

The True Impact of Gambling on AAPI Individuals, Families, and Communities

Timothy W. Fong MD

UCLA Gambling Studies Program

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Objectives

1. Name three cultural themes among AAPI communities that increase risk for gambling disorder
2. Be able to demonstrate screening and assessment techniques from AAPI clients and their families focused on identifying gambling behaviors
3. Learn three office-based techniques that will engage and retain AAPI clients and their families impacted with gambling disorder

Mary and John: Trouble With Father

- Mary and John come in for consultation about father's gambling
- They are 2nd generation Taiwanese-American, both executives / professional
- Father is retired businessman
- They are concerned about escalating gambling losses

Mary and John: Trouble With Father

- Main areas of inquiry:
 - How do we get help for our father?
 - How do we protect family's assets?
 - How do we support our mother?
 - What are we supposed to do to help make this situation better?
 - Do we give money when asked?

Asians and Gambling

Asian Pacific Islander

- A person with origins in any of the original peoples of the Far East, Southeast Asia, South Asia or the Pacific Island

Asian American

- Asian American Pacific Islander
- Asian American
- Asian Pacific American
- Asian or Pacific Islander
- APIDA (Asian Pacific Islander Desi American)
 - ~5% US Population
 - ~13% California

One Chinese proverb demonstrates the culture's acceptance of gambling, at the same time signaling a warning to those who overindulge:

“A little gambling is soothing and relaxing; heavy gambling could affect your mental health”.

Cultural factors that promote gambling

- Acceptable way to make money
- Inquire about one's destiny
- “Honoring the Gods”
 - Losses are sacrifice
- Equate gambling with self-worth and ability to move up classes

Cultural factors that promote gambling

- Emphasis on numbers that have power over life events
- Heavy peer involvement
- Gambling is family entertainment
- Gambling as a rite of passage
- Superstitions

Immigration

- The experience of immigration – including any experience of trauma and subsequent stresses of adaptation contribute to greater likelihood of problem gambling.
 - Loss
 - Loneliness / isolation
 - Status seeking

What about the gambling industry?

- Gambling establishments frequently shuttle potential patrons from communities with large Asian populations (Chinatown, Koreatown, etc.) to their facilities.
- Bilingual staff in order to increase comfort and ease of their Asian patrons.
- Targeted events, lounges, facilities, offers



Nancy Petry Study 2002

- Study on 96 Cambodian, Laotian and Vietnamese refugees
 - 59% identified as pathological gamblers. (1.5% California rate)
 - 95 % reported gambling in the previous year, and 93% reported gambling in the previous two months.

2005-2021

Asians and Gambling

- 2000-2010
 - Early recognition that API communities may have elevated rates of problem gambling
 - Growing attention to API public awareness campaigns about gambling disorder
 - Funding for this work sporadic, not sustainable
 - NICOS (SF), Philadelphia, Massachusetts

2010-2020

- Increasing funding by states for gambling disorder
- Ongoing but intermittent work on Asians and Gambling (variety of perspectives)
- Continued, expanding growth of gambling throughout the country

2023 Issues

- Will demand for gambling return?
 - Domestic
 - International
- Will “Asian Marketing” remain?
- How do AAPI relate to online gambling market?
- AAPI gambling amongst Millennials and Generation-Z

California Prevalence Study (2006)

- Asians (504)
 - Low response rate (47% overall, less APIs)
 - 7% of survey sample
 - Mostly English (1% translated)

 - Problem Gambling: 2.3%
 - Pathological Gambling 0.7%
 - Less aware of helpline

Prevalence of Asian Gambling in Casinos

Results

Gender	N=180
Male	75%
Females	25%

Ethnicity	
Asians	37% Chinese, Filipino, Korean, Japanese
Non-Asians	63%

Results

Screening Score	APIs	Non-APIs
SOGS >5	42%	36%
NODS >5	35%	26%

PG Alliance San Jose Community Survey 2011

- Gender:
 - Male-574 (40%),
 - Female-828 (57%), N/A 61 (3%)
- Race:
 - Vietnamese-374 (27%),
 - Filipino-201 (14%),
 - Chinese-145 (10%),
 - Mexican-278 (19%)

Results

- PG Prevalence (%)
- San Jose (Gen Pop)
 - At Risk: 6.5
 - Problem 2.4
 - Pathological 1.4
- San Jose (API)
 - At Risk: 6.5
 - Problem 0.7
 - Pathological 3.4

Help Seeking Behaviors & Barriers (PG Alliance San Jose Community Survey 2011)

- APIs reported > non-APIs
 - Very Difficult to talk about
 - I Would not discuss my problems
- Barriers to Treatment
 - No Money
 - Shame
 - No idea where to go

Community Awareness

- 84% said PG is an addiction
- 40% had not heard of treatment resources
- Likely sources
 - Media
 - Friends / Family
 - Helpline

King SM, Wasberg SMH,
Wollmuth AK. Gambling
problems, risk factors,
community knowledge, and
impact in a US Lao immigrant
and refugee community
sample. Public Health. 2020
Jul;184:17-2

(King 2020)

- SOGS score of five or more = 24%
- Among those endorsing five or more gambling problems, reasons for gambling included m
 - making money (68%),
 - social life (31.3%),
 - entertainment (58.3%)
 - reducing boredom (35.4%).
- Less commonly endorsed reasons were depression or stress (14.6%) and escape (10.4%).

Talking about Casino Gambling: Community Voices From Boston Chinatown

Carolyn Wong, Ph.D.

Institute for Asian American Studies,
University of Massachusetts Boston

Giles Li, M.P.A.

Chief Executive Officer, Boston Chinatown
Neighborhood Center

For the Massachusetts Gaming Commission

October 24, 2019

Exec Summary

“Many of interviewees described varying degrees of dependency on gambling in casinos to relieve the drudgery of work in low-paying jobs in the food service industry, and the isolation of life in linguistically isolated neighborhoods with few alternative opportunities for recreation”

AAPIs and Treatment

Barriers to Overcome

Language

- 1 in 2 Asian Americans suffering from mental illness will not seek help due to a language barrier. (APA Commission of Ethnic Minority Recruitment, Retention, and Training)

Generational Considerations

- Asian Americans born in the United States are at higher risk for mental illness as a result of assimilating to American culture and its clashes with Asian values, usually enforced by elder family members. (National Latino and Asian American Study)

Barriers to Overcome

Cultural Biases

- Many cognitive screening tests have cultural and linguistic bias, making it difficult to diagnose Asian American patients, especially elderly. (*Professional Psychology: Research and Practice*, 2005)

Model Minority Myth

- The high education and economic status of most Asian Americans places them out of many underserved areas and takes focus away from their growing mental health care needs. (Surgeon General's Report, 2000)

Cultural Issues in Treatment

- API Gambling Disorder
 - redeem losses, peer influence, thrill, emotional problems, stress and boredom
 - (Teo et al. 2007)
 - claim that they are winning even when they are losing a lot of money.
 - illusion of control than the Caucasians
 - (Loo et al. 2008)
 - hold more strongly onto the beliefs in fate and luck than other cultural groups

Cultural Issues in Treatment

- Familial socialization may have passed on the values and beliefs about gambling to the next generation (Loo et al. 2008).
- Second, Chinese families has a strong tendency to conceal the presence of a family member with problem gambling and to rescue him/her by paying his/her debts.

What is the Antidote to
Stigma?

Education and Empathy

Best Practices To Reduce Stigma

1. Assess language barrier
2. Ask about traditional beliefs and values about health and illness
3. Active participation in care (e.g. blood pressure, administer injections)
4. Involve family as a unit
5. Ethnopsychopharmacology

California Gambling Education and Treatment Services (CALGETS)

problemgambling.ca.gov



Treatment Options

- Prevention
- Self-help
- Telephone Interventions
 - Helpline services
- Office-based treatment
- Group treatment
- Intensive Outpatient
- Residential Treatment

CALGETS Demographics

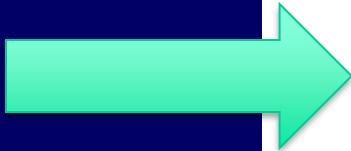
TABLE 4. TREATMENT SERVICES: RACE/ETHNICITY OF GAMBLERS BY TREATMENT MODALITY AND COMPARED TO THE CALIFORNIA POPULATION

Race/Ethnicity (for those reporting a single category only)	Outpatient N = 601	IOP N = 56	RTP N = 31	PGTI N = 180	Total N = 868	CA Population ⁴ N = 39,536,653
White, Non-Hispanic only ⁵	49%	59%	61%	36%	48%	27%
Asian/Pacific Islander only	17%	9%	19%	23%	18%	16%
Hispanic or Latino only	14%	13%	3%	14%	14%	39%
Black or African American only	11%	7%	13%	14%	11%	7%
American Indian/Alaskan Native only	1%	0%	0%	1%	<1%	2%
Other race/ethnicity only	4%	5%	0%	5%	4%	-
Multiracial or Multi-ethnic ⁶	5%	7%	3%	7%	5%	-

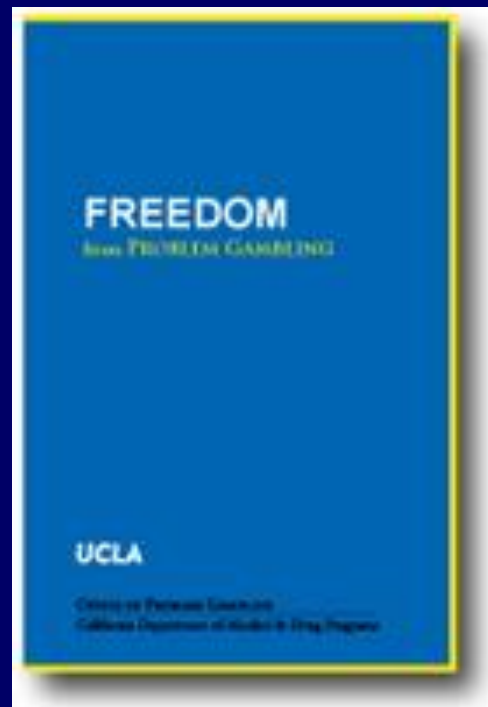
Note: Race/ethnicity responses were missing for 5 Outpatient and 1 RTP client.

**TABLE 12. OUTPATIENT AI: DEMOGRAPHICS**

FY 2019-20	(N=231)
Age	n=231
Mean Age	46 years old
Gender	n=231
Male	25%
Female	75%
Transgender	<1%
Choose not to disclose	<1%
Race/Ethnicity (for those reporting a single category only)	n=229
White, Non-Hispanic only	52%
Asian/Pacific Islander only	16%
Hispanic or Latino only	18%
Black or African American only	3%
American Indian/Alaskan Native only	0%
Other race/ethnicity only	4%
Multiracial or Multi-ethnic	7%
Education	n=231
Less than High School	4%
High School	10%
Some College	30%
Bachelor's Degree	34%
Graduate/Professional Degree	22%
Household Income	n=231
Less than \$15,000	8%
\$15,000-\$24,999	7%
\$25,000-\$34,999	5%
\$35,000-\$49,999	10%
\$50,000-\$74,999	16%
\$75,000-\$99,999	11%
\$100,000-\$149,999	17%
\$150,000-\$199,999	12%
\$200,000 or more	9%
Decline to State	7%



Freedom From Problem Gambling Workbook



Available Languages for WB

Arabic	Hmong	Russian
Armenian	Japanese	Samoan
Cambodian	Korean	Spanish
Chinese	Laotian	Tagalog
English	Lu Mien	Thai
Farsi	Punjab	Vietnamese

Treatment Principles

Prevention Ideas

- Effective early intervention strategies much address the culture of acceptance, in order to reshape social norms and learned behaviors
 - Teaching the odds
 - Building up coping skills
 - Demystifying gambling as a sport
 - Using technology to promote resilience

Focus on the Family

- In many Asian traditions, it is natural for family and community members to help one another – by lending money for debt relief, vouching for a loan, etc.
- Asian families may have to get assistance in setting firm boundaries, avoiding codependency, and encouraging gamblers to take responsibility.

What Clinicians Can Do

- Proficient in client's language/dialect, using interpreter only as last resort
- Avoid extensive questioning, assessment & evaluation; clarify and explain all procedures
- Help client develop measurable and tangible short-term treatment goals
- Receptive to Somatic Approach & Pharmacological Treatment

Thoughts on GA

- Gamblers Anonymous –
 - AAPI-specific groups?
 - In-language GA meetings?
 - In-person vs. Zoom
 - How can participation occur with a cultural lens?
 - One-on-one fellowship / sponsor

Eastern Treatment Options

- Acupuncture
 - Used to be part of residential treatment programs
 - No clear data
- Eastern philosophies of balance, restoration
 - Flushing out negative energy

Fables of Fortune Mural

Eric Okdeh

- *Fables of Fortune* is about problem gambling, particularly within Asian immigrant communities.
- The mural shows stories of real people, the cultural aspects of luck and gambling, the challenges problem gamblers face, and the arrival of local casinos and gambling practices that target immigrant communities.
- The mural shows a path to recognition of gambling addiction, and the decision to overcome problem gambling. It is a message of hope, recovery, and restored relationships.

Fables of Fortune (South Philly)



Innovative Ideas

- Partner with casino buses / tour junkets
- Create more online tools / apps for APIs
- Tie-in with API dining establishments
- Partnerships with churches
- Establish community “warning networks”
- Tell more stories through media / change the conversation
- Tie in with other services agencies

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Contact Information

Timothy Fong MD

UCLA Gambling Studies Program

310-488-3916 (UCLA Cell)

tfong@mednet.ucla.edu

uclagamblingprogram.org