Gambling Disorder: “Win or Loss?”

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Services

- Provide drug & alcohol information, education, prevention, intervention & referral services
- Provide drug & alcohol screenings
- Help advocate for accessible services
- Provide services off campus at other schools, agencies, clinics or sites that request our services
- Opportunities to talk about personal concerns or concerns about others related to alcohol, drug use or other addictive behaviors
Gambling 101
“The increase and availability of gambling opportunities in NYS coupled with the effects of COVID-19 have made the 2021 Problem Gambling Awareness Month the most important event highlighting problem gambling awareness and resources this year.”

- NYCPG Executive Director Jim Maney
Why Raise Awareness on Problem Gambling?

- National Council on Problem Gambling:
  - 2 million U.S. Adults (1%) severe gambling problem
  - Another 4-6 million (2-3%) mild or moderate gambling problems
  - Less than 10% get help
  - 15 times more likely to die by suicide compared to general population

Cultural Considerations

- Native American - 5.4%
- Asian - 5.3%
- Hispanic - 4.6%
- White - 1.9%

Casinos, marketing:
Prey on highest risk groups. Bilingual dealers, ethnic food, marketing in language of group targeted

Lottery outlets:
Disproportionately located within impoverished neighborhoods with more BIPOC

BIPOC less likely to enter or complete treatment, present with higher rates of more serious problems
COVID-19 and Problem Gambling

- Financial stresses –
  - Bankruptcy
  - Unemployment or job changes
  - Bad credit, credit card debt
  - People who gamble may be tempted to think that they can make money by gambling
  - Gamble with money supposed to use for bills, groceries, mortgage, etc.
  - Lose housing
  - Shifting gambling preferences – shift to personal games with families and friends or to online gambling

www.ncpgambling.org/covid/
Definitions

▪ Gambling

▪ Addiction

▪ Problem Gambling

▪ Pathological Gambling
What kind of Gambling?

What else? Name a few.....
5 Types of Gamblers

- Social Gambler
- Problem Gambler
- Pathological (Compulsive) Gambler
- Organized Crime Gambler
- Professional Gambler
Gambling Disorder

- Is an impulse-control disorder.

- If you’re a compulsive gambler, you can’t control the impulse to gamble, even when it has negative consequences for you or your loved ones.

https://www.helpguide.org/articles/addictions/gambling-addiction-and-problem-gambling.htm#:~:text=Gambling%20addiction%E2%80%94also%20known%20as%20pathological%20gambling%2C%20compulsive%20gambling%2C%20negative%20consequences%20for%20you%20or%20your%20loved%20ones.
Gambling Addiction

- Similar characteristics to other types of addiction

- The “High”
- Brain activity/dopamine release
- Craving the original high
- Withdrawal symptoms
- Use of family resources to support habit
- Escape from problems/trauma
Gambling Risk Factors

- Emotional difficulties
- Stress
- Distorted expectations of winning
- Social pressure to gamble (youth)
- Attention deficits
- Addiction history including family history
- Impulsivity
- Illusion of control over outcomes
Symptoms of Problem Gambling

- Increase in gambling at various places and time
- Gambling when there is a crisis
- Withdrawal from families, friends, and activities
- “Chasing” losses
- Secretive about gambling habits
- Out of control
- Chasing “high”
Impact On Quality of Life

- Mood swings
- Problem with loved ones
- Eating less or willingness to go without food, etc.
- Cashing in insurance policies and/or spending retirement funds, college savings, etc.
Effects on the Family

- Lack of trust
- Financial difficulties
- Anticipation of loved ones’ mood
- Concern over physical well-being of loved one
- Frustration with Problem Gambler’s inability to stop and related consequences
- Anxiety and Depression
Problem Gambling: What can we do?

- Educate, Educate, Educate
- Prevention programming
- Treatment
- Increase screening
- Provide support and resources
- Attend GA meetings – [www.gamblersanonymous.org/ga/](http://www.gamblersanonymous.org/ga/)