

Problem Gambling and Recovery

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Examples of Gambling

- ▶ Bingo
- ▶ Card & Domino Games when played for \$\$\$\$
- ▶ Games of skill (e.g. pool, darts, shuffleboard, golf) for consideration
- ▶ **Sports betting**
- ▶ **Lottery tickets**
- ▶ **Games found in a casino (slots, cards, dice)**
- ▶ Horse racing / Dog racing
- ▶ Lottery video terminals (VLT)
- ▶ On-line poker, gin-rummy, etc.
- ▶ **Scratch tickets**
- ▶ Cock fighting / Dog Fighting
- ▶ **Stock / Commodity Market**
- ▶ Social Gaming
- ▶ Fantasy Sports Leagues
- ▶ **Daily Fantasy Sports**
- ▶ **E-Sports**

DSM - 5 9
Questions
Assessment:
Gambling Disorder



1. Are you preoccupied with gambling (e.g. preoccupied with relieving past gambling experiences, handicapping, or planning the next venture, or thinking of ways to get money with which to gamble?)
2. Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
3. **Have you made repeated unsuccessful efforts to control, cut back, or stop gambling?**
4. Are you restless or irritable when attempting to cut down or stop gambling?
5. **Do you gamble as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, or depression?**

DSM - 5 9
Questions
Assessment:
Gambling Disorder

- 6. After losing money gambling, do you often return another day to get even?**
- 7. Do you lie to family members, therapists, or to others to conceal the extent of involvement with gambling?**
8. Have you jeopardized or lost a significant relationship, job or education or career opportunity because of gambling?
- 9. Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?**

Mild: 4-5 criteria met

Moderate: 6-7 criteria met

Severe: 8-9 criteria met



Gamblers Anonymous 20 Questions



1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. **Have you ever felt remorse after gambling?**
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. **After losing did you feel you must return as soon as possible and win back your losses?**
8. After a win did you have a strong urge to return and win more?
9. **Did you often gamble until your last dollar was gone?**

Types of gamblers

- ▶ Escape gamblers:
- ▶ Non skill gambling... bingo, slots, lotteries, keno



Types of gamblers

- ▶ Action gamblers: Skill based gambling
- ▶ Sports, poker, horse races, gaming, stocks



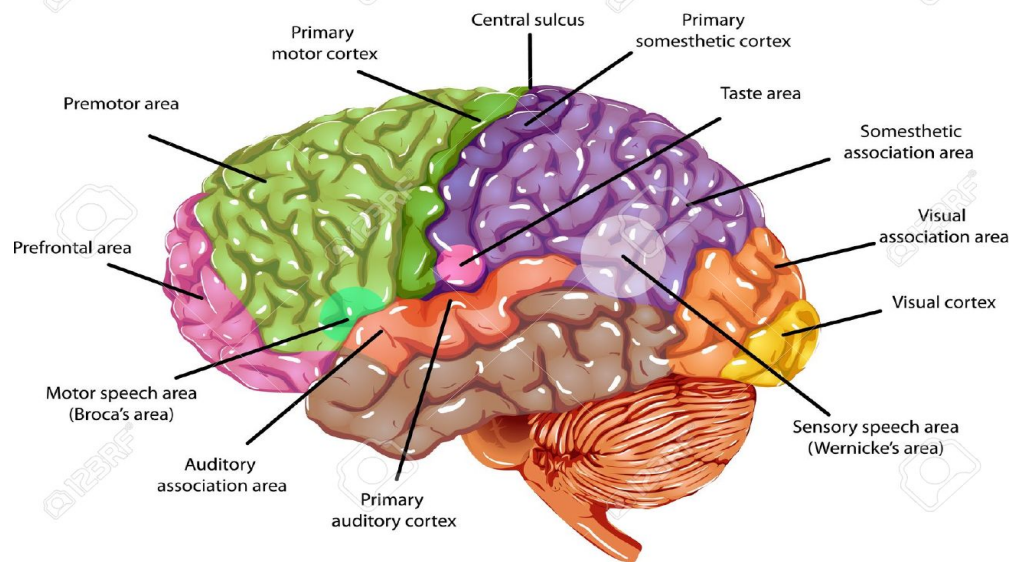
Gambling symptoms and recovery

Thinking about
gambling more
and more

1. Are you preoccupied with gambling (e.g. preoccupied with relieving past gambling experiences, handicapping, or planning the next venture, or thinking of ways to get money with which to gamble?
2. Marsha: 65 year old female Slots Gambler

Problem Gambling May Start in Failure of Brain's Fear Instinct

Regions of the Human Brain



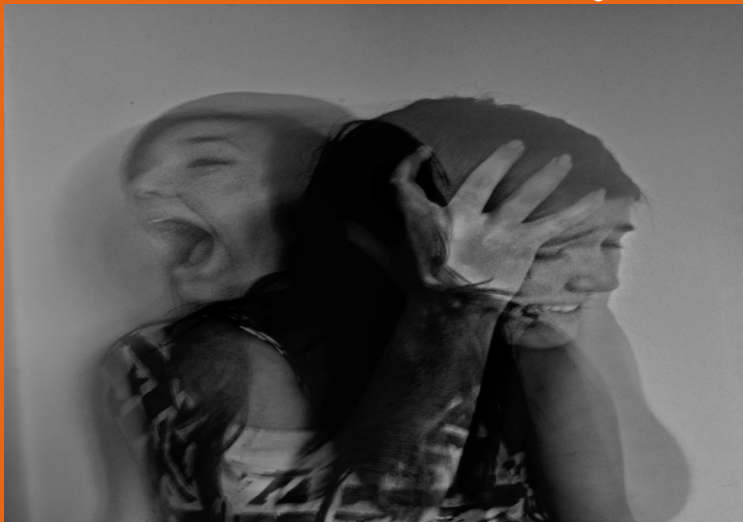
A study has found that a part of the brain that controls fear may prevent gambling, even when the estimated benefit is greater than the cost. Conversely, those whose amygdala's, containing the brain's fear responses, are damaged were found to gamble even when the odds are against them, like problem gamblers.

California Institute of Technology and the University College of London

More and More money

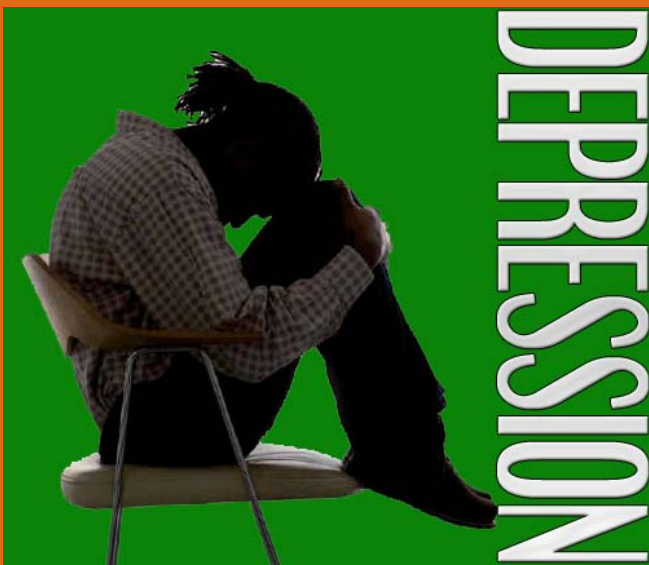
- ▶ Do you need to gamble with increasing amounts of money in order to achieve the desired excitement?
- ▶ **Have you made repeated unsuccessful efforts to control, cut back, or stop gambling?**
- ▶ Robert: Male 37 sports gambler

Most Common Co-Occurring Disorders

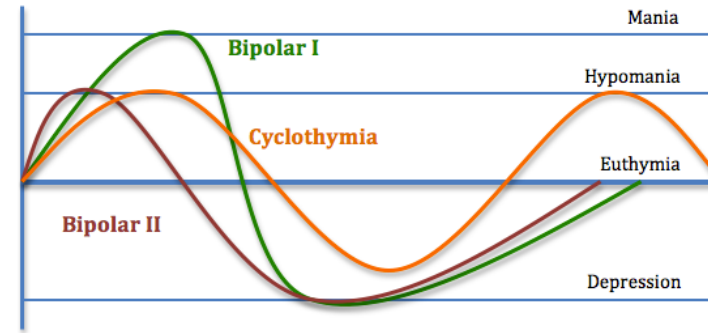


- ▶ **Bi-Polar disorders**
- ▶ **Other addictions - i.e., cocaine, meth**
- ▶ **Issues of abuse:**
 - ▶ **emotional abuse - 69%**
 - ▶ **physical abuse - 46%**
 - ▶ **sexual abuse - 28%**

Most Common Co-Occurring Disorders



- ▶ Alcoholism - 30% of gamblers were also alcoholics.
- ▶ Depression - major, dysthymic.



- ▶ Suicidal - National Gambling Impact Study 1999:
 - ▶ ideation - 48-79%
 - ▶ attempts - 12-26%
 - ▶ debt - \$38,000 to \$113,000

Gambling linked to one in five suicidal patients

- ▶ **ALMOST** one in five suicidal patients seen by The Alfred hospital's emergency department is a problem gambler, figures from a groundbreaking program have shown.
- ▶ The program, prompted by a nurse's curiosity over what tipped patients into crisis, is set to expand statewide.
- ▶ The 17 per cent figure, which includes patients referred by mental health crisis teams, is about 20 times the rate of problem gambling in the community.

Read more: <http://www.theage.com.au/national/gambling-linked-to-one-in-five-suicidal-patients-20100420-srri.html#ixzz1qWDlr0BL>



Escaping problems

- ▶ **Do you gamble as a way of escaping from problems or of relieving feelings of helplessness, guilt, anxiety, or depression?**
- ▶ **Lori 56 scratch off gambler**

Lies about gambling

6. **After losing money gambling, do you often return another day to get even?**
 7. **Do you lie to family members, therapists, or to others to conceal the extent of involvement with gambling?**
- ▶ Doris 70 female scratch off gambler

Desperation around money

6. Have you jeopardized or lost a significant relationship, job or education or career opportunity because of gambling?
7. **Do you rely on others to provide money to relieve a desperate financial situation caused by gambling?**
8. **Bill 65 male casino/ scratch off gambler**



Treatment of Problem Gambling

- ▶ Use of several techniques
 - ▶ 1. GA 12 steps
 - ▶ Cognitive Behavioral Therapy
 - ▶ Journaling
 - ▶ Individual therapy... Gamblers prefer this
 - ▶ Group therapy... Gamblers need this (reduce terminal uniqueness)

N - Acetyl Cysteine
Glutamate
Modulating Agent

- ▶ April 2007 Study Jon Grant University of Minnesota: In the Treatment of Pathological Gambling



N - Acetyl Cysteine

- ▶ Results: 83.3% of responders experienced reduced leveled or stopped gambling
- ▶ 28.6 of Placebo responders reduced of stopped gambling
- ▶ Study repeated in 2017 83% reduced gambling for additional 6 weeks
- ▶ 72% of placebo respondents went back to formal levels of gambling

There are many forms of gambling and many faces of addiction



It is imperative you screen for the “New” forms of gambling as well as the ones you already know

Questions / Comments

