



Definition of Gambling

- Pathological gambling is defined as: “a progressive disorder characterized by a continuous or periodic loss of control over gambling; a preoccupation with gambling and with obtaining money with which to gamble; irrational thinking; and a continuation of the behavior despite adverse consequences.”

Dr. Richard Rosenthal

The face of the problem gambler



PROBLEM GAMBLING AND SUBSTANCE ABUSE

Often, problem gambling is accompanied by substance abuse. Research shows that about half of all compulsive gamblers have had problems with alcohol or other drugs. Conversely, it is estimated that 25-35 percent of all people with alcohol and drug problems have also had gambling problems.

We are today with Compulsive where we were 30 years ago with alcoholism.

Study conducted on patients at Brighton Hospital.

Similarities and Differences Between Substance Abuse and Problem Gambling

SIMILARITIES

- Preoccupation with the activity
- Its use to escape pain or uncomfortable feelings
- Intense cravings
- Need to increase the amount (of money spent gambling) over time to achieve the desired effect
- Inability to stop despite negative consequences
- Denial of the problems severity
- Loss of control
- High relapse rate

Similarities Between Problem Gambling and Substance Abuse

■ SIMILARITIES

- Lying (to family, friends) to support use
- Used as means of escaping problems
- Withdrawal symptoms common
- Co-morbidity
- Poor self esteem
- Depression
- Poor communication/intimacy skills
- Low tolerance for frustration
- Poor coping skills

Differences Between Problem Gambling and Substance Abuse

- DIFFERENCES
 - Financial crisis
 - Fantasy of gambling becoming a career or success path
 - No physical signs with problem gambling. Hidden Addiction.
 - Higher suicide attempt rate with problem gamblers
 - Fewer treatment resources
 - Prevention programs virtually nonexistent
 - Families impact felt longer with problem gambling
 - Public awareness of problem gambling is minimal

Prevalence of Compulsive Gambling

- Two million (1%) of U.S. adults are estimated to meet criteria for pathological gambling in a given year.
- Four to eight million (2-3%) would be considered problem gamblers; that is, they do not meet the full diagnostic criteria for compulsive gambling, but meet one or more of the criteria and are experiencing major problems due to their gambling behavior.
- 350,000 Residents of Michigan are estimated to meet criteria for compulsive gambling. 130,000 pathological gamblers and 220,000 problem gamblers.

Types of Gambling

- Casino
- Cards
- Dice
- Roulette
- Slot Machines
- Video Poker
- Charity Poker Rooms
- Lottery
- Numbers
- Racetrack
- Keno, Pull Tabs
- Internet
- Sports, March Madness
- Bingo

Types of Gamblers

- **Social Gambler**
Most individuals fall into this category. Their gambling activity does not create financial, social or behavioral problems.
- **Problem Gambler**
Individuals in this category experience problems related to their gambling activity. Problems with family relationships and increasing debt are often present in this stage.

Types of Gamblers-continued

Pathological Gambler

- This term is used to describe individuals who meet DSM-5 diagnostic criteria. Individuals in this category are experiencing major life problems related to their gambling activity.
- Professional Gambler (Functioning Alcoholic)

DSM-5 Pathological Gambling Diagnostic Criteria

- A. Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 2. Is restless or irritable when attempting to cut down or stop gambling.
 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
 4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed.)

DSM-5 Pathological Gambling Diagnostic Criteria-continued

6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
 7. Lies to conceal the extent of involvement in gambling.
 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 9. Relies on others to provide money to relieve a desperate financial situation caused by gambling.
- B. The gambling is not better accounted for by a Manic Episode.

Characteristics of Compulsive Gambling

- Preoccupation
- Tolerance
- Withdrawal
- Escape
- Lying
- Loss of control
- Illegal acts
- Risked a significant relationship, job, career

PROGRESSION OF COMPULSIVE GAMBLING

- Winning Phase
- Losing Phase
- Desperation Phase
- Hopelessness Phase

I. Winning Phase

- Wins more than loses.
- Gambling NOT creating financial burden.
- May have big win/increase spent gambling.
- Distinction from social gambling:
 1. Sometimes slow, other rapid onset.
 2. Winning is linked to self-esteem.
 3. Preoccupied with gambling, affects social and work life as other activities become secondary to gambling.
- Physiologically-extreme excitement, rapid heartbeat, nausea, queasiness.

II. Losing Phase

- Prolonged losing episodes.
- Gambling alone.
- Obsessed with gambling.
- Begins legal borrowing to cover losses or to obtain more gambling money.
- Begins chasing losses; abandons strategies; tries to win back all at once; lies to conceal extent of losses.

II. Losing Phase - continued

- Runs out of all usual sources from which to obtain money. May switch to illegal sources of borrowing.
- Unable to pay debts.
- Personality changes (irritable, restless, withdrawn).
- Careless about spouse and family (unhappy home life).
- Losing time from work.

III. Desperation Phase

- Crossing the line: commits act never thought would commit to continue gambling (cover losses).
 - Bad checks
 - Taking money from family
 - Behind on rent/bills

III. Desperation Phase - continued

- Increased depression/anxiety (emotional roller coaster).
- Ego-dystonic: repeated acts that violate one's logic, values, commitment or sense of what one thought one would never do.
- At beginning says one time occurrence (rationalization); when reoccurs continues to keep track or score; by end no longer keeping track.
- Suicidal thoughts or attempts may occur.

IV. Hopelessness Phase

- Continue gambling with increasing sense of hopelessness and despair
- Increasing isolation and loss of remaining support systems
- Feeling burned out
- Realizes one won't ever win (or win back losses, yet continues gambling-can't stop).
- Alcohol / drugs
- Emotional breakdown
- Suicidal thoughts or attempts may occur

Impact of Compulsive Gambling

- Insurmountable debts
- Loss of employment
- Legal battles
- Neglect or abuse
- Physical illness
- Divorce
- Mental health issues
- Isolation
- Shame/guilt
- Arrest and/or imprisonment
- Suicide

Co-Occurring Disorders Among Pathological Gamblers-continued

- Alcohol use disorder (44.5-73.2%)
- Drug use disorder (23.3%-38.1%)
- Major depression (8.8%-37%)
- Dysthymia (4.2%-20%)
- Mania (3.1%-22.8%)
- Generalized anxiety (7.7%-11.2%)
- Panic disorder (3.3%-23.3%)
- Agoraphobia (5.1%-13.3%)
- Phobia (10%-23.5%)
- Obsessive-compulsive disorder (3.9%- 16.7%)

The "HIDDEN ADDICTION"

- There is no substance ingested.
- There are usually no visible signs.

The "HIDDEN ADDICTION"-continued

Unlike alcohol or other drug abuse where those under the influence may appear intoxicated or "high," problem gamblers usually do not exhibit easily recognizable signs. However, there are signs that may indicate someone is experiencing a gambling problem.

RESPONSIBILITY

- Casinos
- State:
 - 1.. BLUE RIBBON REPORT-----The Governor's Blue Ribbon Commission on Michigan Gaming was created by Governor John Engler by executive order on September 8,1994, to assess the issues of expansion of gaming in the state.
 2. The proceeds from the Michigan Lottery go into the school fund.
 3. Misleading Advertising. Lottery is good for the children.
- Non Profit Organizations sponsor 200 Texas Hold-Em poker rooms across the state.
- The Compulsive Gambler

Prevention of compulsive Gambling

- A majority of compulsive gamblers come from a substance abuse background. Either themselves or somewhere in their family background.
- Screen all substance abuse clients.
- Educate substance abuse clients about the danger of trading addictions.

Treatment for Compulsive Gambling

- Inpatient
- Outpatient
- Sessions with a Gambling Therapist
- Gamblers Anonymous

Impediments to Treatment

- Shame and Guilt
- No Finances Remaining for Treatment
- Arrest and imprisonment
- Fear of Loss of Employment
- Few Services Available
- Gambler Wants To Continue Gambling
- As Long As the Gambler Has a Token the Gambler Has Hope.

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