



TEAM
KENTUCKY[®]

CABINET FOR HEALTH
AND FAMILY SERVICES



Problem Gambling Resource Kit

KENTUCKY DEPARTMENT FOR BEHAVIORAL HEALTH,
DEVELOPMENTAL AND INTELLECTUAL DISABILITIES

DIVISION OF MENTAL HEALTH

MENTAL HEALTH PROMOTION, PREVENTION & PREPAREDNESS BRANCH



HOW TO USE THIS RESOURCE KIT

EDUCATE

Provide information to staff, partners, and/or clients who may be interested in learning more about problem gambling.



PREVENT

Make screening and diagnostic tools available to staff, partners, and/or clients to help identify those at risk of problem gambling and its consequences.



CONNECT

Provide resources to staff, partners, and/or clients who may need assistance with problem gambling.



QUESTIONS

Contact the Department for Behavioral Health, Developmental and Intellectual Disabilities Problem Gambling Program staff at kyproblemgamblingassistance@ky.gov.



WHAT IS GAMBLING?

Gambling includes any activity in which something valuable is risked on an event that is determined by chance.

Common Gambling Activities



- Lottery
- Bingo
- Slots, video lottery terminals, gaming machines
- Sports betting
- Casino games
- Card games (poker, blackjack, etc.)
- Loot boxes (incorporated into online video games)
- Dice

Gambling is a common pastime for many American adults.

73% of Americans report gambling activity in the past year.*

78% of Kentuckians report gambling activity in the past year.*

RESPONSIBLE GAMBLING

Tips to keep gambling fun:

Know the risks before you bet.

Set limits on time and money spent on gambling.

Gamble only with money that you can afford to set aside for entertainment.

Know when to stop. If you have lost the money that you set as your limit, it is time to walk away.

Balance gambling with other healthy recreational activities.

Never borrow money to spend on gambling.

Avoid gambling when experiencing stress or other mental health difficulties such as anxiety and depression.

Be mindful of alcohol or other substance use while gambling. These can make it harder to stick to your limits.

Keep gambling a social activity.

Play for fun, not just for money.

FLAWED THINKING IN GAMBLING

Many individuals experience errors in thinking that may cause them to believe that they have control over the outcomes of gambling activities, which are determined, at least in part, by chance.

The Gambler's Fallacy

The mistaken belief that the probability of a random event occurring in the future is influenced by past outcomes. Common examples include winning streaks and believing that an outcome is "due."

Magical Thinking

Incorrect associations between a specific event and a desired outcome. For example, believing that wearing a specific outfit influences the outcome of a sporting event.

Illusion of Control

The belief that the results of the game depend on the individual's ability, rather than chance.

Near Win/Near Miss

Occurs when the outcome appears to be close to winning but is still categorized as a loss. For example, one number off on a lottery ticket or slot machine.

Biased Evaluation

The tendency to attribute all successes to skill while explaining away losses or attributing them to bad luck.

Fixation on Successes

Some gamblers become hyper-focused on tracking their winnings and discard or fail to track their losses.

YOUTH GAMBLING & GAMING

Many video games and mobile games simulate real-life gambling behaviors:

- Login rewards that include instant upgrades create and reinforce the habit of daily gaming.
- Some games are designed to mimic the sights, sounds, and actions of gambling.
- Loot boxes, spin-to-win, and similar gaming mechanics allow players the opportunity to win exclusive prizes.

Even if the use of real money is not required to play, engaging in these activities can increase the risk of developing problems with gambling.

TEENS WHO GAMBLE ARE MORE LIKELY...

- to experience mental health issues like anxiety and depression.
- to struggle with low-self esteem.
- to struggle with thoughts of suicide.



ACTIVITIES THAT MAY PUT YOUTH AT RISK:

- Card Games
- Video Games & Apps
- Truth or Dare
- Internet Challenges
- Fantasy Sports
- Trading Card Games
- Role Play Strategy Games
- Bets on School Sports
- Arcades

It is okay to engage in these activities for fun, but it is important to maintain balance.

TIPS FOR MANAGING TIME SPENT GAMING OR GAMBLING

If you notice yourself engaging in a single activity for many hours, take a break.

Set limits on your gaming or gambling time each day.

Choose a "detox" day to break the daily habit of gaming or gambling.

Explore new hobbies and activities.



- Photography
- Art
- Cooking/Baking
- Sports
- Writing
- Journaling
- Reading
- Learning an instrument
- Coding
- Gardening
- Calligraphy
- Learning a new language
- Yoga
- Walking in nature/Hiking
- Model building
- Knitting/Crocheting
- Skateboarding
- Martial Arts
- Volunteering
- Theater

RESPONSIBLE GIFTING

While they may be fun for adults, lottery tickets are not an appropriate gift for children and teens.

GAMBLING PUTS CHILDREN AND TEENS AT RISK OF...

- experiencing mental health issues like anxiety and depression.
- struggling with low-self esteem.
- struggling with thoughts of suicide.



GIFT IDEAS FOR KIDS & TEENS



- Candy & snacks
- Movie tickets
- Coloring books
- Craft Supplies
- Lip balm
- Pens
- Puzzles
- Board games

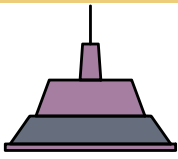
(check out this Good Housekeeping Best Board Game List for more ideas <https://tinyurl.com/36de7htz>)



- Stickers
- LEGO sets
- Bath bombs
- Balls and toys
- Sunglasses
- Hair accessories

WHEN IS GAMBLING A PROBLEM?

Problem gambling has been called the **"hidden addiction"** because there are few outward signs until the problem becomes very serious.



Gambling impacts the same "reward pathway" in the brain as drugs and alcohol, which increases the risk of developing a gambling problem.

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People with a gambling disorder continue gambling despite negative life consequences, including problems at work or school, difficulties in personal relationships, and financial hardship.

Signs that you or someone you know may have a gambling problem:

- Spending large amounts of time and money on gambling activities
- Gambling with larger amounts of money or for longer periods of time than before
- Arguments with friends or family about money and gambling
- Preoccupied with or always talking about gambling
- Repeated unsuccessful attempts to stop or cut back on gambling
- Lying about or hiding gambling behavior
- Borrowing money, selling possessions, avoiding paying bills to pay for gambling
- Neglecting work, school, or personal obligations
- Changes in mood or behavior
- Gambling more to make up for money lost, also known as "chasing losses"
- Gambling until all money is gone
- Gambling to escape problems or relieve mental health problems

REGAINING FINANCIAL SECURITY FOLLOWING GAMBLING PROBLEMS

The financial difficulties that may occur as a result of problem gambling can be stressful to manage. The process may feel overwhelming, and it may be difficult to see where to start.

Understand Your Gambling Behavior

Utilize self-help and professional resources to understand and cope with your gambling behavior.

Honestly Assess your Financial Situation

This is a difficult and often painful part of recovering from problem gambling, but it is necessary to know where you stand financially before you can improve your situation.

Meet with a Financial Counselor

A financial counselor can assist you with setting realistic financial goals, managing debt, building money management skills, understanding the role of money in relationships and self-esteem, and accessing help from public assistance programs as needed.

To identify an Accredited Financial Counselor, visit

<https://findanafc.org/search/?address=Kentucky%2C%20USA&tPage=1&radius=25&state=KY>

Consider Turning Over Finances to Someone You Trust

Allowing someone else to control your finances while working toward recovery may help to reduce financial stress. This may be a temporary or long-term solution depending on your needs and goals.

Identify Social Supports

It is important to have others to talk to during times of stress. Identify people in your life with whom you can discuss stressful life events, including finances, relationship issues, mental health concerns, and other personal matters.

Attending self-help groups like Gamblers Anonymous can help connect you to others who can relate to your experiences.

Maintain Healthy Positivity

During difficult times, it is important to remember that recovery is possible.

GAMBLING DISORDER SCREENING DAY

Gambling Disorder Screening Day (Screening Day) is a one-day event held annually on the second Tuesday of March during Problem Gambling Awareness Month.

While it is important to screen individuals for problem gambling year-round, the goal of Screening Day is to bring awareness to the importance of early detection and intervention in preventing problem gambling-related harms.



Gambling Disorder Screening Day
will take place on
Tuesday, March 12, 2024

Each year, the Division of Addiction within the Cambridge Health Alliance, a Harvard Medical School teaching hospital, offers a free Screening Day Toolkit containing a variety of tools and resources to individuals and organizations who wish to participate in the event. The Division encourages organizations and individuals to share these tools and resources to educate staff and patients.

To host a Screening Day, email info@divisiononaddiction.org.

SCREENING & DIAGNOSTIC TOOLS

A **screening** tool helps to identify those who may be at risk of experiencing negative consequences as a result of their gambling behavior.

The goal of screening is to provide early detection and intervention so that individuals may be connected to the appropriate resources before the problem becomes severe.

Screenings may be self-administered.

CHOOSING A SCREENING TOOL

Brief Screen

- A few questions
- Rules out those at minimal or no risk

Full Screen

- More questions
- Provides a rating from low to high risk to help determine the appropriate resources for the individual

SCREENING TOOLS

INCLUDED IN THIS TOOLKIT:

- Brief Biosocial Gambling Screen (BBGS)
- Problem Gambling Severity Index (PGSI)

SCREENING RESULTS DO NOT INDICATE WHETHER SOMEONE CAN BE DIAGNOSED WITH A GAMBLING DISORDER.

A **diagnostic** tool is used by a trained clinician to formally diagnose an individual with a gambling disorder.

Diagnostic tools must be administered by a professional.

No diagnostic tools have been included in this resource kit.

Brief Biosocial Gambling Screen (BBGS)

A "yes" answer to any of these questions means that you may be at risk for developing a gambling problem.

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling? **YES** **NO**
☐ ☐

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled? **YES** **NO**
☐ ☐

3. During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends, or welfare? **YES** **NO**
☐ ☐

To access an electronic version of this screening tool, visit

<https://www.divisiononaddiction.org/wp-content/plugins/bbgs-e-screener/index.php>

PROBLEM GAMBLING SEVERITY INDEX (PGSI)

Below are a number of statements that describe the consequences of gambling. Please indicate how often you have experienced the following consequences in the past 12 months:

0 = Never 1 = Sometimes 2 = Most of the Time 3 = Almost Always

1. Have you bet more than you could really afford to lose?

0	1	2	3
☐	☐	☐	☐

2. Have you needed to gamble with larger amounts of money to get the same feeling of excitement?

0	1	2	3
☐	☐	☐	☐

3. When you gambled, did you go back another day to try to win back the money you had lost?

0	1	2	3
☐	☐	☐	☐

4. Have you borrowed money or sold anything to get money to gamble?

0	1	2	3
☐	☐	☐	☐

5. Have you felt that you might have a problem with gambling?

0	1	2	3
☐	☐	☐	☐

6. Has gambling ever caused you any health problems, including stress or anxiety?

0	1	2	3
☐	☐	☐	☐

7. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

0	1	2	3
☐	☐	☐	☐

8. Has your gambling caused any financial problems for you or your household?

0	1	2	3
☐	☐	☐	☐

9. Have you felt guilty about the way you gamble or what happens when you gamble?

0	1	2	3
☐	☐	☐	☐

Scoring

0 no risk ≤ 2 low risk 3-7 moderate risk ≥ 8 high risk

NATIONAL PROBLEM GAMBLING HELPLINE

Call 1-800-GAMBLER (1-800-426-2537) to connect with hotline staff who will send you more information about problem gambling, or make a referral to the closest problem gambling counselor or Gamblers Anonymous meeting.

KENTUCKY COUNCIL ON PROBLEM GAMBLING

Learn about gambling addiction, determine whether you or someone you know may have a gambling problem, and obtain referral information for assistance with problem gambling.

Visit <https://www.kygamblinghelp.org/> to take a self-assessment to learn about your risk of problem gambling and find a link to access a trained counselor via online chat.

GAMBLERS ANONYMOUS (GA)

To find a GA meeting near you, visit <https://gamblersanonymous.org/ga/locations>

988 SUICIDE AND CRISIS LIFELINE

The Lifeline responds 24/7 to calls, chats or texts from anyone who needs support for suicidal, mental health, and/or substance use crisis, and connects those in need with trained crisis counselors.

PROBLEM GAMBLING ASSISTANCE PROGRAM

Per KRS 230.826 and 908 KAR2:300, the Department for Behavioral Health, Developmental and Intellectual Disabilities (DBHDID) has been tasked with developing a program that educates Kentuckians on safe gambling practices, the risks of developing a gambling problem, risk factors and warning signs of gambling problems, and available services to reduce the consequences of problem gambling.

Efforts will also increase the number of clinicians trained to address problem gambling issues and increase the knowledge of existing providers, through professional workshops and training and the Kentucky Council on Problem Gambling's (KYCPG) annual conference.

DBHDID staff will review funding resources to identify sustainable options to support ongoing prevention and treatment efforts in Kentucky addressing problem gambling.

The public may access information on problem gambling and available resources via the DBHDID website:
<https://linktr.ee/kyproblemgambling>

Please email questions about the program to kyproblemgamblingassistance@ky.gov

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CABINET FOR HEALTH
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