

# Expanding ATOD Prevention to Include Problem Gambling Issues: Indiana's Experience

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**Indiana Problem Gambling Awareness Program**

## About Your Speakers

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- Mary A. Lay, MPH, CHES, CPP
    - Project Manager, Indiana Problem Gambling Awareness Program – Over 20 years of experience in health education and substance abuse prevention. Served as the coordinator for the first Indiana State Incentive Grant, as a prevention specialist and content expert.
  - Jennifer Kelley, MPH, CHES, CPP
    - Assistant Project Manager, Indiana Program Gambling Awareness Program - She is a graduate of the Master of Public Health program at Indiana University. Jennifer is also a Certified Health Education Specialist and Certified Prevention Professional. She currently serves as the Southern Chapter President of the Indiana Public Health Association and sits on their Board of Directors.
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## In this presentation...

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- Define gambling
  - Gambling in history
  - Similarities between gambling and substance abuse
  - Gambling in Indiana
  - Indiana's approach
  - What you should consider
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## Gambling vs. Games

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- Games are activities that involve one or more people, have a goal that is trying to be reached and rules to establish what can and can not be done. They are played primarily for enjoyment, but can have an educational role.

■ [www.wikipedia.org/wiki/Games](http://www.wikipedia.org/wiki/Games)

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## Gambling vs. Games

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- Gambling is any behavior that involves risking something of value. It can be a game or contest that the outcome is dependent upon chance or the ability to do something.
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## Gambling

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- Pathological gambling resembles dependence on a physical substance and symptoms are consistent with tolerance, withdrawal, relief use, preoccupation, efforts to control or discontinue, and significant social and occupation consequences

SAMHSA Presentation, Kansas City, MO June 8,2007

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## What is Problem Gambling?

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### DSM-IV Criteria

- Preoccupation with Gambling
  - Needs to Gamble more to get the same level of excitement
  - Repeated unsuccessful efforts to stop
  - Restlessness/irritability when attempting to cut down
  - Gamble as a way to escape problems or relieve other stresses (depression, guilt, anxiety)
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## What is Problem Gambling?

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### DSM-IV Criteria

- After losing \$ gambling, goes back to get even (“chasing one’s losses”)
  - Lies to conceal extent of gambling
  - Has committed illegal acts to finance gambling (bad checks, stealing, forgery, embezzlement)
  - Has jeopardized or lost significant relationship/job/education due to gambling
  - Reliance on others to provide money to relieve financial situation caused by gambling
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## Levels of Gambling

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- Level 0 Non Gambling
    - Has never gambled (primary prevention)
  
  - Level 1 Non Problem Gambling
    - Recreational gambler (secondary prevention)
  
  - Level 2 In Transition Gambling
    - Shows some sub clinical symptoms may be progressing toward more serious symptoms (Tertiary prevention/intervention)
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## Levels of Gambling

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- Level 3 Gambling Related Disorder with Impairment
  - Meets SOGS Diagnostic Criteria (Tertiary Prevention)
  
- Level 4 Impaired Gambler displaying willingness to enter treatment
  - Meets level 3 criteria and displays interest in treatment

<http://www.gamblingaddiction.org/adolescent/CHAPTER1-01.htm>

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## Gambling in History

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- “One of the few social activities that occurs in nearly all cultures and every period of time...” Jan McMillen



George Caleb Bingham,  
*Raftsmen Playing Cards*,  
1847.

Dido Image Bank  
Indiana University

## Gambling in History

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- The U.S. has a long history of allowing some forms of legal gambling and a degree of tolerance of illegal gambling.
  - Societal tolerance and acceptance of legal gambling can change rapidly.
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## Gambling in History

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### □ The Second Wave: Mid 1800's to Early 1900's

- The expansion of the Western Frontier
  - Nevada, Tourism, and Legalized Gambling
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## Gambling in History

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“Like to see some stuck-up jockey boy sittin’ on Dan Patch?”

*The Music Man*



Dan Patch  
U.S. Trotting Association



Miners playing poker and shooting craps down by the river bank. Clover Gap Mine, Harlan County, Kentucky, 1946

(National Archives)

## Gambling in History

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### □ The Third Wave: Early 1930's to Present

- Stock market crash of 1929
  - Organized Crime & Illegal Gambling
  - State run lotteries
  - Casinos
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## Youth Gambling: Then and Now

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A group of Newsies playing craps in the jail alley at 10 P.M. Albany, N.Y., 1910.

(National Archives)



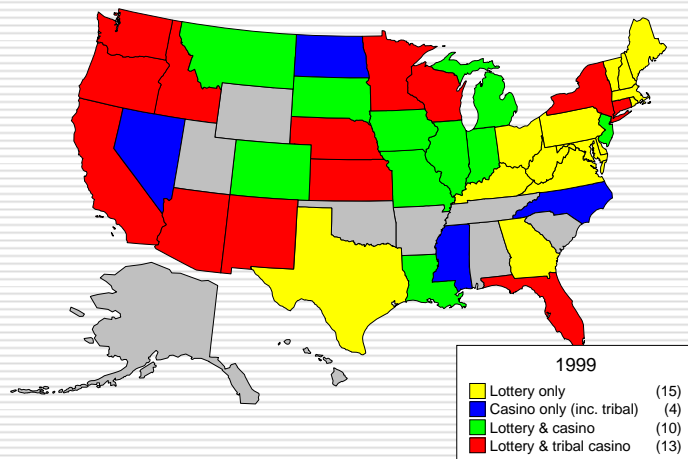
A group of boys play a game of poker Sunday, Oct 23, 2005, at Erdmann's home in Fargo, N.D.. The high schoolers often play poker with their parents approval.

(AP Photo/The Forum, Britta Trygstad)

## Gambling Overtime

- 1974-2002 The amount of money spent on legal gambling increased 2300% from 3 billion to 70 billion
- 1975-1999 U.S. Adults who gambled increased 68% to 86%
- Americans spend more annually on gambling than movies, recorded music, theme parks, spectator sports, and video games combined

## Lottery & Casino Gambling: 1999



## Gambling and ATOD Use

Are they similar??????

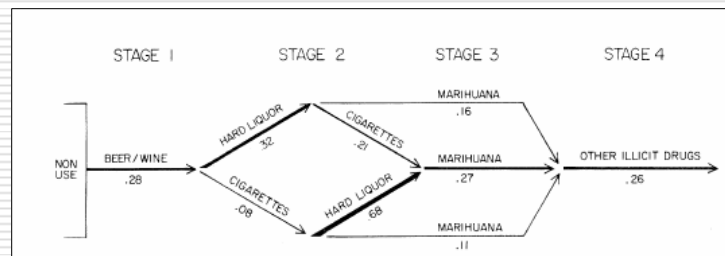
### What does the literature/research say about Gambling?

- Alcohol use leads to more intensive gambling in those with existing gambling disorders as in those with high risk of developing gambling disorders-synergistic (Ellory et al 2002)
- For individuals with Alcoholism and gambling disorders, addressing both problems simultaneously lead to better outcomes (Hodgins and el-Guebaly, 2002)

SAMHSA Presentation, Kansas City, MO June 8,2007

## Gateway Drug Use

- “Gateway drug” hypothesis introduced by Denise Kandel, Science, 1975. Does not yet use “gateway” terminology, but predicts stages of drug use.



## Gateway Drug Use

- The "gateway drug theory" describes the phenomenon in which an introduction to drug-using behavior through the use of tobacco, alcohol, or marijuana is related to subsequent use of other illicit drugs.

## Gateway Substance Abuse: Indiana Data

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- “Cigarette Smoking as a Predictor of Alcohol and Other Drug Use by Children and Adolescents: Evidence of the ‘Gateway Drug Effect.’” (and subsequent school surveys)

- Torabi, Bailey, Madj-Jabbari: Journal of School Health, 1993

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## Gambling-Substance Abuse Compared

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- Similarities
    - Withdrawal symptoms
    - Tolerance
    - Self-help groups
    - Loss of control
    - Preoccupation
    - Negative impact on major life areas
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## Gambling-Substance Abuse Compared

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### □ Differences

- Gambling is not self-limiting
  - Behavior is not attributable to intoxication
  - Unpredictable outcome
  - Fantasies of success
  - Easier to hide
  - Greater financial problems
  - Intensity of family anger
  - Less public awareness and acceptance
- 

## Gambling, Delinquency and Substance Abuse in Adolescence

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- “Greater than chance link” from Shaffer, et al, 1994, to 2001 research findings of a more fully developed commonality of risk factors including impulsivity, low parental supervision, and deviant friends

- Vitaro, Brendgren, Landouceur, Tremblay: Journal of Gambling Studies, 2001
-

## Youth Gambling Prevalence Nationally

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- 86-93% of adolescents have gambled for money
- 75% of children have gambled in their own homes
- 85% of parents do not object to their gambling

■ Derevensky, Gupta, Winters, Journal of Gambling Studies, 2003

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## Why do youth gamble?

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- To keep playing/stay in on the action or “prove themselves”
- To escape from stress and be “in control”
- For excitement and relief from boredom
- For social acceptance

■ Timothy Wong, “Pathological Gambling in Adolescents: No Longer Child’s Play”

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## Prevalence of Gambling Among College Students

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- 12.5% of Males and 2.2% of female college students played cards weekly in 2004.
- The rate for those not in school was 6.6% for males and 2.0% for females
- Students in the Midwest and South played at higher rates than those in the Northeast or West.
- In 2003, 25.9% of youth under 18 bet on cards weekly, in 2004 it was up to 43.2%

■ The Annenberg Policy Center, March 14, 2005

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## Gambling Opportunities

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- |  |   |
|--|---|
| <input type="checkbox"/> Poker tournaments in Residence Halls, Fraternities and Student Unions | <input type="checkbox"/> TV Shows           |
| <input type="checkbox"/> School and Student Organization Sponsored events                      | <input type="checkbox"/> Community Events   |
| <input type="checkbox"/> Tournaments at local bars   | <input type="checkbox"/> Family and Friends |
| <input type="checkbox"/> On-line Contests  | <input type="checkbox"/> Dorms              |
| <input type="checkbox"/> Internet Gambling   | <input type="checkbox"/> Raffles            |
| <input type="checkbox"/> Courses on Gambling   | <input type="checkbox"/> Casinos            |
|  | <input type="checkbox"/> Riverboats         |
|  | <input type="checkbox"/> Lotteries          |
|  | <input type="checkbox"/> Pull Tabs          |
|  | <input type="checkbox"/> Video Games        |
|  | <input type="checkbox"/> Sports Betting     |
-

## Gateway Gambling?



Jack O'Lantern and Candy Corn  
playing cards  
(www.orientaltrading.com)



Roulette Wheel  
(www.ustoy.com)

Monopoly Game  
(US Patent Office)

TEXAS HOLD 'EM BOOT CAMP  
Http://www.invisiblebus.com/pokercamp.html

POKER CAMPS AND CLINICS FOR KIDS AGES 8-15

Child's Cards, Ft. Scott, Kansas (National Park Service)

Clinics meet Monday-Friday, 4-6 pm @ The Improv  
7620 Katy Freeway (I-10 @ Silber)

In the Jillian's/ Edwards Marq'E Shopping Center  
Start Dates: June 6, June 13

\$175/ session Enroll by phone: (713) 376-2727

## Celebrity Poker on Bravo, August 2006

- Celebrity Poker Showdown**  
Tournament 6: Game 2 Fri, Aug 18 11:00 AM
- Celebrity Poker Showdown**  
Tournament 6: Championship Round Sat, Aug 19 9:00 AM
- Celebrity Poker Showdown**  
Tournament 6: Championship Round Mon, Aug 21 9:00 AM
- Celebrity Poker Showdown**  
Tournament 1: Game 2 Mon, Aug 21 10:00 AM
- Celebrity Poker Showdown**  
Tournament 1: Game 3 Mon, Aug 21 11:00 AM
- Celebrity Poker Showdown**  
Tournament 1: Game 4 Mon, Aug 21 12:00 PM
- Celebrity Poker Showdown**  
Tournament 1: Game 5 Mon, Aug 21 1:00 PM
- Celebrity Poker Showdown**  
Tournament 1: Championship Round Mon, Aug 21 2:30 AM
- Celebrity Poker Showdown**  
Tournament 1: Game 3 Mon, Aug 21 3:30 AM
- Celebrity Poker Showdown**  
Tournament 1: Game 4 Tue, Aug 22 10:00 AM
- Celebrity Poker Showdown**  
Tournament 1: Championship Round Tue, Aug 22 2:00 AM
- Celebrity Poker Showdown**  
Tournament 3: Game 1 Thu, Aug 24 3:00 AM
- Celebrity Poker Showdown**  
Tournament 3: Game 3 Sat, Aug 26 11:00 AM
- Celebrity Poker Showdown**  
Tournament 8: Game 5 Sat, Aug 26 1:00 PM
- Celebrity Poker Showdown**  
Tournament 8: Game 3 Sat, Aug 26 3:00 PM
- Celebrity Poker Showdown**  
Tournament 8: Championship Game Mon, Aug 28 12:00 PM
- Celebrity Poker Showdown**  
Tournament 3: Game 5 Tue, Aug 29 12:00 PM
- Celebrity Poker Showdown**  
Tournament 3: Game 4 Tue, Aug 29 3:00 AM
- Celebrity Poker Showdown**  
Tournament 3: Game 4 Wed, Aug 30 12:00 PM
- Celebrity Poker Showdown**  
Tournament 3: Game 2 Wed, Aug 30 3:00 AM
- Celebrity Poker Showdown**  
Tournament 3: Game 2

## Social Influences: Socially Acceptable Gambling

**Hammond High's Annual Las Vegas Night**  
**Hammond Civic Center**  
6825 Solt Avenue, Hammond, Indiana  
Saturday, February 26, 2006 7:00PM - 12:00AM

- Food Served 7:00 - 9:00PM
- Games
- Bingo
- Drinks
- Prizes

**Must Be 21 to Attend**  
\$8.00 Donation

Sponsored By: The Hammond High All School Booster Club  
(Call 7378)

**Orchard Village**  
Where People Blossom

**Grand Prize:** Win a Brand New 2006 Toyota Prius valued at over \$28,000

First Prize: \$1,000  
Second Prize: \$500

Only 1,000 tickets will be sold  
Tickets are \$100 each or 6 tickets for \$500

Helping the developmentally disabled in Schaumburg, Illinois, the Hammond, Indiana schools, and the United Way in Arizona through gambling

Elks.Drg Home • State Associations • Local Lodges • Members Only

**Membership Information** [More News]

**United Way Charity Bingo 7-10PM**

- Local News
- Local Facilities
- Local Events
- Local Members
- Special Interests

Come One, Come All! Help raise funds for the United Way and enjoy an evening of Bingo. All Proceeds benefit United Way of Northern Arizona.

Posted by: [Flagstaff, AZ #499](#) (08/14/2006)

Guest Books

## Exposure to Gambling

- Texas Hold 'em games for Game Players
- Texas Hold'em Yahtzee
- Bunko
- Cards with Characters
- Hand Held Games-Blackjack, Roulette
- Raffles
- Casino Night After Proms (often billed as a Drug-Free Event)

## Internet Gambling



Former Lehigh University class president Greg Hogan Jr., 20, left, follows his father, the Rev. Gregory J. Hogan, from the office of District Judge Carl L. Balliet ...March 9, 2006...Allentown, Pa. Hogan, who robbed a bank in December 2005 to fuel his Internet poker addiction, was sentenced to between 22 months to 10 years in prison on Thursday, Aug. 17.

(AP Photo/Ed Koskey Jr., File)

## Gambling and Video Games

Rina, Gupta, Dervensky: Journal of Gambling Studies, Vol12(4), Winter 1996

- Video Games and Gambling are similar
  - Random activities
  - Intermittent Reward Schedules
  - Rewards for success
  - Reinforcements
- Video games provide reinforcements and chances to improve--gambling machines allow for little skill development

## Video Games/Gambling

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- Frequent video game players have a greater sense of *skill being involved* in gambling than non players (86% say some skill is involved)
  - Video Game players took more risks with money in gambling simulation activities
  - Gamblers in study found video games more exciting than non-gamblers (47% compared to 10%)
- 

## Video Games and Gambling

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“Research shows that the earlier an individual begins to gamble, the more at risk he or she is of developing a gambling problem later in life. A search of ESRB-rated games with the words “poker,” “blackjack,” or “slots” in the title revealed a total of 91 games, 73 (80%) of which were rated “E” for everyone, five (5.5%) rated “T” for teen, and only seven games (7.7%) rated “M” for mature. The legal age of gambling in most U.S. states is 18 for lottery-type games, and 21 years for casino-type games (including slot machines, video poker, and sit-down card games). By rating the majority of gambling-related games “E” for everyone, ERSB is basically saying that it is okay for youth of any age to gamble.”

<http://www.co.lane.or.us/prevention/gambling/video-games.htm>

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## Risk Factors for Youth Problem Gambling

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- History of gambling in family
  - Family history of alcoholism
  - Exposure to gambling at young age
  - Family that overemphasizes money, competition
  - Early “big win”
  - Low self-esteem
  - ADHD/hyperactivity
  - Other addiction/behavior issues
- 

## Protective Factors for Youth Problem Gambling

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- Support (family, community, school)
  - Positive outlook
  - Realistic boundaries and expectations
  - Internal control
  - High self-esteem
  - Constructive use of time/contributing
  - Good problem solving skills
-

## 40 Developmental Assets and High-Risk Behaviors\*

	0-10 Assets	11-20 Assets	21-30 Assets	31-40 Assets
Problem Alcohol Use	49%	27%	11%	3%
Violence	61%	38%	19%	7%
Illicit Drug Use	39%	18%	6%	1%
Sexual Activity	32%	21%	11%	3%
Gambling	30%	19%	11%	4%

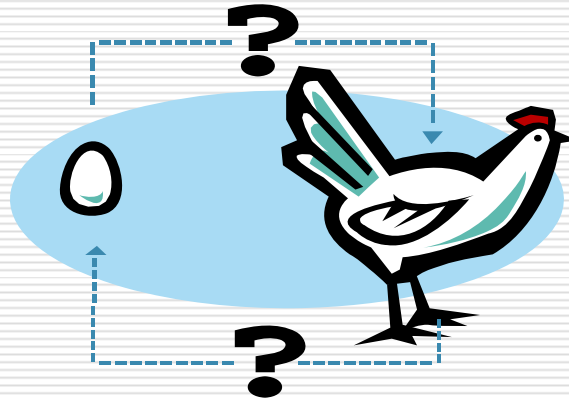
Source: The Search Institute

## Compare Youth Gambling and Drug Use (Prior Year)

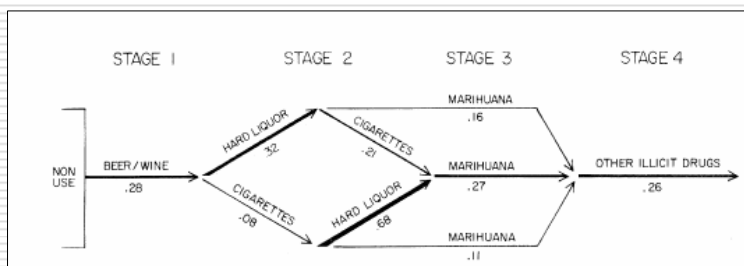
- Found lifetime alcohol use a strong predictor for gambling
- Youth were 3x more likely to never have gambled if they have never used drugs
- Youth were 3.8x more likely to be a weekly/daily gambler if there were a weekly/daily user of drugs

■ Winters and Anderson, Journal of Gambling Studies, Vol 16, No 2/3, 2000

## Is it the Chicken or the Egg?



## Is the same pattern starting to emerge?



# Gambling

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What is the response?

## Other State's Response to Gambling

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- In 32 States, SSAs have responsibility for treatment of problem pathological gambling
- In 28 states, substance abuse treatment providers receiving SSA funding offer problem/pathological gambling treatment services
  - In 23 states, AOD treatment providers regularly screen for gambling
  - In 13 states, AOD treatment providers regularly assess for gambling
  - In 11 states, AOD treatment providers regularly treatment problem gamblers

SAMHSA Presentation, Kansas City, MO June 8, 2007

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## Indiana's Evolution

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- 1989 : Sales of Hoosier Lottery tickets begins.
  - 1994 : Horse race track in Anderson opens.
  - 1995 : Off Track Betting parlors open in 5 cities in Indiana
  - 1995 : First of 10 casinos open in Indiana
  - 2002 : Horse race track opens in Shelbyville
  - 2004 : Eleventh casino opens in French Lick
- 

## Indiana's Evolution

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- 1993 Indiana General Assembly passed a law requiring that 10 cents of each "admission tax"(\$3.00/patron) to Indiana riverboats be paid to FSSA/DMH (IC 4-33-12-6)
  - 1995 amended the law to allow monies to be used "...for prevention & treatment of addictions to drugs, alcohol and compulsive gambling
    - Including creation and maintenance of a toll-free telephone line to provide the public with information about addictions
    - Requiring that DMH "...allocate at least 25% of funds...to the prevention and treatment of compulsive gambling." (IC 12-23-2-7)
-

## 2007 Legislative Initiative

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- New legislation increased annual Gamblers' Assistance Fund by \$1 million.
  - Funds added: \$500,000 each from two race tracks that added slot machines.
  - Funds are payable to the DMHA annually as part of licensure fees assessed to the race tracks.
- 

## Minimum Ages-Indiana

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- Lottery                      18 years of age
  - Casinos                        21 years of age
  - Pari-Mutuel                    18 years of age
  - Charity Gaming                18 years of age
-

## Indiana Revenue (2005)

### □ Casinos:

- Gross \$2.4 billion (ranks 4<sup>th</sup>)
- State \$778 million (ranks 2<sup>nd</sup>)

### □ Lottery:

- Gross \$740 million
- State \$144 million

### □ Charitable Gaming:

- Gross \$526 million
- State \$3.95 million

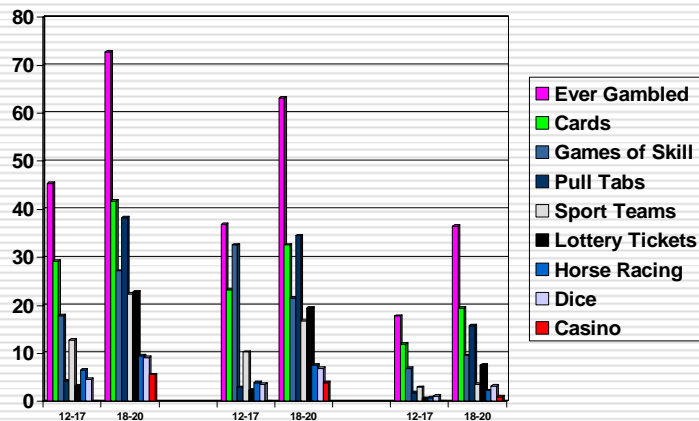
### □ Horse tracks:

- Gross \$190 million
- State \$6 million

### □ Total:

- Gross \$3.87 billion
- State \$931.7 million

## Youth Gambling in Indiana Telephone Poll, 2004



## Indiana Survey Data

Grade	2005	2006	2007**	Change	Sig*
6 <sup>th</sup>	36.3	35.4	33.6	-1.8	*
7 <sup>th</sup>	40.7	39.1	38.6	-0.5	
8 <sup>th</sup>	47.4	45.3	43.3	-2.0	*
9 <sup>th</sup>	47.5	45.3	42.2	-3.1	*
10 <sup>th</sup>	48.0	45.2	42.5	-2.7	*
11 <sup>th</sup>	47.1	45.1	41.1	-4.0	*
12 <sup>th</sup>	55.1	55.0	50.8	4.2	*

## Indiana "Felt Bad About Amount Bet"

Grade	2005	2006	2007**	Change	Sig*
6 <sup>th</sup>	5.6	5.2	5.6	0.4	*
7 <sup>th</sup>	5.5	5.0	5.1	0.1	
8 <sup>th</sup>	5.4	5.4	5.0	-0.4	*
9 <sup>th</sup>	5.4	4.6	4.1	-0.5	*
10 <sup>th</sup>	5.2	4.6	3.9	-0.7	*
11 <sup>th</sup>	4.8	4.1	3.4	-0.7	*
12 <sup>th</sup>	5.4	4.5	3.7	-0.8	*

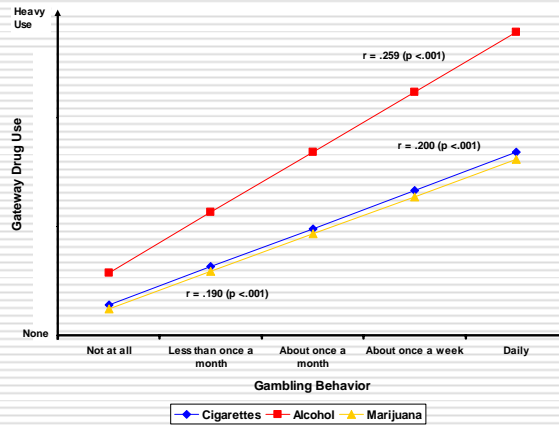
## Indiana “Would Like to Stop Betting, but Could Not”

Grade	2005	2006	2007**	Change	Sig*
6 <sup>th</sup>	4.9	4.5	4.9	0.4	*
7 <sup>th</sup>	3.7	3.6	4.0	0.4	*
8 <sup>th</sup>	3.4	3.2	3.5	0.3	
9 <sup>th</sup>	2.6	2.3	2.6	0.3	
10 <sup>th</sup>	2.2	1.9	2.1	0.2	
11 <sup>th</sup>	1.8	1.6	1.7	0.1	
12 <sup>th</sup>	1.7	1.6	1.5	-0.1	

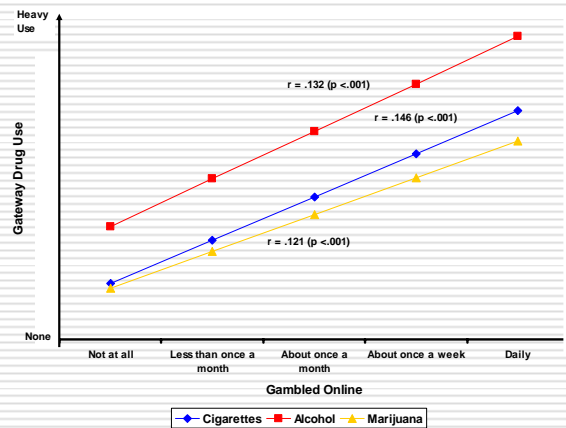
## Reported Any Online Gambling

Grade	6	7	8	9	10	11	12
2007	3.3	4.3	4.6	4.2	4.3	3.8	3.8

## Gambling Behavior and Gateway Drug Use



## Gambling Behavior and Gateway Drug Use



## Division of Mental Health and Addiction

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- Spends \$2.2 million on problem gambling treatment and prevention
  - Funds 17 treatment providers across state
  - 40 certified problem gambling counselors in Indiana
  - Approximately 500 problem gambling clients enrolled annually
  - Operation of Problem Gambling Hotline
- 

## Afternoons R.O.C.K. in Indiana

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- Focus on youth 10-14 years of age
  - 3 pm to 6 pm
  - Minimum of 40 contact hours
  - Must use Evidence Based Program
    - All Stars
    - Too Good for Drugs and Violence After School
    - Project Alert
    - Positive Action
    - Smart Moves (Boys and Girls Clubs)
-

## Afternoons R.O.C.K. in Indiana

- 2006 added gambling specific curriculum to requirement
- Reached over 14,000 youth statewide with program

## Gambling Behavior & ROCK Preliminary Results

	Pre		Post	
	2006	2007	2006	2007
Played cards	13.1	12.8	11.7	11.2
Bet on games	11.7	12.2	10.4	10.3
Bet on sports	10.7	11.7	9.5	10.4
Bought lottery tickets	9.1	8.8	8.3	8.1
Gambled in a casino	0.9	1.1	1.2	1.4

Note. Highlights indicate significant differences between 2006 and 2007 ( $p < .05$ ).

## Gambling Behavior & ROCK, SFY 06 Preliminary Results

	Pre	Post	Difference
Played cards	13.1	11.7	-1.4
Bet on games	11.7	10.4	-1.3
Bet on sports	10.7	9.5	-1.2
Bought lottery tickets	9.1	8.3	-0.8
Gambled in a casino	0.9	1.2	0.3

Note. Highlights indicate significant differences between pre and post tests (p.<05).

## Gambling Behavior & ROCK, SFY 07 Preliminary Results

	Pre	Post	Difference
Played cards	12.8	11.2	-1.6
Bet on games	12.2	10.3	-1.9
Bet on sports	11.7	10.4	-1.3
Bought lottery tickets	8.8	8.1	-0.7
Gambled in a casino	1.1	1.4	0.3

Note. Highlights indicate significant differences between pre and post tests (p.<05).

## Challenges

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- Training
  - Knowledge of gambling among providers
  - Lack of readiness to provide service
  - Lack of evidence programs
  - Adding more work to an already full load
- 

## Improving your Odds

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- Developed by Minnesota Institute of Public Health
  - Considerations for R.O.C.K.
    - Age appropriateness
    - Keeping youth engaged
    - Training of supervisors
    - Promoting of gambling as a problem to be addressed with youth
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## Indiana Problem Gambling Awareness Program

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- Website
  - Gambling Counselor Training
  - Monthly Clinical Supervision Calls
  - Presentations
  - Data
  - Resource Development
  - Toll Free Hotline
- 

## What's next for IPGAP...

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- Additional data collection
  - Resource Development
  - Providing Training
  - Develop additional activities
  - Support and encourage treatment for those with a problem
-

## What should you consider????

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- Scope of Issue
  - Readiness to address Issue
  - Availability of Funding
  - Resources
  - Workforce
  - Comprehensive Program
- 

## Contact Us

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Indiana Problem Gambling Awareness Program  
501 N Morton Street, Suite 110  
Bloomington, IN 47404

Phone: 1-800-346-3077 or 812-855-1237

Fax: 812-855-4940

E-mail: [ipgap@indiana.edu](mailto:ipgap@indiana.edu)

Web: [www.ipgap.indiana.edu](http://www.ipgap.indiana.edu)

The Indiana Problem Gambling Awareness Program is funded by  
the Indiana Problem Gamblers' Assistance Fund

The Indiana Problem Gambling Awareness Program is located at  
the Indiana Prevention Resource Center at Indiana University.

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