SOGS)

Help Options

Community Recovery Support

- Gamblers Anonymous (GA)
- Gam-Anon
- Community Recovery Coalitions (Cafés, Recovery/Peer Coaches, etc.)

Treatment

- Outpatient & Residential
- Individual, group, family

Other

- PG Recovery podcasts
- Social Media sites

When making a referral, address client concerns and questions

A specialist can...

- Give an informed professional recommendation
- Can talk about what kinds of gambling problems are worth being concerned about and why
- What kind of help is available
- What kind of treatment is available and what it entails
- Resources for family and loved ones
- Tools for limit-setting and money management

The helpline is always available to call

Client makes their own decisions and choices

**PAUSE.
BREATHE.
CONNECT.**

You are not alone.

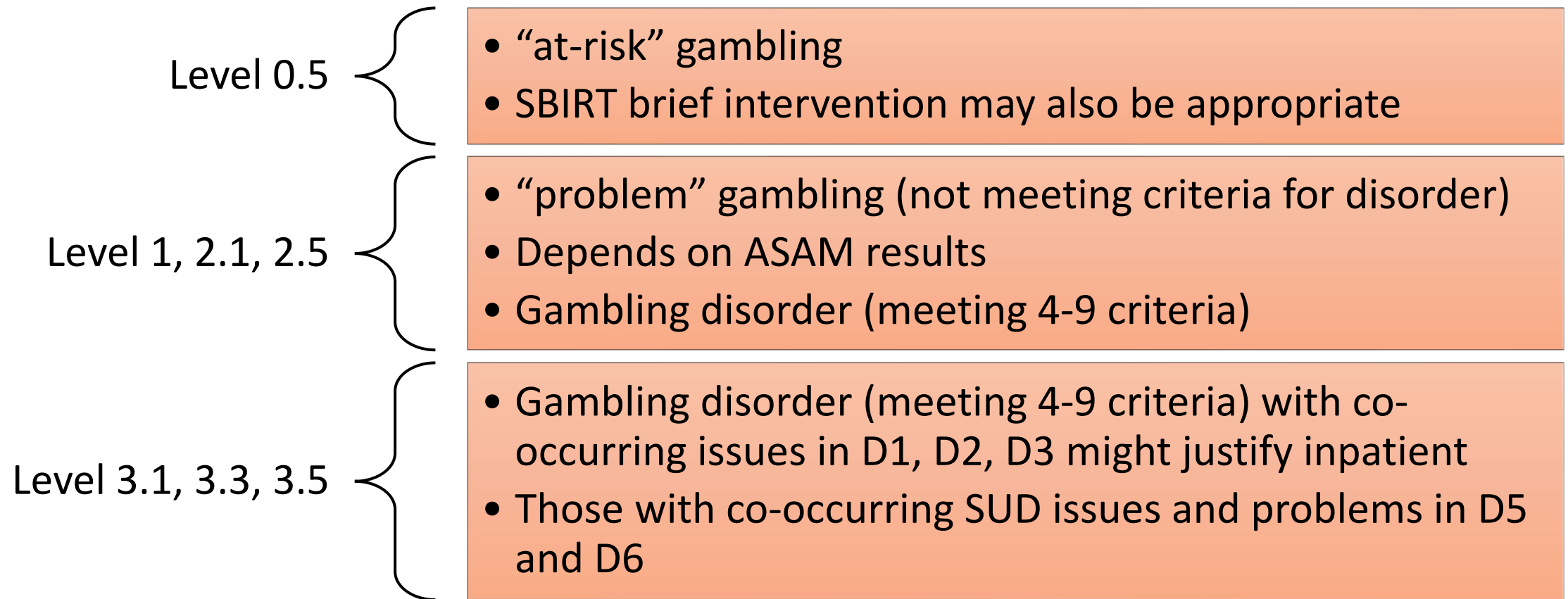


**CALL. TEXT. CHAT.
1-800-547-6133
EVERGREENCPG.ORG**



**CALL. TEXT. CHAT.
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EVERGREENCPG.ORG**

ASAM Placement for people with problem gambling/ Gambling Disorder



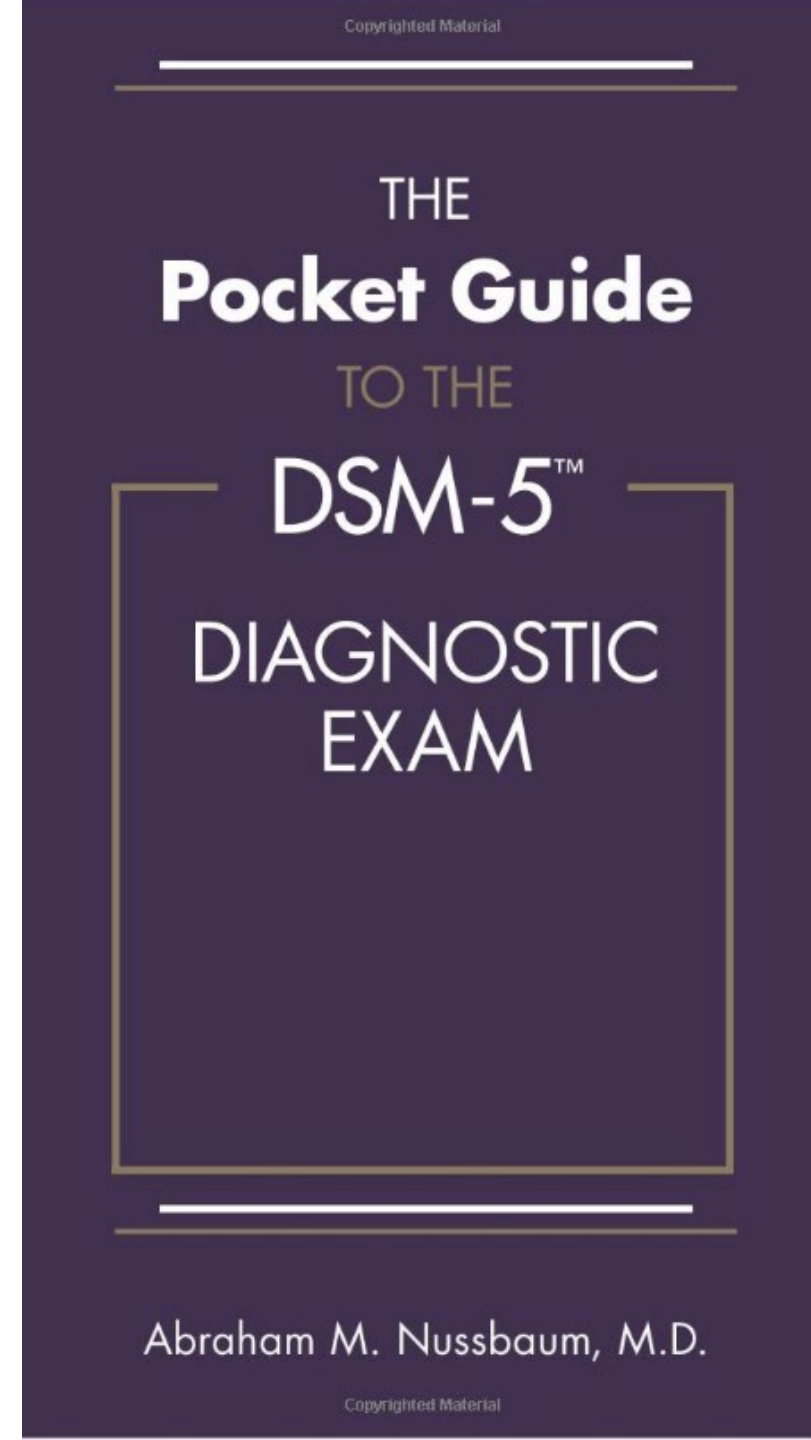
DSM-5 Diagnostic Criteria for Gambling Disorder

1. Escalates Spending on Gambling
2. Is irritable when quitting
3. Is Unable to Quit
4. Is preoccupied
5. Gambles when distressed (escape)
6. Chases Losses
7. Lies/Conceals
8. Lost or Jeopardized job, relationships, education opportunity
9. Bail-outs

4-5 = Mild
6-7 = Moderate
8-9 = Severe

Specifiers:

- Persistent
- Episodic
- In Early Remission
- In Sustained Remission



Why Become a Certified Gambling Counselor?

Credibility With Your Clients

Credibility With Your Peers

Provides You With A Peer Network

Helps You Stay Current With Research

Helps You Stay Current With Best
Treatment Practices

Where to find training to become a gambling counselor

- <https://www.evergreencpg.org/training/virtual/engage/gambling-counselor-core-training/>
- Registration is now open
- Part 1 (10hrs) is self-directed, opening soon
- Part 2 (20hrs) is live online **Oct. 18-21, 2021**



What the *Gambling Counselor Core Training* Includes

Part 1: 10-Hr Self-Directed:

- **Intro to Problem Gambling and Gambling Disorder** – Tana Russell, SUDP, NCTTP, WSCGC-II
- **Problem Gambling in Washington State** – Maureen Greeley
- **Health Considerations for Gambling Disorder** – Timothy Fong, MD
- **Neurobiology and Genetics** – Timothy Fong, MD
- **Introduction to Screens** – Lori Rugle, PhD, ICGC-II, BACC, ICGD
- **Treatment Planning Best Practices** – Tana Russell, SUDP, NCTTP, WSCGC-II
- **Co-Occurring Tobacco issues and Curriculum Resources** – Tana Russell, SUDP, NCTTP, WSCGC-II
- **Treating Families: Rules, Roles, and Motivations** – Tana Russell, SUDP, NCTTP, WSCGC-II
- **Client Rights** – Lori Rugle, PhD, ICGC-II, BACC, ICGD
- **Legal Issues and Therapeutic Justice** – Judge Cheryl Moss, JD and Denise Quirk, MA, MFT, LCADC, BACC, ICGC-II, CPGC-S

PART 2: 20-Hr Live-Webinar:

- **Screening: Skills Practice**
- **Assessment and Evaluation**
- **Assessment/Supervision Role Play and LOC Placement**
- **Treatment Planning: Skills Practice**
- **Domestic Violence, Trauma, PTSD, and Suicide**
- **Co-occurring Disorders and Problem Gambling**
- **Treating Families: Therapeutic Interventions**
- **Engaging Clients in Treatment**
- **Wellness and Recovery Planning**
- **Cultural Competence and Gambling Disorder**
- **Financial Therapy**
- **Washington State Problem Gambling Program**
- **Counselor Certification**
- **Multiple Pathways to Recovery**
- **Self-Care for Gambling Counselors**

Where to learn more about Gambling Counselor Certifications

- **International Certification** – Internationally Certified Gambling Counselor (ICGC) – International Gambling Counselor Certification Board (IGCCB) <https://www.igccb.org/certifications/>
- **Oregon:** Mental Health and Addiction Certification Board of Oregon (MHACBO) - Certified Gambling Addiction Counselor (CGAC) <https://www.mhacbo.com/en/certifications/>.
- **Washington** State Gambling Counselor Certification (WSGCC) - Washington State Certified Gambling Counselor (WSCGC) <https://www.evergreencpg.org/training/counselor-certification-info/>



WSGCC

Washington State Gambling
Counselor Certification

<https://www.evergreencpg.org/training/counselor-certification/>

WSGCC Committee - Mission

- To ensure that professionals certified to clinically treat those affected by problem gambling and Gambling Disorder, and their loved ones, with consideration of cultural diversity and with a social justice lens, meet the requirements established by the Committee.

Certification Comparisons – Level I

IGCCB	Washington
Bachelor's or equivalent	Bachelor's or equivalent
State licensure	State licensure
30hrs training	30hrs training (6hrs Cult. Comp.)
100hrs gambling counseling	100hrs gambling counseling
8hrs with supervisor	5hrs with supervisor (1:20 ratio)
\$200 application fee	\$150 application fee



Certification Comparisons – Level II

IGCCB	Washington
Bachelor's or equivalent	Bachelor's or equivalent
State licensure	State licensure
60hrs training	60hrs training (6hrs Cult. Comp.)
2,000hrs gambling counseling	300hrs gambling counseling
24hrs supervision	15hrs supervision (1:20 ratio)
\$200 application fee	\$50 if already Level I, \$150 if initial app.



Other Standard Certification Requirements (I/II)

- Letters of reference (co-workers and gambling supervisor).
- Signed statement from on-site clinical supervisor and/or verification of clinical experience hours post state DOH licensure.
- Signed Application, Ethical Standards, Attestation and Directory Authorization forms.
- Passing score on [Certification Examination for Gambling Counselors](#).
- Payment of application fee (fee amounts vary)
- Malpractice Liability Insurance coverage

Exam – International certification examination for gambling counselors

<i>Application Deadline</i>	<i>Testing Window</i>
March 10, 2021	April 10 -24, 2021
July 14, 2021	August 14 – 28, 2021
November 3, 2021	December 4 – 18, 2021

Professional Testing Corporation

www.ptcny.com/clients/IGCCB



Provisional status

IGCCB	Washington
n/a	Provisional Provider Application
	\$150 application fee
	30hrs Intro. Training
	30hrs gambling counseling, 3hrs with supervisor
	Signed Ethical Standards and Attestation forms
	Liability Insurance coverage



Re-Certification / Renewals

IGCCB	Washington
Re-certify every 3yrs	Re-certify every 2 years
\$130 re-certification fee	\$75 renewal fee
60hrs CE's, non-repetitive - 30hrs must be gambling-specific	40hrs gambling-relevant CE's, non-repetitive (10hrs online allowed)
	- 4hrs in Ethics, 6hrs in Cult. Comp.



Certification Comparisons – Supervisors

IGCCB - BACC	Washington – Approved Supervisors
Master's or equivalent	Master's or equivalent (allows Bachelor's)
State licensure	State licensure w/ DOH (5yrs good standing)
Level II Certified	Level II Certified
3yrs supervisory experience	PhD/MA = 0yrs supervisory experience; Bachelor's = 2yrs supervisory experience
12hrs training in supervision	6hrs supervision training, every 3yrs
2 letters of reference	2 letters of reference
4,000hrs gambling counseling experience	2,000hrs gambling counseling experience
No fee	\$75 Application fee





Other International Certifications/Certificates

- International Co-Occurring Gambling Specialist (ICOGS)
- International Gaming Disorder Certificate (IGDC)
- Clergy / Lay Ministers Certification

Level I/II Supervision



- The ratio of supervision to direct work is one **(1) hour of supervision to every twenty (20) hours of direct client service** with a recognized Gambling Counselor Clinical Supervisor.
- Clinical Supervision may be done in person, by phone, or by HIPAA-compliant video/audio communications.
- **At least three visits during the course of a year must be in person.**

Checklist Provided



Gambling Counselor Certification Applicant Check List – Level I

APPLICANT MUST SUBMIT:

- ___ Completed *Gambling Counselor Certification Application* form*
- ___ Documentation of at least 1,500 hours of professionally supervised post-certification or post-licensure experience providing mental health or chemical dependency treatment services.
- ___ Signed *Attestation* form
- ___ Signed *Gambling Counselor Ethical Standards* statement
- ___ Copies of all certifications, licenses, and academic diplomas.
- ___ Copies of certificates of attendance from Problem Gambling training sessions attended. Proof of course content may be required. If the training was provided by an organization other than ECPG, please be prepared to document course content.
- ___ Copy of proof of current malpractice liability insurance coverage (cover page only)
- ___ Photocopy of results showing a passing score on the International Gambling Counselor Exam. (As test results are confidential, results cannot be faxed, emailed, or released over the telephone; applicant will be responsible to provide documentation of passing score.)
- ___ *Documentation of Hours* form signed by applicant and supervisor, providing documentation of a minimum of 100 hours of supervised experience working with problem gamblers and their significant others
- ___ Signed *Directory Authorization* form
- ___ Copy of completed background check performed by employer or Department of Health
- ___ Check made payable to ECPG in the amount of **\$150**

WSCGC Fee Schedule



Non-Refundable Fee Type	Fee Amount
Initial Certification Application for Level I or Level II	\$150
Application for Level II, if currently Level I	\$50
Application for Gambling Counselor Clinical Supervisor	\$75
Certification Renewal (every 2 years)	\$75
Renewal late penalty (up to 60 days max grace period with written explanation and request)	\$50
Duplicate certificate	\$10
Inactive** renewal	\$35
Inactive renewal late penalty	\$35

What Counts as Hours for Gambling Counseling Experience?



- Assessment
- Screening/Intake
- Treatment Planning
- Individual counseling
- Family counseling
- Group counseling
- Debt management
- Client education
- Client record keeping
- Aftercare services
- Client follow-up

* Don't forget gambling screens done as part of SUD/MH assessment/intake

Resource Lists

**PAUSE.
BREATHE.
CONNECT.**

You are not alone.



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VIRTUAL // TRAINING // **ENGAGE** ONLINE LEARNING EXPERIENCE

ENGAGE Online Learning Experience

- *Gambling Counselor Core Training*
- *November Mid-Month Training*
- *October Mid-Month Training*
- *December Mid-Month Training*
- *January Mid-Month Training*
- *February Mid-Month Training*
- *March Mid-Month Training*
- *IGCCB Exam Prep eCourse* program
- *Foundations In Gaming Disorder*
- *June Mid-Month Training*

Training Opportunities

ECPG is approved for Continuing Education credits by:

- International Gambling Counselor Certification Board (IGCCB)
- National Association of Alcohol and Drug Addiction Counselors (NAADAC)
- American Academy of Health Care Providers in the Addictive Disorders (AAHCPAD)
- Mental Health and Addiction Certification Board of Oregon (MHACBO)
- Prevention Specialist Certification Board of Washington (PSCBW)

If you'd like to be added to the email distribution list for other ECPG training opportunities and more, please [Contact Us](#).



Connect and Engage!

ECPG LIVE!

Kaleidoscope: Reflections of Diverse Views on Mental Health Equity

Connections: Healthy Gambling and Gaming Podcast

Presenter Previews, Video Blogs, and more on YouTube

Blog and eNewsletter

Promoting Awareness through Social Media

- Instagram: [Evergreen CPG](#)
- Twitter: [EvergreenCPG](#)
- Facebook: [evergreencpg](#)
- LinkedIn: [Evergreen Council on Problem Gambling](#)
- YouTube: [Evergreen Council on Problem Gambling](#)



Fact Sheets

Problem Gambling and MH

Problem Gambling and SUD

PG and Public Health

Health Impacts of PG

WA State Problem Gambling Helpline: 1-800-547-6133
Call, Text, Chat: www.evergreenpg.org

Problem Gambling and Mental Health Disorders

Gambling Disorder is a Mental Health Diagnosis in the DSM-5

Did you know that Gambling Disorder is listed right alongside Substance Use Disorders in the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)* (American Psychiatric Association, 2013)?

In fact, three out of the nine diagnostic criteria for Gambling Disorder pertain to psychological impacts: 1) Experiencing restlessness or irritability when attempting to cut down or stop gambling; 2) Being preoccupied with gambling; and 3) Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed.) (American Psychiatric Association, 2013)

Prevalence of Gambling & Concurrent Disorders

Disorder	Prevalence
Any Substance Use Disorder	57.5%
Nicotine	28.1%
Alcohol	17.2%
Any Mood Disorder	37.9%
Depression	23.1%
Bipolar	9.8%
Any Anxiety Disorder	37.4%
Antisocial Personality Disorder	28.8%
Gambling Disorder	60.1%

Image Source: (CAMH, 2018)

CALL, TEXT, CHAT. 24/7 WA State Problem Gambling Helpline:
1-800-547-6133 or chat at www.evergreenpg.org

An addiction is an addiction...or is it? Problem Gambling and Substance Use Disorders

The [American Psychiatric Association](http://www.evergreenpg.org) added "Gambling Disorder" to the "Substance-Related and Addictive Disorders" section of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5, published in May 2013)* stating "This new term and its location in the new manual reflect research findings that gambling disorder is similar to substance-related disorders in clinical expression, brain origin, comorbidity, physiology, and treatment." (American Psychiatric Association, 2013)

Similarities of Gambling and Substance Use Disorders	Differences of Gambling Disorder
<ul style="list-style-type: none">• Loss of control• Denial• Depression• Progressive/Tolerance• Craving, preoccupation/fixation• Blackouts• Escape• Similar Highs/Rush• Brain effects and neurotransmitter changes• Withdrawal• Continuing despite negative consequences• Genetic Vulnerabilities	<ul style="list-style-type: none">• Hidden addiction• No "overdose"• Huge financial problems, hit quickly• No "UA" test• Does not require ingestion• Fewer resources available• Public perception• Higher rates of suicide• Less funding

(American Society of Addiction Medicine, Inc., 2013) (Grant, Brewer, & Potenza, 2006) (Rash, Weinstein, & Van Patten, 2016)

CALL, TEXT, CHAT. 24/7 WA State Problem Gambling Helpline:
1-800-547-6133 or chat at www.evergreenpg.org

FACT SHEET: Problem Gambling is a Public Health Issue

Gambling Disorder is a Mental Health Diagnosis in the DSM-5

Substance Use Disorders are widely accepted as public health issues because of the widespread community impact. Did you know that Gambling Disorder is listed right alongside Substance Use Disorders in the DSM-5 (*Diagnostic and Statistical Manual of Mental Disorders*)? (American Psychiatric Association, 2013)

Gambling and Problem Gambling

Gambling and gambling establishments can have community benefits, such as bringing in tourism, creating jobs, providing entertainment, and acting as economic engines in communities. These community benefits may also be enhanced by public health benefits, such as providing funding for much-needed health and wellness services. While most people can enjoy gambling socially and responsibly for recreation and entertainment, for some, it can start to cause problems in their lives and even become addictive. When gambling starts to cause problems for one person, it will affect many other people closely connected to them. Gambling Disorders occur in about 1%-4% of the general population. When problem gambling (those not yet meeting criteria for gambling disorder but are experiencing some level of problems) is included, those numbers can increase to 3%-6%.

```
graph TD; Legal((Legal)) --> PG((Problem Gambling)); MentalHealth((Mental Health)) --> PG; HealthCareServices((Health Care Services)) --> PG; SocialServices((Social Services)) --> PG; SocioeconomicInequality((Socioeconomic Inequality)) --> PG; PG --> Legal; PG --> MentalHealth; PG --> HealthCareServices; PG --> SocialServices; PG --> SocioeconomicInequality;
```

CALL, TEXT, CHAT. 24/7 WA State Problem Gambling Helpline:
1-800-547-6133 or chat at www.evergreenpg.org

FACT SHEET: Health impacts of problem gambling

What does being "healthy" even mean?

The World Health Organization defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." (World Health Organization, n.d.)

Components that make up our overall physical health:

Adapted from (Fong D. T., 2017)

<ul style="list-style-type: none">• Physical Activity• Nutrition and diet• Substance Use• Medical care and self-care• Rest and sleep	<ul style="list-style-type: none">• Suicidal Thoughts and Attempts• Stress-levels• Other behavioral health issues• Other mental health issues
--	--

Rates of health issues increase as the severity of problem gambling increases. Those with gambling disorders tend to have the highest rates of gambling-related health issues. (Morasco, vom Eigen, & Petry, 2006)

```
graph LR; NoGambling[No Gambling] --> CasualGambling[Casual Gambling]; CasualGambling --> SeriousSocial[Serious Social]; SeriousSocial --> HarmfulInvolvement[Harmful Involvement]; HarmfulInvolvement --> GamblingDisorder[Gambling Disorder];
```


Fantastic Resources

- [Evergreen Council on Problem Gambling](#) (ECPG)
- [National Council on Problem Gambling](#) (NCPG)
- [Oregon Council on Problem Gambling](#) (OCPG)
- [Oregon Problem Gambling Services](#) (OPGS)
- [Gambling Research Exchange of Ontario](#) (GREO)
- [Game Sense](#)
- [International Gambling Counselor Certification Board](#) (IGCCB)
- [Problemgambling.ca](#) (CAMH) (great workbooks)
- [Brain Connections](#) (how problem gambling affects the brain)
- [reSTART Life](#)



CALL. TEXT. CHAT.
1-800-547-6133
EVERGREENCPG.ORG



Recovery and Community Supports

Gambling

- [Gamblers Anonymous \(GA\)](#)
- [Gam-Anon](#)
- [Gamblersinrecovery.com](#)
- [GamTalk.com](#)

Gaming

- [Gamequitters](#)
- [Online Gamers Anonymous \(OLGA / OLG -Anon\)](#)
- [Computer Gaming Addicts Anonymous \(CGAA\)](#)
- [Internet and Technology Addicts Anonymous \(ITAA\)](#)

RESOURCES FOR MONITORING



https://support.steampowered.com/kb_article.php?ref=5149-eopc-9918



Turn off autoplay:
<https://www.businessinsider.com/how-to-turn-off-autoplay-on-youtube>

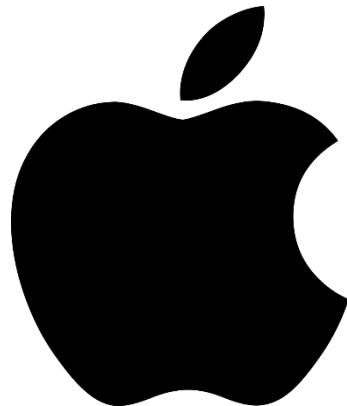
How to set up parental controls on Xbox, Windows 10 and Android

By [Henry St Leger](#) March 30, 2020

Those pesky kids



<https://www.playstation.com/en-us/network/legal/ratings/>



<https://support.apple.com/en-us/HT201304>



<https://www.qustodio.com/>
<https://bark.us> & other apps



(Image: © Epic Games)

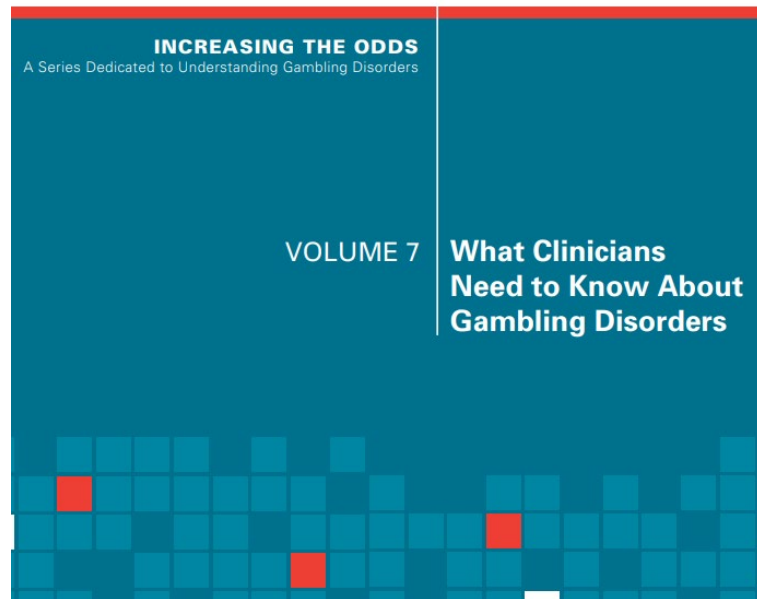
<https://www.techradar.com/how-to/xbox-parental-controls-console-windows-10-and-android-tools-explained>

APPS for Positive Health Promotion

- Mindfulness apps – all those ones you already know about 😊 (Calm, Headspace, etc.)
- Stress reduction (e.g., Sanvello)
- Exercise apps –natural dopamine release and reduce stress.
- Mix it up & use moderation!



Recommended Reads – Increasing the Odds MONOGRAPHS



VOLUMES OF *INCREASING THE ODDS*

- Volume One: Youth and College Gambling
- Volume Two: Roads to Recovery from Gambling Addiction
- Volume Three: Gambling and the Public Health, Part 1
- Volume Four: Gambling and the Public Health, Part 2
- Volume Five: Evaluating Self-Exclusion as an Intervention for Disordered Gambling
- Volume Six: Gambling and the Brain: Why Neuroscience Research is Vital to Gambling Research
- Volume Seven: What Clinicians Need to Know about Gambling Disorders
 - Lie-Bet Screen
 - NODS-CLiP
 - NODS-PERC
 - NODS (full screen and assessment)
 - South Oaks Gambling Screen (SOGS)
 - Massachusetts Gambling Screen (MAGS)
 - Gambling Treatment Outcome Monitoring System (GAMTOMS)
- Volume Eight: Innovative Studies from the NCRG Centers of Excellence in Gambling Research

A great resource

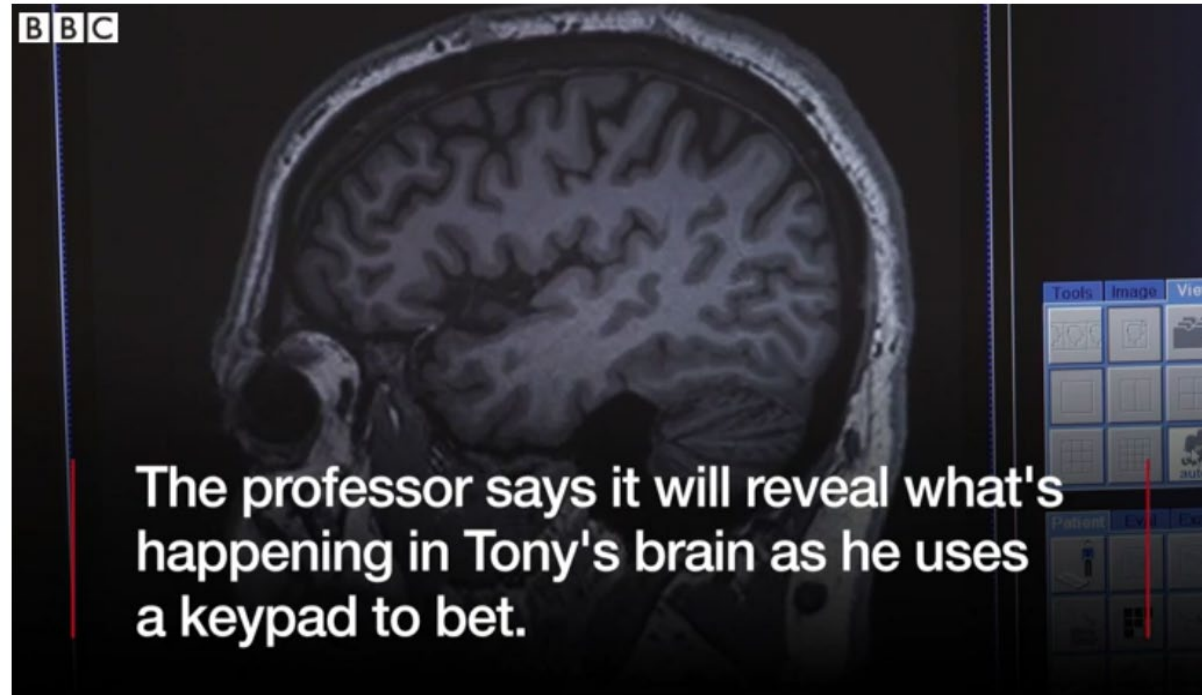
Increasing the odds – Volume 6
**Gambling and the Brain: Why Neuroscience
Research is Vital to Gambling Research**

<https://www.icrg.org/sites/default/files/uploads/docs/monographs/ncrgmonograph6final.pdf>



VIDEO RESOURCE: BBC News Video (3:42 min)

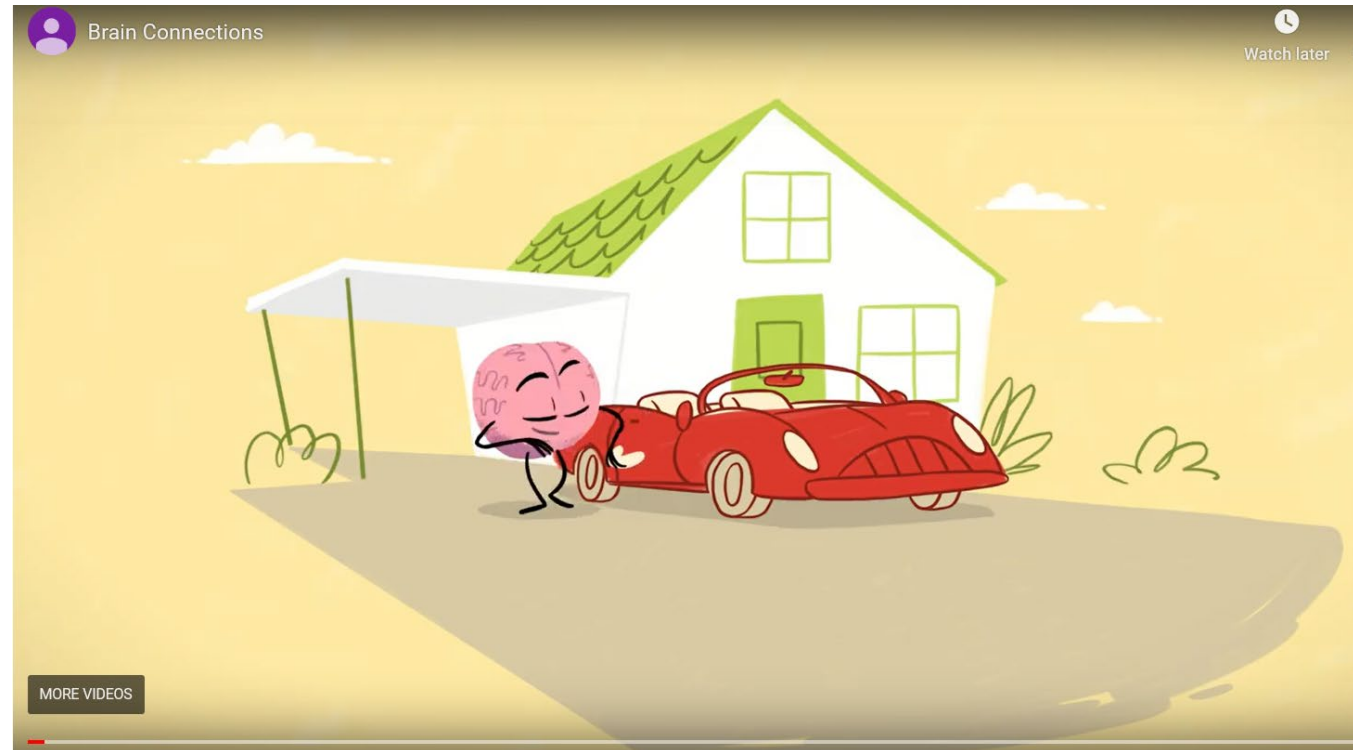
Inside the Brain



https://www.youtube.com/watch?v=BF5SzIN63w8&list=PLYo2mx4PR9hD_zrlemvB7m6RWRKmHfykJ&index=21&t=0s

Video Resource: Your Brain on gambling

Great educational resource

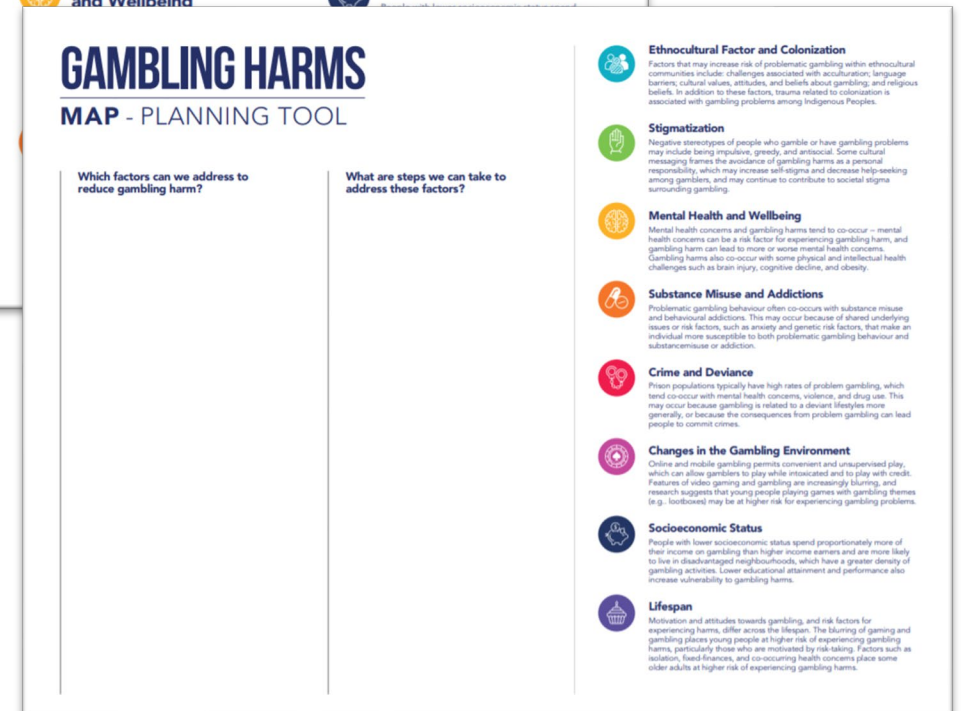


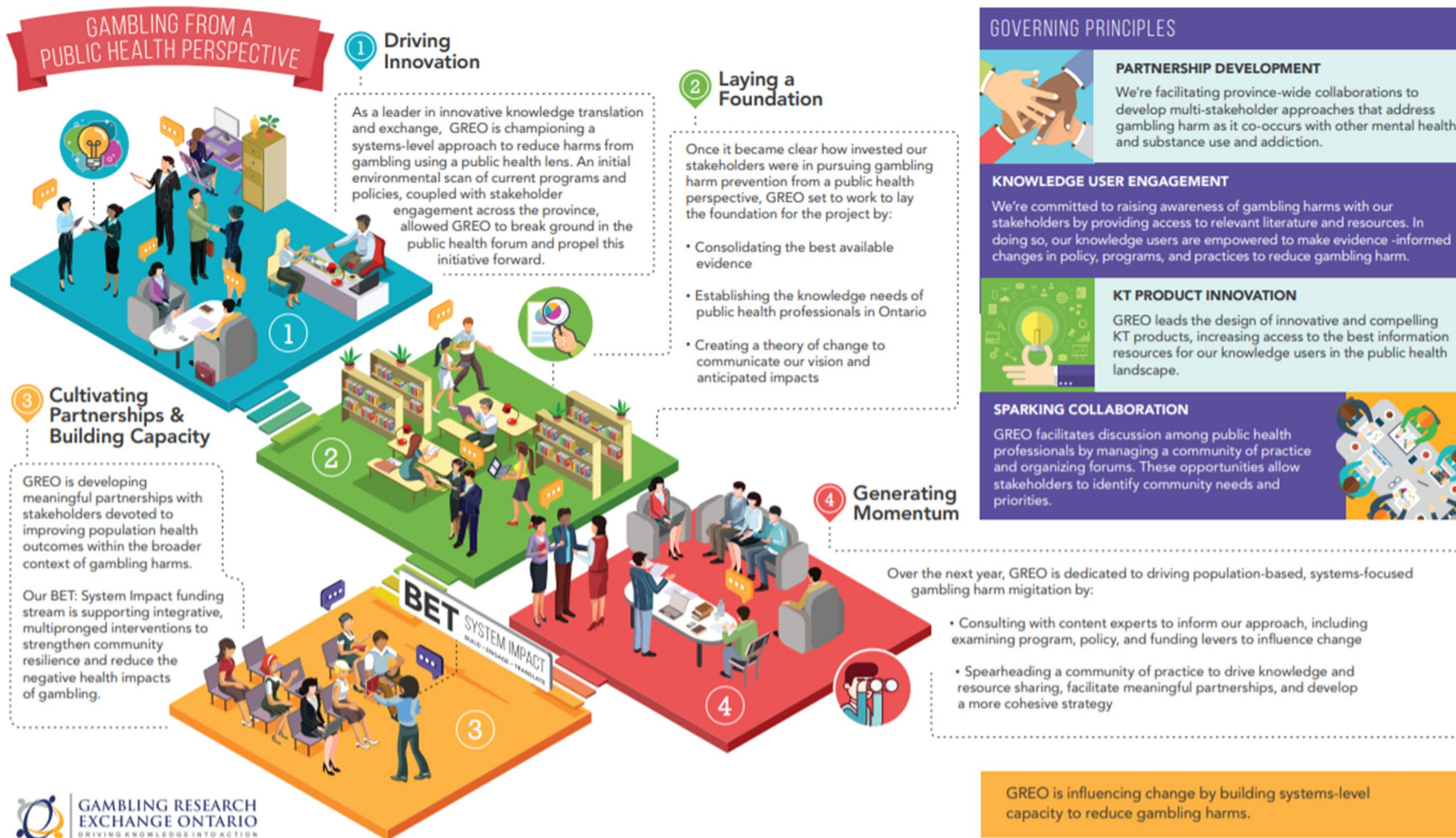
<https://brainconnections.ca/>

Bonus Resources

Gambling Research Exchange Ontario

https://www.greo.ca/en/programs-services/resources/Harms_Map.pdf





Through an international collaboration with gambling research experts, GREO facilitated the creation of a comprehensive Conceptual Framework of Harmful Gambling. It reflects the state of knowledge of factors that influence harmful gambling, and moves beyond a symptoms-based view of harm to address population risk, community influences, and societal effects. The framework is intended to serve as a guide for the development of research programs and to educate policy makers on issues related to harmful gambling.

Originally published in 2013 and revised in 2015, the framework was revised and expanded in 2018 to take into account the latest research.

Explore the factors below or [download the complete Conceptual Framework \(PDF\)](#). A french translation of the Conceptual Framework can be found [here](#) (PDF). Please send any questions or feedback about the framework to info@greo.ca.

<https://www.greo.ca/en/frameworks/conceptual-framework.aspx>



References

*Additional resources listed on slides

- Alegria, A. A., Petry, N. M., Hasin, D. S., Liu, S. M., Grant, B. F., & Blanco, C. (2009). Disordered gambling among racial and ethnic groups in the US: results from the national epidemiologic survey on alcohol and related conditions. *CNS spectrums*, 14(3), 132–142. <https://doi.org/10.1017/s1092852900020113>
- Browne, M., & Rockloff, M. J. (2018). Prevalence of gambling-related harm provides evidence for the prevention paradox. *Journal of behavioral addictions*, 7(2), 410–422. <https://doi.org/10.1556/2006.7.2018.41>
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- Mancuso, D., Gilson, M., & Felver, B. (2005). *The 2003 Washington State Needs Assessment Household Survey: State Report - Substance Use, Substance Use Disorders, and Need for Treatment in Washington State*. Seattle: The Washington State Alcohol/Drug Clearinghouse. Retrieved from <https://www.dshs.wa.gov/sites/default/files/rda/reports/research-4.52-state-FullReport.pdf>
- Volberg, R. A., & Moore, W. L. (1999). *Gambling and Problem Gambling in Washington State: A Replication Study, 1992 to 1998, Report to the Washington State Lottery*. Northampton, MA: Gemini Research, Ltd.
- Winstanley, C., & Reilly, C. (2011). Gambling and the Brain: Why Neuroscience Research is Vital to Gambling Research. *Increasing the Odds: A Series Dedicated to Understanding Gambling Disorders*. <https://www.icrg.org/sites/default/files/uploads/docs/monographs/ncrgmonograph6final.pdf>

The following questions are about gambling. By gambling, we mean when you bet or risk money or something of value on an event or action whose outcome is uncertain. For example, buying lottery or scratch-off tickets, gambling at a casino, playing casino and card games or bingo, shooting dice, betting on sports or horse racing, playing keno or pull tabs.

BRIEF BIOSOCIAL GAMBLING SCREEN

1. Have you ever gambled at least 5 times in any one year of your life?
☐ YES ☐ NO
2. During the past 12 months, have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
☐ YES ☐ NO
3. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
☐ YES ☐ NO
4. 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?
☐ YES ☐ NO

Where to find help:

- WA State Problem Gambling Helpline: **1.800.547.6133**
or visit www.evergreencpg.org
- Gamblers Anonymous: www.gamblersanonymous.org/ga
- Gam-Anon: www.gam-anon.org
- Gamblers, Family and Friends in Recovery:
<https://gamblersinrecovery.com>

Low Risk:	An individual has answered “no” to all questions.
	Provide individuals with their score, give feedback on their risk level, and give literature regarding Gambling Disorder in case their behavior worsens or they have affected family/friends with whom they want to share.
MODERATE RISK:	An individual has responded “yes” to question 1, but has said “no” to all other questions.
	Provide or refer to a certified problem gambling counselor who can provide low risk intervention. Additionally, the clinician should discuss with the participant the continuum of gambling behaviors (e.g. recreation, at risk, problem, disorder), risk factors associated with moderate and problem gambling (e.g. medical issues), and guidelines to reduce risk for gambling problems.
HIGH RISK:	An individual has responded “yes” to question 1 <u>and</u> has said “yes” to at least <u>one</u> other question.
	Provide or refer to a certified problem gambling counselor who can provide low and moderate risk interventions. Additionally, review risk factors for problem gambling and options for further assistance, including self-help materials, referral for further evaluation and referral to Gambler’s Anonymous or a recovery support specialist.



EVERGREEN
council on problem gambling

Reference

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2. Heinlein E, Rugle L, Potts W, Welsh C, Himelhoch S. A Within-Subject Pilot Feasibility Study of a Gambling Specific SBIRT Intervention Delivered in an Urban HIV/Primary Clinic. *J Gambl Stud.* 2021 May 12. doi: 10.1007/s10899-021-10031-4. Epub ahead of print. PMID: 33978876.