

# What Does the Future Hold for PG? – Prevention, Treatment, and Recovery

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Virtual Mid-Month Training –  
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# Goals and Objectives

- Emerging trends in treatment for gambling disorder
  - sports bettors who gamble online and in non-traditional markets,
  - digital recovery tools and digital therapeutics
- Barriers
  - reduction in treatment funds
  - managing workforce capacity
  - demand for treatment.

# The Present Situation

- No FDA-approved meds
- Lots of therapy and counseling available
- 12-step support
- State-funded treatment (no national)
- No established “Treatment Guidelines” from any professional society
- What’s been innovative since 2010-2020?

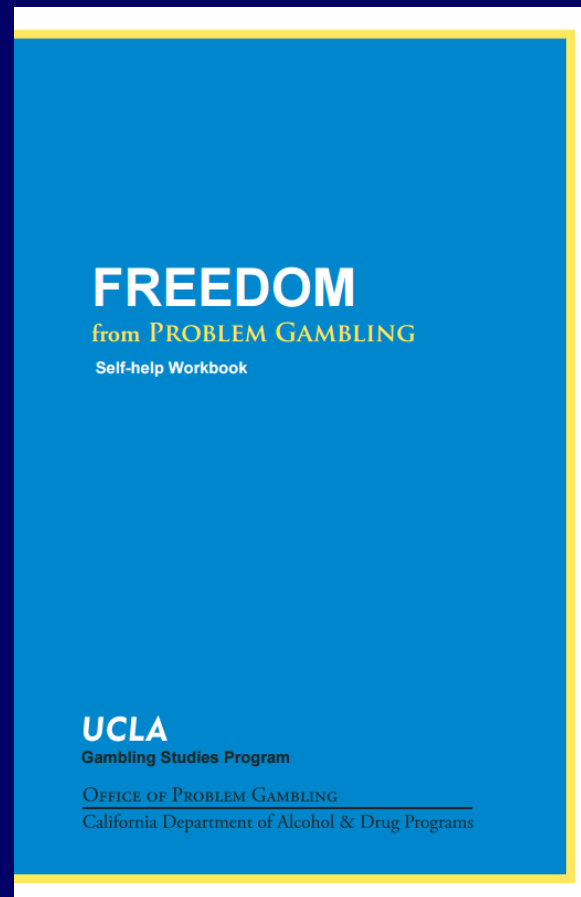
Prevention

# Evidence-Based Prevention Practices

- Primary
  - Extend date of first gambling
  - Limit availability, access , demand for gambling
- Secondary
  - Education about risks and consequences
  - Screening programs
- Tertiary
  - Support groups
  - Harm reduction principles

Treatment

# Freedom From Problem Gambling Workbook



# Workbook

- Available in 22 languages
  - [www.problemgambling.ca.gov](http://www.problemgambling.ca.gov)
  - Can be handed out to client for self study or used together with client
  - Used in CalGETS Problem Gambling Telephone Interventions (phone counseling)



# Individualized Treatment for Problem Gamblers

Therapist Manual

**UCLA**  
Gambling studies program

California Alcohol and Drug Program  
Office of Problem Gambling

# Individualized Treatment for **Problem Gamblers**

Patient Workbook

**UCLA**  
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Office of Problem Gambling

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# Helping Partners in a Relationship with a Problem Gambler

Therapist Manual

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*UCLA Gambling Studies Program*

Funded by:

California Department of Public Health

*Office of Problem Gambling*

# Treatment Issues For Future Consideration

# Predictors of Treatment Success

- Well-established:
  - Length of time in treatment
  - Involvement of family
  - Limited number of co-occurring disorders
  - Multidisciplinary approach
  - Less symptoms and distress at intake

# Future Consideration: Predictors of Success?

- Slope of treatment response
  - (steep or slow and steady)?
- In-person treatment measures
  - attention / participation / engagement / comprehension
- Types of psychotherapy to match types of gambling

# Medication Development

- Will there ever be an FDA-approved medication for gambling disorder?
- What would it take for one to be developed?
- Why hasn't there been one developed yet?

# Medication Development

- What are the potential strategies and targets?
  - Urges / cravings?
  - Loss of control?
  - Reduce reinforcement properties of gambling?
  - Diminish strength of triggers?

# Treatment for Sports Bettors

- What are unique treatment principles?
  - Casino vs Mobile
  - Fantasy Sports (treatment)
    - Slowed pace of play?
  - Betting Experience
    - What's different?
      - “knowledge-based” – skill?
      - Part of entertainment / culture
      - Constantly having new games to look at



# Treatment for Financial Traders

# Case Example

- 48 year old male
- 15 year history of “trading”

Up and Down but not harmful

Since start of Pandemic, lost more and actually asked to borrow from family

conflict, stress, worry, cognitive distortions created.

# Case Example

- No traditional forms of gambling
- Refuses to call it gambling
- Family calls it gambling
- Presents for intake at FIRM request of family

# Case Example

- 12-step?
- Says it's not gambling but admits "mistakes" but persists in belief in the markets
- Uses a lot of financial jargon

# Funding Sources for Treatment

- Current State
  - No federally, dedicated funding
  - States:
    - Too Much, Too Little?
  - Health Insurance Coverage
    - Not nearly enough consistent data

# Ideas for Sustainability

- Must involve insurance industry, regulators and commissioners
- Cases of lack of parity must be made known
- The case of treatment saving healthcare costs must be shown

# Workforce Capacity

- How do we build next generation of gambling treatment providers?
  - Gambling certification programs
    - How to make them more impactful
  - Student involvement
  - Total number of providers NOW vs. total number of providers NEEDED
  - How do we increase diversity?

# How To Increase Demand For Treatment

- More advertising and marketing?
- More integration during the gambling experience?
- Mandated screenings from insurance?
- Louder advocates?
- Better portrayals of what recovery process looks like?



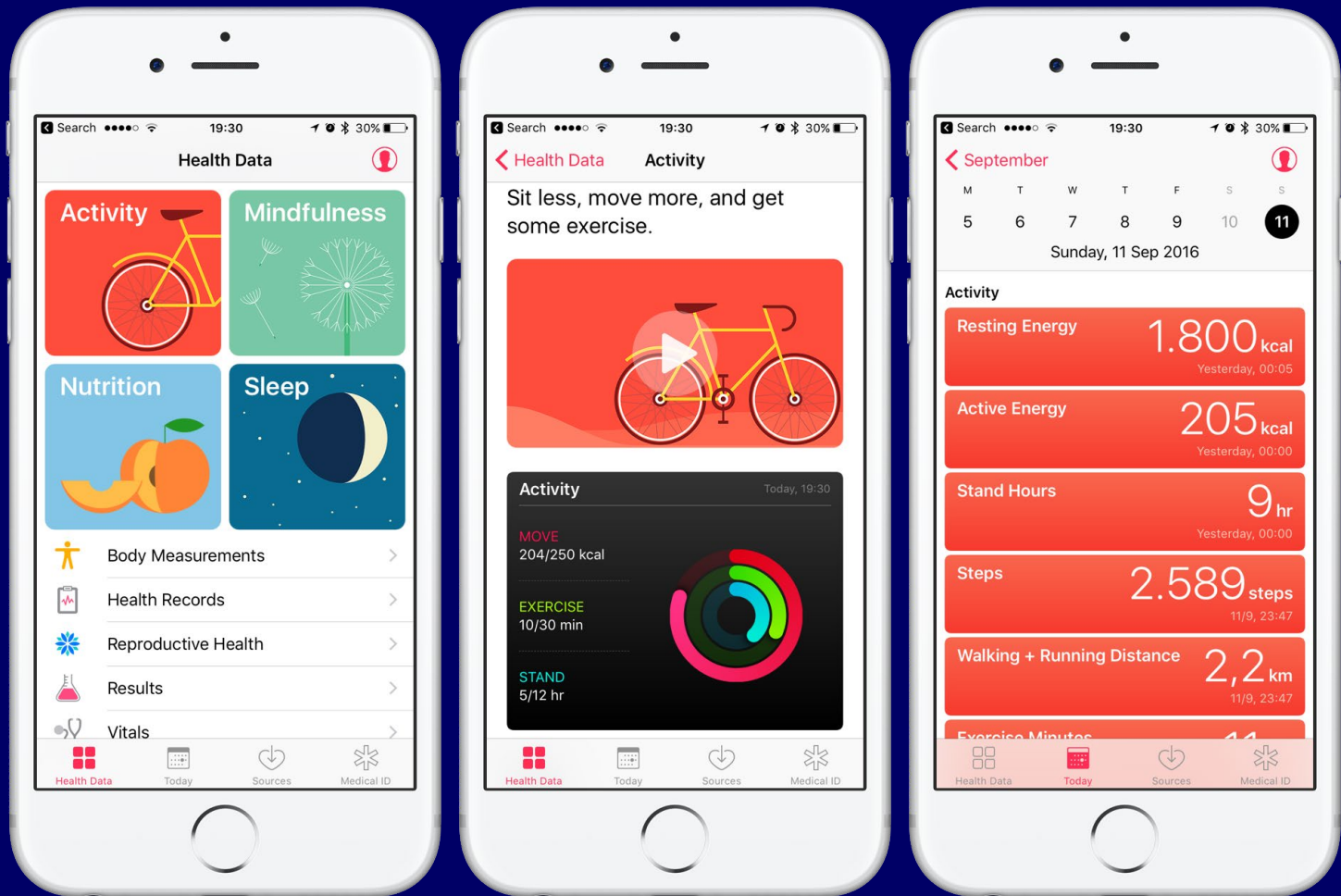
# Digital Tools

Turning digital experiences  
into a tool **FOR** recovery not a  
tool to recover **FROM**

# Digital Health Information / Collection

- Wearables
  - Track activity / location / behaviors
- Self-Report
  - Thoughts / Feelings / Behaviors
- Linkage to Medical Records
  - Send and Receive
  - Incorporate

# The Present Situation



# How can we use this in gambling treatment?

- Office policies need to be set
- Professional societies need to issue guidelines
- Accuracy of information
- More data must support treatment, not replace it or interfere with it
- A few case examples . . .

# Meditation Apps

- Calm
- Headspace
- Highly used
- Benefits highly touted
- Affordable
- No significant side effects

# Blocking Software

The image shows a screenshot of a web browser displaying the Gamban website. The browser's address bar shows the URL <https://gamban.com>. The website has a dark green background with the Gamban logo (a red circle with a white 'G') in the top left. Navigation links for 'Product', 'Pricing', 'Support', and 'Get Help' are visible. There are 'Login' and 'Get Started' buttons in the top right. The main heading reads 'Block Access to Online Gambling on All Your Devices'. Below this, there are three buttons: 'Start your 14-day FREE trial', 'Check Compatibility', and an 'ANDROID APP ON Google play' badge. The central graphic features a laptop, a desktop monitor, a tablet, and a smartphone, all displaying the Gamban interface. The desktop monitor shows a message: 'Sorry, This Website is Blocked By Gamban'. The laptop screen shows a progress indicator for '75% blocking'. At the bottom, there are social media icons for Twitter, Facebook, and LinkedIn, and a row of device icons for Android, iOS, Windows, and Apple. The browser's taskbar at the bottom shows various application icons, including a calendar for February 17th.

# Blocking Software

## Who does it work best for?

- Online gamblers
- Early in career
- Less severe
- Highly motivated
- Family involved
- Length of preferred time of blocking is unknown



# truelinkfinancial.com

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True Link

Visa® Prepaid Card Investment Management Resources Contact

LOGIN GET A CARD A A A

## Financial services for:

- Older Adults
- People with Disabilities
- People in Recovery

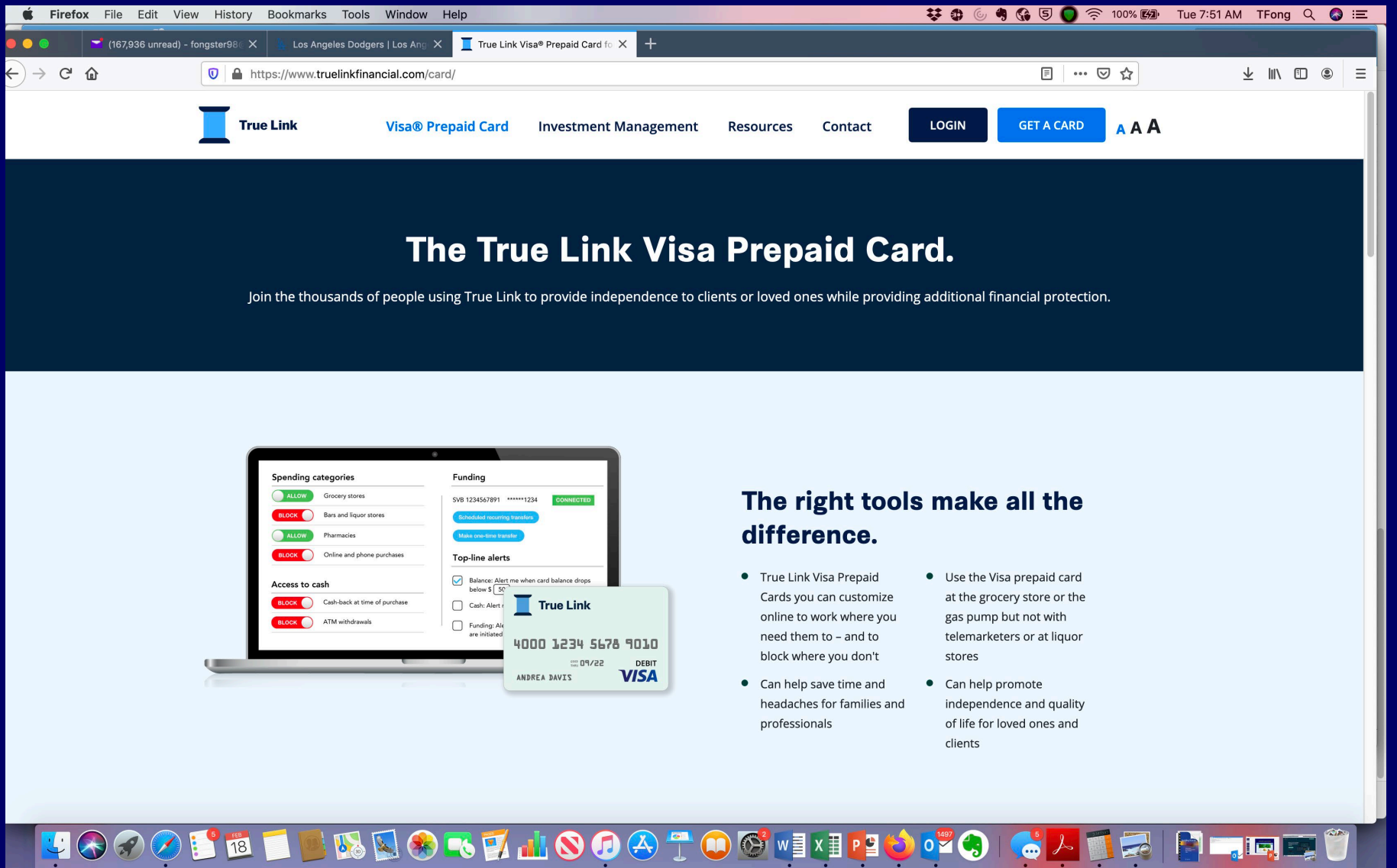
## True Link: Challenge Accepted.

Life-enhancing Visa prepaid cards, investment management, and other financial services for vulnerable older adults, people with disabilities, and people in recovery.

AS SEEN IN

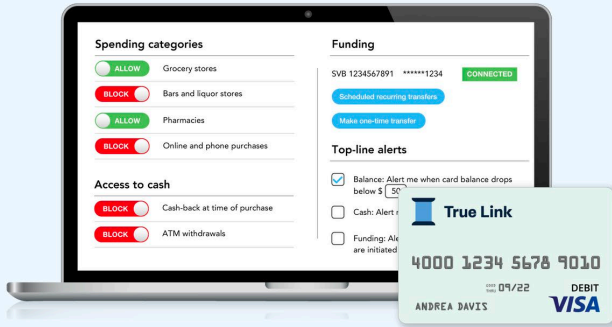
Forbes PBS The New York Times FAST COMPANY AARP

https://www.truelinkfinancial.com



# The True Link Visa Prepaid Card.

Join the thousands of people using True Link to provide independence to clients or loved ones while providing additional financial protection.



## The right tools make all the difference.

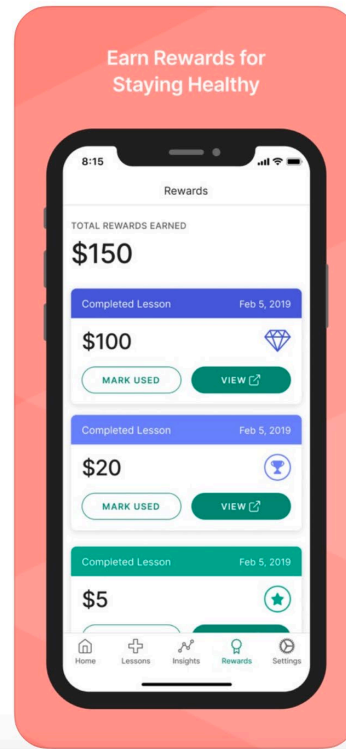
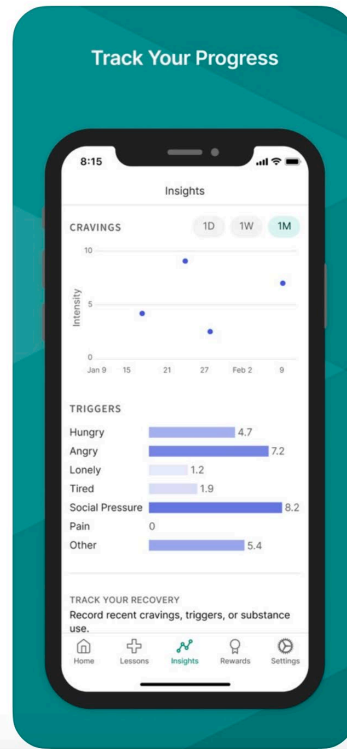
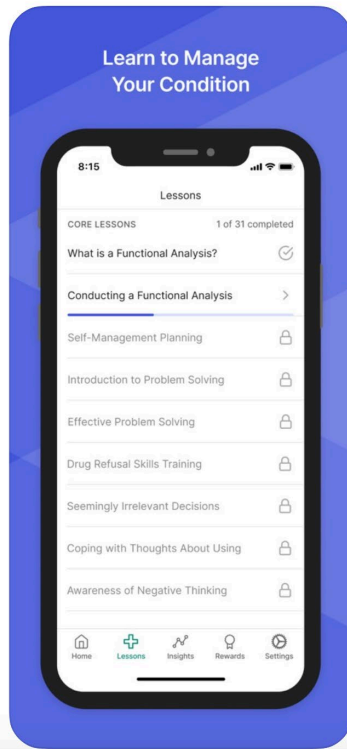
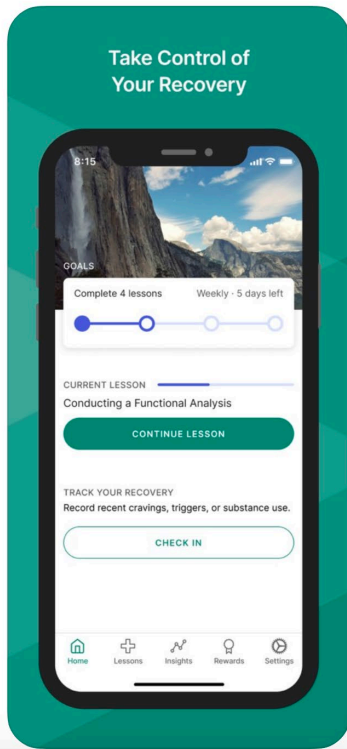
- True Link Visa Prepaid Cards you can customize online to work where you need them to - and to block where you don't
- Can help save time and headaches for families and professionals
- Use the Visa prepaid card at the grocery store or the gas pump but not with telemarketers or at liquor stores
- Can help promote independence and quality of life for loved ones and clients

# Digital Therapeutics

- Prescription Digital Therapeutics, or PDTs, are software-based disease treatments. PDTs are designed to directly treat disease, tested for safety and efficacy in randomized clinical trials, evaluated by the FDA, and prescribed by healthcare providers.
- PDTs are designed and tested much like traditional prescription drugs with one distinction: rather than swallowing a pill or taking an injection, patients are treated with software.

# App Store Preview

## Screenshots iPhone iPad



# Online Support

- Online Gambler's Anonymous
- Online Recovery Meetings
  - SMART Recovery
- Online Helpline Services
  - Chat room
  - Referrals

# SMART Recovery

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https://www.smartrecovery.org/about-us/

About Us | Bookshop | Current Volunteers | Toolbox | Training

**SMART Recovery**  
Self-Management and Recovery Training

What We Do | Who We Serve | Resources | Contact **DONATE!**

Find a Meeting | Online Community Search ...

## About SMART Recovery

### Our Mission

To empower people to achieve independence from addiction problems with our science-based 4-Point Program<sup>®</sup>

Five Year Plan Global Support Fast Facts

Our Approach Principles Positions Purposes & Methods

### About SMART Recovery

- About Us
- Leadership Team
- Annual Reports & Surveys
- History
- Regional & International Sites
- FAQs

### Recent News & Events

- Entangled – A Mother’s Story
- Inviting Change
- 4 Tips to Help Keep Your SMART Meeting Alive in Your Community
- SMART Clarifies Position: Announces ‘Abstinence-Oriented’ Recovery Support
- 25 in 25 Volunteer Spotlight: Michael

https://www.smartrecovery.org/community/

# Getting the Most out of a Virtual Zoom Meeting

- How many meetings are ideal?
- Security / Confidentiality
- Sponsors and boundaries
- How do you get commitments?
- Passive or active
- Focus on fellowship, supports, safety and commitments

# List of Clinical tools

- Freedom From Problem Gambling  
(Self-Help Workbook)
- Individualized Treatment for Problem Gamblers
  - Therapist Manual
- Individualized Treatment for Problem Gamblers
  - Patient Workbook
- Helping Partners in a Relationship with a Problem Gambler
  - Therapist Manual



# Gambling Disorder Treatment App

- UCLA Gambling Mobile App Development Project (2014)
- Features included
  - Workbooks
  - Directory to therapists
  - Links to GA meeting
  - Geo-location to recovery activities
- What happened?

# Summary

- Many different and innovative ways to increase prevention, treatment and recovery activities
- Embrace technology
- Utilize more sources of information to improve quality of care

# Discussion



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