

# "The Enhanced Gambling and Gaming Toolbox: Creatively Leveraging SBIRT and Early Intervention for Teens and Families"

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# Emerging Landscape

The Intersection of Gaming and Gambling

sports\_  
esports

## Esports

Competitive video game competitions

Often attracts teens and young adults interested in status, skill, and identity

invento  
ry\_2

## Loot Boxes

Randomized in-game reward containers

Attracts younger gamers drawn to chance, collecting, or surprise rewards

shoppin  
g\_bag

## Skins Betting

Wagering digital items for value

Often attracts older teens and males in gambling networks

monetiz  
ation\_o  
n

## Game Monetization

Microtransactions & battle passes

Motivates frequent gamers through progression and status

casino

## Social Casino

Free-to-play casino-style games

Attracts players seeking thrills without initial risk

# Learning Objectives

What participants will gain from this session

## foundation

### Review

Review SBIRT foundations for gambling and gaming concerns.

## psychology

### Learn

Learn age-appropriate screening methods and enhanced assessment questions.

## groups

### Apply

Apply motivational, family-focused brief interventions to real-world cases.

# Emerging Landscape

Why this topic matters now

## language

### Expanded Access

Online betting, prediction markets, esports, and in-game purchases expand access.

## history\_toggle\_off

### Early Exposure

Teens encounter gambling-like features earlier and more often.

## blur\_on

### Blurred Lines

The line between gaming, entertainment, and gambling is increasingly blurred.

# Who Is Most Vulnerable?

Gender differences and developmental risks in teen gambling

## trending\_up

### Developmental Risk

- High reward sensitivity
- Maturing self-control systems
- Peer pressure impacts

## wc

### Gender Dynamics

- Boys: Often higher engagement
- Girls: Higher mood/anxiety link
- Both sexes at serious risk



# Why Gambling Is Hard to Stop

The neurological trap of anticipation and reward

## psychology

### Brain Reward System

- Dopamine release during anticipation
- Reinforcement of behavior via loops
- Weakens future-thinking systems

## autorenew

### The "Near - Miss" Trap

- Feels motivating even without wins
- Teaches brain to expect rewards
- Triggers "chasing losses" cycle



# ADRIANA GALVAN - TEEN BRAIN AND MONEY REWARDS

**TEDx Youth** 506K subscribers **Subscribe**

**The Teen Brain: Adriana Galvan**

**Brain Activation**

Legend: Kids (Grey), Teenagers (Red), Adults (White)

Group	Brain Activation (approx. value)
Kids	0.20
Teenagers	0.32
Adults	0.18

Video progress: 7:16 / 9:42

Galvan et al., 2006

YouTube

The video player displays a brain scan with a color scale from 0.00 to 4.00. The scan shows two orange/red spots in the brain, indicating areas of activation. The legend for the bar chart shows that Teenagers have the highest activation level, followed by Kids, and then Adults.

<https://youtu.be/LWUkW4s3XxY>

# Teen Brain & Risk Dynamics

Understanding vulnerability in gambling and gaming

## psychology

### The Adolescent Brain

- Period of intense reorganization
- High reward sensitivity & novelty seeking
- Strong peer influence

## games

### Risk Factors

- Exploitation of unpredictable rewards
- "One more try" reinforcement
- Sleep loss weakens self-control

## support

### Best Response

- Protect sleep & involve family
- Set practical boundaries
- Support small, functional changes

References: Siegel, D. (2013, 2014, 2019) *Brainstorm: The Power and Purpose of the Teenage Brain*.



Dr. Daniel Seigel, Brainstorm

# The Adolescent Drive for Novelty

Understanding why teens are drawn to gambling and gaming

Teens often gamble or game excessively not because they are “bad” or “irrational,” but because adolescence is a developmental stage built for **novelty, reward, and social connection**.

## celebration

### Novelty Seekers

Lower baseline dopamine makes "new stuff" feel especially good to teens.

## groups

### Social Status

Peer membership and status cues often override personal values in the heat of play.

## psychology

### Hyper - Rational

Adolescents overfocus on exciting upsides while minimizing potential risks.

## explore

### Risk Drive

Healthy risk-taking hijacked by loops that provide relief or mood regulation.

A man with dark hair and a light beard is lying in bed, propped up on his left arm. He is wearing a white t-shirt and is looking down at an open book he is holding with both hands. The background is a plain, light-colored wall. The overall tone is calm and focused.

**B I**

# Conquer Bad Habits in 16 Seconds

# Parent Guide: Habits & Behavior

Based on "Good Habits, Bad Habits" by Dr. Wendy Wood

Habits are shaped by cues, rewards, and environment, not just willpower. Making healthy behavior easier while adding friction to risky behavior is more effective than relying on self-control alone.

## 💡 What Parents Should Know

- **Rewards:** Gaming and gambling use fast rewards and "one more try" thinking.
- **Patterns:** Teens repeat behaviors that are easy to access and tied to routine.
- **Availability:** Online platforms blur gaming and gambling through loot boxes.

## 🕒 What Parents Can Do

- **Notice triggers:** boredom, stress, or late-night use.
- **Add friction:** remove payment methods and set app limits.
- **Make it easy:** plan alternative fun and social activities.
- **Talk specifically:** ask about money and "winning back" losses.
- **Model behavior:** teens copy the routines they see.

# Teen Guide: Navigating Habits

Understanding gaming, gambling, and the path to change

Application to gaming/gambling from "Good Habits, Bad Habits" by Dr. Wendy Wood

Habits grow from **repetition, cues, and rewards**. Gaming or gambling becomes automatic when it's easy, exciting, and part of your daily routine.

## **dangerous** Why it can be hard to stop

- **Quick Feedback:** Your brain gets instant rewards and wants to keep going.
- **Emotional Routine:** Boredom or stress can trigger an expected habit cycle.
- **Constant Cues:** Ads, friends, and phones keep the habit front and center.

## **auto\_awesome** What can help

- **Identify patterns:** Notice what you feel before you start.
- **Add friction:** Log out, mute alerts, and put the phone away.
- **Replace reward:** Pick a fun activity with a sense of progress.
- **Watch signs:** Hiding use or losing sleep are major red flags.

**Family Rule of Thumb:** A good habit plan is not "try harder." It is "change the routine."

# Practical Strategies for Habit Change

Actionable steps for families based on Dr. Wendy Wood's research

Habits are driven by **clues, rewards, and environment**. The goal is to make screens less automatic and other activities easier to start. Lasting change comes from replacing a habit, not just trying to stop it.

## family\_restroom For Parents

- **Find the cue:** Notice when use starts (after school, boredom, bed).
- **Add friction:** Charge phones outside bedrooms; use app limits.
- **Replace, don't remove:** Offer ready alternatives (walk, music, snack).
- **Build a routine:** Keep the replacement tied to the same time each day.
- **Keep it positive:** Collaborate on the plan instead of nagging.

## person For Teens

- **Notice autopilot:** Ask "When do I grab my phone without thinking?"
- **Make scrolling harder:** Log out of apps or put phone farther away.
- **Swap in better:** Pick a go-to replacement like music or stretching.
- **Aim for progress:** Small daily changes matter more than a "big reset."

# Market Mechanisms

Comparing Prediction Markets vs. Traditional Betting

## Prediction Markets

**swap\_horiz** Peer-to-peer trading

**trending\_up** Price moves with the crowd's buying/selling

**check\_circle\_outline** Shares represent "Yes" or "No" on an event

**functions** Market price = implied probability

**exit\_to\_app** Can enter/exit before the event is resolved

**monetization\_on** Platform earns fees

## Traditional Betting

**account\_balance** You bet against the house

**edit** Odds set by a bookie & adjusted by the house

**push\_pin** You place a fixed wager at posted odds

**calculate** Payout = fixed odds minus house margin (vig)

**lock** Usually locked in once the bet is placed

**payments** House earns through margin

# Prediction Markets: A Guide for Teens

Understanding the risks and marketing tactics of event trading

## What They Are

Prediction markets let people buy and sell contracts based on future events like sports or politics. While they look like "smart investing," they can feel a lot like betting.

## How They Differ from Betting

Unlike traditional betting against a house, you trade against other users. Prices move with supply and demand, making the experience fast and money-focused.

## Why Be Careful

- Confusing wording like "trading" hides financial risk.
- Easier access than sportsbooks attracts younger users.
- Fast markets encourage emotional, frequent trading.

### Tactics to Notice:

Platforms use words like "forecast" and finance-style designs to normalize gambling-like behavior.

## Bottom Line for Teens

*"If money is on the line, the activity can still be risky even if the app does not call it gambling."*

Ask yourself: "Would I do this if I weren't trying to make money?" If no, pause and talk to a trusted adult.

# Why Prediction Markets Appeal to Teens

Understanding the allure and the blurred lines of "event trading"

## What are they?

Apps or websites where people bet on real-world events like elections, celebrity news, or big headlines. They often feel more like "making a smart guess" than gambling.

## The Appeal to Teens

- Feels like a game, not betting.
- Covers relevant topics like sports and viral news.
- Polished, fast, and social interfaces.
- Ads frame betting as "staying informed."

## Why It Matters

Marketing blurs the line between "news" and gambling, making it easy to underestimate risks. "Trading" language makes the activity feel savvy or intelligent.

## How to Talk About It

*"Even if it looks like predicting, if money is involved, it's still gambling behavior. The app may be designed to make that feel harmless."*

Parents: Watch for teen interest in "contracts" or shifts toward checking prediction apps repeatedly.

# Sample scripts

Talking to teens about the risks of prediction markets

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*“Some apps that look like prediction markets can make betting feel more like ‘smart guessing’ than gambling, which is exactly why they can be appealing to teens. Some use crypto and others don’t. There are not many consumer protections in these apps and most let you bet if you are 18 or older.”*

*“They often show up on social media, use catchy ads, and talk about making informed opinions instead of taking risks, so the danger can be easy to miss.”*

*“If you ever see your teen getting drawn in, the key message is: if money is involved, it’s still a form of betting, and it can still lead to losses and addictive habits.”*

Goal: Start an open conversation about the hidden risks of event-based trading apps.

# Consumer Protections

What teens and families should look for on gambling & gaming sites

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## Access

- Age verification
- Identity checks
- No sign-up bypass
- Clear age ratings

account\_bal  
ance\_wallet

## Spending

- Loss & time limits
- No one-click traps
- Reality checks
- Clear odds/values

family\_restr  
oom

## Controls

- Parent dashboards
- Self-exclusion tools
- Purchase locks
- Easy support links

**Key Takeaway:** If a site hides cost, makes spending easy, or lacks limits, it is not youth-protective.

# Easy Case Study for Parents

A real-world example of how gaming mechanics affect behavior

## The Situation (Case)

A 10-year-old starts playing Roblox “just for fun.” At first, the parent notices harmless-looking purchases: a few Robux, a cosmetic item, then a random reward game that promises rare prizes. Soon the child wants to keep buying in hopes of getting the rare item, gets upset when the reward is “not good,” and starts asking for more money. Sleep gets shorter, homework gets delayed, and family arguments increase.

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What is happening?

lo

The child is being pulled by a system that mixes chance, excitement, social pressure, and spending. The money may not feel real because the game uses virtual currency, but the consequences are real: **frustration, secrecy, overspending, and conflict at home.**

gy

# Teen Sleep and the Brain

Why it matters for gambling and gaming

**schedule** During adolescence, the body clock shifts later, causing teens to feel sleepy later at night.

**light\_mode** Screen light signals the brain to stay awake, pushing sleep onset even later.

**psychology** Sleep supports critical functions: memory, mood, emotion processing, and self-control.

**warning** Sleep deprivation increases impulsivity, reactivity, and reduces the ability to pause before acting.

**sync\_problem** Gaming/gambling loop: excitement leads to less sleep, leading to poorer decisions.

## Clinical Insight

*"Teen sleep is part of the brain's remodeling process and a key regulator of mood and judgment."*

### Clinician Ask:

Ask about bedtime, device use, late-night play, and if sleep loss makes behavior harder to control.

# Protecting Teen Sleep: A Parent - Friendly Plan

Practical strategies for parents to support healthy sleep habits

## checklistAction Plan

- Set consistent bedtime/wake times, even on weekends.
- Keep devices and chargers out of the bedroom overnight.
- Turn off screens 30–60 minutes before bed.
- Watch for late-night gaming or betting patterns.
- Get help early if sleep loss affects mood or school.

## forumParent Talk Examples

*"Your brain needs sleep to make good decisions tomorrow."*

*"Let's put the phone on the kitchen charger at night."*

*"We can talk more tomorrow; sleep comes first tonight."*

## shieldProtective Factor

Sleep is critical for teen self-control and emotional regulation. Focus on making the healthy choice easier by creating device-free routines and encouraging calm, consistent limits.

# Connecting with Teens on Gambling & Gaming

Fostering change through curiosity, empathy, and relationship-first communication

## psychologyCore Principles

- **Understanding vs. Judgment:** Teens change more when they feel understood and not judged.
- **Identify the Need:** Gambling/gaming often meet needs for excitement, belonging, or escape.
- **Prioritize Relationship:** Strong connections make it easier to talk honestly about use and risk.
- **Small Changes:** Use curiosity and empathy to support motivation for one small change.

## forumParent Examples

*"Help me understand what gaming or betting does for you."*

*"Does it help you relax, fit in, or feel less bored?"*

*"I care more about understanding you than winning an argument."*

*"Would you try one small change this week?"*

*"I'm still on your side, even when I'm worried."*

# Roblox, Gambling Features & Kids

Understanding the concern and how to protect young players

## What is the concern?

Systems using chance, virtual currency (Robux), and rare prizes can feel like gambling. Real costs are often hidden, leading kids to feel "scary" or "tricky" about spending.

## Why this matters for kids

Developing brains struggle with impulse control and money skills. Reward signals trigger "just one more try," leading to overspending and conflict.

## warning

### Warning Signs

- Repeatedly asking for Robux
- Hiding purchases/limits
- Big mood changes at stop
- Sleep loss or school decline
- Conflict over "item" chasing

## family\_restroom

### What Parents Can Do

- Check game reward types
- Turn off saved payments
- Set clear time/money limits
- Talk about "odds" and risk
- Monitor for lying or distress

## psychology

### Clinician Assessment

- Loss of control over play
- Irritability when blocked
- Functioning decline
- Roblox as a coping mechanism

# Clinician Script for SBIRT Conversations

Using curiosity and empathy to identify needs underneath the behavior

The core idea is: teens are more likely to change when they feel understood, not judged.

## Step-by-Step Script

- 1) Open with permission:** "Would it be okay if we talk a little about gaming or gambling?..."
- 2) Lead with curiosity:** "What do you like about it? What does it do for you?"
- 3) Reflect the need:** "It sounds like gaming helps you feel connected and takes your mind off stress."
- 4) Name the ambivalence:** "Part of you likes it, and part of you is wondering whether it's going too far."
- 5) Ask for small change:** "How ready are you to try one small change?"

**6) Make it teen -owned:** "What's one thing you would be willing to test for the next week?"

**7) Offer support:** "I'm asking whether you'd be willing to run a small experiment and see what happens."

## psychology Why This Works

Siegel's framework notes adolescence is built for novelty and social engagement; behaviors meet real developmental needs. Conversations reduce shame and increase openness.

# Parent Script for Connection

Emotionally Connected SBIRT for Teen Gaming and Gambling

## handshake1) Connect First

*"I want to understand what gaming or betting is doing for you."*

## help\_outline2) Ask Function

- Is it helping you relax?
- Is it about friends?
- Is it avoiding stress?

## visibility3) Validate

*"I can see why that would be hard to step away from."*

## favo4) Set Limits with Warmth

"We still need limits around sleep and money because your brain needs rest to make good decisions."

## groups5) Collaborate

"Let's choose one rule together for this week and see how it goes."

# Communicating with Adolescents

Techniques for nonjudgmental dialogue and shared planning

## campaignKey Approach

Use a nonjudgmental tone to explain that gambling or gaming can feel extra powerful during teen years.

- Adolescent brains are built to seek **novelty** and **peer connection** .
- Focus on **noticing patterns** rather than shaming.
- Protect sleep and money.
- Make a plan for **one small change** .

## record\_voice\_overTeen -Facing Examples

*"It feels fun because I might win something big."*

*"My friends are doing it, so it feels normal."*

*"I do it when I'm bored, stressed, or want to forget stuff."*

*"It gets harder to stop once I'm in it."*

# Teen Gaming Disorder: Evidence - Based Interventions

Strategic therapeutic modalities for adolescent recovery and long-term wellness.



## Primary Mode

### Cognitive Behavioral Therapy (CBT)

Focuses on cognitive restructuring of maladaptive gaming beliefs and behavioral activation for real-world engagement.

## Holistic Approach

### Mindfulness & Acceptance

MBT and ACT help develop emotional regulation and self-awareness, reducing gaming as a psychological escape from stress.

## Systemic Support

### Family -Based Therapy

Addresses family dynamics and parental involvement to support long-term recovery and prevent relapse in adolescents.

# Leveraging SBIRT for Teen Gaming & Gambling Disorders



## Screening & Assessment

### Early Detection via SBIRT

Utilizing age-appropriate screening methods to identify risky gaming patterns and specific gambling types.

## Brief Intervention

### Teens as Change Agents

Applying personalized interventions that leverage motivational needs to help clients engage in change.

## Referral to Treatment

### Systemic Family Support

Skillfully engaging parents to support teens' change planning and providing referrals support for clinical therapeutic interventions.

# Teen GMI - SBIRT Group Agenda

A structured, interactive framework for supporting teen-led change

Focus is on motivation, self-reflection, and teen-owned change while protecting privacy through interactive techniques.

## Group Sequence

- **1. Welcome & Rules:** Confidentiality, respect, and no pressure.
- **2. Warm -up:** Anonymous check-in on gaming/betting hurdles.
- **3. Screening/Reflection:** Themes of sleep, stress, and money.
- **4. Decisional Balance:** Likes vs. what gets in the way.
- **5. Change Talk:** Readiness scale and identifying personal value.
- **6. Goal Setting:** One private, realistic next step.
- **7. Coping Plan:** Triggers, alternatives, and support systems.
- **8. Close:** Normalize help-seeking and offer clear next steps.

## Engagement Tools

- Anonymous polls & responses
- Paired discussions
- Private individual goals

## psychologycore focus

Move away from public confession toward intrinsic motivation and identifying barriers to health.

# SBIRT Process for Adolescent Gaming Addiction



## Step 1: Screening

### Early Detection via SBIRT

Utilizing age-appropriate screening tools to identify risky gaming patterns and distinguish between healthy play and disorder.

## Step 2: Intervention

### Teens as Change Agents

Applying brief motivational interventions that leverage the teen's own goals to encourage behavioral change in gaming habits.

## Step 3: Referral

### Systemic Family Support

Engaging parents to support change planning and providing referrals to specialized clinical therapeutic interventions for recovery.

# The Lancet Commission on Gambling

Addressing a global public health threat

## The Lancet



**SPECIAL REPORT: PUBLIC HEALTH  
INITIATIVES AND GLOBAL IMPACT**

ADDRESSING THE WORLD'S MOST PRESSING HEALTH CHALLENGES

VOLUME CCCLXVII, ISSUE 9578, OCTOBER 2023

### Global Impact

#### A Worldwide Public Health Issue

Defined as a significant global health threat requiring comprehensive research and international policy.

### Commercial Determinants

#### Industry Design & Tactics

Focus on deceptive "dark nudges" in online platforms and the need for AI transparency.

### Strategic Priorities

#### Urgent Research Needs

- Standardizing global measurement protocols
- Addressing youth exposure to gambling products
- Achieving mental health parity for treatment

# Addictive Features in Modern Video Game Design



## Reinforcement

### Intermittent Reward Systems

Utilizing "loot boxes" and random reward mechanisms that provide unpredictable bursts of dopamine.

## Social Engineering

### Identity & Peer Pressure

Monetizing identity through "skins" and microtransactions driven by peer purchasing and social validation.

## Psychological Hooks

### Immersion & Escapism

Highly reinforcing "flow" states offering a hypnotic psychological escape from real-world stressors.

# What Makes Gambling & Gaming Products Addictive?

A parent and teen guide based on the Lancet Public Health Commission

**Why this matters:** Some products are designed to keep people playing longer and spending more. Product design matters because speed, sensory stimulation, and reward patterns increase harm.

## 1. High Speed & Frequency

Fast rounds, many plays per minute (e.g., micro-bets).

Impact: Less time to pause and think.

## 2. Uninterrupted Rhythm

Continuous play and multiple stake opportunities.

Impact: Repeated opportunities make stopping harder.

## 3. Sensory Characteristics

Bright lights, animations, and "near win" sounds.

Impact: Activity feels rewarding even without a win.

## 4. Reward Characteristics

Loot boxes, jackpot sounds, and unpredictable bonuses.

Impact: Unpredictable rewards make the brain want "one more try."

### Quick Guide for Families: Ask these questions

- Is it fast, flashy, and hard to stop?
- Does it use sound/color to keep attention?
- Are there frequent chances to spend?
- Does it hide the real cost of play?

# Screening Tools

Age-appropriate screening options

## analytics

### Standardization

Use standardized tools when possible; do not rely on intuition alone.

## troubleshoot

### Key Indicators

Screen for gambling frequency, loss of control, and functional impact.

## videogame\_ asset

### Gaming Focus

For gaming concerns, use gaming-disorder screeners as part of the assessment.

# Screening for Gaming Disorder

Effective communication and key assessment questions

## Key Screening Questions

- How often do you game in a typical day or week?
- Have you tried to cut back and found it hard?
- Has gaming affected sleep, school, mood, or relationships?
- Do you keep gaming even when it causes problems?

## record\_voice\_overClinical Approach

Use universal, routine language so the question feels normal rather than accusatory. Screen for loss of control and functional impact, not just hours played.

## References

- Screening tools for gaming disorder. PubMed. 2020.
- GADIT. PMC. 2024.
- Symptom Questionnaire. Frontiers in Psychiatry. 2022.

# Contextual Assessment

Understanding the environment and drivers of behavior

sports\_esp  
orts

## Activities

Identify what is being bet on: sports, games, prediction markets, or esports.

devices

## Access Points

Determine how access occurs: via apps, phone, peers, family, or online accounts.

psychology  
\_alt

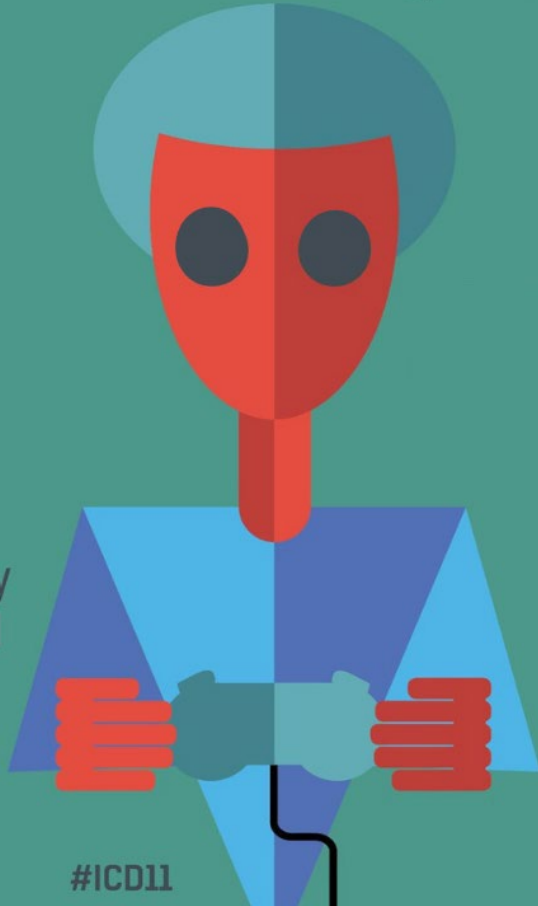
## Reinforcers

Understand what reinforces the behavior: money, status, excitement, escape, or social belonging.

GAMING DISORDER  
CODE 6C51



For the first time,  
WHO is classifying  
gaming disorder  
as an addictive  
behaviour disorder  
– now we can  
measure how many  
people are affected



#ICD11

# Gaming Disorder

Understanding definitions, warning signs, and protective factors

## info

### What it is

Characterized by impaired control, increasing priority over other activities, and continued play despite negative consequences.

Associated with functional impairment in school, sleep, and family life.

## warning

### Warning signs

- Loss of control over duration/frequency
- Priority over sleep, exercise, or school
- Irritability when gaming is limited
- Ongoing play despite clear harm

## health\_and \_safety

### What helps

- Warm parent-child relationships as protective factors
- Family-based treatment approaches
- Validated screening tools for early identification

# Warning Signs

Understanding Gaming Risk Factors & Red Flags

## timer\_off

### Loss of Control

Inability to manage the duration or frequency of time spent gaming.

## priority\_high

### Shifted Priorities

Gaming replaces essential activities like homework, sleep, exercise, or social connections.

## mood\_bad

### Emotional Distress

Experiencing irritability, anxiety, or significant distress when gaming is restricted.

## family\_restroom

### Environmental Risk

Family conflict and low parental support are strongly associated with worse outcomes.

# SBIRT Process

Screening, Brief Intervention, and Referral to Treatment

## fact\_check

### 1. Screening

Quick, universal check to identify risky substance use or related risk.

**Goal:**

Determine if no action, brief counseling, or referral is needed.

## forum

### 2. Brief Intervention

Short conversation that increases awareness and motivation to change.

- Uses motivational interviewing techniques.

## forward\_to\_inbox

### 3. Referral

Connects people who need more support to specialty care or treatment.

**Includes:**

- Outpatient counseling
- Intensive treatment
- Medication-assisted treatment
- Support groups

# Assessment Map

Assess the gambling/gaming context

## sports\_esports

### What is being bet on?

Identify the core activity:

- Sports
- Games
- Prediction markets
- eSports

## devices

### How is access occurring?

Examine the entry points:

- App or phone
- Peers or family
- Online account

## trending\_up

### What reinforces behavior?

Identify motivations:

- Money or status
- Excitement
- Escape
- Social belonging

# Motivation

Understand why the client keeps doing it

## psychology

### Exploratory Questions

Guide the clinical conversation to uncover the function of the behavior:

- Ask what the person likes about gambling or gaming.
- Ask what it helps them avoid, solve, or feel.
- Use answers to tailor feedback and goals.

## lightbulb

### Normalize Curiosity

Understanding the "why" is key. Common reasons youth engage include:

**Excitement • Escape • Belonging • Status • Relief**

*These motives guide motivational interviewing and build rapport.*

# Brief Intervention

Make the teen the change agent

## Conversation Strategy

### question\_answer

**Ask permission**

Always ask to share feedback before proceeding.

### record\_voice\_over

**Use OARS techniques**

Open questions, affirmations, reflections, and summaries.

### event\_available

**Small, realistic change**

Agree on one change for the next 1-2 weeks.

## lightbulb

### Clinical Note

*The goal is not to lecture but to help the teen name a personally meaningful change.*

# Family Involvement

How to include parents and caregivers

## psychology

### Clinical Coaching Strategies

- Coach parents to respond with **calm curiosity** rather than punishment alone.
- Clarify rules about **money, devices, apps, and privacy**.
- Support **joint problem -solving** around boundaries and alternatives.

## handshake

### Partnership Model

*Frame families as partners.  
Parents need concrete  
guidance on money, devices,  
and boundaries to respond  
without escalating conflict.*

# Case Study 1

Scenario: Sports Betting

person

## The Patient

A 16-year-old is placing low-stakes bets with friends after school.

psychology

## Clinical Focus

- Access & money use
- Peer influence & impulsivity

medical\_services

## intervention plan

*Use a harm -reduction brief intervention and prioritize family follow -up.*

# Case Study 2

Scenario: Gaming and In-App Spending

person

## The Patient

A 14-year-old spends heavily on loot boxes and prediction-market style apps.

psychology

## Clinical Focus

- Explore reward chasing and hidden spending
- Social validation triggers
- Addressing gaming disorder & gambling behavior

overlapping\_residen  
ces

## Behavioral Overlap

*Gaming and gambling -  
like behaviors can  
overlap. Multiple  
reward systems  
reinforce the same  
pattern*

# Tools to Take Home

Resources participants leave with

## fact\_check

### Screening Tools

Standardized tools for identifying gambling and gaming concerns in clinical settings.

## assignment

### Assessment Worksheet

An interactive resource for evaluating gambling types, core motivations, and specific risk factors.

## forum

### Intervention Scripts

Brief intervention guides and specialized language for effective family engagement.

# Clinical Workflow

The Path from Universal Setting to Targeted Care

groups

**Initial Setting**

Everyone in the clinical  
or community setting.

fact\_chec  
k

**Screening**

Who is at risk?  
*Identifying concerns  
through standardized  
tools.*

forum

**Brief Intervention**

Why change now?  
*Engaging in motivational  
dialogue.*

forward\_t  
o\_inbox

**Referral**

Who needs specialty  
care?  
*Connecting patients to  
specialized treatment.*

# Takeaways

Key messages for clinical practice

## quiz

### Contextual Inquiry

Different gambling and gaming contexts require different questions to fully capture risk.

## psychology

### Empowerment

Enhanced SBIRT helps the teen become their own change agent through motivational dialogue.

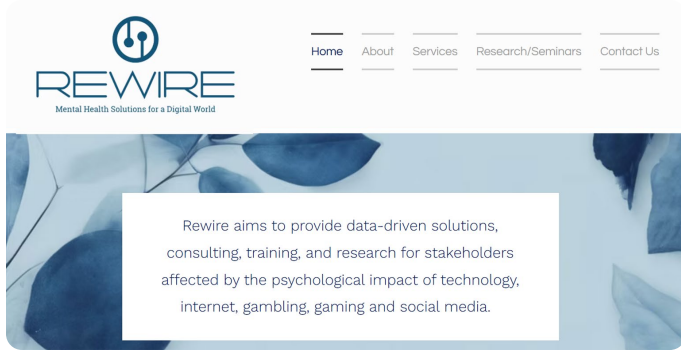
## family\_restro om

### Early Intervention

Family support and early intervention significantly improve the chance of sustainable change.

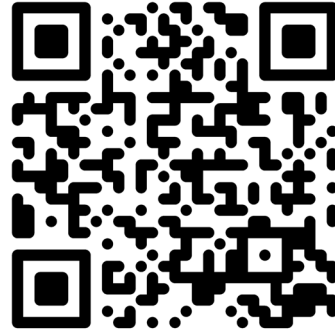
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