



EVERGREEN  
council on problem gambling

*Perspectives on Prevention:*  
**Understanding Prevention's Role on  
the Continuum of Behavioral Health**

Panel Session

# Agenda

- **Welcome & Intros**
- **Foundational Concepts for Prevention**
  - *Prevention, SDoH, Risk & Protective Factors*
  - *Why do clinicians need to understand it?*
- **Prevention Initiatives in action**
- **Q/A**
- **Wrap up**

# Intros

- Dorothy Capers
- Ben Spooner
- Jeremy Whitaker
- Paulina Zyskowski
- Roxane Waldron (facilitator)

# Foundational Concepts



What do we mean by 'Prevention?'



What are the 'Social Determinants of Health' (SDoH)?



What are Risk & Protective Factors?



How do Risk & Protective Factors affect gambling?

# Prevention in behavioral health is...

- a planned sequence of strategies
- aimed at reducing the likelihood, delaying the onset, or decreasing the severity of mental health and substance use disorders
- by reducing risk factors and strengthening protective factors within individuals and communities

# Social Determinants of Health (SDoH)

## What are Social and Structural\* Determinants of Health (SDOH)?

Social and structural determinants of health are nonmedical factors that affect the health status and lives of the people in the community. These factors will influence health outcomes and, ultimately, health disparities.

Social and structural determinants of health are the conditions in the environments where people are born, live, learn, work, play, worship, and age that affect a wide range of health, functioning, and quality-of-life outcomes and risks.

\*Source: Crear-Perry, J., Correa-de-Araujo, R., Lewis Johnson, T., McLemore, M. R., Neilson, E., & Wallace, M. (2021). Social and Structural Determinants of Health Inequities in Maternal Health. *Journal of Women's Health*, 30(2), 230-235.



# SDoH (continued)



## Economic Stability

**Economic Stability:** The ability to afford health-supporting purchases, such as clothing, food and housing. People with steady employment are less likely to live in poverty and more likely to be healthy. Many people have trouble finding and keeping a job or may have a job but still cannot earn enough to afford things to stay healthy.



## Education Access & Quality

**Education Access and Quality:** The ability to obtain a high-quality education is directly related to risk factors for high-risk behaviors and addiction. Research shows that Problem Gambling most affects people with a high school degree or less. Low educational attainment has been associated with increased likelihood of substance use and addictive behaviors.



## Health Care Access & Quality

**Health Care Access and Quality:** The ability to obtain and afford high-quality health care services. People without health insurance often do not have a primary care provider, miss health screenings or live too far from affordable services. Evidence shows us that how healthy a person is relates directly to health care access and quality.



## Neighborhood & Built Environment

**Neighborhood and Built Environment:** The neighborhoods people live in correlate to their health and wellness outcomes. The ability to live safely, access to healthy water, safe housing and absence of violence are some factors that affect health. Health inequities are a direct result of the built environment.



## Social & Community Context

**Social and Community Context:** Relationships at the individual and community level with family, friends, coworkers and community members all impact individual health and wellbeing. People need social support in the places they live, work play, worship and in all stages of the lifecycle.

# Risk Factors

# Examples



Individual



Family



Community



Environmental

# Protective Factors

# Examples



**Individual**



**Family**



**Community**



**Environmental**

# SDoH & Problem Gambling

## THE SDOH AND IMPACTS ON PROBLEM GAMBLING

The social determinants of health play an important role in driving the risk and protective factors and the populations most impacted by problem gambling and underage gambling.

### Populations Most Impacted by Problem Gambling and the SDOH:

- People with a high school degree or less: **Educational Access and Quality SDOH Domain**
- People with an annual income of < \$15,000 and unemployed people: **Economic Stability SDOH Domain**
- People who misuse substances: **Health Care Access and Quality SDOH Domain**
- People who have a mental health disorder: **Health Care Access and Quality SDOH Domain**

### RISK FACTORS

- Parental Gambling: **Social and Community Context Domain**
- Financial Issues: **Economic Stability SDOH Domain**
- Advertising/Access: **Neighborhood and Built Environment**

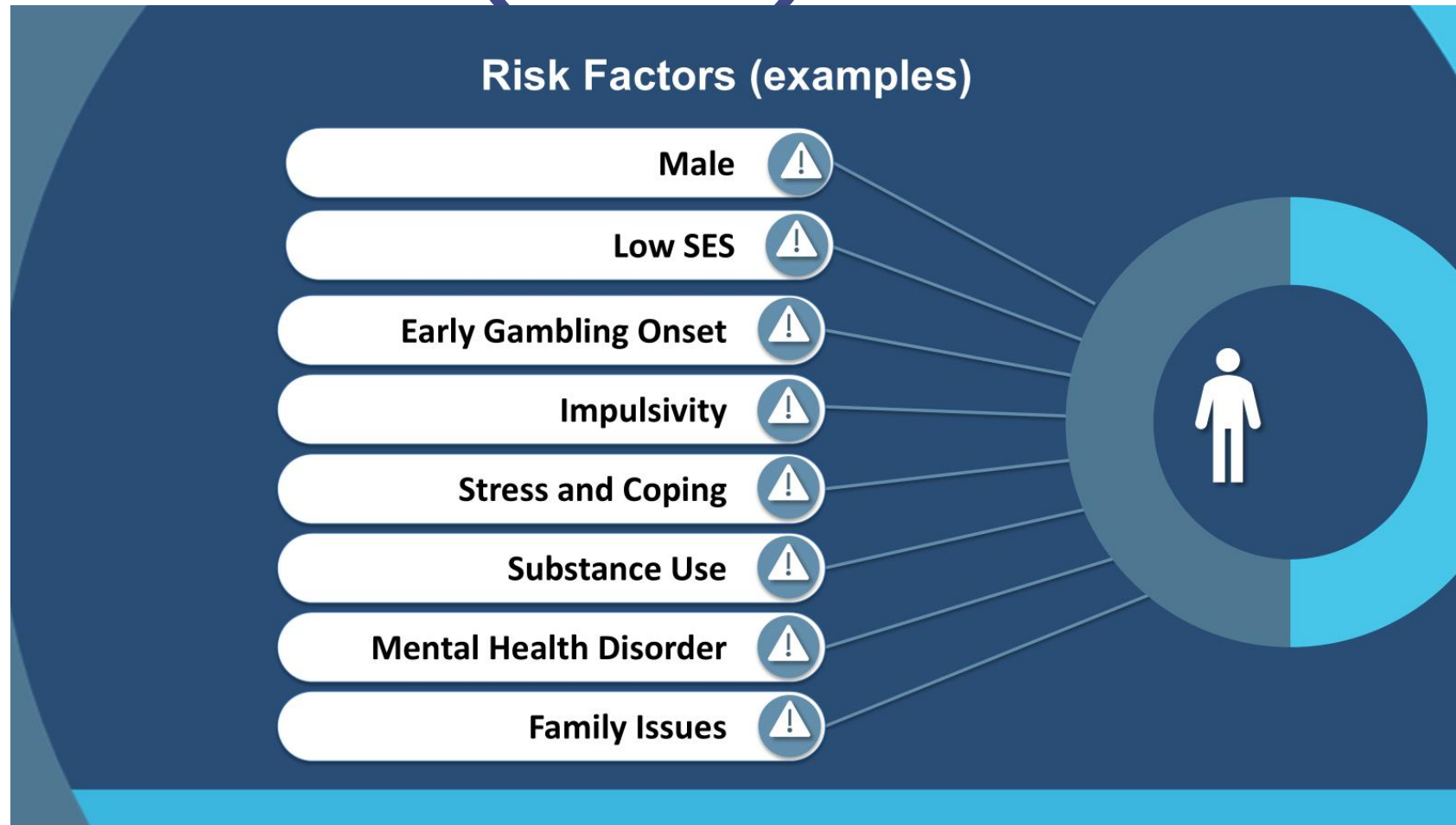
### PROTECTIVE FACTORS

- Family Connectedness: **Social and Community Context Domain**
- Healthy Social Connections: **Social and Community Context Domain**
- Knowledge and Access to Supports: **Health Care Access and Quality Domain**

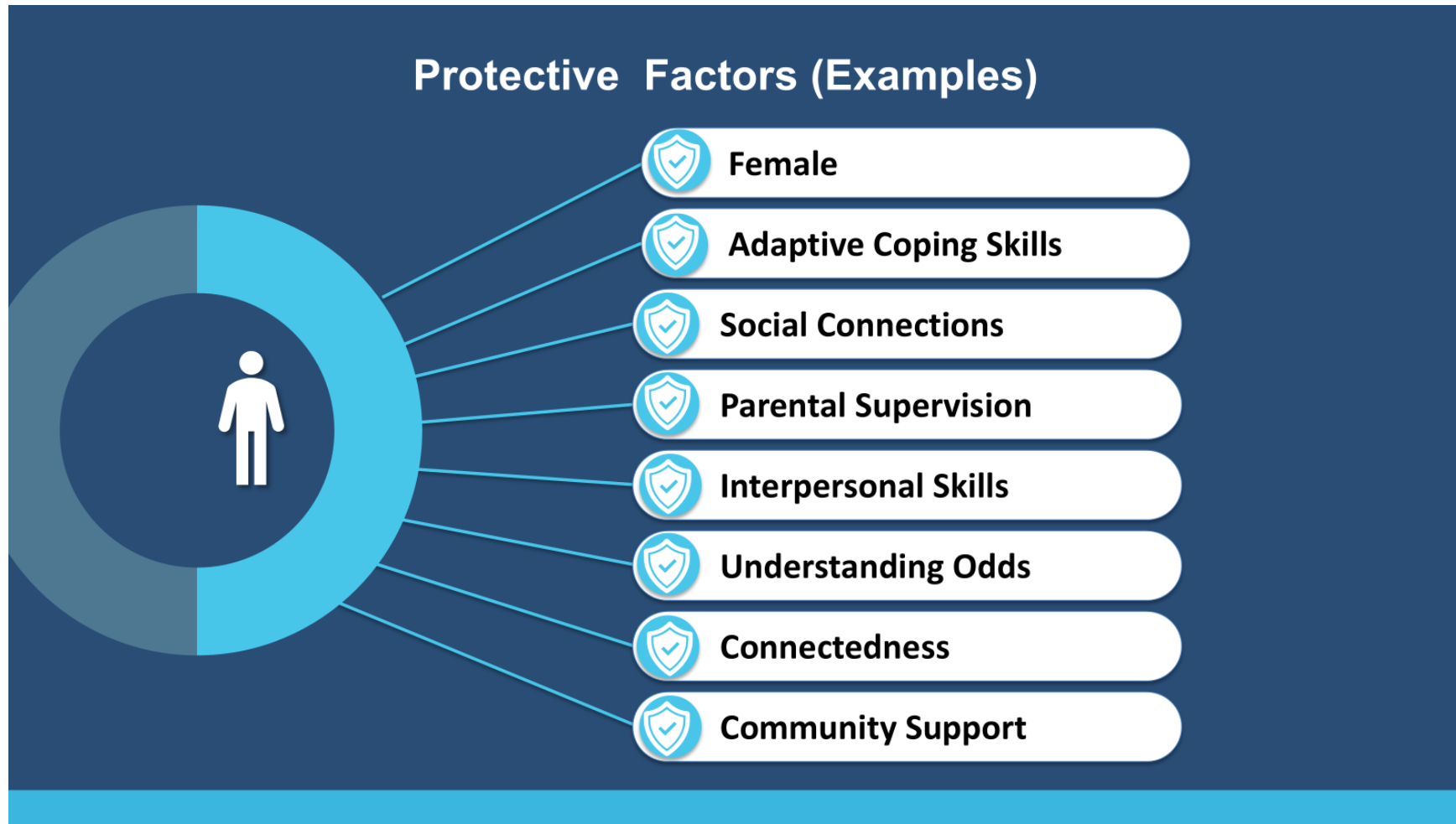
# SDoH & Problem Gambling (cont.)



# SDoH & PG (cont.)



# SDoH & PG (cont.)



**Q: What do behavioral  
health clinical providers  
need to understand about  
Prevention & why?**

# Initiatives – #1



Open to all individuals & families seeking resources, community leaders & orgs, behavioral health and recovery professionals, peers, and others

**When:** Nov. 8, 2025

**Time:** 8am – 2pm

**Where:** Kent, WA

No cost – advance registration req'd

To be notified when registration opens or q's:

[info@showmefoundation.com](mailto:info@showmefoundation.com)

# Initiatives – #2

## How Massachusetts Is Addressing the SDOH Through Prevention Approaches



Source: Center for Disease Control and Prevention, Public Health Professionals Gateway, Social Determinants of Health

**Ambassador Project:** A strategy that trains men of color with a history of substance misuse to lead conversations about the intersection of problem gambling and substance misuse.

**Community Wellness Project:** An initiative that trains community health workers to educate local neighborhoods about gambling risks and available support services.

**Youth Photovoice:** A strategy centered on storytelling and photography by young individuals, tackles the issue of underage gambling, highlighting community concerns and inspiring action.

**Project RISE 2.0 (Resilient Immigrants Striving for Equity):** Empowering immigrant communities to support emotional wellness and create a sense of belonging and togetherness.

**AAPI Empowerment Project:** Provide ongoing and continuous outreach efforts, peer learning opportunities, trainings, workshops, and alternative/recreational cultural activities (i.e. tai chi, badminton, ping-pong)

# Initiatives – #3



# Initiatives – #4



## The comfort, stretch & panic zones

BiteSize Learning

### Comfort zone

- Easy, simple, familiar
- Restful, relaxed, confident
- Static, fixed, protected
- Boring, understimulating
- Claustrophobic

### Stretch zone

- New, different, challenging
- Active, demanding, uncertain
- Developing, learning
- Engaging, absorbing
- Tiring, satisfying

### Panic zone

- Overwhelming
- Stressful, scary, too much
- Can't learn effectively
- Urge to retreat

Washington State  
Health Care Authority

# Audience Q/A

# Contacts

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- ***Paulina Zyskowski /Prevention / Evergreen Council on Problem Gambling*** \* [pzyskowski@evergreencpg.org](mailto:pzyskowski@evergreencpg.org)

## *WA State Problem Gambling Program*

- ***Jeremy Whitaker /Prevention*** \* [jeremy.whitaker@hca.wa.gov](mailto:jeremy.whitaker@hca.wa.gov)
- ***Roxane Waldron/Administrator*** \* [roxane.waldron@hca.wa.gov](mailto:roxane.waldron@hca.wa.gov)

# Resources

- The Social Determinants of Health and Problem Gambling: <https://mcoepgp.org/resource/social-and-structural-determinants-of-health-2/>
- Let's Talk Risk: A Guide to Discussing Gambling with Your Child: <https://mcoepgp.org/lets-talk-risk/>
- Massachusetts Center of Excellence on Problem Gambling Prevention Resource Library: <https://mcoepgp.org/resources/>
- Massachusetts Center of Excellence on Problem Gambling Prevention Health Equity Academy: <https://mcoepgp.org/training/>

# Resources

- [Too Young to Gamble: Long-term Risks from Underage Gambling \(J. Gambling Studies, 2024 Sept.\)](https://pubmed.ncbi.nlm.nih.gov/38809356/)  
<https://pubmed.ncbi.nlm.nih.gov/38809356/>
- Identifying at-risk profiles and protective factors for problem gambling: A longitudinal study across adolescence and early adulthood (Psychol Addict. Behav. 2018 May)  
<https://pubmed.ncbi.nlm.nih.gov/29553771/>
- Experts say gambling among young people is a rising concern (article, West Virginia Public Broadcasting – July 3, 2025)  
<https://www.lpm.org/news/2025-07-03/experts-say-gambling-among-young-people-is-a-rising-concern>