

# An Analysis and “How-To Basics” of Integrating Gambling & Gaming Recovery Skills into your Practice



WESTERN REGIONAL CONFERENCE ON PROBLEM GAMBLING AWARENESS  
**FOCUS ON THE FUTURE**



EVERGREEN  
council on problem gambling



# Meet your presenters



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# Class introductions

- Your name, job title
- Reason you're here



# Agenda

1. Why this is important (to us)
2. Expectations and beliefs about gambling and gaming
3. Comparisons of MH/ SUD/ GD/ IGD
4. SWOT analysis of PG/ G integration



1.

# Why this work is important

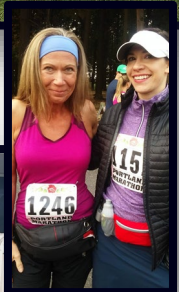
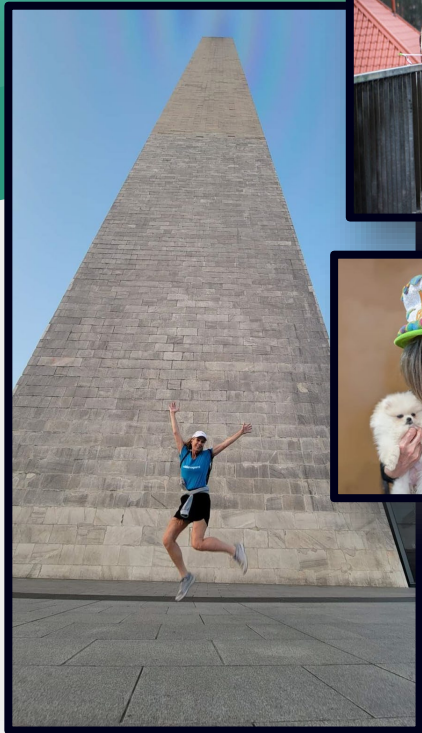
Why we got into this work,  
and why we are STILL doing it

# Tana



- What got my attention?
- How I relate
- What I didn't realize I was signing up for

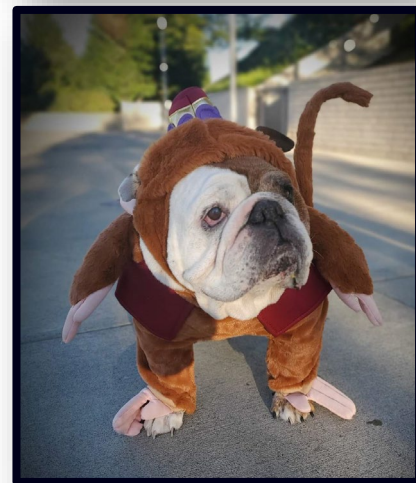
# Kitty:

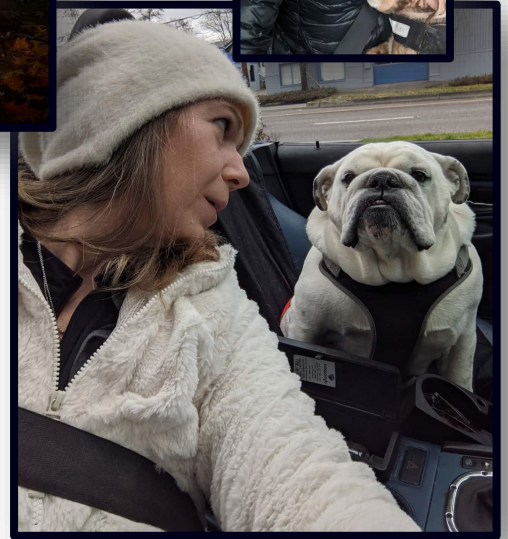
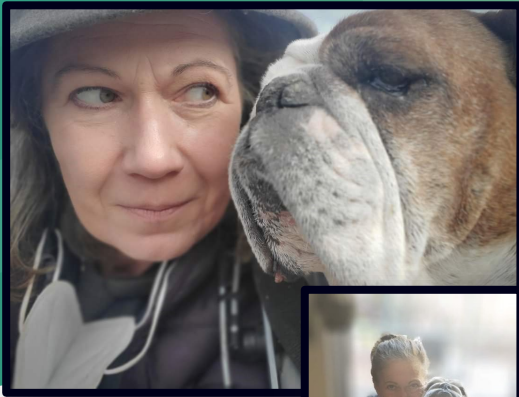


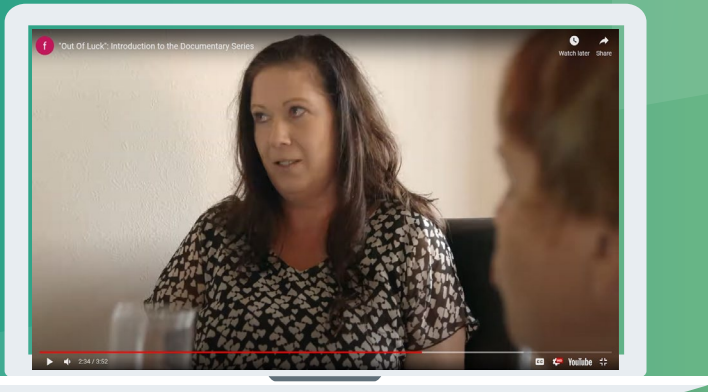


***“They say a person needs just three things to be truly happy in this world: someone to love, something to do, and something to hope for.”***

***— Tom Bodett***







## “Out of Luck” film



**THE WALL STREET JOURNAL.**  
WSJ.com

U.S. NEWS | August 2, 2013, 10:31 p.m. ET

### Researchers Bet Casino Data Can Identify Gambling Addicts

*Computerized models can spot and warn people with high risk profiles similar to the way geneticists have invented tests to predict cancer risk*

By **ALEXANDRA BERZON** and **MARK MAREMONT** [CONNECT](#)

Copyright © 2013 The Wall Street Journal

## Bridgeway Recovery Services – 60 Day Inpatient Salem, Oregon



2023



1998

- What do I do to stay well?
- What helped in most?
- Why did addiction happen?

# The SCARF model

# S

## STATUS

Looks at the relative importance of people

*'I am valuable'*

# C

## CERTAINTY

Looks at our ability to predict the future. How certain are we?

*'I know where I stand or what will happen'*

# A

## AUTONOMY

Looks at our perception of having control over our environment

*'I have a choice'*

# R

## RELATEDNESS

Looks at our relationships and sense of fitting in

*'I belong'*

# F

## FAIRNESS

Looks at our perception of being treated fairly; for you and for others

*'I am treated fairly and others are treated fairly'*

### What I should consider

How can I ensure that they know they are valued?

How can I clarify where they stand, and what will happen?

How can I provide them with some degree of input and choice?

How can I make them feel part of the team?

Taking everything together, am I treating them and others fairly?



2.

# Expectations and beliefs about gambling and gaming

How has your experience affected  
you?



# ACTIVITY

Take a few minutes to complete the handout on your own

## Reflections about Money, Gambling, and Gaming Exercise

Please complete the following sentences. Pro tip: the first thing that comes to mind, is probably the most honest.

- 1) People with money are \_\_\_\_\_
- 2) In my family, money always \_\_\_\_\_
- 3) My parents taught me that money \_\_\_\_\_
- 4) Money makes people \_\_\_\_\_
- 5) People who gamble are \_\_\_\_\_
- 6) Gambling operators are \_\_\_\_\_
- 7) What I learned about gambling from my upbringing was \_\_\_\_\_
- 8) People who have a gambling problem are \_\_\_\_\_
- 9) I wish gambling was \_\_\_\_\_
- 10) You should know you have a video game addiction if \_\_\_\_\_
- 11) Video games are \_\_\_\_\_
- 12) Game developers should \_\_\_\_\_
- 13) People can prevent gambling or gaming problems by \_\_\_\_\_
- 14) To recover from a gaming or gambling addiction, one should \_\_\_\_\_

**Let's discuss!**

**Yes, please!**



# When is a game a gamble?

## Just a game

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



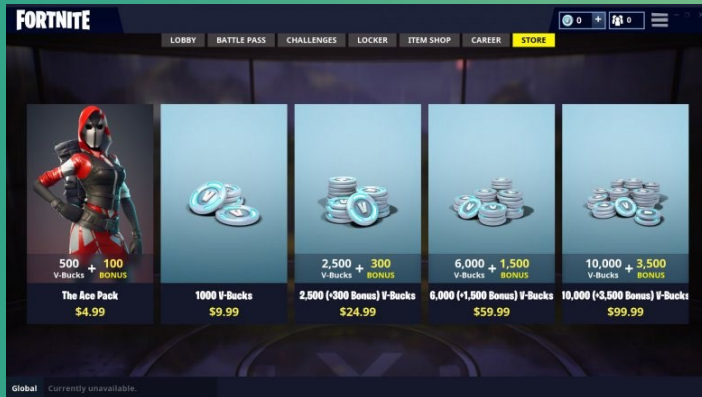
## Gambling

- **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.

# What's the difference between a purchase and a gamble?

## Purchase

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



## Gambling

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





# Illusions

- Gambling can solve problems
- The opportunity won't come again (FOMO)
- Everybody does it
- I just need to keep playing
- I'm am (or will be) a professional



# Definitions

What does all this even mean??

- Gaming vs. gambling
- Problem Gambling/ Gaming, disorder, harms, at-risk
- Recreational, compulsive, pathological, professional, excessive

# Gaming vs. Gambling

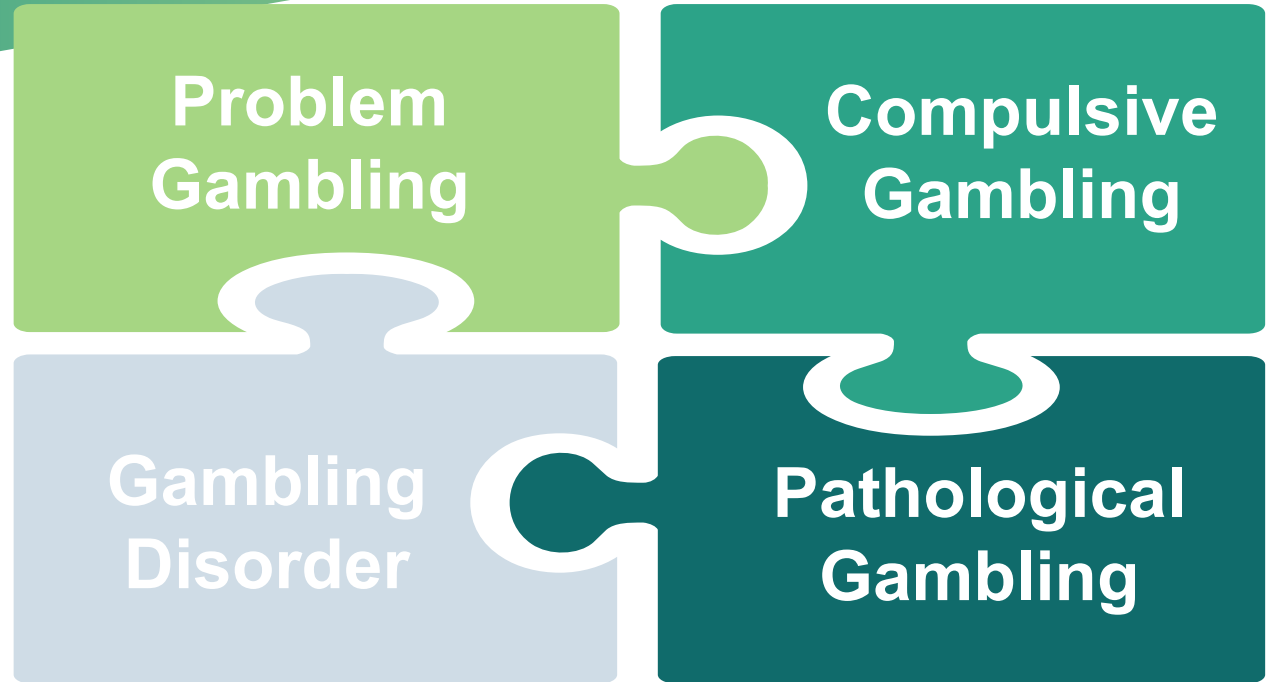
Which is used  
by the  
gambling  
industry?



# Gambling addiction terminology

Which is used  
by GA?

Which is used  
by DSM-5?



# Gaming addiction terminology

Which is used  
by WHO?

Which is used  
by DSM-5?

**Problem  
Gaming**

**Excessive  
Gaming**

**Gaming  
Disorder**

**Internet Gaming  
Disorder**



# Gaming vs. Gambling

- For gambling, **money and financial concerns** are a central issue
- Impact of **amount of time spent** gambling vs. gaming can vary greatly (compare to reasonable amount of time watching TV, and depends on age, role obligations, and stages of life)
- Types of **magical thinking** vary between gambling and gaming
- **Personality differences**
- **Family therapy and adolescent counseling**



# VR experience





# BONUS!

- Professional gambling
- Gambling-related harms
- Social gambling
- At-Risk
- Excessive play

# Careful with terminology

Try this:



Person dealing with PG

Affected by gambling-related harms

Abstinent

Data point

Recurrence of symptoms

Time working on recovery

Ambivalence

Relationship patterns

Not This:



Problem Gambler

Has a gambling problem

Clean/Dirty

“Goofed up”

Relapse

Clean date / date last gambled

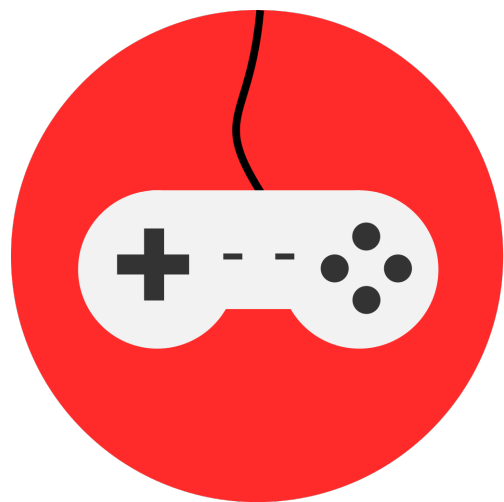
Denial

Codependent



ADDICT

If you say your org is  
working to reduce  
stigma, but you're still  
using the word  
"addict," you're failing.



**204,600,000,000\$**

Projected 2023 revenue from global games market

(Newzoo, May 2021)

**2.9 billion**

Estimated players worldwide

(Newzoo, May 2021)

**65%**

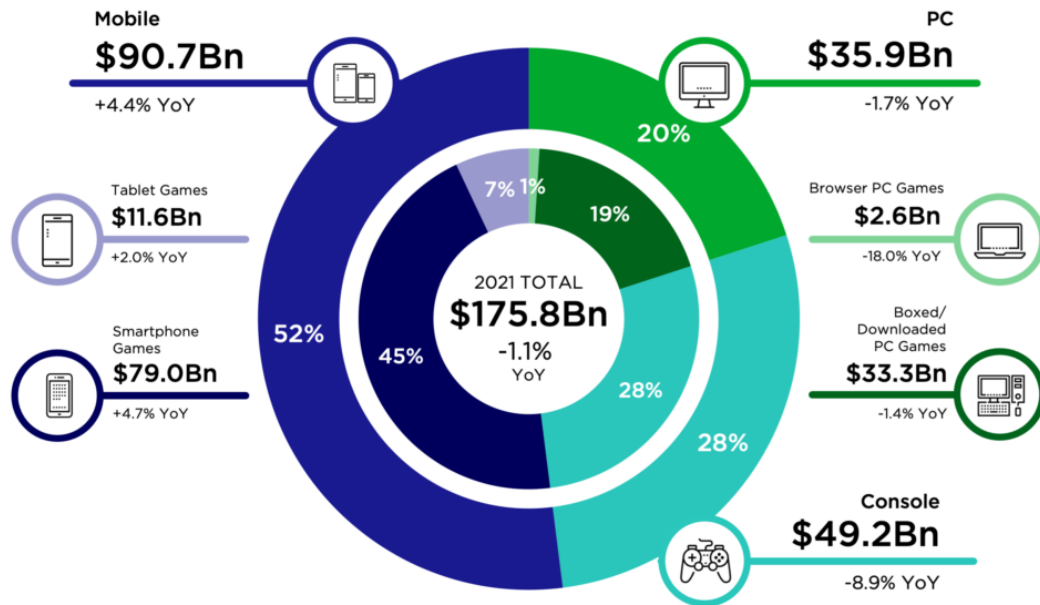
Of U.S. populations plays video games 1 hr/ wk

(ESA, 2023)



# 2021 Global Games Market

Per Device & Segment With Year-on-Year Growth Rates

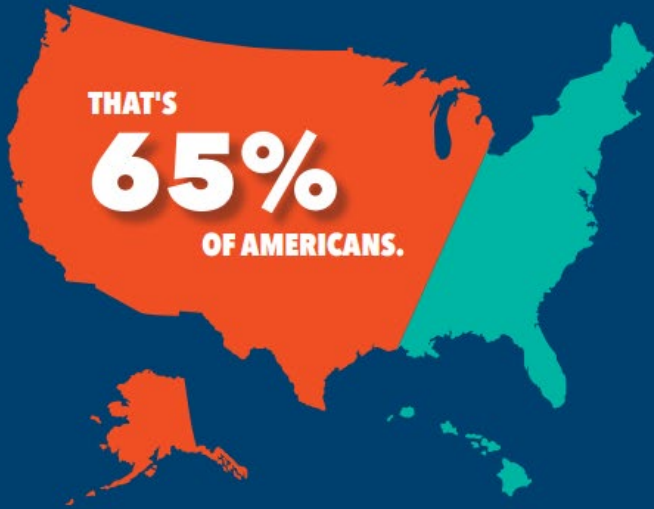


## \$90.7Bn

Mobile game revenues in 2021 will account for 52% of the global market

Source: ©Newzoo | Global Games Market Report | April 2021  
[newzoo.com/globalgamesreport](https://newzoo.com/globalgamesreport)

**212.6 MILLION AMERICANS PLAY VIDEO GAMES AT LEAST ONE HOUR A WEEK.**



62% of adults (18+) play video games.

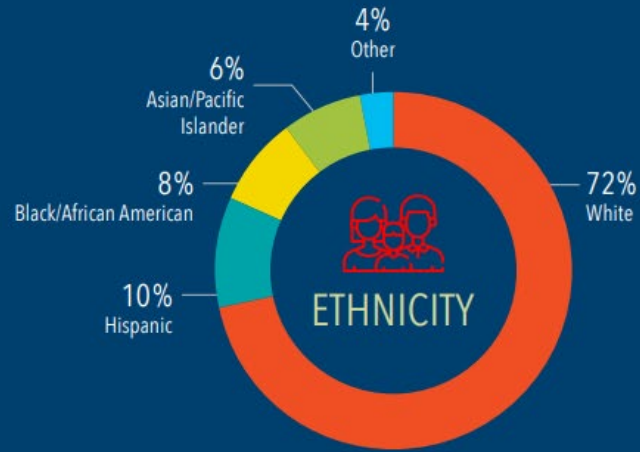
76% of kids under 18 play video games.

### VIDEO GAME PLAYERS ARE DIVERSE:

**53%** Male

**46%** Female

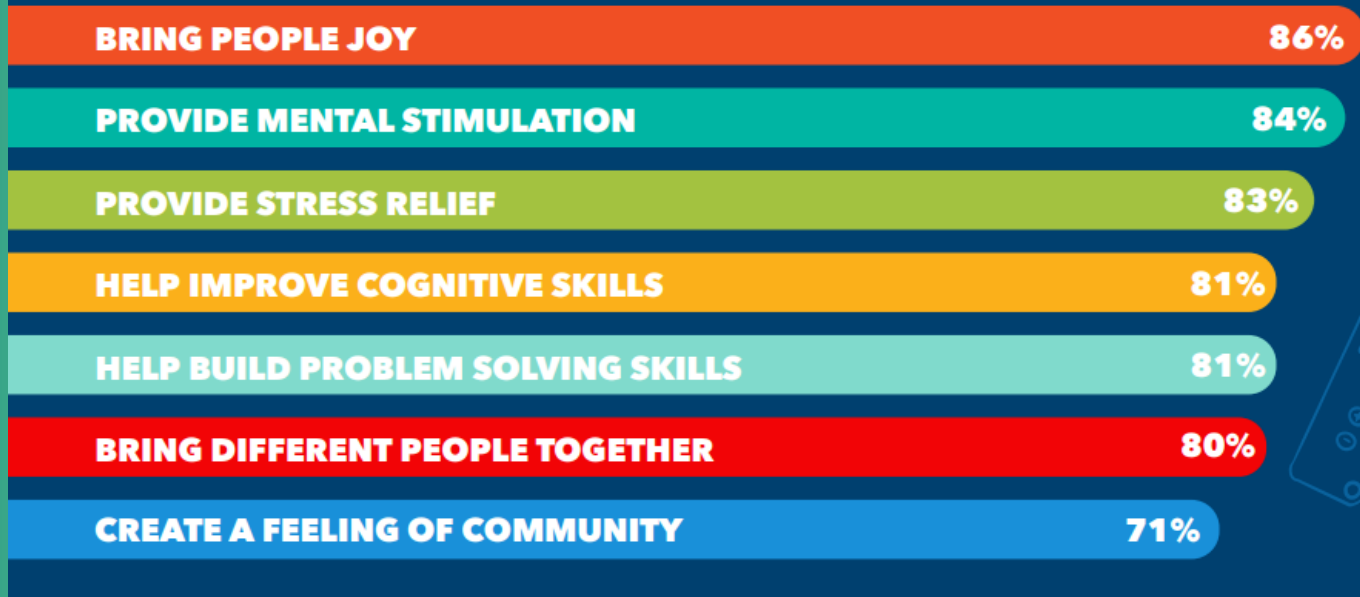
*1% selected "Other" or chose not to answer*



The average video game player is **32**  
and has been playing for **21 years.**

# 96% OF AMERICANS VIEW GAMES AS BENEFICIAL.

In addition, Americans say that video games:





# 80% OF PLAYERS PLAY WITH OTHERS.

88% SAY GAMES EXPAND THEIR SOCIAL CIRCLES

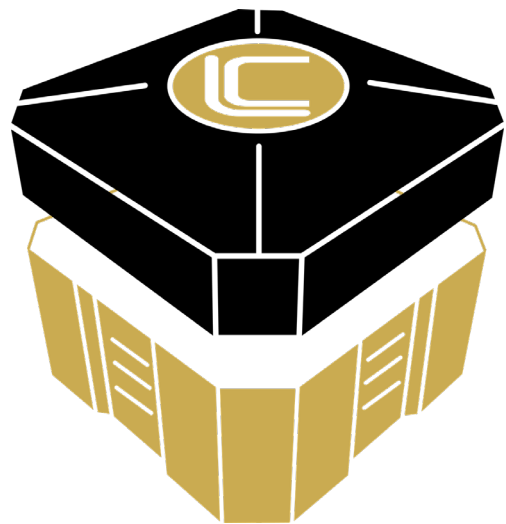
82% SAY GAMES INTRODUCE THEM TO NEW FRIENDS AND RELATIONSHIPS

76% OF PARENTS PLAY VIDEO GAMES WITH THEIR CHILDREN

60% SAY GAMES HELP THEM STAY CONNECTED TO FRIENDS/FAMILY

50% HAVE MET A GOOD FRIEND, SPOUSE OR SIGNIFICANT OTHER THROUGH VIDEO GAMES

47% OF PARENTS SAY GAMES ARE A GREAT WAY FOR FAMILIES TO SPEND TIME TOGETHER



# 20.3 billion

Estimated 2025 global loot box spend (Statista, 2023)

# 71%

Of video games have loot boxes in 2019, compared to 4.2% in 2010 (Zenda et al., 2019)

# 5%

Of loot box purchasers make up  $\frac{1}{2}$  of loot box spend. Of those,  $\frac{1}{3}$  are likely dealing with PG/ PVG (Close & Lloyd, 2021)

**3.**

# **Comparisons of MH/SUD/GD/IGD**

Adding to what you already know



# Special considerations

## Speed of play

A more rapid speed of play is a risk - factor

(Harris & Griffiths, 2018)

## Age of onset

Early exposure to (gambling/gaming) is a risk -factor

(Zhai et al, 2017; Moreira et al, 2023; Jeong et al 2021)

## Availability

Easy access to gambling/gaming (i.e. mobile devices) is a risk - factor

(Wardle, 2019; Dowling et al, 2017)

## COD

Co-occurring MH/SUD are risk - factors

(Wang, 2019; CAMH, 2019)



# Other special considerations

- Mobile
- Dosing
- Tolerance
- Sine Wave
- Gambling face/ fugue state



# Comparisons

- Few trained specialists in Gambling, even fewer for gaming
- Lack of awareness in general public, behavioral health, healthcare, judicial, schools, etc.
- “No one mentions it” = “it’s not a big problem” = little to no funding allocated to it

# Diagnostic Criteria Compared (DSM-5)

## Internet Gaming Disorder (proposed)

Tolerance  
Withdrawal

Unable to quit/cut back  
Preoccupation

Use to relieve negative  
moods  
Continuing despite problems

Deceiving others  
Jeopardizing relationships/work  
Giving up other activities

## Gambling Disorder

4 out of 9

Tolerance  
Withdrawal

Unable to quit/cut back  
Preoccupation

Gambles when distressed  
chasing losses

Lying/concealing  
jeopardizing relationships, work,  
or legal status  
Bail-outs

## Substance Use Disorder

2 out of 11

Tolerance  
Withdrawal

Use of more than intended  
Unable to quit/cut back  
Time spent  
Cravings

Caused/worsened MH/PH  
Hazardous situations

Role Obligations (work, edu, home)  
Relationship problems  
interferes with other activities

**Pharmacological Indicators**

**Impaired Control**

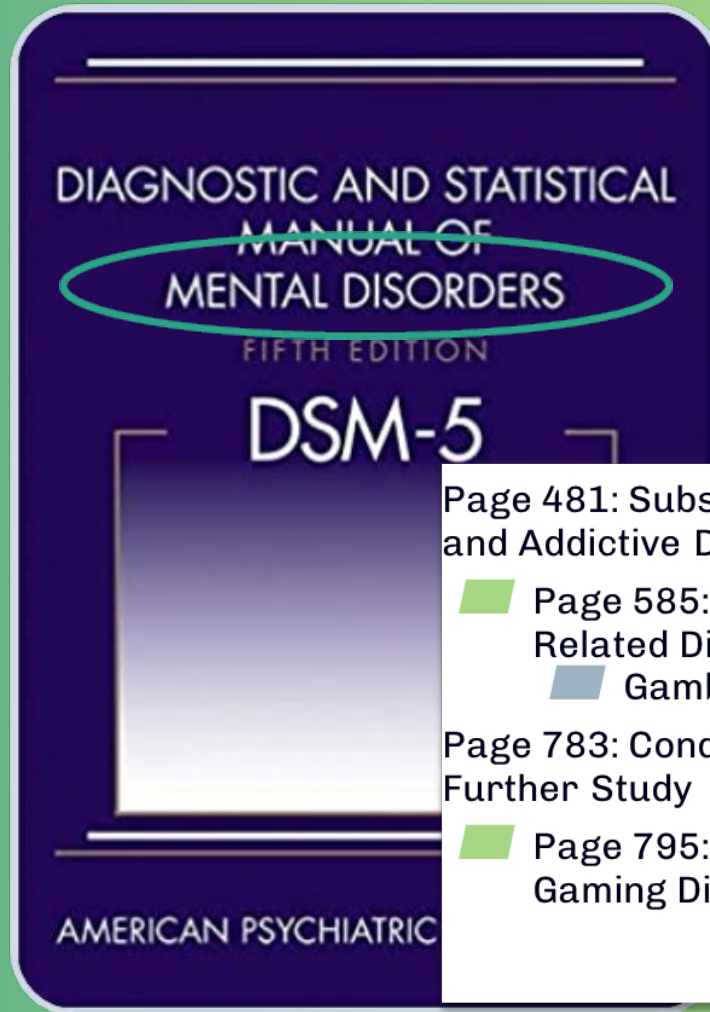
**Risky Use/Risky Behaviors**

**Social Impairment**

Is GD a MH condition or an addiction condition? YES

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

# Service Comparisons - WA state example

## Mental Health

- LOTS of treatment options
- Approx. **30,000+** Licensed clinicians (LMHC, LCSW, MFT, Certified Counselor, Psychologist, Psychiatrist)
- LOTS of support groups and services, and advocacy groups, MH awareness month (May)

## Substance Use Disorder

- LOTS of treatment options
- Approx. **4,500** SUDPs in WA State
- LOTS of support groups and services, advocacy groups, Recovery Awareness Month (Sept)

## Gambling Disorder

NO residential option, few outpatient options

Approx. **35-40** Certified Gambling Counselors

FEW support groups and only 2 major advocacy groups PG Awareness Month (March)

## Gaming Disorder

ONE IP/OP (reSTART Life)

few OP, **1** IGDC professional

FEW of anything else

# Comparing SUD to Gambling

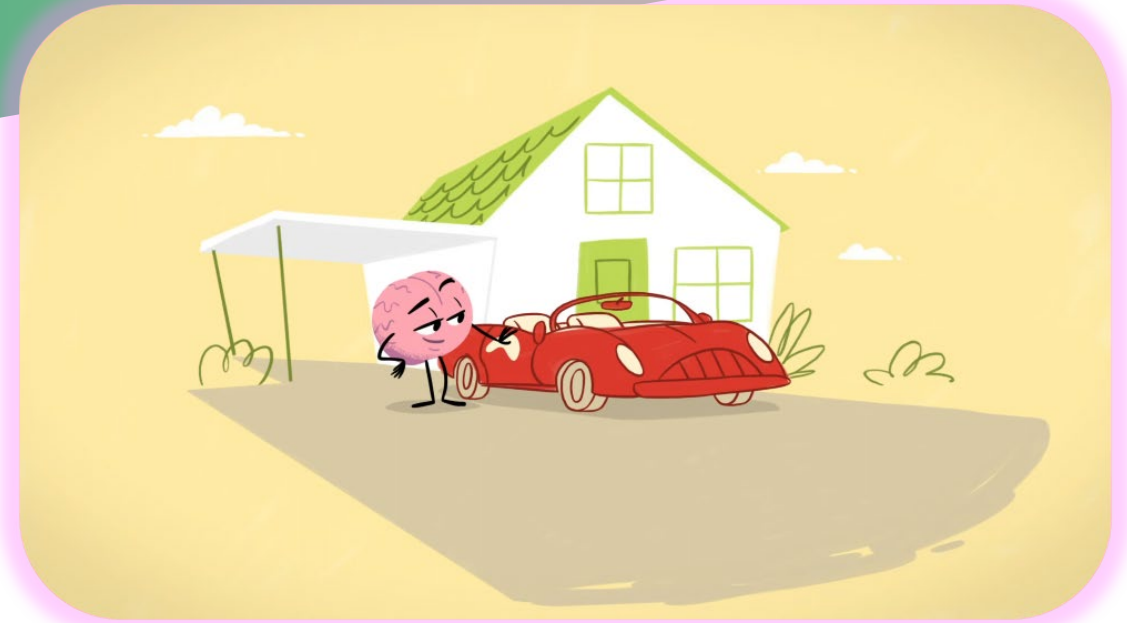
## Similarities of Gambling and SUD

- Loss of control
- Ambivalence
- Depression
- Progressive/Tolerance
- Craving, preoccupation/fixation
- Blackouts
- Escape
- Similar Highs/Rush
- Brain effects and neurotransmitter changes
- Withdrawal
- Continuing despite negative consequences
- Genetic Vulnerabilities

## Differences of Gambling Disorder

- 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

# Neurobiology



Check out this resource! : [https:// brainconnections.ca/](https://brainconnections.ca/)



The image shows a cartoon character holding a large white sign with a blue border. The sign contains a graph with the following elements:

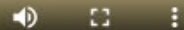
- Title:** "Gambling Effects On The Brain" (written vertically on the left side of the graph area)
- Y-axis:** A vertical green line.
- X-axis:** A horizontal green line labeled "Time".
- Curve:** A blue line that starts at a low point on the y-axis and curves upwards exponentially as it moves along the x-axis.
- Text:** The word "Liking" is written in red at the top right of the graph area, and in blue in the middle of the graph area.

At the bottom of the video frame, there is a playback bar showing "0:15 / 2:19" and standard video controls (play, volume, full screen, and menu icons).

## Liking vs Wanting



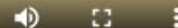
▶ 1:15 / 2:19



## Gambling Effects on Mood



▶ 1:31 / 2:19





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>



# PROBLEM GAMBLING RECOVERY

Everyone's recovery path is unique. However we notice that people who do the following are usually successful:

See your counselor at  
least once a week

Establish firm  
money barriers

Do something for your  
recovery every day

Involve your family in  
treatment and recovery

Don't go more than 72 hours without  
talking to another human being  
about your recovery

## The BIG Five



# Prepaid Credit Card – Financial Barrier



## Access to cash



Cash withdrawals at ATMs



Cash withdrawals inside a bank



Cash-back at time of purchase



Block cash withdrawals over \$

0

## Spending categories



Auto Repair & Dealers [Detail](#)



Beauty [Detail](#)



Dating & Escort [Detail](#)



Discount & Variety Stores [Detail](#)



Financial Transactions [Detail](#)



Gambling & Casinos [Detail](#)



# Community Support groups

<b>Program</b>	<b>Spirituality</b>	<b>Format</b>
GA (Gamblers Anonymous)	Higher Power	Readings, share, no cross-talk
Secular Sobriety	No	Readings, share, no cross-talk
Refuge/Recovery Dharma	Buddha	Readings, meditation, share
SMART Recovery	No	Skills, share, cross talk
Wellbriety (White Bison)	Native American	Curriculum, sharing, drumming
Celebrate Recovery	Jesus	Dinner, divide by type of addiction, share



# Useful Resources

- Recovery Road Online [www.recoveryroadonline.com](http://www.recoveryroadonline.com)
  - 24-hour/day virtual gambling meetings, mostly GA
- SMART Recovery [www.smartrecovery.org](http://www.smartrecovery.org)
  - Many virtual meetings per day
- Gamban – App
  - Firewalls all gambling sites
- True Link [www.truelinkfinancial.com](http://www.truelinkfinancial.com)
  - Prepaid credit card with dashboard person



# Defining Peer Work

- How to measure efficacy
  - Abstinence
  - Quality of Life
  - Therapeutic alliance
    - Trust
    - “Being there”

# Indicators: Peer Work

## Working Alliance Inventory

		Strongly Disagree	Disagree	Neutral	Agree	Strongly Agree
1	My therapist and I understand each other.	1	2	3	4	5
2	We have established a good understanding of the kind of changes that would be good for me.	1	2	3	4	5
3	I feel that my therapist appreciates me.	1	2	3	4	5
4	I believe the time my therapist and I are spending together is not spent efficiently.	1	2	3	4	5
5	I believe my therapist likes me.	1	2	3	4	5
6	What I'm doing in therapy gives me new ways of looking at my problem.	1	2	3	4	5
7	I feel my therapist cares about me even when I do things that he/she does not approve of.	1	2	3	4	5
8	My therapist does not understand what I am trying to accomplish in therapy.	1	2	3	4	5
9	I am confident in my therapist's ability to help me.	1	2	3	4	5
10	I feel that the thing I do in therapy will help me to accomplish the changes that I want.	1	2	3	4	5
11	My therapist and I trust one another.	1	2	3	4	5
12	I disagree with my therapist about what I ought to get out of therapy.	1	2	3	4	5
13	I believe in my therapist is genuinely concerned for my welfare.	1	2	3	4	5
14	We agree on what is important for me to work on.	1	2	3	4	5
15	My therapist and I respect each other.	1	2	3	4	5
16	The things that my therapist is asking me to do don't make sense.	1	2	3	4	5



# WHOQOL

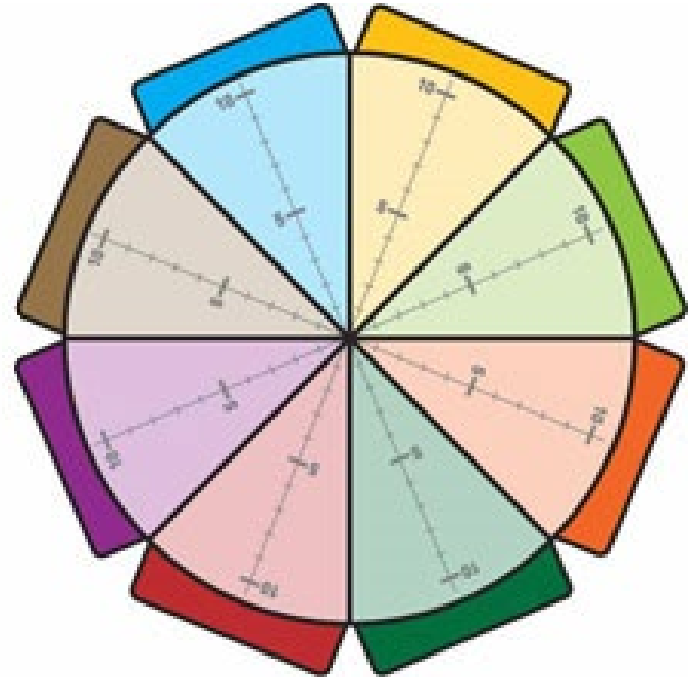
## World Health Organization Quality of Life

- Physical
- Psychological
- Levels of Independence
- Social Relations
- Environment

# Life Balance Tool – Smart Recovery

## Examples:

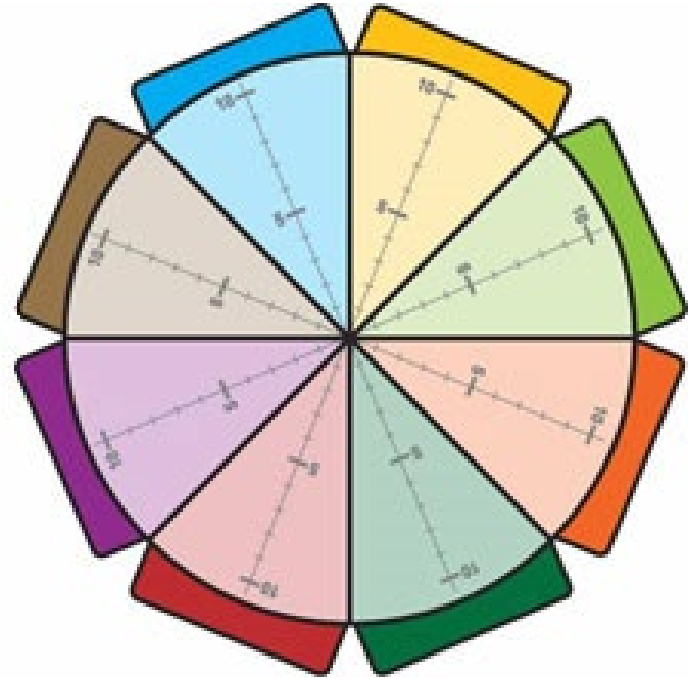
- Recovery
- Pets
- Family
- Friends
- Work
- Finances
- Health
- Education
- Community
- Volunteering
- Sports
- Hobbies
- Recreation
- Spirituality



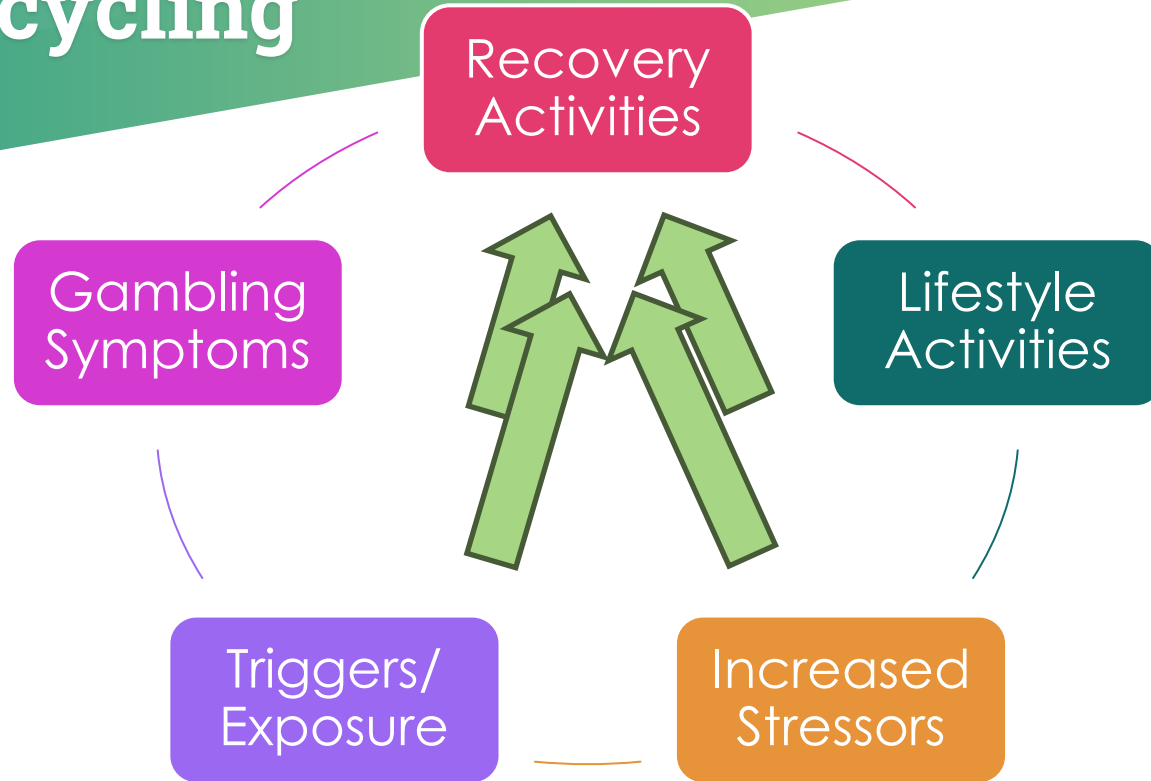
# Life Balance Tool – Smart Recovery

## Examples:

- Recovery
- Pets
- Family
- Friends
- Work
- Finances
- Health
- Education
- Community
- Volunteering
- Sports
- Hobbies
- Recreation
- Spirituality



# Gambling Disorder: Chronic cycling





4.

# SWOT Analysis of PG/G Integration

Strengths, Weaknesses,  
Opportunities, and Threats

# SWOT Analysis of integrating PG/G

## STRENGTHS

Benefits to individuals, families, providers, recovery services, treatment agencies, community at large

S

## WEAKNESSES

Limitations in awareness, funding, priorities, historical data, public opinion

W

Developing field, overlap with adjacent fields, specialty care, holistic recovery and wellness


## OPPORTUNITIES

O

Funding impacts and limitations and restrictions, political agendas, new forms of gambling available

## THREATS

T



# SWOT Analysis - STRENGTHS

## Treatment Work

- High COD with SUD/ MH
- Holistic care
- Little cost to integration
- Marketability
- Improves outcomes for other disorders
- Camaraderie between clients
- Community Awareness/ Outreach
- Evidenced-based practices



# SWOT Analysis - STRENGTHS

## Peer Work

- Realtime / extended hours when life happens
- Supports treatment plan / practice using CBT tools
- Cost effective
- Increases motivation/ longevity and engagement with services
- Social support = well-being = quality of life



# Activity

A Big Wind Blows – Get ready to stand up!





# A Big Wind Blows

- Find commonality in our work, particularly about gambling
- Less about personal disclosure
- Feel free to use prompts
- Safety first



# A Big Wind Blows – Prompts if you need them

## A big wind blows on anyone who...

- Sometimes freezes under pressure
- Has a client with challenges with gambling
- Has a client experiencing harms from gaming or day trading

- Talks with clients regularly about money
- Notices an uptick in online sports gambling advertising
- Notices cross -addiction in their practice
- Intends to get a specialty certification for Gaming or Gambling



# SWOT Analysis - WEAKNESSES

## Peer Work

- In the position to do the greatest harm with the least amount of training
- Early days for establishing efficacy
- Lack of standardized competencies
- Little fiscal support for peer services
- Dual-roles and boundary issues



# SWOT Analysis - WEAKNESSES

## Treatment Work


- Ditto on #1
- Rapidly changing environment
- Related addictions to social media, influencers, screen time, etc.
- Few specialty providers or supervisors
- Gaps in medicaid insurance
- Toxic corporate culture about gambling/ gaming
- Lack of cultural attunement, biases and barriers
- Staff shortages, lack of mgmt support
- Certification maintenance
- Advocates + case managers + trainers + community outreach



# Activity

An experiential exploration of unconscious bias related to PG/ Grecovery.






Write down your gender, age, race/ethnicity, sexual orientation, able-body status, and religion/spirituality.

- How have these things affected your views of gambling/ gaming?
- How do these things affect your view of others?
- How do these things affect your clients' life experiences, and views of gambling/ gaming?



# What is your own political affiliation?

- How do politics impact the gambling/gaming industry?
- How does the current political climate impact those in recovery?
- How does it impact your professionalism?



# What is your “lived experience”?

(In recovery from \_\_\_\_\_, loved one, “normie”, etc.)

- How does this affect your views of clients?
- How does your client see themselves?
- What lingo or jargon comes with these affiliations?



# What is your personal “worldview” on gambling/gaming?

- A. I gamble and/ or game recreationally or occasionally.
- B. Neither for nor against.
- C. I hate it with the passionate fire of a thousand burning suns!



# What is your personal “worldview” on gambling/gaming?

- A. I gamble and/ or game recreationally.
- B. Neither for nor against.
- C. I hate it with the passionate fire of a thousand burning suns!

- What are the ethical considerations if you do gambling/ game?
- What is your client’s view of gambling..any fantasies/ dreams, dissociation?
- What impression do they have of your views?



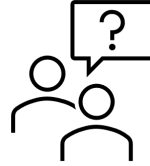
**Ethical anxiety  
you've been in?**

**Ethical  
situations  
you've seen?**





# Peer ethics scenarios:



As a peer, would you...

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



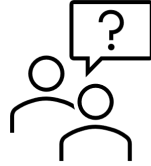
As a peer, would you...

**Go with a client  
to pay a debt?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



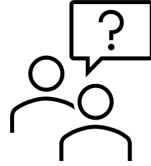
As a peer, would you...

**Go with a client  
to pick up  
winnings?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



As a peer, would you...

**Briefly hold on to  
cash for a client?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



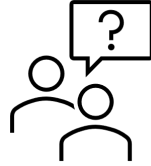
As a peer, would you...

**Briefly hold on to a client's credit card?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



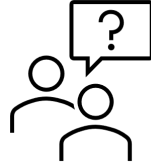
As a peer, would you...

**Serve as the administrator on a prepaid credit card?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



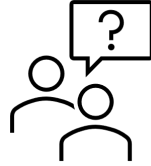
As a peer, would you...

**Wait outside for a client while they gambled?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



As a peer, would you...

**Ask how much a client's sunglasses or shoes cost?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction



# SWOT Analysis - OPPORTUNITIES

## Peer Work

- Outreach / engagement, particularly underserved communities
- Less administrative load
- Medicaid billing
- Support for co-occurring challenges
- Para-professional workforce options
- Specialize into directive/ non-directive (e.g. financial) \*

# Who does what?

Which one are you?

Who else do you have  
on your team?

Opportunities for  
growth?





# SWOT Analysis - OPPORTUNITIES

## Treatment Work

- Billing medicaid
- Telehealth
- Cycle of increasing awareness, to increasing access to services, to increasing service options, to increasing funding, to increasing awareness...
- Several low-hanging fruits for PG integration in SUD/ MH
- Opportunities to collaborate and share (resources, community events, speakers, etc.)



How NOT to talk to  
someone about gambling

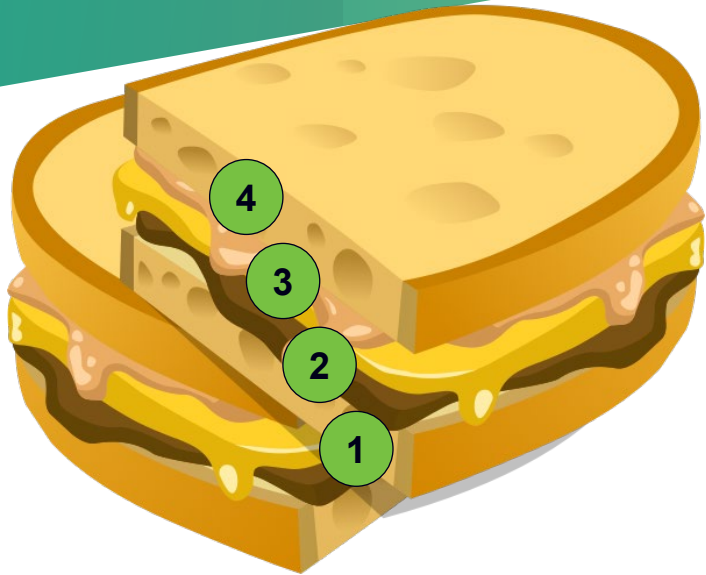


# Activity

SBIRT Sandwich – Screening, Brief Intervention,  
and Referral SKILLS PRACTICE!



# SBIRT Sandwich



- 1) **Define & Clarify** =  
what gambling, normalization
- 2) **Gambling Screening Q's** =  
Ask the Q's as they are written
- 3) **Feedback/Brief Intervention** =  
Report outcome of screening  
and recommendation
- 4) **Referral list** =  
For everyone. *"Just in case you or  
someone you know might need it one  
day."*



**What was it like  
to be asked  
those questions?**

**What did you  
learn?**





**How to break  
the cycle of  
unawareness?**

**Opportunities  
to collaborate?**

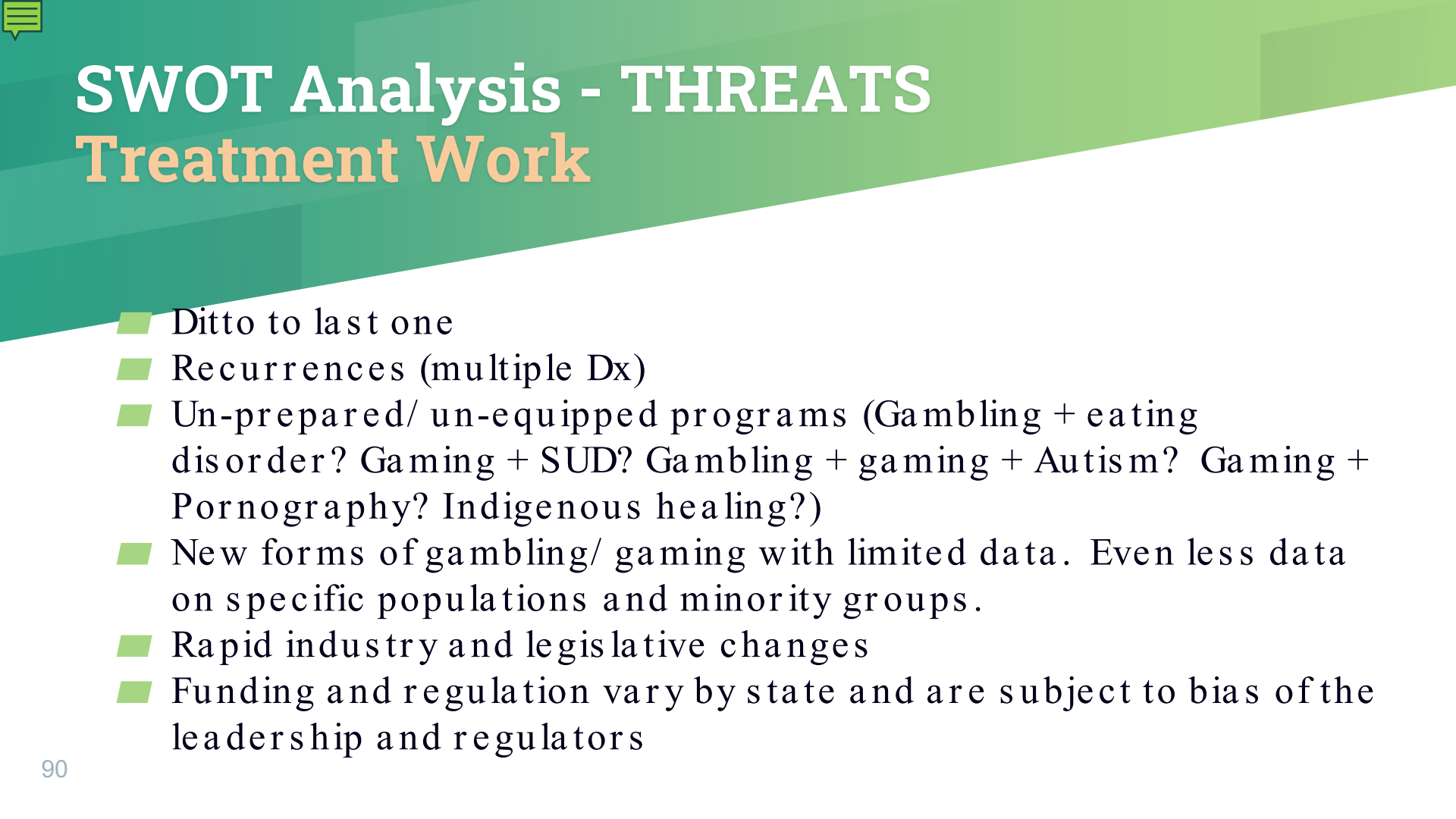




# SWOT Analysis - THREATS

## Peer Work

- Non efficacious activities
- Substitute intervention vs adjunctive to counseling
- Working counter to treatment plan without adequate collaboration
- Requires front loading of policies, procedures and supervision
- Creating reliance on peer
- Position to do the most harm with the least training



# SWOT Analysis - THREATS

## Treatment Work

- Ditto to last one
- Recurrences (multiple Dx)
- Un-prepared/ un-equipped programs (Gambling + eating disorder? Gaming + SUD? Gambling + gaming + Autism? Gaming + Pornography? Indigenous healing?)
- New forms of gambling/ gaming with limited data. Even less data on specific populations and minority groups.
- Rapid industry and legislative changes
- Funding and regulation vary by state and are subject to bias of the leadership and regulators

# The Big Fish Social Casino Example

**EVERGREEN COUNCIL ON PROBLEM GAMING**  
CONNECTIONS | SEASON 2 EPISODE 8  
**WHAT'S THE DEAL WITH SOCIAL CASINOS?**  
A Healthy Gambling and Gaming Podcast

EVERGREEN council on problem gambling | ocpa | Listen on Anchor.fm

**EVERGREEN**  
Council on problem gambling

**Podcast** Search ECPG Search

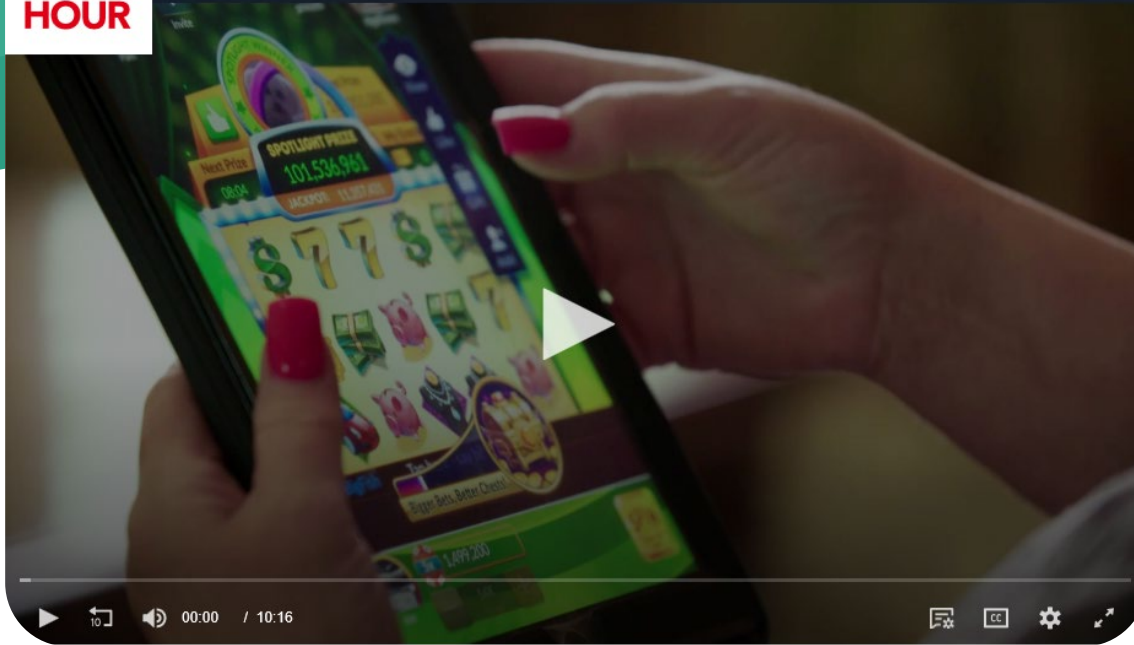
**PODCAST**  
**Addiction Professionals' Best-Kept Secret Resource: ATTC**  
Addiction Professionals' Best-Kept Secret Resource: ATTC  
People may often think of treatment professionals, peers, and 12-steps when they think of recovery help services, but who else is behind the...  
SEASON 4 | EPISODE 3  
08/30/2023 →

**PODCAST**  
**Recommended Reads**  
Dr. Hilarie Cash and Dr. Stephanie Diez-Morel Share Recommended Reads: Gaming Disorder  
Dr. Cash and Dr. Diez-Morel share how they got interested in studying and treating Gaming Disorder, why they h...  
SEASON 4 | EPISODE 2  
08/26/2023 →

**PODCAST**  
**Behind-the-Scenes of PGAM**  
SEASON 4 | EPISODE 1  
03/31/2023 →

**PODCAST**  
**(Gag) Gift Responsibly**  
(Gag) Gift Responsibly Cait Hubble, with NCPG, and Kristi Weeks, with Washington's Lottery, explain what "Gift-Responsibly" both around the holidays and all year means and why lottery and scratch-off...  
SEASON 3 | EPISODE 11  
12/8/2022 →

**PODCAST**  
**Recommended Reads**  
SEASON 3 | EPISODE 10  
11/21/2022 →



**Big Fish** recently lost a lawsuit for operating “unlawful gambling devices”. They had to pay back players over \$155 million and agreed to implement “addiction-related resources” and a “self-exclusion policy”. They still operate based in Seattle, WA.

*“Judge approves \$155M class action settlement related to Big Fish Games and online gambling lawsuit” (8/31/2020)*

<https://www.geekwire.com/2020/big-fish-games-pay-155m-tweak-games-part-class-action-settlement-gambling/>

***“How social casinos leverage Facebook user data to target vulnerable gamblers” (8/13/2019)***

<https://www.pbs.org/newshour/show/how-social-casinos-leverage-facebook-user-data-to-target-vulnerable-gamblers>



FACEBOOK

Policies / Commerce

9 **Gambling**

Listings may not promote the buying, selling or facilitation of online gambling for money or money's worth, including digital currencies. Online gambling includes gaming, betting, lotteries, raffles, casino, fantasy sports, bingo, poker and sweepstakes in an online environment.

Facebook's Policy on users posting about gambling on vendor pages

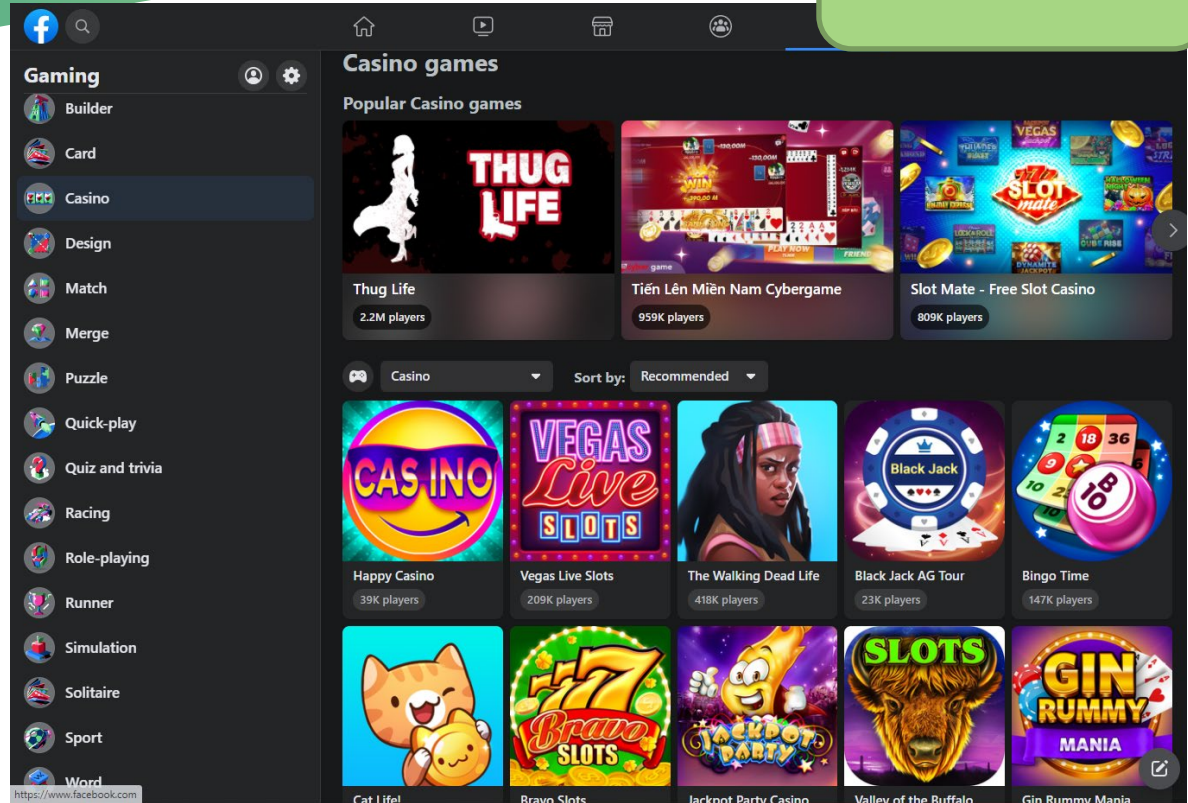
11 **Human Exploitation and Sexual Services** ↗

Listings may not promote any form of human trafficking, prostitution, escort, or sexual services.

12 **Ingestible Supplements** ↗

Listings may not promote the buying or selling of ingestible supplements.

Also Facebook...





[Big Fish Casino](#) > [Responsible Play](#)

## Responsible Play

### Responsible gameplay

[What is Responsible Gameplay?](#)

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[When Might Gameplay Be a Problem?](#)

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### What you can do

[Steps You Can Take If You Need a Break](#)

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[Disabling Game Notifications](#)

---

[Steps You Can Take to Limit the Money You Spend](#)

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[If You Need More Help](#)

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[Self-Exclusion Policy](#)

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## Articles in this section

Steps You Can Take If You  
Need a Break

Disabling Game  
Notifications

Steps You Can Take to Limit  
the Money You Spend

If You Need More Help

Self-Exclusion Policy

# Self-Exclusion Policy



Big Fish

Updated 8 days ago

Playing video games can be a fun part of a balanced life, but Big Fish Games recognizes that there can be too much of a good thing. We want to ensure we're providing you with a safe, enjoyable experience; that includes empowering you with the ability to permanently exclude yourself from our games. This Self-Exclusion Policy explains how you can implement this type of change, and how this change will impact your ability to access Big Fish Games games in the future.

Please read this policy carefully. If you have questions after reading this policy, please reach out to our **Customer Support team for assistance.**

Regardless of your reason -- for example, you may be struggling to exercise control over your gameplay, your gameplay may be having a negative effect on your life, or you simply no longer wish to have a Big Fish Games account -- you can contact our Customer Service team at any time to request that your account be banned. The Customer Service team will promptly action your request, no questions asked. Once implemented, your access to the app will be blocked.

Please note that all account bans are permanent, regardless of whether you proactively requested that your account be banned, or a ban was imposed on your account at the discretion of Big Fish Games. There are no exceptions to this permanent ban status.





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



Big Fish Casino > Submit a request

## Submit a request

Please choose your issue below

- Account Issue
- Purchase Issue
- Submit Feedback/Other
- Technical Issue
- Game Odds


Big Fish Casino

[Terms of Use](#)

[Privacy Policy](#)







[Big Fish Casino](#) > [Submit a request](#)

## Submit a request

Please choose your issue below

- Purchase Issue
- Submit Feedback/Other
- Technical Issue
- [Big Fish Casino](#)
- Self-Exclusion**

[Big Fish Casino](#) [Terms of Use](#) [Privacy Policy](#)





# Social Casino accessibility

- 97% of social casino games are accessible to under 12

Source: Zendle & Scholten (2020)

# Trends: Gambling Harm

1. Gamification of gambling



# Trends: Gambling Harm

2. Risk free / bonus etc. bet marketing
3. Online / streaming gambling





# Trends: Gambling Harm

4. E-Instant scratch - lotteries
5. Historic Horse Racing / Pari Mutuel / Bingo / Keno - totalizer databases
6. Smart watches
7. Sports – micro betting / in game bets

# Trends: Gambling Harm

8. Esports
9. Virtual reality / augmented reality / metaverse



Virtual Reality – Table Games

# Trends: Gambling Harm

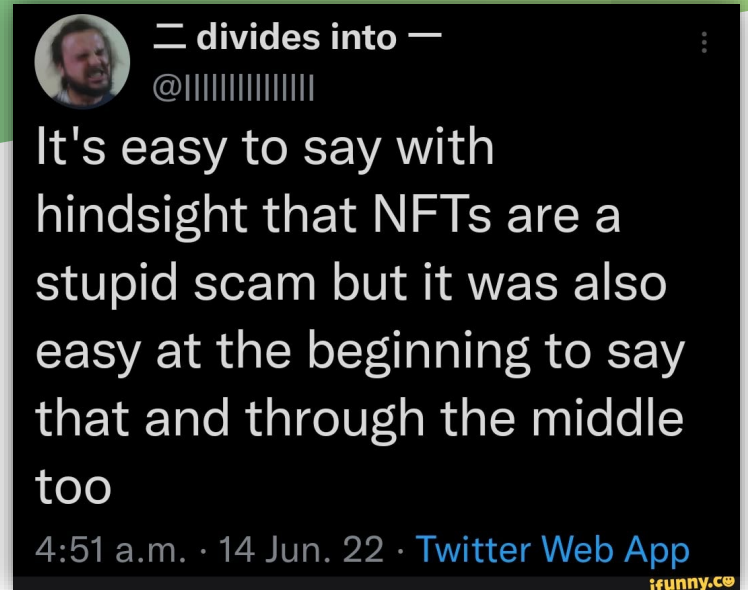
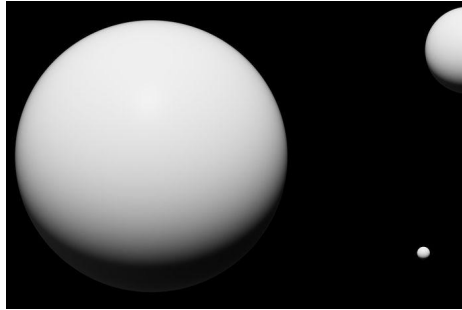
Virtual Sports - Horse racing

## 10. Virtual sports



# Trends: Gambling Harm

NFT "The Merge" by Pak



11. NFTs
12. Day trading – Crypto – Node/Ponzi schemes
13. Monetizing and targeting on social media
14. Social casino betting



# Money

Extra money or too little, dreams of winning

# Time

Free time or boredom

# Accessibility

Local in-person access, online, mobile, advertising



# SWOT Analysis of integrating PG/G

## STRENGTHS

What strengths can you bring to this work?

## WEAKNESSES

What weaknesses can your team overcome or change?

What about where YOU work?

What opportunities can you take advantage of for the benefit of those you serve?

## OPPORTUNITIES

What threats can you help combat now, for a long-term benefit?

## THREATS



**What are your  
next steps?**

**Key take-  
aways?**





# Thanks!

**Any questions?**

You can find us at:

- Tana: [Trussell@evergreencpg.org](mailto:Trussell@evergreencpg.org)
- Kitty: [kittymartz@vpgr.net](mailto:kittymartz@vpgr.net)

# Resources

Where to learn more and find tools

Call or text the 24-hour Helpline 1-800-547-6133 to get started. You can also chat with a specialist by clicking this button.



[Help and Hope](#) [Training](#) [Awareness](#) [Responsible Gaming](#) [Connect](#) [About ECPG](#) [Search](#)

[TREATMENT SERVICES](#) // [HELP AND HOPE](#) // [GAMING/INTERNET DISORDER SERVICES](#)

## Gaming and Internet Disorder Services

### Treatment and Support services for Gaming Disorder and Internet Addiction

Gaming in our current age is common, and problem gaming is increasingly more pervasive. Game design and game culture is becoming increasingly embedded with gambling elements. Gambling and Gaming Disorders share many common features, including the fact that there are far too few service providers and help resources for those struggling with gaming, gambling, tech and screen use. That is why the Evergreen Council on Problem Gambling (ECPG) is committed to supporting treatment services, promoting and providing training on Gaming Disorder and other internet and tech-

[AWARENESS](#) // [RESOURCES AND DOWNLOADS](#)

## Problem Gambling Information Resources

**ECPG has compiled a host of websites, research studies, downloads, and other helpful information about gambling addiction.**

**Websites for more information on problem gambling:**

- [The National Council on Problem Gambling](#)
- [Gamblers Anonymous](#)



# SAVE-THE-DATE!

## Evergreen Council on Problem Gambling Summer Quarterly Training

Richland, WA – June 25-27, 2024

Two training options available:

- Gambling Counselor Core Training
- Advanced Gambling Counselor

Skill-Development Workshop Retreat



SCAN ME

## Save-the-Date!

Cultural Awareness and Healing Support Conference

# FOUR DIRECTIONS



September 16-19, 2024

Little Creek Casino Resort - Shelton, WA

*Four Directions* is Evergreen Council on Problem Gambling's annual fall conference. Many representatives of Tribal Nations in the Pacific Northwest have come together to plan this important conference, with the aim of *Honoring the Past and Protecting the Future* through holistic health, wellness, and recovery support.



evergreencpg.org

SCAN ME



Washington State  
Gambling Counselor Certification

## Become a Washington State Certified Gambling Counselor (WSCGC-I/II)

### TAKE THE FIRST STEPS TOWARD GAMBLING COUNSELOR CERTIFICATION

- Active DOH license in behavioral health (SUDP, LMHC, LCSW, LMFT, etc.)
- 30 hours of gambling-counseling training
- 100 hours of direct gambling counseling services with 5 hours of Supervision
- National Exam or Case Conceptualization

### WHY GET CERTIFIED?

- Credibility with your clients and peers as a specialist
- Competency in addressing gambling-related harms as either a primary or co-occurring issue
- Competency in assessment, diagnosis, and treatment of Gambling Disorder, couples, and families
- Professional development and clinical skills advancement

### GET STARTED TODAY!

Visit our website to learn more by scanning the QR code below or by visiting [evergreencpg.org](http://evergreencpg.org) (or call 360-352-6133)



SCAN ME



## Financial Support and Other Benefits for Students and Certified Gambling Counselors (CGCs)/Trainees



### Student Research Grant and Academic Scholarship Awards

Grant/Award application cycles are April 1 and October 1, annually. Receive between \$2000 to \$3500 in academic support.

SCAN ME

### Training and Workforce Development Scholarship Awards

#### Peers, Prevention Specialists, Students, and Teachers Receive:

- Free registration for ECPG conferences, workshops, or other eligible trainings
- Hotel stipend for in-person events



#### Treatment Providers (CGCs/trainees) Receive:

- The above benefits + Waiver of the Gambling Counselor Certification Application fee

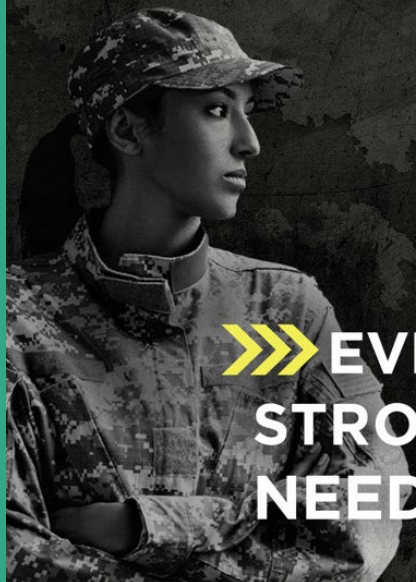
SCAN ME

### Treatment and Supervision Financial Reimbursement

Gambling Counselor Clinical Supervision Reimbursement  
Outpatient and Residential Gambling Treatment Support  
Request more info at [info@evergreencpg.org](mailto:info@evergreencpg.org)

Treatment and Supervision reimbursement are also available for contractors of the Washington State Health Care Authority, DBHR, Problem Gambling Program (contact [HCAProblemGambling@hca.wa.gov](mailto:HCAProblemGambling@hca.wa.gov))

**40%** OF VETERANS seeking treatment for gambling report a suicide attempt



»»» **EVEN THE STRONGEST NEED HELP**

[MilitaryGamblingSupport.org](http://MilitaryGamblingSupport.org)

HELP IS AVAILABLE FOR PROBLEM GAMBLING. THERE IS HELP AND HOPE.  
Call the Washington State Problem Gambling Helpline for assistance 24/7:

**1-800-547-6133**



EVERGREEN  
Council on problem gambling

Washington State  
Health Care Authority

PROBLEM GAMBLING HELP AND RESOURCES ARE AVAILABLE FOR  
**BLACK, INDIGENOUS, AND PEOPLE OF COLOR COMMUNITIES**

We encourage all individuals and their families to reach out  
and find the help they need and deserve.



**HELP IS HERE**

[GamblingHelpForAll.org](http://GamblingHelpForAll.org)

HELP IS AVAILABLE FOR PROBLEM GAMBLING. THERE IS HELP AND HOPE.  
Call the Washington State Problem Gambling Helpline for assistance 24/7:

**1-800-547-6133**



EVERGREEN  
Council on problem gambling

Washington State  
Health Care Authority



# KEEP IT FUN SPORTS FANS!

If you bet – Bet Responsibly.

**KeepItFunWA.org**



EVERGREEN  
council on problem gambling

## BEING A SPORTS FAN IS FUN, Sports Betting Can Be Fun, Too.

As a sports fan,  
it's easy to take things to extremes.  
If you bet on sports games,  
Keep It Fun—Bet Responsibly.

For help with a problem,  
contact the 24/7 confidential  
Washington State  
Problem Gambling Helpline  
**CALL - TEXT - CHAT**

**1-800-547-6133**

To Chat Visit:

**[KeepItFunWA.org](http://KeepItFunWA.org)**



EVERGREEN  
council on problem gambling



**Scan the QR Code Below  
to Learn More and Register Today!**



**SCAN ME**

[WhatIsGamingDisorder.com](https://www.WhatIsGamingDisorder.com)

Brought to you by



**Foundations in Gaming Disorder Core Training**

Whether you are a parent, educator, prevention specialist, or counselor, **Foundations in Gaming Disorder** – Core training is designed for you. The training will help dispel myths about gaming, provide practical skills and parenting techniques to help set limits, and identify support for spouses, partners, and other loved ones. Information is offered to help understand rating systems, the overlap of gambling elements and, ultimately, to have a healthier relationship with games.

Get Started Today! Register at [WhatIsGamingDisorder.com](https://www.WhatIsGamingDisorder.com)

It's a greatly underdiagnosed and undertreated condition.

It's important for behavioral health counselors to screen for it because it can cause other problems.

– Clifford Sussman, MD

**214.4M**

Estimated US Gamers  
Entertainment Software Association (2020)

**3%-4%**

Gamers Living with Gaming Disorder  
Stevens, Dorisyn, DeFabrizio, and King (2020)

**8.6M**

Potential U.S. Gamers Living with Gaming Disorder  
Entertainment Software Association (2020)



[WhatIsGamingDisorder.com](https://www.WhatIsGamingDisorder.com)

# CONNECT WITH US!



**READ, WATCH, LISTEN, AND ATTEND.**

**ECPG LIVE!**

LIVE VIDEO DISCUSSIONS ON HOT TOPICS WITH INDUSTRY LEADERS

**KALEIDOSCOPE**

REFLECTIONS OF DIVERSE VIEWS ON MENTAL HEALTH EQUITY

**CONNECTIONS**

A HEALTHY GAMBLING AND GAMING PODCAST

**SOCIAL MEDIA, BLOG, AND EVENTS**

[evergreencpg.org/connect](http://evergreencpg.org/connect)



# DRIVE SOCIAL IMPACT



**Insightful, Engaged, and Inspired Networks**

Scan this code to see a list of our social accounts. We hope you can join us in raising awareness for Problem Gambling and Gaming.





# Recovery Support (12-step and community support)

## 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 \(ITAA\)](#)



# Fact Sheets

## Problem Gambling and MH

## Problem Gambling and SUD

## PG and Public Health

## Health Impacts of PG

WA State Problem Gambling Helpline: 1-800-547-4333  
Call, Text, Chat: [www.oregonpg.org](http://www.oregonpg.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, 5<sup>th</sup> Edition (DSM-5)?

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) Other activities often being abandoned (e.g., hobbies, family, exercise, depression).

**Prevalence of Gambling & Concurrent Disorders**

Disorder Category	Prevalence
Any Substance Use Disorder	22.5%
Problem Gambling	18.1%
Any Alcohol Use Disorder	14.1%
Any Mood Disorder	27.9%
Problem Gambling	18.1%
Any Anxiety Disorder	22.4%
Problem Gambling	18.1%
Any Anxiety Disorder	25.8%

Source: [www.oregonpg.org](http://www.oregonpg.org)

WA State Problem Gambling Helpline: 1-800-547-4333 or chat at [www.oregonpg.org](http://www.oregonpg.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 wide-spread 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)?

**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%.

WA State Problem Gambling Helpline: 1-800-547-4333 or chat at [www.oregonpg.org](http://www.oregonpg.org)

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

The **American Psychiatric Association** 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 "the 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**).

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

© American Society of Addiction Medicine, Inc. 2013 | © Jane B. Babor & Thomas J. Crowley, November 2010, & Ken Forster, 2003

WA State Problem Gambling Helpline: 1-800-547-4333 or chat at [www.oregonpg.org](http://www.oregonpg.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."

**Components that make up our overall physical health:**

- Physical Activity
- Nutrition and diet
- Substance Use
- Medical care and self care
- Rest and sleep
- 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.**



# RESOURCES FOR MONITORING



Turn off autoplay:

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



[https://support.steampowered.com/kb\\_article.php?ref=5149-eopc-9918](https://support.steampowered.com/kb_article.php?ref=5149-eopc-9918)

bark

Qustodio

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



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



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

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

By Henry St Leger March 30, 2020

Those pesky kids



(Image: © Epic Games)

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

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