



# **2004 OREGON PROBLEM GAMBLING AWARENESS WEEK**

**Community Resource Packet**





# **2004 OREGON PROBLEM GAMBLING AWARENESS WEEK**

## **Community Resource Packet**

Correspondence concerning this packet should be addressed to:  
Jeffrey Marotta, Ph.D., Problem Gambling Services Manager, Oregon  
Department of Human Services, Office on Mental Health & Addiction Services,  
*500 Summer Street NE E86*, Salem, Oregon, USA 97301-1118; email:  
[jeffrey.j.marotta@state.or.us](mailto:jeffrey.j.marotta@state.or.us)

If you need this publication in alternate format, please call 503-945-9700  
(Voice) or 503-945-9836 (TTY).

2004, January. Salem, OR: Department of Human Services, Office of Mental  
Health & Addiction Services.

# PREFACE

Oregon Problem Gambling Services is pleased to announce Oregon's second-annual Problem Gambling Awareness Week, scheduled for March 8-14, 2004. The purpose of the week is to increase public awareness and educate community providers about problem gambling. The effort began in keeping with the message of "Hope and Help" available for individuals and families who experience problems associated with gambling behaviors.

This year, three levels of efforts are to occur for 2004 Problem Gambling Awareness Week:

1. The National Council on Problem Gambling (NCPG) and Association of Problem Gambling Service Administrators (APGSA) are co-sponsors of the second National Problem Gambling Awareness Week. Jeffrey Marotta, Oregon Problem Gambling Services Manager, and Carole Bono, Oregon Lottery Assistant Director for Marketing, are co-chairs of the national campaign steering committee. The national campaign will involve providing some general guidance and materials, in addition to working to bring about national media attention to problem gambling issues during Awareness Week and beyond.
2. Statewide efforts are being led by Department of Human Services (DHS) Problem Gambling Services Program in collaboration with the Oregon Gambling Addiction Treatment Foundation (OGATF) and the Oregon Problem Gambling Awareness Week (OPGAW) Committee. Here are the main efforts being conducted on the state level:
  - ▶ DHS will pursue a Governor's Proclamation declaring March 8-14, 2004 as Problem Gambling Awareness Week in Oregon and will do a press conference or other media event.
  - ▶ The Lottery will purchase television, print, and radio ads on problem gambling for that week.
  - ▶ DHS will host a statewide training on problem gambling for regional providers during the week prior to OPGAW.
  - ▶ OGATF will issue awards to prevention and treatment programs during the week prior to OPGAW.
  - ▶ DHS will disseminate the winning poster from the first annual OPGAW poster search to regional providers for outreach to middle schools.

- ▶ The OPGAW Planning Committee has produced this community resource guide.
  - ▶ Other forms of information dissemination, including articles on problem gambling, will be submitted to a variety of publications.
3. Local efforts, by you and your partner agencies, are vital to the success of this project. Local efforts could include collaborating with such partners as Gambler's Anonymous, mental health advocacy groups, treatment providers, other prevention professionals, school staff, community service groups and others in your area. In addition, you can help get the word out in the schools by participating in the OPGAW middle school poster search. To connect with other regional problem gambling services providers, feel free to use the regional website resources, located on page 13 of this packet.

## Key Messages

In Oregon, there are three key messages we would like to convey in general as well as during Problem Gambling Awareness Week. In this resource guide you will find materials that support and explain these key ideas:

1. Problem gambling is serious public health issue for Oregon.
2. Oregon is recognized as a national leader in addressing problem gambling.
3. Treatment works; it is confidential, and is available at no cost to gamblers and significant others.

***We encourage you to join Oregon Problem Gambling Awareness Week efforts and call attention to problem gambling during the week of March 8-14, 2004.***

## Purpose of this Guide

Created by Oregon problem gambling service providers, this guide contains practical information meant for hands-on use in informing yourself about this growing public health issue, planning and implementing community programs or activities in your region.

***This packet was developed by the Oregon Problem Gambling Awareness Week Planning Committee. Special thanks to Jeff Marotta and Thomas Moore for their invaluable contributions to this publication.***

# TABLE OF CONTENTS

|   |     |
|---|-----|
| ▶ SECTION I. Facts & Figures on Problem Gambling        | 5   |
| ▶ SECTION II. Problem Gambling & Vulnerable Populations | 20  |
| ▶ SECTION III. Oregon Problem Gambling Services         | 33  |
| ▶ SECTION IV. Materials                                 | 39  |
| ▶ SECTION V. Community Action Planning                  | 61  |
| ▶ SECTION VI. Screening & Diagnostics                   | 91  |
| ▶ APPENDIX A. Brief Summary Data by Treatment Region    | 107 |



# **SECTION I**

## **Facts & Figures on Problem Gambling**

# **FACTS & FIGURES ON PROBLEM GAMBLING**

|   |           |
|---|-----------|
| ▶ <b>Fast Facts on Problem Gambling in Oregon</b>             | <b>4</b>  |
| ▶ <b>In Depth: Facts &amp; Figures about Problem Gambling</b> | <b>5</b>  |
| ▶ <b>Harmful Impacts of Problem Gambling</b>                  | <b>6</b>  |
| ▶ <b>History of Gambling in Oregon</b>                        | <b>8</b>  |
| ▶ <b>Oregon Help Line Data</b>                                | <b>10</b> |
| ▶ <b>Oregon Treatment Data</b>                                | <b>12</b> |
| ▶ <b>More Facts &amp; Figures on the Web</b>                  | <b>13</b> |
| ▶ <b>References</b>   | <b>17</b> |

# FAST FACTS ON PROBLEM GAMBLING IN OREGON

## Prevalence of Problem Gambling

- ▶ More than **60,000** Oregon adults (2.3% of adults) are believed to meet the criteria for being current problem or pathological gamblers (Moore, 2001a)
- ▶ About **6,000** Oregonians over 62 years old (1.2%) are believed to meet the criteria for problem or pathological gambling (Moore, 2001b)
- ▶ One in every 25 Oregon teens (4% of 13-17 year-olds) is a problem or pathological gambler—that's more than **10,000** Oregon teens! (Carlson & Moore, 1998)
- ▶ Two-thirds of Oregon teens gamble at least once a year
- ▶ One in ten teens is an "at-risk" gambler (he or she may be moving towards a gambling problem)

## Spending Habits

- ▶ In 2002, Oregonians spent \$1.18 billion on all forms of gambling, equaling \$447 per capita (ECONorthwest, 2003)
- ▶ During fiscal year 2002, Lottery sales in Oregon were \$817 million (Oregon Lottery, 2003); Oregon Lottery sales per capita were \$239 (NASPL, 2003)
- ▶ Consumers spend more on legal gaming in the U.S. than most other forms of entertainment combined ("1998 Gross Annual Wager Report," 1999)

## Quick Definitions:

**Problem Gambling:** "Gambling behavior which causes disruptions in any major area of life: psychological, physical, social or vocational" (National Council on Problem Gambling)

**Pathological Gambling:** "Persistent and recurrent maladaptive gambling behavior that disrupts personal, family or vocational pursuits" (APA, DSM-IV)

## Destructive Effects of Problem Gambling in Oregon

While the majority of people gamble with few or no adverse consequences, problem and pathological gamblers, families, and communities experience enormous social, economic, and psychological costs. Take a look at what problem gamblers enrolled in Oregon's gambling treatment system reported in 2002 (Moore, 2003):

- ▶ 10 percent: considered and formulated plans to commit suicide within six months of enrollment to treatment
- ▶ 24 percent: reported their gambling cost them a marriage or significant relationship
- ▶ 15 percent: lost their jobs due to gambling
- ▶ 40 percent: committed crimes to finance their gambling

# IN DEPTH: FACTS & FIGURES ABOUT PROBLEM GAMBLING

## Prevalence of Problem and Probable Pathological Gambling in Oregon

- ▶ All adults:  $\geq 18$  years old:  $>60,000$
- ▶ Older Adults:  $\geq 62$  years old: 6,000
- ▶ Adolescent Youth: 13-17 years old:  $>10,000$

## Spending

### Oregon:

- ▶ Spirit Mountain Casino is Oregon's number one tourist attraction, having surpassed Multnomah Falls (Associated Press, April 10, 1999)
- ▶ Oregonians spent \$1.18 billion on all forms of gambling, equaling \$447 per capita (ECONorthwest, 2003)
- ▶ The Oregon Lottery had sales of \$817 million in fiscal year 2001-2002; of all Oregon Lottery sales, 60 percent (\$489 million) were from video lottery (Oregon Lottery, 2003)
- ▶ In 2002, Oregon Lottery sales per capita were \$239 (NASPL, 2003)
- ▶ The Oregon Lottery comprises five percent of total state revenues; Oregon relies on other sources of gambling for additional state revenue (ECONorthwest, 2003)

### Did You Know...?

***In 2002, Oregonians spent \$1.18 billion on all forms of gambling (ECONorthwest, 2003)***

### U.S.:

- ▶ During fiscal year 2002, U.S. lottery sales totaled \$42.4 billion; per capita sales were \$168 (NASPL, 2003)
- ▶ It is estimated that in 1997 Americans collectively wagered more than \$1/2 trillion (National Research Council, 1999)
- ▶ Consumers spend more on legal gaming in the U.S. than most other forms of entertainment combined (1998 Gross Annual Wager Report, 1999)
- ▶ Forty to 60 percent of cash wagered in casinos is withdrawn from ATMs, either from personal accounts or as cash advances from credit cards (NORC, 1999)

# HARMFUL IMPACTS OF PROBLEM GAMBLING

It is important to recognize that most people can gamble without negative consequences. A small percentage, however, of persons who gamble suffer enormous social, economic, and psychological implications. Individuals, families and communities all suffer from problem gambling, and, while it would be impossible to describe all of the repercussions associated with problem gambling, the following issues help to illustrate why problem gambling can be so destructive.

## Domestic Issues

### ***Effects of Adult Problem Gambling on Children:***

- ▶ "Children of compulsive gamblers are often prone to suffer abuse, as well as neglect, as a result of parental problem or pathological gambling" (NORC, 1999)
- ▶ Research consistently shows higher rates of pathological gambling in teens whose parents gamble too much (Gupta & Derevensky, 1997; Jacobs, 2000; Wallisch & Liu, 1996)
- ▶ Children of problem gamblers have been shown to have higher levels of use for tobacco, alcohol, drug use, and overeating than do their classroom peers (Gupta & Derevensky, 1997)
- ▶ Child endangerment and child abuse may increase (NRC, 1999)
  - The NRC reported on two studies indicating between 10 and 17 percent of children of compulsive gamblers had been abused" (NRC, 1999)
  - Child endangerment was exemplified in Oregon with the September 2001 report of an Oregon licensed day-care provider who left three children (1, 2 and 3 years old) in a van for over 11 hours while she gambled in a casino (Lawrence-Turner, 2001, September 15)
  -

### ***Domestic Violence:***

- ▶ According to the National Research Council (1999), studies indicate that between 25-50 percent of spouses of pathological gamblers have been abused
- ▶ Case studies of 10 casino communities revealed that the majority of those communities witnessed increases in domestic violence related to the opening of casinos (National Opinion Research Center, 1999)

## Crime

- ▶ Several studies suggest that crime rates rise with increased availability of gambling to communities, but this issue is under intense debate
- ▶ Forty percent of clients enrolled in Oregon's gambling treatment system reported committing crimes to finance their gambling (Moore, 2003)

### **Crime & Gambling**

***In 2002, 40 percent of Oregon gambling treatment clients reported committing crimes to finance their gambling (Moore, 2003)***

- ▶ “As access to money becomes more limited, gamblers often resort to crime in order to pay debts, appease bookies, maintain appearances, and garner more money to gamble” (NRC, 1999)
  - ▶ Studies of Gamblers Anonymous (GA) members report that approximately half of the participants had stolen to gamble and over one-third had been arrested (Thompson, Gazel, & Rickman, 1996)
- ▶ The vast majority of gambling-related crimes are non-violent; embezzlement, check forgery, stealing credit cards, fencing stolen goods, tax evasion, insurance fraud, employee theft and fraud are common gambling-related crimes

## Suicide/Depression

- ▶ Ten percent of clients enrolled in Oregon's gambling treatment system considered and formulated plans to commit suicide within six months of enrollment to treatment (Moore, 2003)
- ▶ A major depressive disorder is likely to occur in 76 percent of pathological gamblers (Unwin Davis, & Leeuw, 2000)

# HISTORY OF GAMBLING IN OREGON

The Oregon Racing Commission is a state agency that was established by statute in 1933. In 1977, every state except Nevada prohibited commercial gambling casinos. Only 13 states had lotteries. Native American casinos didn't exist. Now, all but two states (Hawaii and Utah) have some form of legalized gambling! Oregon is currently among states with the top gambling revenues, and is a leader of types and availability of gambling.

- ▶ **1984:** Oregon voters authorize a state-run Lottery. The Lottery begins with scratch tickets in 1985.
- ▶ **1989:** Oregon becomes the only state that offers state-operated sports betting with the Sports Action lottery.
- ▶ **1991:** Oregon becomes the first state lottery to offer Keno games every 5 minutes.
- ▶ **1992:** Video Lottery is legalized. Total Video Lottery net revenues (after prizes) as of 2001 since its inception: over \$3 Billion (\$3,233,275,650).
  - 1992—several varieties of video poker as the only available “video” games
  - 1992—attached to this expansion of the lottery mandates establishing and funding of treatment programs for disordered gambling
  - As of 2003, approximately 9,000 video poker machines in about 1,880 bars & taverns – excluding casinos
- ▶ **1994:** First Native American casino in Oregon opens. Tribal casinos made possible by passage of the federal Indian Gaming Regulatory Act of 1988 (see following page for a list of Oregon casinos).
- ▶ **2003:** Monday Night Football scratch-it tickets begin. Lottery Commission approves 3-Way Action Poker. Expansion of video lottery from five to six terminals per retailer; Introduction of 10 video lottery terminals in pari-mutuel establishments.

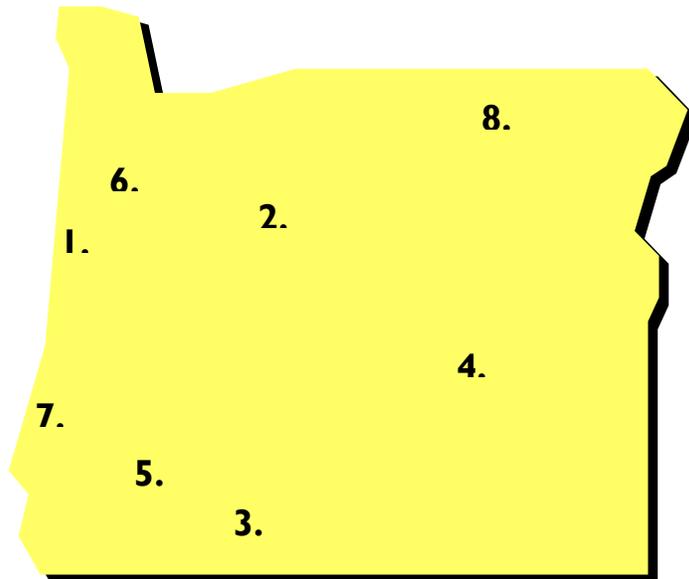
## Minimum Ages to Gamble in Oregon

- ▶ **18:** Organized gambling: Charitable bingo and pull-tabs, pari-mutuel betting (e.g., race track)
- ▶ **18:** Lottery, bingo and blackjack
- ▶ **21:** Video lottery and tribal casinos

## Tribal Casinos

To date, there are eight tribal casinos located in Oregon, with an additional casino, Three Rivers Casino, planned in the Florence area (casinos listed in alphabetical order):

1. **Chinook Winds Casino & Convention Center (Lincoln City, OR)**  
County: Lincoln; Largest City in County: Lincoln City, 0 mi. from casino
2. **Kah-Nee-Ta High Desert Resort & Casino (Warm Springs, OR)**  
County: Jefferson; Largest City in County: Madras, 15 mi. from casino
3. **Kla-Mo-Ya Casino (Chiloquin, OR)**  
County: Klamath; Largest City in County: Klamath Falls, 24 mi. from casino
4. **Old Camp Casino (Burns, OR)**  
County: Harney; Largest City in County: Burns, 2 mi. from casino
5. **Seven Feathers Hotel & Casino Resort (Canyonville, OR)**  
County: Douglas; Largest City in County: Roseburg, 26 mi. from casino
6. **Spirit Mountain Casino (Willamina, OR)**  
County: Yamhill; Largest City in County: McMinnville, 24 mi. from casino
7. **The Mill Casino Hotel (North Bend, OR)**  
County: Coos; Largest City in County: Coos Bay, 2 mi. from casino
8. **Wildhorse Resort & Casino (Pendleton, OR)**  
County: Umatilla; Largest City in County: Pendleton, 4 mi. from casino



### ***For More Information...***

***If you would like further information on types of gambling available in Oregon, visit ECONorthwest's website for the Oregon and Washington Gaming Markets and Oregon Casino Survey.***

***[www.econw.com/pdf/2002gamerep.pdf](http://www.econw.com/pdf/2002gamerep.pdf)***

## OREGON HELP LINE DATA: JULY 2002 – JUNE 2003

| CATEGORY OF CALLER                     | Jul        | Aug        | Sep        | Oct        | Nov        | Dec        | Jan        | Feb        | Mar        | Apr        | May        | Jun        | Total       |
|--|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|------------|-------------|
| 1. SUICIDAL CALLER                     | 1          | 3          | 1          | 0          | 0          | 1          | 1          | 0          | 2          | 0          | 0          | 0          | 9           |
| 2. GAMBLER SEEKING TREATMENT           | 121        | 99         | 109        | 129        | 111        | 96         | 146        | 103        | 135        | 142        | 144        | 104        | 1439        |
| 3. FAMILY SEEKING TREATMENT            | 28         | 21         | 16         | 29         | 29         | 18         | 26         | 18         | 33         | 18         | 23         | 15         | 274         |
| 4. INQUIRY ABOUT GA/GAMANON            | 24         | 24         | 25         | 33         | 23         | 24         | 25         | 9          | 14         | 13         | 14         | 14         | 242         |
| 5. INQUIRY ABOUT LOTTERY OUTCOMES      | 14         | 24         | 15         | 11         | 7          | 15         | 11         | 15         | 8          | 8          | 7          | 4          | 139         |
| 6. GAMBLER SEEKING INFO-NOT TREATMT    | 32         | 26         | 38         | 42         | 25         | 33         | 41         | 18         | 23         | 20         | 29         | 29         | 356         |
| 7. FAMILY SEEKING INFO-NOT TREATMT     | 23         | 18         | 22         | 10         | 16         | 28         | 25         | 24         | 32         | 36         | 32         | 32         | 298         |
| 8. CALLER "JUST WANTS TO TALK"         | 18         | 14         | 17         | 11         | 16         | 17         | 14         | 10         | 13         | 6          | 14         | 7          | 157         |
| 9. WRONG NUMBER/HANG UP                | 36         | 69         | 86         | 76         | 83         | 59         | 107        | 70         | 93         | 179        | 176        | 93         | 1127        |
| 10. AGENCY CONTACTING                  | 8          | 15         | 16         | 26         | 9          | 12         | 25         | 13         | 12         | 16         | 14         | 13         | 179         |
| 11. GA CONTACTING                      | 0          | 0          | 1          | 0          | 0          | 2          | 1          | 0          | 2          | 3          | 0          | 1          | 10          |
| 12. OTHER                              | 15         | 12         | 9          | 3          | 7          | 8          | 10         | 19         | 28         | 20         | 20         | 22         | 173         |
| <b>TOTAL</b>                           | <b>320</b> | <b>325</b> | <b>355</b> | <b>370</b> | <b>328</b> | <b>313</b> | <b>432</b> | <b>297</b> | <b>395</b> | <b>461</b> | <b>473</b> | <b>334</b> | <b>4403</b> |
| GAT REFERRALS GIVEN TO CALLERS         | 214        | 182        | 181        | 203        | 176        | 182        | 231        | 146        | 221        | 201        | 194        | 161        | 2292        |
| DIRECT (FAXED) REFERRALS TO TREATMENT  | 157        | 112        | 124        | 146        | 130        | 96         | 156        | 112        | 159        | 122        | 144        | 103        | 1561        |
| CONFIRMATION DIRECT REFERRAL BY AGENCY | 54         | 44         | 31         | 72         | 41         | 55         | 94         | 56         | 75         | 84         | 99         | 44         | 749         |
| DIRECTLY CONNECTED WITH AGENCY         |            |            |            |            |            |            |            |            | 52         | 56         | 53         | 42         | 203         |
| PERMISSION TO CALL BACK 72 HOURS       | 107        | 84         | 92         | 121        | 111        | 88         | 138        | 102        | 142        | 138        | 134        | 87         | 1344        |
| SUCCESSFUL 72 HOUR CALL BACK           | 69         | 54         | 45         | 93         | 75         | 65         | 119        | 69         | 78         | 82         | 105        | 56         | 910         |
| GA REFERRALS                           | 53         | 92         | 111        | 103        | 100        | 110        | 163        | 77         | 87         | 102        | 71         | 94         | 1163        |

## Help Line Tracking by Hours

| <b>CALL HOURS →</b> | <b>0-3</b> | <b>3-6</b> | <b>6-9</b> | <b>9-12</b> | <b>12-15</b> | <b>15-18</b> | <b>18-21</b> | <b>21-24</b> | <b>TOTAL</b> |
|---------------------|------------|------------|------------|-------------|--------------|--------------|--------------|--------------|--------------|
|---------------------|------------|------------|------------|-------------|--------------|--------------|--------------|--------------|--------------|

### ↳ **Call Center Hours** ↵

=

|                      |    |    |     |      |      |     |     |     |             |
|----------------------|----|----|-----|------|------|-----|-----|-----|-------------|
| <b>JULY</b>          | 9  | 2  | 20  | 75   | 69   | 73  | 54  | 18  | <b>278</b>  |
| <b>AUGUST</b>        | 8  | 9  | 14  | 73   | 65   | 78  | 69  | 9   | <b>379</b>  |
| <b>SEPTEMBER</b>     | 6  | 4  | 22  | 71   | 89   | 73  | 73  | 17  | <b>323</b>  |
| <b>OCTOBER</b>       | 9  | 1  | 17  | 100  | 95   | 86  | 47  | 15  | <b>357</b>  |
| <b>NOVEMBER</b>      | 7  | 3  | 23  | 92   | 73   | 63  | 46  | 21  | <b>450</b>  |
| <b>DECEMBER</b>      | 6  | 5  | 21  | 89   | 71   | 54  | 50  | 17  | <b>302</b>  |
| <b>JANUARY</b>       | 14 | 2  | 13  | 109  | 101  | 104 | 65  | 21  | <b>378</b>  |
| <b>FEBRUARY</b>      | 5  | 1  | 11  | 63   | 78   | 68  | 53  | 18  | <b>381</b>  |
| <b>MARCH</b>         | 6  | 4  | 31  | 89   | 104  | 82  | 68  | 11  | <b>403</b>  |
| <b>APRIL</b>         | 8  | 6  | 23  | 123  | 127  | 92  | 65  | 17  | <b>410</b>  |
| <b>MAY</b>           | 8  | 4  | 28  | 116  | 108  | 114 | 78  | 17  | <b>384</b>  |
| <b>JUNE</b>          | 5  | 5  | 20  | 78   | 89   | 70  | 47  | 20  | <b>292</b>  |
| <b>TOTAL CALLS →</b> | 91 | 46 | 243 | 1078 | 1069 | 957 | 715 | 201 | <b>4337</b> |

# OREGON TREATMENT DATA: JULY 2002 – JUNE 2003

*Information in this section from Moore, T.L. (in press). Gambling treatment programs evaluation update. Oregon Mental Health and Addiction Services: Salem, OR.*

This is a general overview of problem gamblers in Oregon Problem Gambling Services treatment programs from July 2002 – June 2003. For regional demographic information, please refer to Appendix A of the packet.

| Demographics of Gambling Treatment Centers Participants in Oregon<br>(Moore, 2002)   |  |
|--|--|
| <p><b>N=1493</b></p> <p><b>Gender</b><br/>Males n=802<br/>Females n=690</p> <p><b>Average Age</b><br/>44.2 years<br/>Males: 43.1<br/>Females: 45.5</p> <p><b>Average Education</b><br/>12.9 years</p> <p><b>Average Household Income</b><br/>\$39,344</p> <p><b>Race/Ethnicity</b><br/>White 87.7%<br/>Black 2.2%<br/>Asian 2.1%<br/>Hispanic 2.0%<br/>SE Asian 1.7%<br/>Native American 1.3%<br/>Other 3.0%</p> | <p><b>Marital Status</b><br/>Married 40.9%<br/>Divorced 23.1 %<br/>Never married 20.1%<br/>Separated 6.7%<br/>Living as married 5.4%<br/>Widowed 2.6%</p> <p><b>Primary Locations for Gambling</b><br/>Lottery retailer (video) 69.3%<br/>Casino 17.5%<br/>Food/Convenience store 2.0%</p> <p><b>Primary Gambling Preference</b><br/>Video poker 71.7%<br/>Slot machines 11.8%<br/>Cards 6.3%</p> <p><b>Average Daily Gambling Expenditure</b><br/>\$325</p> <p><b>Average Gambling-Related Debt</b><br/>\$23,155.64</p> |

Information prepared by Herbert & Louis LLC: [info@herblou.com](mailto:info@herblou.com), (503) 625-6100.

# MORE FACTS & FIGURES ON THE WEB

## Oregon

### [www.dhs.state.or.us/addiction](http://www.dhs.state.or.us/addiction)

State of Oregon Department of Human Services Office of Mental Health and Addiction Services (OMHAS); information about problem gambling services in Oregon. Includes an online version of this toolkit and sample OPGAW presentation.

### [www.oregonlottery.org](http://www.oregonlottery.org)

The Oregon Lottery Help website offers information and tools for people with gambling problems, as well as loved ones.

### [www.gamblingaddiction.org](http://www.gamblingaddiction.org)

A variety of research reports made available by the Oregon Gambling Addiction Treatment Foundation.

### [www.econw.com](http://www.econw.com)

ECONorthwest's *Oregon and Washington Gaming Markets and Oregon Casino Survey*.

## Regional Websites

*Please note that not all Oregon Problem Gambling Services regions offered website information by the time of print.*

### **Lane County:**

ACES Meridian Gambling Treatment Program

[www.acescounseling.org](http://www.acescounseling.org) (click "Our Programs" then click "Meridian")

Lane County Gambling Prevention

[www.lanecounty.org/prevention/gambling](http://www.lanecounty.org/prevention/gambling)

### **Multnomah County:**

Cascadia Behavior Healthcare Gambling Treatment Page

[www.cascadiabhc.org/php/gambling.php](http://www.cascadiabhc.org/php/gambling.php)

ChangePoint Inc.

[www.changepointinc.com](http://www.changepointinc.com)

### **Washington County:**

Washington County Gambling Prevention

[www.co.washington.or.us/deptmts/hhs/alch\\_drg/gamble/gamble.htm](http://www.co.washington.or.us/deptmts/hhs/alch_drg/gamble/gamble.htm)

## About Youth Gambling

[www.youthbet.net](http://www.youthbet.net)

For youth, this site from the University of Toronto is highly interactive and focuses on youth gambling and problem gambling.

[www.youthgambling.com/](http://www.youthgambling.com/)

International Center for Youth Gambling Problems and High-Risk Behaviors.

[www.camh.net/egambling/issue2/feature](http://www.camh.net/egambling/issue2/feature)

“Youth Gambling: A Clinical and Research Perspective.” From *The Electronic Journal of Gambling Issues*; prominent researchers Jeffrey Derevensky and Rina Gupta provide an overview of youth gambling problems and review of recent youth gambling research.

## Help and Treatment

[www.oregonlotteryhelp.org/quiz.html](http://www.oregonlotteryhelp.org/quiz.html)

Self-Assessment Quiz from the Oregon Lottery Help website.

[www.gamblersanonymous.org/](http://www.gamblersanonymous.org/)

Official Gamblers Anonymous website.

[www.gam-anon.org/](http://www.gam-anon.org/)

Gam-Anon. Support for spouse, family, or close friends of the problem gambler.

[www.gamblingaddiction.org/gp\\_cnty.htm](http://www.gamblingaddiction.org/gp_cnty.htm)

Oregon gambling treatment providers. List of state-funded treatment providers throughout the state.

[www.apgsa.org](http://www.apgsa.org)

International Association of Problem Gambling Service Administrators website. Also is the host for information on National Problem Gambling Awareness Week.

[www.ncpgambling.org](http://www.ncpgambling.org)

National Council on Problem Gambling, Inc. website. Provides information on state affiliates, a counselor search, and other resources.

## About Athletes and Gambling

[www.umich.edu/~mgoblue/compliance/gambling/](http://www.umich.edu/~mgoblue/compliance/gambling/)

University of Michigan athletics gambling education. Contains research and articles on gambling for anyone involved with athletics, as well as video clips about athletes with gambling problems.

[www.thewager.org/Backindex/Vol4HTML/w423fr.html](http://www.thewager.org/Backindex/Vol4HTML/w423fr.html)

Harvard's *The WAGER* journal report on risk behaviors among athletes and non-athletes.

[www.responsiblegambling.org/articles/A comparison of problem gambling rates between college athletes and non-athletes.pdf](http://www.responsiblegambling.org/articles/A_comparison_of_problem_gambling_rates_between_college_athletes_and_non-athletes.pdf)

“A Comparison of Problem Gambling Rates Between College Athletes and Non-Athletes in the Southeastern Conference” (.pdf). A research study; you will need the Adobe Acrobat Reader application to view this file.

## Problem Gambling Research

[www.gamblingaddiction.org/](http://www.gamblingaddiction.org/)

Oregon Gambling Addiction Treatment Foundation. A research and education resource for gambling addiction treatment professionals.

[www.thewager.org/](http://www.thewager.org/)

The *Weekly Addiction Gambling Education Report* (WAGER) is a research bulletin published by the Division on Addictions at Harvard Medical School and the Massachusetts Council on Compulsive Gambling; it is intended to disseminate information about the study of pathological gambling.

[www.abgaminginstitute.ualberta.ca/agrilibrary/blogger.html](http://www.abgaminginstitute.ualberta.ca/agrilibrary/blogger.html)

Alberta Gaming Research Institute Library Weblog. Provides a selection of Internet gambling research resources updated regularly.

[www.geminiresearch.com/](http://www.geminiresearch.com/)

The “Reports and Links” section offers a number of international research studies and reports available online.

<http://govinfo.library.unt.edu/ngisc/reports/fullrpt.html>

National Gaming Impact Study Commission Final Report, 1999.

[www.responsiblegambling.org](http://www.responsiblegambling.org)

The Responsible Gambling Council (Ontario) provides a collection of more than 2,500 articles, reports and documents on a “wide range of gambling-related issues.” Click the “e-Library” link to reach the gambling prevention and awareness resource e-library.

[www.naspl.org/bibliog.html](http://www.naspl.org/bibliog.html)

Problem gambling: A bibliography. North American Association of State and Provincial Lotteries (NASPL) provides a number of research resources divided into categories related to problem gambling.

## For Non-English Speakers

[www.gamb-ling.com](http://www.gamb-ling.com)

Problem gambling information in 11 languages.

[www.juegopatologico.com/](http://www.juegopatologico.com/)

Spanish: El juego patológico. Este sitio tiene artículos, noticias, autoayuda, y información en el diagnóstico y tratamiento del juego patológico. (Pathological gambling. This site contains articles, news, self-help, and information on the diagnostics and treatment of pathological gambling.)

[www.adicciones.org/enfermedad/juego](http://www.adicciones.org/enfermedad/juego)

Spanish: Adicción al juego. Un sitio dedicada a adicciones en general, también se enfoca en la “adicción” al juego. (Gambling addiction. A site focused on general addictions, this page focuses on gambling “addiction.”)

[www.cop.es/colegiados/M-13641/](http://www.cop.es/colegiados/M-13641/)

Spanish: Juego patológico (ludopatía) en España. Más información y enlaces sobre el juego patológico; artículos (dirigido a los profesionales) de investigaciones sobre el juego patológico. (Pathological gambling – a site from Spain. More information and links about pathological gambling; articles for professionals on studies related to pathological gambling.)

## General Prevention/Treatment Resources

[www.well.com/user/woa](http://www.well.com/user/woa)

Web of Addictions. Provides a host of information and links related to alcohol and other drug addictions.

[www.unr.edu/westcapt/bestpractices/index.htm](http://www.unr.edu/westcapt/bestpractices/index.htm)

Western Center for the Application of Prevention Technology (CAPT) provides information about building a successful prevention program, from needs assessment to program evaluation.

[www.unr.edu/westcapt/powerpoint.htm](http://www.unr.edu/westcapt/powerpoint.htm)

Western CAPT provides PowerPoint presentations online for such topics as media advocacy, social marketing, and other prevention strategies.

[www.social-marketing.org](http://www.social-marketing.org)

Social Marketing Institute. “Social marketing” link offers educational papers and conference information related to social marketing issues.

[www.nfattc.org](http://www.nfattc.org)

Northwestern Frontier Addictions Technology Transfer Center. Offers a number of resources for addictions professionals, including *Addictions Messenger*, a monthly online treatment journal, information on education and trainings, and information on grants.

[www.samhsa.gov](http://www.samhsa.gov)

The Substance Abuse and Mental Health Services Administration website. Provides news, funding opportunities, publications, legislative information and more information related to substance abuse and mental health issues across the continuum of care.

## REFERENCES

- 1998 Gross Annual Wager Report. *International Gaming and Business Wagering (IGBW) Trade Magazine*. (1999, August). Retrieved 2/21/02, from [http://biz.yahoo.com/prnews/990803/ny\\_igwb\\_wa\\_1.html](http://biz.yahoo.com/prnews/990803/ny_igwb_wa_1.html)
- Associated Press. (1999, April 10). *Casino Profits Make Tribal Membership Increasingly Popular*. Retrieved 2/27/02, from [http://www.webarchives.net/casino\\_profits\\_make\\_tribal\\_membe.htm](http://www.webarchives.net/casino_profits_make_tribal_membe.htm)
- Carlson, M.J. & Moore, T.L. (1998). *Adolescent gambling in Oregon*. Salem, OR: Oregon Gambling Addiction Treatment Foundation.
- Crockford, D.N., & el-Guebaly, N. (1998). Psychiatric comorbidity in pathological gambling: A critical review. *Canadian Journal of Psychiatry*, 43, 43-50.
- ECONorthwest (2003, April 28). *2002 Oregon and Washington Gaming Markets and Oregon Casino Survey*. Portland, OR: Author.
- Grinols, E.L., Mustard, D.B., & Dilley, C.H. (2000). *Casinos, crime, and community costs*. Department of Economics, University of Illinois. Retrieved online 3/11/02, from <http://www.econ.uiuc.edu/papers/files/grinols-Casinos-Crime-15SEP00.pdf>
- Gupta, R., & Derevensky, J.L. (1997). Familial and social influences on juvenile gambling behavior. *Journal of Gambling Studies*, 13(3), 179-192.
- Jacobs, D.F. (2000). Juvenile gambling in North America: An analysis of long-term trends and future prospects. *Journal of Gambling Studies*, 16, 119-152.
- Lawrence-Turner, J. (9/15/01). Toddlers left in van for 11 hours. *Statesman Journal*. Retrieved online 3/11/02, from <http://news.statesmanjournal.com/article.cfm?i=30022>
- Lesieur, H.R. (1998). Costs and treatment of pathological gambling. *Annals of the American Academy of Political and Social Science*, 556, 153-171.
- Lester, D. (1998). Legal gambling and crime. *Psychological Reports*, 83, 382.
- Miller, M.M. (1996). Medical approaches to gambling issues I: The medical condition. *Wisconsin Medical Journal*, 95(9), 623-634.
- Moore, T. (2001a). *The prevalence of disordered gambling among adults in Oregon: A secondary analysis of data*. [Electronic version]. Salem, OR: Oregon Gambling Addiction Treatment Foundation.

- Moore, T. (2001b). *Older Adult Gambling in Oregon: An Epidemiological Survey*. Salem, OR: Oregon Gambling Addiction Treatment Foundation.
- Moore, T.L. (2003). *Gambling Treatment Programs Evaluation Update*. Oregon Mental Health and Addiction Services: Salem, OR.
- Moore, T.L. (in press). *Gambling Treatment Programs Evaluation Update*. Oregon Mental Health and Addiction Services.
- Moore, T., Jadlo, T., & Carlson, M. (2000). *Findings and recommendations for the strategic plan: Identification, prevention, and treatment of disordered gambling in Multnomah County*. Portland, OR: Behavioral Health Division, Multnomah County.
- National Opinion Research Center (NORC). (1999). *Gambling Impact and Behavior Study, Report to the National Gambling Impact Study Commission [Electronic Version]*. Chicago, IL: Author.
- National Research Council (NRC). (1999). *Pathological Gambling: A Critical Review*. Washington, D.C.: National Academy Press.
- North American Association of State and Provincial Lotteries (NASPL). (n.d.). *FY01 and FY02 sales and profits*. Retrieved 10/23/03, from <http://www.naspl.org>
- Oregon Lottery. (2003). *Overview through fiscal year 2002*. Salem: Author.
- Petry, N.M., & Tawfik, Z. (2001). Comparison of problem-gambling and non-problem-gambling youths seeking treatment for marijuana abuse. *Journal of the American Academy of Child and Adolescent Psychiatry*, 40, 1324-1331.
- Potenza, MN., Steinberg, M.A., McLaughlin, S.D., Rounsaville, B.J., & O'Malley, S.S. (2000). Illegal behaviors in problem gambling: Analysis of data from a gambling Help Line. *Journal of the American Academy of Psychiatry and the Law*, 28, 404-407.
- Rosenthal, R.J., Lorenz, V.C. (1992). The pathological gambler as criminal offender: Comments on evaluation and treatment. *The Psychiatric Clinics of North America*, 15, 647-660.
- Setness, P.A. (1997). Pathological gambling. *Postgraduate Medicine*, 102, 13-18.
- Shaffer, H.J., & Hall, M.N. (1996). Estimating the prevalence of adolescent gambling disorders: A quantitative synthesis and guide toward standard gambling nomenclature. *Journal of Gambling Studies*, 12, 193-214.
- Thompson, W., Gazel, R., Rickman, D. (1996). The social cost of gambling in Wisconsin. *Wisconsin Policy Research Institute Report*, 9, 144.

- Unwin, B.K., Davis, M.K., & Leeuw, J.B. (2000). Pathological gambling. *American Family Physician, February 2000, 61, 741-749.*
- Volberg, R.A. (1997). *Gambling and problem gambling in Oregon* [Electronic version]. Salem, OR: Oregon Gambling Addiction Treatment Foundation.
- Volberg, R.A. (2001). Changes in gambling and problem gambling in Oregon: results from the Oregon Replication Study. Northampton, MA: Gemini Research.
- Wallisch, L., & Liu, L. (1996). Drug use and gambling behavior among adults and youths in Texas: Survey findings. In: *Epidemiologic Trends in Drug Abuse*. Rockville, MD: National Institute on Drug Abuse. Volume II: 433-457.



# **SECTION II**

## **Problem Gambling & Vulnerable Populations**

# **PROBLEM GAMBLING & VULNERABLE POPULATIONS**

|  |           |
|--|-----------|
| ▶ <b>Youth</b>   | <b>22</b> |
| ▶ <b>Student Athletes</b>                                      | <b>25</b> |
| ▶ <b>Persons with a History of Alcohol or Other Drug Abuse</b> | <b>29</b> |
| ▶ <b>Persons with a History of Mental Health Issues</b>        | <b>29</b> |
| ▶ <b>Ethnic Minorities</b>                                     | <b>29</b> |
| ▶ <b>Older Adults</b>  | <b>30</b> |
| ▶ <b>References</b>  | <b>31</b> |

# YOUTH

## **National Gambling Impact Study Commission, 1999:**

***“One of the most troubling aspects of problem and pathological gambling is the prevalence among youth and adolescents.”***

- ▶ One in ten teens is an “at-risk” gambler (he or she may be moving toward problem gambling)
- ▶ One in every 25 Oregon teens is a problem/pathological gambler
- ▶ Almost 1/3 of teens have played the Oregon Lottery within the last year (minimum legal age to participate is 18 years old)
- ▶ The rates of problem gambling among youth are 2-4 times higher than the rates for adult gambling, and Oregon youth are gambling at a younger age than in the past (Carlson & Moore, 1998; Gupta & Derevensky, 1998a; Shaffer & Hall, 1996)
- ▶ Youth can hide gambling problems well—there aren’t outward, notable physical signs (e.g., smell on the breath, needle marks, slurred speech)
- ▶ Many pathological gamblers report having started gambling at an early age—approximately age 10 (Gupta & Derevensky, 2001; Gupta & Derevensky, 1998a; Gupta & Derevensky, 1997; Wynne, Smith, & Jacobs, 1996)

**The Risks** (Gupta & Derevensky; 1998a; Gupta & Derevensky, 1998b; Vitaro, Ferland, Jacques & Ladouceur, 1998; Wallisch & Liu, 1996; Winters & Anderson, 2000; Wynne, Smith, & Jacobs, 1996)

Teen problem gamblers have higher rates of:

- ▶ Crime (theft, robbery, embezzlement)
- ▶ School problems (e.g., lower grades, truancy, behavior issues)
- ▶ Family problems (e.g., withdrawal, behavior issues)
- ▶ Peer relationship problems
- ▶ Legal and money troubles
- ▶ Depression; suicidal thoughts and attempts
- ▶ Dissociative, “escape” behaviors
- ▶ Risk for co-occurring addiction(s), including alcohol and substance abuse

## **Why Should We Be Concerned About Youth Gambling?**

Take a look at the statistics of a study conducted by the Oregon Gambling Addiction Treatment Foundation (Carlson & Moore, 1998), which studied adolescents 13-17 years old throughout the state:

- ▶ Seventy-five percent of teens reported having gambled (4 percent reported gambling every day)

## What Teens Have to Say About Gambling (Gallup, 1999)

Teens 13-17 years old (n=500):

- ▶ One in ten teens report that gambling causes problems in family
- ▶ Almost one in three (29%) teens claim to have made their first bets when 10 years or younger
- ▶ One in five teens say they gamble more than they should (compared to 10% of adults)
- ▶ Teens are also more positive about gambling successes—sixty-one percent claim to be ahead on wagers (only 26% of adults make same claim)

## Risk Factors

Risk factors are aspects that increase the risk of a youth engaging in problem behaviors, including problem gambling. There are many unknown reasons why a youth develop problem gambling behaviors, but the following are some commonalities seen among those youth who do become problem gamblers (Derevensky & Gupta, 2000; Gupta & Derevensky, 1998a; Gupta & Derevensky, 1998b; Gupta & Derevensky, 1997):

- ▶ History of gambling in the family; in Oregon, children of parents who gamble are nearly twice as likely to be weekly or daily gamblers than children whose parents don't gamble (Carlson & Moore, 1998)
- ▶ 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/behavioral issues
- ▶ Problems at home
- ▶ Peer pressure
- ▶ Loneliness/depression/boredom
- ▶ Escape from reality
- ▶ Coping mechanism from life's problems
- ▶ To gain attention from peers
- ▶ To win money (however, for adolescents with gambling problems, money is the vehicle, not the main reason, for gambling)

### **Risk Factors**

***Many adult pathological gamblers report having started serious gambling at an early age—approximately age 10 (Gupta & Derevensky, 1997; 1998a; Wynne, Smith & Jacobs, 1996)***

## Protective Factors

While limited research is available studying what helps protect youth against engaging in problem gambling behaviors, the Search Institute has studied 40 factors that help young people grow into healthy, responsible adults while helping buffer them against engaging in problem behaviors. These factors, called the “40 Developmental Assets”, can be found on the Search Institute website ([www.search-institute.org/assets](http://www.search-institute.org/assets)). It is believed that youths are more likely more protected from problem gambling if they have:

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

## What Our Youth Need To Know

- ▶ Both boys *and* girls can develop gambling problems
- ▶ Gambling in Oregon is illegal for anyone under 18
- ▶ The feelings to win are potentially addictive
- ▶ Pathological gambling is a disorder similar in many ways to alcohol and drug addiction
- ▶ Most youth do *not* gamble on a regular basis
- ▶ Help is available if they or someone they know has a gambling problem

## What We ALL Can Do

- ▶ Educators increase prevention efforts through classroom education
- ▶ Educators and school administrators can review school gambling policies (e.g., bingo on campus, casino nights, etc.)
- ▶ Parents can teach kids about risks and consequences of gambling
- ▶ Communities can promote protective factors in youth (e.g., support them with healthy alternatives, bonding, good decision-making skills)
- ▶ All of us can maintain an environment encouraging open communication

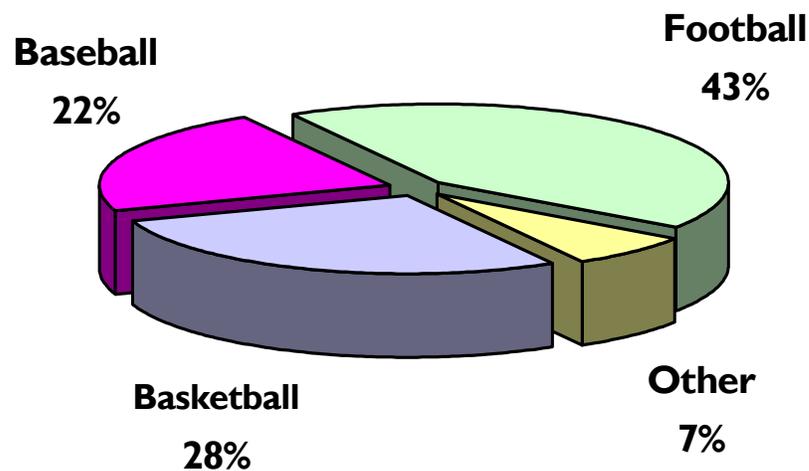
***For more information about potential risk and protective factors as related to youth problem gambling, or if you would like information about setting up an evidenced-based problem gambling prevention program in your area, refer to the Oregon Gambling Prevention Resource Guide online at [www.gamblingaddiction.org](http://www.gamblingaddiction.org), or contact Jeffrey Marotta ([Jeffrey.J.Marotta@state.or.us](mailto:Jeffrey.J.Marotta@state.or.us)).***

# STUDENT ATHLETES

## Gambling Among College Student Athletes (Cross & Vollano, 1999)

- ▶ Seventy-two percent of student athletes have gambled at least once since entering college; forty-five percent of male athletes gamble on sports
- ▶ One in 20 male student athletes admitted providing inside information for gambling purposes, bet on a game in which they participated, or accepted money for performing poorly in a game
- ▶ Student athletes who gambled on sports with bookies gamble an average of \$225 per month

**Most Common Types of Sports Bets** (Palermo, 1997 (as cited in “Betting on Boxing,” July 1, 1997):



### ***Dangers of Student Athlete Betting***

- ▶ Athletic and academic failure
- ▶ Crime
- ▶ Relationship problems
- ▶ Alcohol and substance abuse
- ▶ Debt
- ▶ Suicide

### ***NCAA Gambling Rules for Student Athletes*** ([www.ncaa.org](http://www.ncaa.org))

- ▶ “You may not place any bet of any sort on any college or professional sports event.”
- ▶ “You may not give information to anyone who does place bets on college or professional sports.”

### ***Famous College Gambling Incidents***

**2003, Washington:** Football head coach Rick Neuheisel fired for participating in a NCAA basketball betting pool.

**1997, Arizona State:** Two basketball players pled guilty to point shaving on four home games. Fifteen of 22 fraternities turned up in records of an illegal gambling ring on campus.

• **1996, Boston College:** Thirteen football players were suspended for gambling on games; two players were found to have bet against their own team.

• **1995, Maryland:** Five football players, including the starting quarterback, were suspended for gambling on sports.

• **1994, Northwestern:** Two players, one a starting running back on the football team and the other a starting guard on the basketball team, were suspended for betting on college games.

## Stage Theory of Gambling Addiction in Athletes (Miller et al., 2001)

### **Winning**

- ▶ Gambler continues to win as a risk taker
- ▶ Leads to increasingly skillful betting, playing, risk-taking
- ▶ Increases confidence & enthusiasm about risks taken
- ▶ Sensation seeking quality to risks, leading to more competitive spirit
- ▶ Winning reinforces belief that skill can lead to more success in gambling as it does with competitive sport
- ▶ Developing “compulsion” to gamble due to successes & wishes to increase skill

### **Losing**

- ▶ Athlete bets compulsively and “chases” to get money back that has been lost
- ▶ Athlete gambler falls deeply into debt
- ▶ Borrows money
- ▶ Sometimes includes point shaving that improve control gambler has over sporting events outcomes
- ▶ Hope exists that losses will be won back
- ▶ Athlete gambler tries to hide losses from family

### **Desperation**

- ▶ Gambling continues with all-consuming intensity
- ▶ Apparent disregard for family, friends, job
- ▶ Irritability, hypersensitivity, restlessness
- ▶ Depression
- ▶ Diminished interest in usual activities or hobbies
- ▶ Sleep disturbance, weight change, fatigue

## Signs of a Problem Sports Gambler

- ▶ Excessive use of Internet or phone bills to 900-number services
- ▶ Obsession with point spreads or “fantasy” scores
- ▶ Unusual interest in obscure games or shifting of allegiances of teams
- ▶ Association with other sports bettors
- ▶ Frequently borrowing money from friends or family
- ▶ Defensive when questioned about gambling behavior
- ▶ Debts, unpaid bills, financial troubles
- ▶ After losing, desiring to bet again to win back losses

## Identifying the Problem and Getting Help

- ▶ Provide screening for athletes as part of a routine annual physical
- ▶ As a primary, inexpensive measure, could use Lie/Bet questions (Johnson, Hamer, Nora, Tan, Eistenstein, & Englehart, 1988) to rule out problem gambling behaviors:
  - Have you ever felt the need to bet more and more money?
  - Have you ever had to lie to people important to you about how much you gambled?
- ▶ If positive response to one or both questions, refer to 1-877-2-STOP-NOW 24-hour Help Line
- ▶ Provide zero-tolerance for gambling activities on campus
- ▶ Develop a comprehensive Code of Conduct for athletes that specify standards for activities such as gambling
- ▶ Provide athletes with awareness education, including available help resources for gambling and other disorders

### ***Did you know...?***

***Nevada and Oregon are the only states where sports betting is legal (only the State Lottery form in Oregon is legal). It is estimated as much \$380 billion each year is illegally wagered on sporting events (NORC, 1999).***

## PERSONS WITH A HISTORY OF ALCOHOL OR OTHER DRUG ABUSE

- ▶ Problem drinkers were shown in one study to be 23 times more likely to have a gambling problem than persons without a drinking problem (Welte et al., 2001)
- ▶ Pathological or problem gamblers had 7 times the rate of alcohol dependence than nongamblers and low-risk gamblers (NORC, 1999)
- ▶ A 1999 study (Pasternak & Fleming, 1999) revealed that almost one in every three persons with a gambling problem also abused alcohol (compared to about one in ten without gambling problems), and about twice as many problem gamblers used tobacco
- ▶ In a study of over 21,000 high-school students, (Proimos, DuRant, Pierce, & Goodman, 1998) regular cocaine use and anabolic steroids were significantly associated with a report of problems connected to gambling

## PERSONS WITH A HISTORY OF MENTAL HEALTH ISSUES

- ▶ Individuals with concurrent psychiatric problems display much higher rates of disordered gambling than either adolescents or adults sampled from the general population (Shaffer et al., 1997)
- ▶ There are strong associations between pathological gambling and depression (Becona, Del Carmen Lorenzo, & Fuentes, 1996)
- ▶ High rates of personality disorders (e.g., obsessive-compulsive, avoidant, schizotypal and paranoid) are noted in the research (NORC, 1999)

## ETHNIC MINORITIES

### ***Did You Know...?***

***Ethnic minorities in Oregon spend about two and a half times more money on gambling in a typical month than Caucasians (Moore, 2001)***

- ▶ Minority populations most likely have much higher rates of pathological gambling than Caucasians (Moore, Jadlos, & Carlson, 2000, as cited in Moore, 2001)
- ▶ Minorities spend about two and a half times more on gambling in a typical month than Caucasians (Moore, 2001a)
- ▶ Ethnic minority groups (except Asians) are over-represented among individuals classified as problem gamblers (Moore, 2001)

## OLDER ADULTS

- ▶ The rate of problem gambling among Oregonian adults ages 65 and over is 1.2%, lower than any other age group in Oregon (Moore, 2001b); however, older adults who play at gambling facilities are six times more likely to be problem gamblers than other older adults randomly chosen from the same community, and 3.7 times as likely to be probable pathological gamblers (McNeilly & Burke, 2000)
- ▶ Older adults are considered at increased risk due to factors unique to that population, such as loneliness, isolation, physical or mental illness; additionally, in one study of older adults, the most likely reported motivations to gamble were: relaxation, boredom, passing time, and getting away for the day (McNeilly & Burke, 2000)
- ▶ Compared to those older adults surveyed from senior centers, older adults surveyed from bingo events had higher South Oaks Gambling Screen (SOGS) scores and greater gambling frequency and expenditures (Ladd, Molina, Kerins, & Petry, 2003)
- ▶ Among adults over 65 years of age, gambling is the most frequently identified social activity (McNeilly & Burke, 2001)
- ▶ From 1975 to 1997, the number of American adults 65 years of age or older that had ever gambled increased by 45% (NORC, 1999)
- ▶ From 1994 to 1998, the percentage of women 65 years of age or older who had ever gambled rose from by 20% (NORC, 1999)
- ▶ Some older adults may have cognitive impairment that interferes with their ability to make sound decisions
- ▶ Many older adults may not understand addiction, making them less likely to identify a gambling problem; additionally, older adults appear less willing to seek assistance for a gambling problem than younger adults
- ▶ There is also concern that gambling-related problems may be more difficult to identify because of increased isolation from co-workers, friends and family

### **Did You Know...?**

***Among adults over 65 years of age, gambling is the most frequently identified social activity (McNeilly & Burke, 2001)***

## REFERENCES

- Becona, E., Del Carmen Lorenzo, M., & Fuentes, M.J. (1996). Pathological gambling and depression. *Psychological Reports, 78*, 635-640.
- Betting on boxing. (1997). *The Weekly Addiction Gambling Educational Report (WAGER), 2*, 23.
- Carlson, M.J. & Moore, T.L. (1998). *Adolescent gambling in Oregon*. Salem, OR: Oregon Gambling Addiction Treatment Foundation.
- Cross, M.E., & Vollano, A. (1999). *The Extent and Nature of Gambling Among College Student Athletes*. Ann Arbor, MI: University of Michigan Department of Athletics.
- Derevensky, J.L. & Gupta, R. (2000). Prevalence estimates of adolescent gambling: A comparison of the SOGS-RA, DSM-IV-J, and the GA 20 Questions. *Journal of Gambling Studies, 16*(1), 227-251
- Gupta, R., & Derevensky, J.L. (1997). Familial and social influences on juvenile gambling behavior. *Journal of Gambling Studies, 13*(3), 179-192.
- Gupta, R., & Derevensky, J.L. (1998a). Adolescent gambling behavior: A prevalence study and examination of the correlates associated with excessive gambling. *Journal of Gambling Studies, 14*, 227-244.
- Gupta, R., & Derevensky, J.L. (1998b). An empirical examination of Jacob's General Theory of Addictions: Do adolescent gamblers fit the theory? *Journal of Gambling Studies, 14*, 17-49.
- Gupta, R., & Derevensky, J.L. (2001). *An Examination of the Differential Coping Styles of Adolescents with Gambling Problems: A Report to the Ministry of Health and Long-Term Care, Ontario*. Montreal: McGill University.
- Johnson, E.E., Hamer, R., Nora, R.M., Tan, B., Eistenstein, N., & Englehart, C. (1988). The lie/bet questionnaire for screening pathological gamblers. *Psychological Reports, 80*, 83-88.
- Ladd, G.T., Molina, C.A., Kerins, G.J., & Petry, N.M. (2003). Gambling participation and problems among older adults. *Journal of Geriatric Psychiatry and Neurology, 16*, 172-177.
- McNeilly, D.P. & Burke, W.J. (2000). Late life gambling: The attitudes and behaviors of older adults. *Journal of Gambling Studies, 16*, 393-415.
- McNeilly, D.P. & Burke, W.J. (2001). Casino gambling as a social activity of older adults. *International Journal of Aging & Human Development, 52*, 19-28.

- Miller, T.W., Adams, J.M., Kraus, R.F., Clayton, R., Miller, J.M., Anderson, J., & Ogilvie, B. (2001). Gambling as an addictive disorder among athletes: Clinical issues in sports medicine. *Sports Medicine* 31, 145-152.
- Moore, T.L. (2001a). *The prevalence of disordered gambling among adults in Oregon: A secondary analysis of data*. [Electronic version]. Salem, OR: Oregon Gambling Addiction Treatment Foundation.
- Moore, T. (2001b). *Older Adult Gambling in Oregon: An Epidemiological Survey*. Salem, OR: Oregon Gambling Addiction Treatment Foundation.
- National Opinion Research Center (NORC). (1999). *Gambling Impact and Behavior Study, Report to the National Gambling Impact Study Commission* [Electronic Version]. Chicago, IL: Author.
- Pasternak, A.V. & Fleming, M.F. (1999). Prevalence of gambling disorders in a primary care setting [Electronic version]. *Archives of Family Medicine*, 8, 515-520.
- Proimos, J., DuRant, R.H., Pierce, J.D. & Goodman, E. (1998). Gambling and other risk behaviors among 8<sup>th</sup>- to 12<sup>th</sup>-grade students. *Pediatrics*, 102, 1-6.
- Shaffer, H.J., & Hall, M.N. (1996). Estimating the prevalence of adolescent gambling disorders: A quantitative synthesis and guide toward standard gambling nomenclature. *Journal of Gambling Studies*, 12, 193-214.
- Shaffer, H.J., Hall, M.N., & Vander Bilt, J. (1997). *Estimating the Prevalence of Disordered Gambling Behavior in the United States and Canada: A Meta-Analysis*. Boston, MA: Harvard Medical School Division on Addictions.
- Vitaro, F., Ferland, F., Jacques, C. & Ladouceur, R. (1998). Gambling, substance use, and impulsivity during adolescence. *Psychology of Addictive Behaviors*, 12, 185–194.
- Wallisch, L., & Liu, L. (1996). Drug use and gambling behavior among adults and youths in Texas: Survey findings. In: *Epidemiologic Trends in Drug Abuse*. Rockville, MD: National Institute on Drug Abuse. Volume II: 433-457.
- Welte, J., Barnes, G., Wieczorek, W., Tidwell, M.C., & Parker, J. (2001). Alcohol and gambling pathology among U.S. adults: Prevalence, demographic patterns and comorbidity. *Journal of Studies on Alcohol*, 62, 706-712.
- Winters, K. C., & Anderson, N. (2000). Gambling involvement and drug use among adolescents. *Journal of Gambling Studies*, 16 (2/3), 175-198.
- Wynne, H.J., Smith, G.J. & Jacobs, D.F. (1996). *Adolescent Gambling and Problem Gambling in Alberta*. Prepared for the Alberta Alcohol and Drug Abuse Commission. Edmonton, AB: Wynne Resources Ltd.



# **SECTION III**

## **Oregon Problem Gambling Services**

# OREGON PROBLEM GAMBLING SERVICES

*Jeffrey J. Marotta, Ph.D.*  
*Oregon Department of Human Services*  
*Office of Mental Health & Addiction Services*  
*500 Summer Street NE E86*  
*Salem, Oregon, U.S.A. 97301-1118*

**[jeffrey.j.marotta@state.or.us](mailto:jeffrey.j.marotta@state.or.us)**

## **I. Philosophical Approach: Public Health Paradigm**

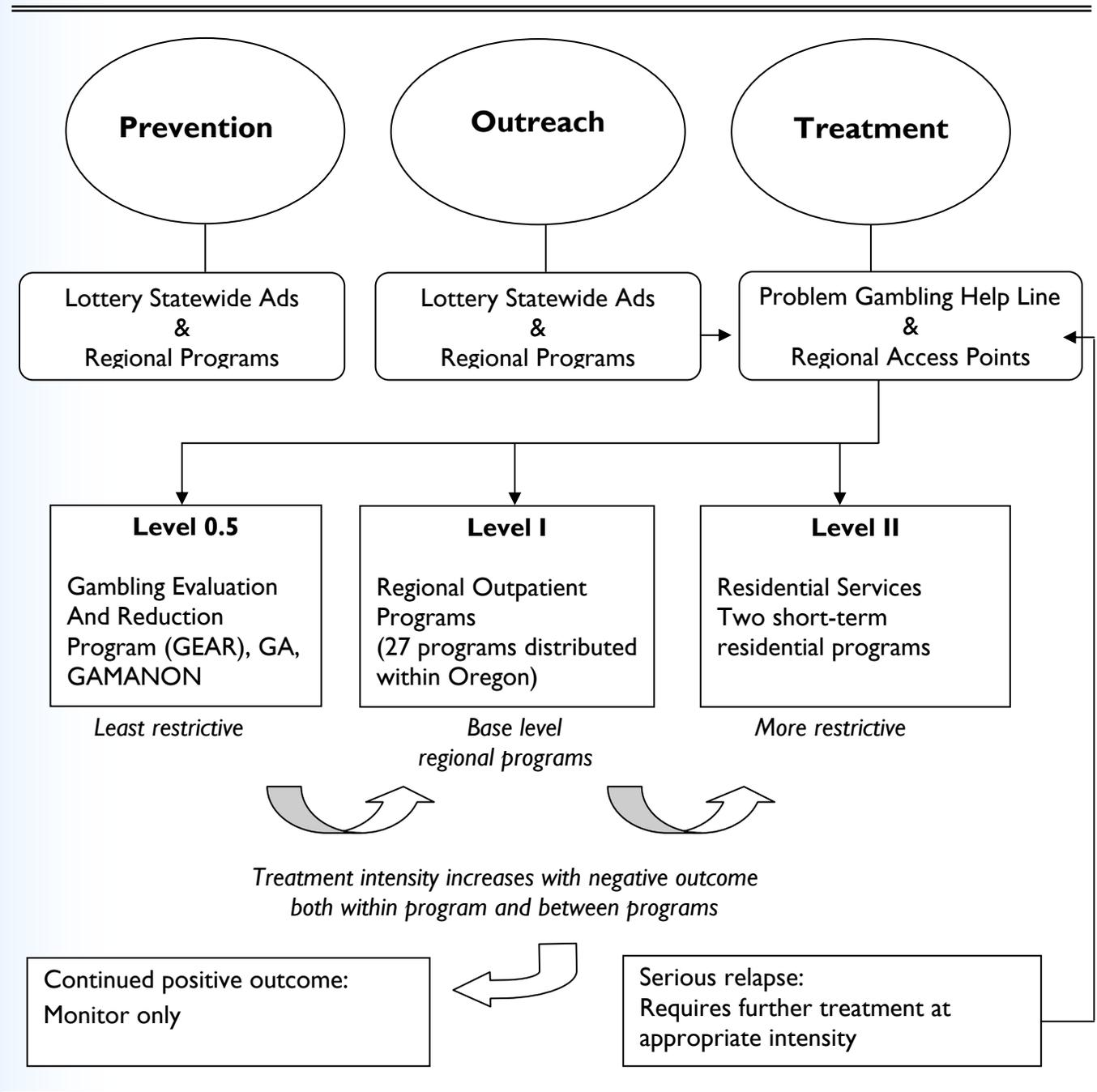
Oregon's Problem Gambling Services is guided by a public health paradigm and approach that takes into consideration biological, behavioral, economic, cultural and policy determinants influencing gambling and health. It incorporates prevention, harm reduction and multiple levels of treatment by placing emphasis on quality of life issues for the gambler, families and communities. By appreciating the multiple dimensions of gambling, Oregon's Problem Gambling Services has been developed to incorporate strategies that minimize gambling's negative impacts while recognizing the reality of gambling's availability, cultural acceptance and economic appeal.

## **II. Funding**

Oregon's Problem Gambling Services has an annual budget of \$2.8 million during the 2003-2005 biennium. These funds come from Legislative action transferring 1% of the Oregon State Lottery's net proceeds into a Gambling Treatment Fund. The Department of Human Services has administrative responsibility over these funds. Additionally, the Oregon Lottery allocates 10% of their marketing budget (approximately \$700,000 annually) toward the production and purchasing of ads and educational materials addressing problem gambling.

### III. Service Delivery Overview: 2003-2005 Biennium

Oregon's Problem Gambling Services are broken down into three broad service areas; prevention, outreach, and treatment. Within and between these service areas program design follows the framework recommended by Institute of Medicine's (IOM) Continuum of Care. The below diagram depicts the outline of Oregon's Problem Gambling Services.



## IV. Prevention

Problem gambling prevention programs are directed at avoiding or reducing the emotional, physical, social, legal, financial, and spiritual consequences of disordered gambling for the gambler and the gambler's family. Oregon's prevention efforts are guided by the Center for Substance Abuse Prevention's (CSAP) six core prevention strategies and delivered by three separate yet related administrative bodies.

1. Department of Human Services' (DHS) Problem Gambling Services orchestrates actions to prevent gambling-related problems, promote informed and balance attitudes, and protect vulnerable groups. These actions include promoting healthy public policy and developing collaborative relationships between various stakeholder groups.
2. County Governments are provided \$400,000 dollars annually to empower communities and strengthen community action. Local governments develop and implement regionally specific prevention plans that include measurable goals and objectives. The prevention plans follow a public health model as a foundation.
3. The Oregon Lottery allocates \$700,000 annually for public awareness and education programs designed to provide clear and consistent messages regarding healthy and unhealthy gambling behavior. The "Play Responsibly" campaigns along with a problem gambling awareness campaigns uses TV, radio and print media.

## V. Outreach

County governments' "gambling prevention funds" may be used for either prevention or for outreach activities. Outreach activities include case finding among high-risk populations. Common outreach actions include screening for gambling problems within mental health programs, alcohol and drug abuse programs, corrections departments, and at-risk youth programs. Additionally, the Oregon State Lottery's "Play Responsibly" campaign generates thousands of calls to the Problem Gambling Help-Line, which produce approximately 2,500 referrals to problem gambling treatment programs per year (Oregon has a population of 3.42 million).

## VI. Treatment Delivery: A Stepped Care Approach

A frequent access point to treatment begins with a call made to the state's Problem Gambling Help-Line (877-2-STOP-NOW). The 2003-2005 Help-line is staffed 24-hours a day by professional counselors with problem gambling expertise. Callers are informed that problem gambling treatment services in Oregon are free of charge and confidential. When appropriate, counselors conduct brief assessments and motivational interviews with callers. The counselor

then makes referrals based on screening information, clinical judgment, and available resources. To facilitate a successful referral, Help-line counselors use three-way calling to place the caller in contact with the referral agency and offer follow-up calls to provide further support.

The treatment system follows a stepped care approach. That is, treatment intensity increases with negative outcomes both within programs and between programs. Oregon's treatment delivery system is composed of intervention programs broadly classified as Level 0.5 interventions, Level I treatments, and Level II treatments.

Level .5 interventions are considered least restrictive approaches and consist of either local Gamblers Anonymous groups or the Gambling Evaluation And Reduction (GEAR) Program. Participants utilizing the GEAR program are mailed a manual for self-change and provided the opportunity to review workbook assignments with a counselor during scheduled telephone sessions. All GEAR participants receive 24-month evaluation and referral services.

Level I treatment is broadly defined as outpatient, professionally delivered, face-to-face interventions. Level I treatment involves a biopsychosocial assessment, individual treatment planning, one to one counseling and/or case management sessions, group counseling, family involvement if appropriate and aftercare planning. Oregon operates approximately 27 Level I treatment programs distributed throughout the state. Included in the Level I services are culturally specific programs targeting African American and Hispanic populations.

Level II programs are composed of two regional centers that offer residential services limited to a 14-day duration. Individuals utilizing this level of care are referred from an outpatient gambling treatment program. One center is medically based, one is operated out of a residential alcohol and drug treatment facility, and both represent joint ventures with local outpatient gambling treatment programs.

## VII. Description of Our Treatment Clients

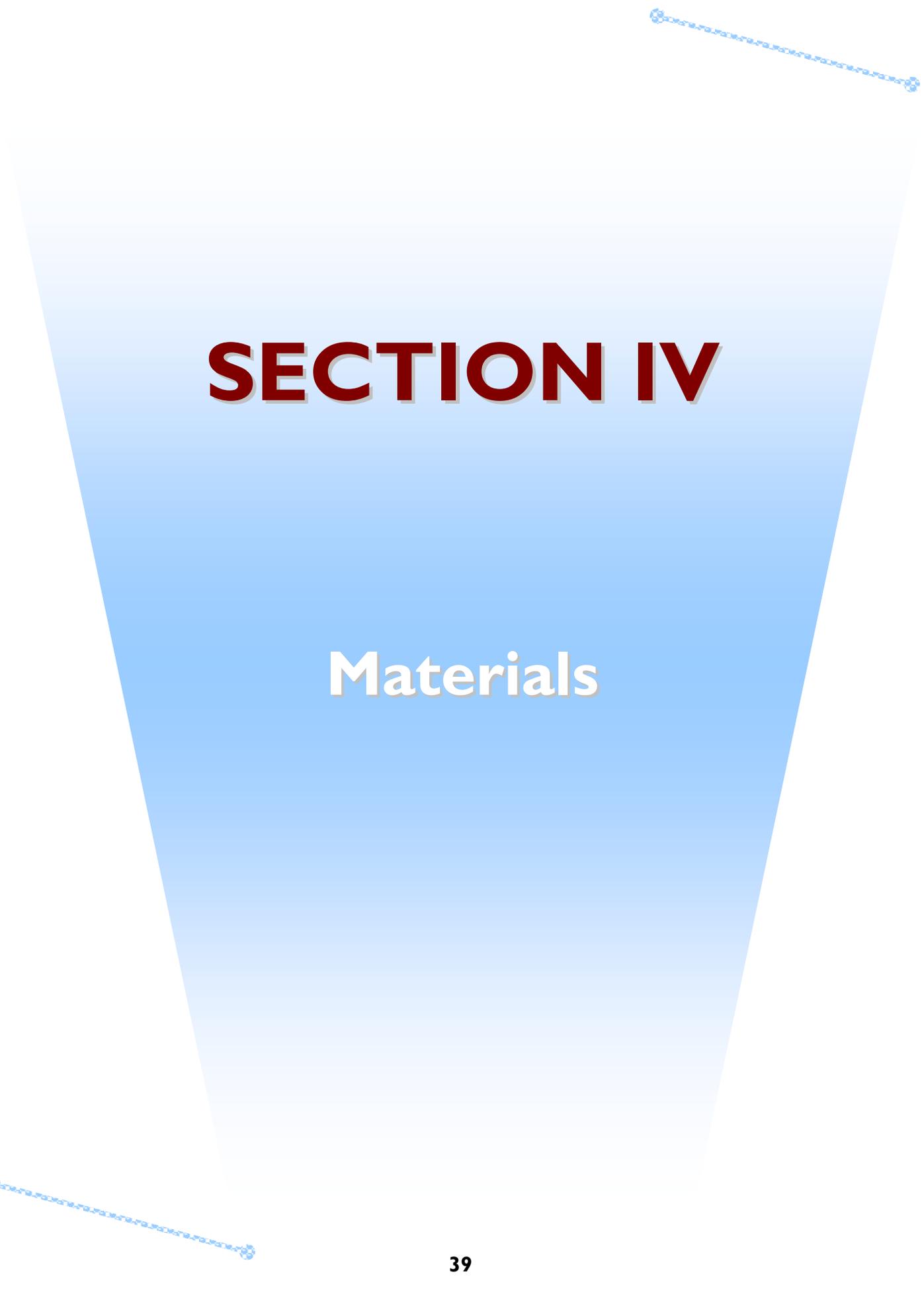
In 2002, 1651 clients enrolled in treatment with an average age of 43 years and males were significantly more likely to be younger than females. Males comprised approximately 53% of the gambler clients and only 31% of the family clients. Slightly over 90% of the clients were white and approximately 41% reported being married. The average annual household income was \$36,246. Over 71% of the clients reported they were employed full-time.

The primary gambling activity of both males and females who requested treatment was video poker (74%) followed by slot machines (10%), cards (5%), betting on animals (2%), Keno (2%) and bingo (1%). Approximately 70% indicated their primary gambling was at a lottery retailer and 22% at a casino or Native American gambling center. The average distance traveled to gamble was 13 miles. The average gambling related debt was \$22,840 with several clients reporting debts well over \$100,000. Approximately 24% of the gambler clients reported being divorced, separated or otherwise lost a significant relationship as a result of gambling. Fifteen percent reported losing a job as a result of gambling, 40% committed illegal acts related to their gambling and about 10% attempted or had plans to commit suicide within the six months previous to enrolling into a treatment program.

## VIII. Treatment Outcomes

Based on follow-up evaluation, 75% of problem gamblers who enroll in Oregon's publicly funded gambling treatment programs report either no gambling or reduced gambling following case-closure. This high success rate is in spite of the large proportion (70%) of problem gamblers who do not complete their full course of recommended treatment. Follow-up data indicated that 37% of these clients reported no gambling at 90 days and an additional 29% reported gambling much less than before treatment.

*A list of research publications, including a full evaluation report, on gambling in Oregon is available at: <http://www.gamblingaddiction.org/>*



# **SECTION IV**

## **Materials**

# MATERIALS

Included in this section are educational handouts to help you get the information you need across to specific communities. Feel free to use some of these resources as-is, or take excerpts from them to develop your own materials.

|   |           |
|---|-----------|
| ▶ <b>Signs of a Problem Gambler</b>                                   | <b>41</b> |
| ▶ <b>For Parents: Signs of a Possible Gambling Problem in Youth</b>   | <b>42</b> |
| ▶ <b>For Educators: Signs of a Possible Gambling Problem in Youth</b> | <b>43</b> |
| ▶ <b>Older Adults and Gambling</b>                                    | <b>44</b> |
| ▶ <b>Problem Gambling and the Workplace</b>                           | <b>47</b> |
| ▶ <b>Teen Gambling: It's a Bad Bet</b>                                | <b>53</b> |
| ▶ <b>Ten Rules of Responsible Gambling</b>                            | <b>55</b> |
| ▶ <b>Myths and Facts About Problem Gambling</b>                       | <b>56</b> |
| ▶ <b>GEAR: Choose the Road to a Brighter Future</b>                   | <b>58</b> |
| ▶ <b>Spanish: Signs of a Problem Gambler</b>                          | <b>59</b> |
| ▶ <b>Spanish: How Not to Lose it All: Gambling Responsibly</b>        | <b>60</b> |

## **SIGNS OF A PROBLEM GAMBLER**

*Is someone you know...?*

- ▶ Preoccupied with gambling (i.e. reliving past gambling experiences, planning the next venture, or thinking of ways to get money with which to gamble)
- ▶ Secretive about his/her gambling habits, and defensive when confronted
- ▶ Increasing bet amounts when gambling in order to achieve the desired excitement (“high”)
- ▶ Trying unsuccessfully to control, cut back, or stop gambling
- ▶ Restless or irritable when not gambling
- ▶ Gambling to escape problems
- ▶ “Chasing” losses with more gambling
- ▶ Lying to family and others about the extent of gambling
- ▶ Committing crimes to finance gambling
- ▶ Jeopardizing or losing relationships, jobs, education or career opportunities because of gambling
- ▶ Relying on others to bail him or her out to relieve a desperate financial situation caused by gambling

**If any of these statements sound like someone you know, that person may have a problem with gambling.**

**Help is free, confidential, and it works.**

**Call 1-877-2-STOP-NOW**

**Don't wait for the problem to get worse!**

## **FOR PARENTS: SIGNS OF A POSSIBLE GAMBLING PROBLEM IN YOUTH**

- ▶ Asking for/ borrowing money from the family
- ▶ Gambling "stuff" at home (lottery tickets, betting sheets)
- ▶ Unexplained debts, or windfall cash/new items (like new clothes or jewelry)
- ▶ Spending unexplained time away from home, work, or school
- ▶ Behavior change (seems distracted, moody, sad, worried, nervous, etc.)
- ▶ Withdrawal from the family
- ▶ Less involvement in outside activities
- ▶ Unusual amount of time spent watching sports on TV and/or reading newspapers or magazines having to do with sports
- ▶ Overly upset at conclusion of sporting match
- ▶ Telephone calls from strangers and higher phone bills
- ▶ Bragging about winnings
- ▶ Intense interest in gambling conversations
- ▶ Playing gambling type games on the Internet
- ▶ Money or valuables are missing from your home

**If you suspect your child has a gambling problem,**

**CALL 1-877-2-STOP-NOW**

**for free and confidential help.**

**Don't wait for the problem to get worse!**

## **FOR EDUCATORS: SIGNS OF A POSSIBLE GAMBLING PROBLEM IN STUDENTS**

- ▶ Unexplained absences from school
- ▶ Grades are dropping
- ▶ Asking for/borrowing money from peers
- ▶ Large amounts of money in student's possession
- ▶ Intense interest in gambling conversations
- ▶ Displaying money or other material possessions (e.g., cars, clothes, jewelry)
- ▶ Behavior change (e.g., is day dreaming, anxious, moody, less participative, appears tired in class)
- ▶ Using gambling "lingo" in his/her conversation (e.g., bookie, loan shark, point spread, underdog or favorite, exaggerated use of the word "bet")
- ▶ Spending unusual amount of time reading newspapers, magazines, and/or periodicals having to do with sports
- ▶ Selling personal belongings
- ▶ Bragging about winnings
- ▶ Lying, cheating, or stealing in school

**If you suspect your student has a gambling problem,**

**CALL 1-877-2-STOP-NOW**

**for free and confidential help.**

**Don't wait for the problem to get worse!**

## OLDER ADULTS AND GAMBLING

Gambling, or playing a game of chance for money or other stakes, has become a popular activity for people of many ages—and seniors are no exception. While experts agree that most adults can gamble without a problem, prevalence studies conducted in Oregon find that 2.3% of the general population<sup>1</sup> and 1.2% of the older adult population become problem or pathological gamblers<sup>2</sup>.

Gambling opportunities for Oregon residents are plentiful. Tribal casinos, Lottery products, sports betting and Internet gambling are more available than ever. The increase in the number of people with gambling problems corresponds to the increase in availability of gambling opportunities. Current estimates show that over 6,000 Oregonians, age 62 years or older, currently have a gambling problem.

### Concerns about Older Adults and Problem Gambling

*Gambling among older adults is different from gambling in younger age groups for the following reasons:*

- ▶ When people are coping with big changes or losses they are more vulnerable to develop a gambling problem; many older adults face life transitions and losses, such as death of loved ones, end of career, or isolation from family and friends.
- ▶ Older adults who have gambled away their retirement savings don't have working years to make up their losses.
- ▶ Many older adults may not understand addiction, making them less likely to identify a gambling problem.

---

<sup>1</sup> Volberg, R. (2001, February). Changes in gambling and problem gambling In Oregon: results from a replication study, 1997-2000. Salem, OR: Gambling Addiction Treatment Foundation.

<sup>2</sup> Moore, T. (2001, April). Older adult gambling in Oregon: an epidemiological survey. Salem, OR: Oregon Gambling Addiction Treatment Foundation.

## OLDER ADULTS AND GAMBLING (cont.)

- ▶ Older adults appear less willing to seek assistance for a gambling problem than younger adults.
- ▶ Many older adults hide their gambling because of the stigma associated with it and health professionals rarely assess for problem gambling.
- ▶ Many older adults have easy access to gambling and are drawn to gambling to fill their time or to be with other people.
- ▶ Some older adults may have cognitive impairment that interferes with their ability to make sound decisions.

### Problem Gambling—Signs and Symptoms

Problem gambling is a term that indicates a person's gambling compromises or damages their personal, family, or vocational pursuits. Problem gambling has a broad severity spectrum and its cause appears to be related to several factors. Below are some of the more common signs and symptoms of problem gambling:

- ▶ Gambling to calm nerves, forget worries, or reduce depression
- ▶ Losing interest in other things, such as food
- ▶ Talking about, thinking about, or planning to gamble and not doing other activities
- ▶ Lying about gambling habits
- ▶ Gambling alone or gambling more often
- ▶ Getting into arguments about gambling
- ▶ Going without basic needs in order to gamble
- ▶ Needing to gamble more and more money in order to get the desired effect
- ▶ Experiencing health problems related to gambling like lethargy, headaches, irritable bowel, bladder problem, anxiety, and depression
- ▶ Having financial problems caused by gambling

# **OLDER ADULTS AND GAMBLING (cont.)**

## **Getting Help**

If you think you or someone you know may have a gambling problem, help is available. Untreated problem gambling can cause serious physical, emotional and financial problems, especially among older adults. In Oregon, treatment for problem gambling is free. Treatment options include telephone counseling, in-person individual counseling, and group counseling.

**Call the confidential, 24-hour phone number below for information or help at no cost:**

**I-800-2-STOP-NOW (I-877-278-6766)**

*Material in this handout is adapted from Elder Health Tips, Spring 2001, published by the Massachusetts Department of Public Health.*

## **PROBLEM GAMBLING AND THE WORKPLACE<sup>1</sup>**

Just a generation ago, legal gambling was largely confined and problem gamblers were viewed as societal misfits. Now gambling is part of our mainstream culture and we know that most problem gamblers are ordinary hard working people. Over 60,000 adult Oregonians are problem gamblers and almost all are employed.

### **What is Problem Gambling?**

A problem gambler is anyone whose gambling is causing psychological, financial, emotional, marital, legal, or other difficulties for themselves and the people around them. Problem gambling may be an isolated case of overspending, or a pattern of excessive gambling when upset, or it may be an ongoing problem with continual losses and mounting debts. At the extreme end of this range is pathological gambling, where people are unable to control their gambling much as those addicted to alcohol are unable to control their drinking.

Sometimes the gambling problem is transient and goes away, sometimes it plateaus and maintains for years, and sometimes it progresses to catastrophic levels. Regardless of the course, problem gamblers usually experience intense shame, financial strife, and family problems.

### **Co-workers Are Often the First Line of Defense**

Gambling and gambling related activities are frequently carried out during work hours. The workplace is used as a shield to hide the problem gambling from family members. This leaves managers and co-workers as the first line of defense. The challenge is to identify the problem gambler before they become desperate. To this end, it is important that all employers and employees develop a greater awareness of the signs associated with a gambling problem.

<sup>1</sup> This document contains reprinted material from the Saskatchewan Health Department

# PROBLEM GAMBLING AND THE WORKPLACE (cont.)

## Workplace Signs of a Gambling Problem

- ▶ Work performance deteriorates; the person is preoccupied, has trouble concentrating, is absent or late for meetings and misses assignment deadlines.
- ▶ Frequent unexplained absences or disappearances from work.
- ▶ Eager to organize and participate in betting opportunities.
- ▶ Pay is requested in lieu of vacation time, large blocks of vacation time are not taken.
- ▶ Frequently borrows money, argues with co-workers about money that is owed to them.
- ▶ Complains about mounting debts.
- ▶ Excessive use of the telephone for personal calls.
- ▶ Experiences mood swings, often related to winning and losing streaks.
- ▶ Credit card or loan bills are mailed to work rather than home.
- ▶ Increasingly spends more time gambling during lunch hours and coffee breaks.
- ▶ False claims are made against expense accounts.
- ▶ Theft of company property.

## Effects on the Workplace

Although not often recognized, problem gambling is a significant workforce issue. The effects of a gambling problem almost always spill over into the workplace. This occurs through either the gamblers themselves or a family member who is living with the effects of a gambling problem. The workplace is primarily affected through lost time, lost productivity and, in desperate situations, the gambler may resort to theft.

### **Lost time**

Individuals with gambling problems can become completely preoccupied with gambling. The workday is often spent either in the act of gambling, planning the next opportunity, or plotting to get money for gambling.

## **PROBLEM GAMBLING AND THE WORKPLACE (cont.)**

Family members also become preoccupied, worrying about finances and holding the family together. There are feelings of anger, frustration, resentment, isolation and desperation. Family members (spouses, children, parents) feel like their life is consumed by the problems they are facing.

### ***Lost productivity***

As a result of lost time, the company's productivity is damaged. The gambler becomes unreliable, misses project deadlines and important meetings and produces work that is of poor quality.

*Physical and emotional health problems associated with excessive gambling can further diminish work performance and attendance. Depression, anxiety, high blood pressure, or stress-related illness can surface in individuals with gambling related problems and their family members.*

Suicide and suicide attempts are high among individuals with gambling problems. Stressed family members are also at risk of suicide. The emotional, financial or legal problems can appear to be so severe that suicide looks like the only "way out."

### ***Theft, fraud and embezzlement***

Employees with severe problems may commit theft, fraud or embezzlement. Money is the gambler's key to action. Once all legitimate avenues to obtain cash are exhausted, the gambler, in desperation, may resort to illegal acts to acquire cash.

The workplace becomes a primary avenue for the gambler to illegally finance their gambling. Gamblers do not see this activity as stealing. They see it as "borrowing money" and plan to replace it when they win.

# PROBLEM GAMBLING AND THE WORKPLACE (cont.)

## When Suspecting an Employee Has a Gambling Problem, What Can Supervisors Do?

Here are a few tips:

- ▶ Express concerns in a caring and supportive manner. Do not diagnose the problem or tell the individual what to do. Be clear, non-judgmental and speak only for yourself.
  - *I've been noticing changes in your work, and I am concerned about you.*
- ▶ Use work-related observations.
  - *I see you coming in very late from lunch every day, too distracted to work all afternoon.*
- ▶ Be positive.
  - *You are a conscientious person with a history of doing good work.*
- ▶ Explain how the problem affects you.
  - *I had to reassign two of your projects, because you missed three deadlines.*
- ▶ Be clear about your position.
  - *I need you to perform your job duties to the best of your ability, your performance has been slipping and without*
  - *corrective actions your job is in jeopardy.*
- ▶ Respect personal boundaries.
  - *I don't want to pry into your life, but I had to let you know I am concerned. I would be happy to talk to you about anything that is troubling you.*
- ▶ When a gambling problem is known, provide information, not advice.
  - *Here is some information about available problem gambling resources. Another resource available to you is our EAP professional, here is their name and number.*
- ▶ Be prepared for denial or a hostile reaction.
  - *It must be uncomfortable to hear this. It's difficult for me to bring it up, but I am concerned about you.*

# PROBLEM GAMBLING AND THE WORKPLACE (cont.)

## What Can Your Organization Do?

A proactive response from your organization will help reduce the negative impact problem gambling can have within the workplace.

The following are some measures to consider.

- ▶ **Policy statements**

*Incorporate the topic of gambling into relevant policies. Most companies have policies on Internet use, phone use, and disallowed activities during work hours. When reviewing policy statements make sure the policies are sufficiently comprehensive to address problem gambling issues, e.g., Internet gambling.*

- ▶ **Provide awareness training**

*Without awareness, problem gambling will not be detected. The signs of a gambling problem are seldom identified as gambling related. Training can help employees and employers to identify and assist the problem gambler.*

- ▶ **Make financial counseling available**

*Financial issues can be just as serious as a mental health disorder. It is important that financial counseling be made available to employees who are in a fiscal crisis.*

- ▶ **Monitor the money stream**

*Some occupations involve direct contact with money while in other occupations, money can be "moved." These occupations might be considered high risk for the problem gambler and a monitoring system can protect employee and employer.*

## What Resources are Available?

### **Problem Gambling Help Line: 1-877-2-STOP-NOW (877 278-6766)**

The Problem Gambling Help Line provides help to people with gambling problems and their families. Callers receive confidential, professional service from trained counselors. The line operates 24 hours a day, seven days a week and is free of charge. The Help Line provides: Information, consultation, crisis intervention services, follow-up services, referrals to publicly funded problem gambling counselors and self-help groups.

# **PROBLEM GAMBLING AND THE WORKPLACE (cont.)**

## **State Funded Professional, Confidential, and Effective Treatment**

Counseling services for gamblers and their families are available free of charge in Oregon. All services are offered by experienced counselors working in outpatient centers. Call the Problem Gambling Help Line (877 2-STOP-NOW) for more information about Oregon's problem gambling treatment system.

## **Oregon's Gambling Evaluation And Reduction Program (GEAR)**

Oregon's Gambling Evaluation And Reduction Program, GEAR is designed to provide gamblers with the tools and support to change unwanted gambling patterns without traveling to a counselor's office. GEAR combines phone consultation with certified counselors, workbook exercises and referral resources to give participants the tools and motivation to make good choices about if and how much to gamble. For more information, call 1-877-870-0177.

## **Gamblers Anonymous (GA)**

A peer-led support group, Gamblers Anonymous provides people with an opportunity to share their experience, support and hope in order to stop gambling. They discuss 12-step recovery. The only membership requirement is a desire to stop gambling. A list of local meetings is available by calling the Problem Gambling Help Line.

## **Gam-Anon**

A peer-led support group, Gam-Anon provides a supportive environment for the spouses, relatives, or close friends of problem gamblers to share their experiences. There is no membership fee. Gam-Anon is particularly important for immediate support in a calling crisis. A list of local meetings is available by calling the Problem Gambling Help Line.

## **Problem Gambling Educational Resources**

The Oregon Department of Human Services, Center for Addiction Resources and Training, loans books, journals, videos and other resource materials on problem gambling and other addiction issues. To find out what materials are available through the Center for Addiction Resources and Training and how you can borrow them, email [Julie.Earnest@state.or.us](mailto:Julie.Earnest@state.or.us).

## TEEN GAMBLING: IT'S A BAD BET

### GAMBLING

Gambling” (or “betting” or “gaming”) is any act that involves the risking of money or valuables on the outcome of a game, contest, or any other event.

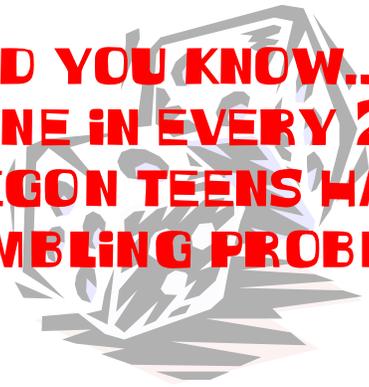
### COMMON TYPES OF GAMBLING AMONG TEENS

- ▶ Cards
- ▶ Sports game bets among friends/family
- ▶ Raffle tickets
- ▶ Games of skill (like beating each other in pool, hoops, etc.)
- ▶ Dice games
- ▶ Board games
- ▶ Bingo
- ▶ Lottery

For most people, gambling is something they do for fun. For some people though, gambling becomes a serious problem. And for teens, gambling is illegal.

### WHY DO SOME TEENS GET INTO GAMBLING?

- ▶ Someone in the family gambles
- ▶ Problems at home
- ▶ Low self-esteem
- ▶ Peer pressure
- ▶ The action of the game
- ▶ Loneliness/boredom
- ▶ Avoidance of pain and stress
- ▶ Competition
- ▶ To win money
- ▶ To gain attention from peers



**Did you know...?  
One in every 25  
Oregon teens has a  
gambling problem.**

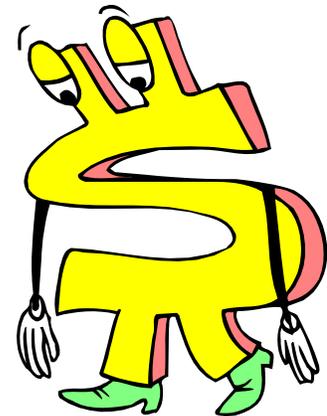
# TEEN GAMBLING: IT'S A BAD BET (cont.)

## WHY GAMBLING CAN TURN INTO A BAD BET

- ▶ School and family problems
- ▶ Loss of friendships, jobs
- ▶ Big legal and money troubles
- ▶ Much higher rate of suicide
- ▶ Studies show that the earlier people start to gamble, the more likely they are to become problem gamblers
- ▶ Ask anyone in treatment--gambling is as addictive as alcohol or drugs

## SIGNS OF PROBLEM GAMBLING

- ▶ Gambling frequently on things like cards, dice, games, sports, or online sites
- ▶ Gambling has become the favorite (or only) activity
- ▶ Trouble concentrating on homework or other things because of thinking about gambling
- ▶ Drinking alcohol or taking drugs
- ▶ Borrowing or stealing money to gamble
- ▶ Missing important events or sneaking out of them to gamble
- ▶ Arguing with friends or family about gambling
- ▶ Thinking that most problems would be solved by getting a big win
- ▶ Thinking that gambling is an easy way to make money
- ▶ Thinking that the odds can be outsmarted
- ▶ Making more bets thinking that money that was lost can be won back
- ▶ Feeling the need to bet more and more money
- ▶ Lying to friends and family about how much was gambled



**If you or someone you know have any of these signs, call**

**I-877-2-STOP-NOW**

**for free and confidential help.**

**Don't wait for the problem to get worse!**

## TEN RULES OF RESPONSIBLE GAMBLING

1. **If you choose to gamble, do so for entertainment purposes**
  - *If your gambling is no longer an enjoyable activity then ask yourself why are you still “playing”?*
2. **Treat the money you lose as the cost of your entertainment**
  - *Treat any winnings as a bonus.*
3. **Set a dollar limit and stick to it**
  - *Decide before you go not only what you can “afford” to lose, but how much you want to spend. Do not change your mind after losing.*
4. **Set a time limit and stick to it**
  - *Decide how much of your time you want to allow for gambling. Leave when you reach the time limit whether you are winning or losing.*
5. **Expect to lose**
  - *The odds are that you will lose. Accept loss as part of the game.*
6. **Make it a private rule not to gamble on credit**
  - *Do not borrow money to gamble.*
7. **Create balance in your life**
  - *Gambling should not interfere with or substitute for friends, family, work or other worthwhile activities.*
8. **Avoid “chasing” lost money**
  - *Chances are the more you try to recoup your losses the larger your losses will be.*
9. **Don’t gamble as a way to cope with emotional or physical pain**
  - *Gambling for reasons other than entertainment can lead to problems.*
10. **Become educated about the warning signs of problem gambling**
  - *The more you know, the better choices you can make.*

**If you can’t follow these suggestions, you may need to call  
Oregon problem gambling Help Line:**

**I-877-2-STOP-NOW**

## MYTHS & FACTS ABOUT PROBLEM GAMBLING

**MYTH:** You have to gamble everyday to be a problem gambler.

**FACT:** A problem gambler may gamble frequently or infrequently. If a person's gambling is causing psychological, financial, emotional, marital, legal, or other difficulties for themselves and the people around them, then they have a gambling problem.

**MYTH:** Problem gamblers gamble at any opportunity on any form of gambling.

**FACT:** Most problem gamblers have a favorite form of gambling that causes them problems. Some gamblers also engage in secondary forms of gambling, but these are not usually as problematic.

**MYTH:** Problem gambling is not really a problem if the gambler can afford it.

**FACT:** Problems caused by excessive gambling are not just financial. If a person's gambling is interfering with their ability to act in accordance with their values, then there is a problem. For example, too much time spent on gambling means less time to spend with family, friends, and others. It can lead to relationship breakdown and loss of important friendships.

**MYTH:** Problem gamblers are irresponsible people.

**FACT:** Many problem gamblers hold, or have held, responsible community positions. In addition, even people with a long history of responsible behavior are vulnerable to developing a gambling problem. When a person is having a problem gambling episode, that person is unable to control their gambling and in this compromised state their actions look like irresponsible behavior.

## MYTHS & FACTS ABOUT PROBLEM GAMBLING (cont.)

**MYTH: Children are not affected by problem gambling.**

**FACT:** Surveys show that about 10% to 15% of American and Canadian youth have experienced gambling-related problems, and 1% to 6% of these individuals may satisfy diagnostic criteria for pathological gambling. Additionally, children of problem gamblers have been shown to be at a higher risk of developing health-threatening behaviors. This includes alcohol and drug use, problem gambling, eating disorders, depression and suicide.

**MYTH: Partners of problem gamblers often drive problem gamblers to gamble.**

**FACT:** Problem gamblers are skilled in finding ways to rationalize their gambling. Blaming others is one way to avoid taking responsibility for actions, including actions needed to overcome the gambling problem.

**MYTH: Financial problems are the main reason that problem gambler's relationships break down.**

**FACT:** It is true that money problems play an important part in ending relationships. However, many non-gambling partners say that the lies and lack of trust is the biggest cause.

**MYTH: Parents of problem gamblers are to blame for their children's behavior.**

**FACT:** Many parents of problem gamblers feel hurt and guilty about their son's or daughter's gambling behavior, but they are not to blame.

**MYTH: If a problem gambler builds up a debt, the important thing to do is to help them get out of the financial problem as soon as possible.**

**FACT:** Quick fix solutions are often attractive to everyone involved and may appear to be the right thing to do. However, "bailing" the gambler out of debt may actually make matters worse by enabling gambling problems to continue.

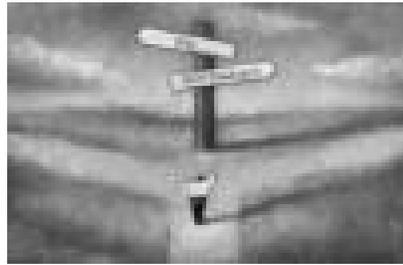
**MYTH: Problem gambling is easy to recognize.**

**FACT:** Problem gambling has been called the hidden addiction. It is very easy to hide as it has few recognizable symptoms, unlike alcohol and drug use. Many problem gamblers themselves do not recognize they have a gambling problem. Problem gamblers often engage in self-denial.

*Adapted from Chris Lobsinger's Problem Gambling Pages*

# GEAR

**Choose the road to a brighter future.**



Introducing the **G**ambling **E**valuation **A**nd **R**eduction Program (GEAR); a confidential, educational, phone-based program designed to help gamblers steer away from potentially harmful gambling patterns – without going to a treatment center.

***If gambling has stopped being fun and is starting to cause personal or financial problems, it's time to reconsider how you play.***

There is no charge for GEAR and it is easy to enroll. Simply call:

**877/278-6766 (24-hours a day)**

OR

**877/870-0177 (M-F, 8AM – 5PM)**

A qualified advisor will talk to you about your gambling, and together you will determine if GEAR is right for you.

## **SEÑALES DE UN JUGADOR PROBLEMÁTICO**

*¿Alguien que usted conoce está...?*

- ▶ preocupado con el juego (es decir, revive experiencias de juegos pasados, planea la siguiente aventura o piensa en formas de conseguir más dinero para poder jugar)
- ▶ comportándose de manera reservada respecto a sus hábitos de juego y actuando de manera defensiva cuando se le confronta
- ▶ aumentando las cantidades de sus apuestas cuando juega, con el fin de obtener la emoción deseada (la sensación de estar “intoxicado” o “high”)
- ▶ tratando sin éxito de controlar la cantidad de tiempo que pasa jugando, jugar menos o dejar de jugar
- ▶ irritable o inquieto cuando no puede jugar
- ▶ jugando para escapar los problemas
- ▶ “cazando” pérdidas jugando más
- ▶ cometiendo delitos para financiar sus apuestas
- ▶ poniendo en peligro sus relaciones, o perdiendo sus relaciones, trabajos, oportunidades de capacitación o profesionales debido al juego
- ▶ dependiendo de otros para que lo saquen de apuros o le ayuden ante una situación financiera desesperada que fue causada por el juego

**¿Cree que usted o alguien que usted conoce tiene un problema con el juego?**

**Ayuda es gratuita y confidencial.**

**Lláme a 1-877-278-6766.**

**¡No espere hasta que el problema empeore!**

## **CÓMO NO PERDERLO TODO: JUGAR RESPONSABLAMENTE**

- ▶ La decisión de jugar en una elección personal
- ▶ Fíjese un límite de cuánto va a gastar
- ▶ Cuando llegue a su límite, deje de jugar; no siente la tentación de pedir dinero prestado o de sobrepasar su límite
- ▶ Entienda que tanto ganar como perder son partes del juego; es más fácil si tiene la esperanza de ganar pero cree que vas a perder.
- ▶ El dinero que necesita es sólo eso: para necesidades
- ▶ Jugar no es necesario para pasarla bien
- ▶ Entienda que todas las formas del juego tienen el potencial de formar un hábito
- ▶ El juego no es un buen sustituto para el alcohol o las drogas
- ▶ Si pierde, no se moleste en cazar las pérdidas con más apuestas para “recuperarse”; acepte las pérdidas como el costo del entretenimiento

**¿Cree que usted o un ser querido tiene un problema con el juego?  
Ayuda es gratuita y confidencial.**

**Lláme a**

**1-877-278-6766.**

**¡No espere hasta que el problema empeore!**



# **SECTION V**

## **Community Action Planning**

# COMMUNITY ACTION PLANNING

This section is dedicated to arming you with practical, effective tools so that you can reach your community. Remember, you can always insert extra information about your own region.

|  |    |
|--|----|
| ▶ Outreach: A Few Tips   | 63 |
| ▶ List of Potential Interviewees for Media Opportunities   | 64 |
| ▶ Presentation Sites to Consider   | 65 |
| ▶ Sample Public Service Announcements: English   | 66 |
| ▶ Sample Public Service Announcements: Spanish   | 67 |
| ▶ Regional 2003 OPGAW Media Releases & Media Advisory  | 68 |
| ▶ Sample Opinion/Editorial Pieces  | 71 |
| ▶ Sample Presentation & Notes ( <i>Overheads masters are located in appendix folder pocket</i> ) | 75 |

## OUTREACH: A FEW TIPS

- 1) Any ONE medium has limited effectiveness. Use a variety – including TV (cable access), radio (PSAs), newspapers (ads and articles), the Internet, presentations, and written materials. Tailor your plan to your community.
- 2) The message should be short and to the point. No room for a lot of “fluff.”
- 3) Many TV and radio stations, newspapers and other communication organizations offer significant price reductions for non-profit community service providers. Find out if such offers are available.
- 4) Consider cable access TV. It’s cheap and you get a lot for your money.
- 5) Local radio shows are often looking for new topics to discuss. Give them some ideas about problem gambling.
- 6) Create a presentation (or use the one provided in this packet)
  - Consider what information interests you, as a resident of the community. Include it in your materials.
  - Talk TO your audience, not AT them. Try not to lecture.
  - Talk with civic groups, senior centers, schools, employer groups, etc.
  - Use PowerPoint if possible. If not, create colorful, meaningful overheads.
  - Use national and statewide stats, but again, tailor your message to your community as much as possible. Seek local stats.
  - Be able to present anywhere from 20 minutes to two hours. Accommodate the group you’re speaking to. **DON’T TALK FOR TOO LONG!**
  - At the conclusion of each presentation, remind your audience that you are available to speak to any group. Offer your card and/or contact information.
- 7) Contact the right person at a newspaper. Strike when the iron is hot! Contact newspapers, TV and radio stations on the heels of a related story – put a local spin on it.
- 8) Short on staff? Consider an intern.

# POTENTIAL INTERVIEWEES

## **Problem Gambling and Oregon Prevention and Treatment System Overview**

**Jeff Marotta, Ph.D., DHS Problem Gambling Services Manager**

(503) 945-9709

[jeffrey.j.marotta@state.or.us](mailto:jeffrey.j.marotta@state.or.us)

## **Prevalence and Other Data**

Thomas L. Moore, Ph.D., Herbert and Louis

(503) 625-6100

[tlmoore@herblou.com](mailto:tlmoore@herblou.com)

## **Gambler's Anonymous**

William Cohen

(541) 944-6133

[billy1941@aol.com](mailto:billy1941@aol.com)

## **GEAR (Gambling Evaluation and Reduction) Program**

Peter Walsh , Cascadia Behavioral Healthcare

(503) 239-5952 get info from Jeff

[pwalsh@cascadiabhc.org](mailto:pwalsh@cascadiabhc.org)

## **Help Line**

Michele Tantriella-Modell, ACES Counseling

(541) 741-7107

[mtantriella-modell@acescounseling.org](mailto:mtantriella-modell@acescounseling.org)

## **Lottery**

Carole Bono, Assistant Director for Marketing

(503) 540-1000

[carole.bono@state.or.us](mailto:carole.bono@state.or.us)

## **Oregon Gambling Addiction Treatment Foundation** (state affiliate to the National Council on Problem Gambling)

Thomas L. Moore, Ph.D., Acting Executive Director

(503) 625-6100

[info@gamblingaddiction.org](mailto:info@gamblingaddiction.org)

or Paul Potter, Chairman of the Board, Cascadia Behavioral Healthcare

(503) 969-6269

## **Oregonians for Gambling Awareness Organization**

Ronda Hatefi: (541) 688-7101

[dhatefi@msn.com](mailto:dhatefi@msn.com)

***For regional interview contacts, please contact your local problem gambling prevention or treatment provider.***

# PRESENTATION SITES TO CONSIDER

- 1) **Community Organizations**  
*Rotary, Kiwanis*
- 2) **Church Groups**  
*Mariner groups, etc.*
- 3) **Chambers of Commerce**
- 4) **Local Employers**  
*Staff meetings, manager meetings*
- 5) **A&D Treatment Groups**  
*Phase I and II classes*
- 6) **Radio Shows**  
*Local talk, PSA's, sponsorships*
- 7) **Schools**  
*Jr. High, High School, Alternative, Community Colleges*
- 8) **Credit Counseling Programs**
- 9) **Employee Assistance Programs**
- 10) **Mental Health Counselors & Programs**  
*NAMI, Local Mental Health Advisory Committee, LADPC, BCN (Behavioral Care Network)*
- 11) **Community Corrections**  
*Parole & Probation*
- 12) **Services for Children & Families**
- 13) **Physicians**
- 14) **Cultural Groups**  
*Chambers of commerce, other employers, migrant groups, and churches*
- 15) **Government Departments**  
*Dept. of Aging & Veteran Services  
Sheriff's Dept., Corrections, Judges, and County Council  
State Employment Division*
- 16) **Senior Centers/Day Centers/Resource Centers**
- 17) **Regional Charitable Groups**  
*United Way*
- 18) **Worker's Comp. Insurance Providers**  
*SAIF, Liberty Northwest*
- 19) **Libraries (Co-op)**
- 20) **CAO's (Community Action Organizations)**

# **SAMPLE PUBLIC SERVICE ANNOUNCEMENTS: ENGLISH**

## **30 Seconds**

DOUBLE-EDGED SWORD...ANOTHER WAY OF SAYING THAT SOME THINGS HAVE A DOWN SIDE AS WELL AS AN UP SIDE. YOU SEE, TO MOST, GAMBLING IS ENTERTAINMENT, BUT TO OTHERS IT CAN BE A SERIOUS PROBLEM. MARCH 10 – 16 IS NATIONAL PROBLEM GAMBLING AWARENESS WEEK. THOUSANDS OF OREGONIANS HAVE BEEN HELPED ALREADY, AND THAT'S BECAUSE OREGON OFFERS ONE OF THE MOST REVOLUTIONARY TREATMENT SYSTEMS IN THE ENTIRE COUNTRY. CALL 1-877-2 STOP NOW FOR HELP. THAT'S 1-877-2 STOP NOW. TREATMENT IS FREE, IT'S CONFIDENTIAL AND IT WORKS.

## **15 Seconds**

HELP OREGON RECOGNIZE NATIONAL PROBLEM GAMBLING AWARENESS WEEK MARCH 10 – 16. NEED HELP OR JUST ADVICE ABOUT A GAMBLING PROBLEM? CALL 1-877-2 STOP NOW. THAT'S 1-877-2 STOP NOW. TREATMENT IS FREE, IT'S CONFIDENTIAL AND IT WORKS.

## **From The Oregon Lottery for 2003 OPGAW, 30 Seconds**

NO MATTER WHAT GAME YOU PLAY, THE GAME IS JUST A GAME. AND IT'S HOW YOU PLAY IT THAT MAKES IT FUN. OR FRUSTRATING. OR DANGEROUS. IT'S TRUE FOR ALL TYPES OF GAMES-INCLUDING GAMBLING. THREE-PERCENT OF OREGONIANS MAY HAVE A GAMBLING PROBLEM. WHEN THEY PLAY, IT'S MORE THAN A GAME. IT'S AN OBSESSION. IF YOU CAN'T STOP PLAYING, STOP PLAYING AND CALL 1-877-2-STOP-NOW. OR LOG ON TO OREGON-LOTTERY-HELP.ORG. TREATMENT IS FREE, CONFIDENTIAL, AND IT WORKS.

# **SAMPLE PUBLIC SERVICE ANNOUNCEMENTS: SPANISH**

## **30 Seconds**

¿USTED O UN SER QUERIDO APUESTA MÁS DE LO PLANEADO?  
¿SIENTE LA NECESIDAD DE “VOLVER A GANAR” EL DINERO PERDIDO?

PARA ALGUNAS PERSONAS, EL APOSTAR SE HA CONVERTIDO DE UNA ACTIVIDAD DIVERTIDA EN UNA PESADILLA. PARECIDO A LA ADICCIÓN DE ALCOHOL Y DROGAS, AL APOSTADOR ADICTO ES DIFÍCIL CONTENERSE, AÚN CUANDO SE ESTÉ DESTRUYENDO A SU FAMILIA O A ÉL MISMO.

EL PRIMER PASO PARA AYUDAR A ALGUIEN CON UNA ADICCIÓN AL JUEGO ES CONOCER QUE UN PROBLEMA EXISTE. TOMA EL PRIMER PASO. LLÁME A 1-877-278-6766. EL TRATAMIENTO ES GRATIS, CONFIDENCIAL, ¡Y SÍ FUNCIONA! 1-877-278-6766.

## **From The Oregon Lottery for 2003 OPGAW, 30 Seconds**

NO IMPORTA A QUÉ JUEGUE, EL JUEGO ES SOLO ESO, UN JUEGO. SEGÚN COMO LO JUEGUE, SERÁ DIVERTIDO, FRUSTRANTE, O PELIGROSO. ESTO ES ASÍ EN TODOS LOS JUEGOS-INCLUSO AL JUGAR POR DINERO. EL TRES POR CIENTO DE LOS OREGONIANOS PUEDEN TENER ADICCIÓN A JUGAR POR DINERO. CUANDO JUEGAN, ES MÁS QUE UN JUEGO. ES UNA OBSESIÓN. SI NO PUEDE DEJAR DE JUGAR, DÉJESE DE JUEGOS Y LLAME AL 1-877-2-STOP-NOW. O VISITE EL SITIO OREGON-LOTTERY-HELP.ORG. EL TRATAMIENTO ES GRATIS, CONFIDENCIAL Y EFECTIVO. EL TRATAMIENTO ES GRATIS, CONFIDENCIAL Y EFECTIVO.

# REGIONAL 2003 OPGAW MEDIA RELEASES & MEDIA ADVISORY

*Note: the following are examples of news releases that can be used to help guide you in shaping news releases in your area.*

## Media Releases

### **\*MEDIA RELEASE\***

March 5, 2003

**Contact:** Andy Cartmill  
Senior Program Educator  
503.846.4903

### **Problem Gambling Awareness Week**

Washington County is joining the state of Oregon in recognizing National Problem Gambling Awareness Week March 10 – 16. A media campaign will be launched that will offer information on problem gambling and the treatment opportunities that are available. Representatives from Washington County's award winning problem gambling prevention program will be at Washington Square on Friday, March 14, to distribute information and answer any questions regarding problem gambling.

Oregon is one of the nation's leaders in terms of opportunities to gamble - few states offer more. The state is also offering one of the most innovative and groundbreaking prevention and treatment systems in the country.

"We've recorded a 43 percent year-to-year increase in the number of problem gamblers and their family members enrolled in lottery funded gambling treatment programs," says Jeffrey Marotta, Ph.D., Problem Gambling Services Manager with the Oregon Department of Human Services. "The average increase over the past five years was 17 percent. This year is both the largest increase and the largest number we've ever seen. The proportion of problem gamblers that seek help in Oregon is perhaps the highest in the world."

It is easy to access free, confidential and effective problem gambling treatment in Washington County. If you or someone you know is concerned about a gambling problem, call 1-877-2-STOP NOW (1-877-278-6766).

####

**For Immediate Release:**  
May 1, 2003

**Contact:**  
Laurie Herber  
Clackamas County Mental Health  
(503) 722-6533

### **Clackamas County Youth Places in Statewide Problem Gambling Prevention Poster Contest**

Today the Clackamas County Board of Commissioners recognized Tonya Barton of Canby's Ackerman Middle School for winning second place in a statewide problem gambling prevention poster contest.

Barton and several of her classmates submitted posters to the Oregon Problem Gambling Awareness Week poster search this spring. After Barton's poster won first place in Clackamas County, it was sent to Salem where it placed second in the state.

Problem gambling is a fast-growing addictive behavior. About 6,000 Oregonians older than 62 are believed to be problem or pathological gamblers, according to Laurie Herber, Clackamas County Mental Health.

"One in every 25 Oregon teens is a problem or pathological gambler – that's more than 10,000 teens," Herber said.

In honor of Barton's contribution, Ackerman Middle School received a \$350 award. This money helped establish a fund for Ackerman's Student Peace Advocates, the group responsible for acquiring a piece of the World Trade Center for the school's new Peace Garden.

The first-place poster, a submission from Lane County, will serve as Oregon Problem Gambling Awareness Week's 2004 official poster.

The Problem Gambling Prevention Program in Clackamas County extends special thanks to Ronald Fisher and Paul Jarrett for financial contributions and to Dr. Thomas Moore for his professional support.

If you or someone you know has a gambling problem, call 1-877-2-STOP-NOW (1-877-278-6766).

"I'd like to see problem gambling used in the prevention field as a metaphor for all unhealthy behaviors youth and adults engage in," said Laurie Herber in Clackamas County Mental Health. "The common denominator is taking high risks."

For more information, call Laurie Herber at (503) 722-6533.

###

## Media Advisory

**For Immediate Release:**

March 10, 2003

**Contact:**

Julie Hynes  
Gambling Prevention Coordinator  
(541) 682-3928

**VISUAL/INTERVIEW OPPORTUNITIES: DOVE RELEASE, INDIVIDUALS SHARE THEIR STORIES**

*“Hope and Help” Rally to Celebrate the First-Annual Oregon Problem Gambling Awareness Week*

**WHAT:** The first-annual Oregon Problem Gambling Awareness Week will take place during March 10-16, 2003. A local rally will be held to support statewide efforts to increase public and professional awareness of the seriousness of problem gambling issues and the availability of services to assist those affected by problem gambling behaviors. This rally will support the national message of “Hope and Help” for problem gamblers and their families. Participants in the event will give their first-hand accounts of problem gambling, speak of the services available to problem gamblers, and release doves at the end of the event to symbolize the release of gambling addiction. The event will also commence the first-annual Green-and-White Ribbon Week to heighten awareness about the problem and to support those in recovery.

**WHEN:** Wednesday, March 12, 2003 from 11:30am-1:00pm. The participants in this event include:

- Dr. Jeffrey Marotta, Oregon Problem Gambling Services Manager
- Julie Hynes, Lane County Gambling Prevention Coordinator
- Nita Vannice, Program Director, ACES Meridian Gambling Treatment Center
- Recovering problem gambler
- Family member of problem gambler

**WHERE:** Outside of the Lane County Public Service Building, on 8<sup>th</sup> Ave. and Oak St. in Eugene

**WHO:** Oregon Problem Gambling Awareness Week is a collaborative effort with the Oregon Department of Human Services and regional problem gambling services.

**WHY:** To educate the public that problem gambling is a serious issue facing Lane County, and to celebrate that there is hope for problem gamblers and their families. If you believe that you or someone you know has a gambling problem, call 1-877-2-STOP-NOW for free and confidential help.

###

## **SAMPLE OP-ED PIECES**

*This op-ed piece is something you might send to your local newspaper to help highlight Oregon Problem Gambling Awareness Week. Feel free to personalize this op-ed piece with statistics from your region(s). Words: 370.*

### **Problem Gambling: A Growing Public Health Issue in Oregon**

By Jeffrey J. Marotta, Ph.D. (for 2003 Oregon Problem Gambling Awareness Week 2003)

As an Oregon resident, odds are good that you have visited a casino. Or bought a lottery ticket. Or played video poker on one of the 9,000 machines currently in Oregon bars and lounges. Access to gambling in Oregon has grown remarkably in the past decade. In fact, a casino is now Oregon's top visitor attraction. And with greater access to gambling, problem gambling increases, families are affected, worker productivity goes down, communities are impacted, and the end result is compromised public health.

So why don't we take problem gambling more seriously as a public health issue? Partly because most of us can enjoy gambling and unlike alcohol, when someone does go over board it isn't usually obvious or an immediate safety risk, for example, there is no such thing as driving under the influence of gambling. And we certainly need the revenue that gambling generates for our state—over \$300 million annually to education, parks, salmon restoration and other things we value. So the counter argument can be made that gambling is beneficial to the public's health. Needed funds for a good cause, right?

While true costs of widespread legalized gambling are difficult to determine we do know that about 1 in every 45 people are "problem gamblers," whose lives are compromised by their gambling. Problem gambling can cause financial and relationship ruin for the whole family. Suicide rates among problem gamblers are alarming. Children of problem gamblers have more health and emotional problems. Divorce, depression, substance abuse and other such issues are common among problem gamblers.

Because problem gambling is woven into our societal fabric it is a public health issue. Fortunately, when our lawmakers created rules about state operated gambling they recognized the need to address gambling's downside. One percent of Lottery revenues supports Oregon's national award winning problem gambling treatment and prevention system. Last year a record number of people were helped by Oregon's free, confidential, and effective gambling treatment. Easy access to gambling has become part of the Oregon culture. Now, that culture also offers help to those whose lives gambling harms.

If you or someone you know is concerned about a gambling problem, call the 24-hour, confidential problem gambling Help Line at 1-877-2-STOP-NOW (1-877-278-6766).

## Gambling Dollars Come with a Price

*The following is a regional op-ed piece published on March 13, 2003 in the Eugene Register-Guard. Words: 680.*

Guest Viewpoint, By Julie Hynes and Nita Vannice

As an Oregonian, the odds are good that you've bought a lottery ticket, visited a casino, or played video poker on one of the 763 machines in Lane County bars, lounges and restaurants. Legal opportunities to gamble in our state are everywhere, and have grown so much during the last decade that Oregon now offers more types of gambling than any state except Nevada.

Lately, there has been talk about adding even more gambling opportunities to help Oregon out of the budget mire. Our new governor recently stated he's willing to look into revenue areas - like video slot machines - that he wasn't considering before these difficult economic times. These new video slot games would certainly increase revenue for our state - but at what social cost?

Data from 2002 show that problem gamblers in treatment overwhelmingly favor video poker (74 percent of clients) to any other form of gambling. Combine that information with the fact that more people prefer video slots to video poker, and you've got an interesting question: What might video slots do to problem gambling prevalence rates in Lane County?

We've also heard about the battle for a Florence casino. Ron Brainard, chairman of the Confederated Tribes of the Coos, Lower Umpqua and Siuslaw Indians, scoffs at opponents' ideas that the casino would cause any problems besides more traffic. "Before they say these things, they ought to do some research about what does happen" (Register-Guard, March 6).

Jeff Marotta, Oregon's manager of problem gambling services, after reviewing the research on the effects of a casino, surmised that adding a casino raises the problem gambling rates in the area by about 25 percent. In Lane County, this could mean countless hundreds affected. One compulsive gambler costs society about \$26,000 a year, but there are many other human costs to consider.

More than 7,000 people in Lane County have a gambling problem. For these people and their families, gambling has turned from occasional fun to a relentless focal point. They're playing with money meant for food, home, family and education. Many are playing with their lives; studies have shown that about 20 percent of gamblers in treatment have attempted suicide. Gambling's strong grip is exemplified by research showing problem gamblers' brains respond similarly to those of substance abusers - only the gambler doesn't need to ingest any substances to get high.

Yet many of us don't recognize the dangers of problem gambling - why is that? Probably because problem gambling is incredibly insidious. You won't see your coworker staggering when she just comes back from playing video poker, you won't smell March Madness on your friend's breath, and you may not even find the bills that your own spouse hides. It often takes until the gambler is in deep debt or depression, or far into family, job or criminal crises, before someone sees the problem.

That's why Lane County is celebrating the first-annual National Problem Gambling Awareness Week, March 10-16. We want people to come away with two main points: awareness and hope.

First, be aware of the problem and look for warning signs, like missing money, mounting debts, preoccupation with gambling, or unexplained whereabouts. Next, know there is hope. Help is available. Treatment in Oregon is award winning - and it's free, funded through legislation by the Oregon Lottery.

Lane County's gambling treatment program, ACES Meridian, saw almost 200 gamblers and family members last year. ACES also houses the state's gambling Help Line, 1-877-2-STOP-NOW, which is answered 24 hours a day, seven days a week by a certified and trained gambling treatment counselor. Lane County also offers phone-based gambling counseling and the newly formed Gambling Awareness & Prevention Program, which provides prevention and outreach services to help reduce the harm of problem gambling in our communities.

Fortunately, most of us don't have a problem when we gamble. But we can't ignore that there is a problem, that it's serious, and that it affects thousands in Lane County. Even in these tough economic times, we also can't ignore the problem as gambling opportunities become increasingly available in our communities.

*Julie Hynes is the gambling prevention coordinator for the Lane County Health & Human Services Department's Gambling Awareness & Prevention Program. Nita Vannice is program director of the ACES Meridian Gambling Treatment Program.*

## TIPS FOR OP-ED PIECES

- ▶ Stick with one subject per submission.
- ▶ Express an opinion that is clear and well-stated from the beginning.
- ▶ Do not assume your readers are aware of the issue or your viewpoint. Give them enough background information to help them follow your logic.
- ▶ Support your position with statistics or study results, but do not bury them in numbers.
- ▶ Use appropriate anecdotes; reference a recent news event or story.
- ▶ Contact one or more local or state experts for a relevant quote.
- ▶ Localize your story whenever possible.
- ▶ Be clear and firm in your approach, but not fanatical.
- ▶ Keep your op-ed to 800 words or less. More is not better.

You can reach a publication with your op-ed three ways: phone, mail, or e-mail. Whichever way you choose, get the process started about a month beforehand. Begin by calling the paper to find out the name of the appropriate party to contact. At this point, you may learn that the policy of the paper is to send a written copy (or fax) of the op-ed to the editorial page editor. A letter that explains who you are and provides some background information about Problem Gambling Awareness Week and the topic should accompany the op-ed. It should briefly but clearly state the issue and why your thoughts on the subject are important. Give your article a week or so to arrive and then call the publication to be sure the op-ed was received and to answer any questions.

Regardless of how you choose to approach a publication, be sure to include an "authorship line" at the end of the piece. This information should include your full name and a brief description of who you are and what you do that makes you an expert on the subject. It should also include your daytime telephone number.

# SAMPLE PRESENTATION

A ready-made presentation is available on the DHS website in PowerPoint and also on overheads masters (see the end of your packet). To save the presentation from the DHS website, go to [www.dhs.state.or.us/addiction](http://www.dhs.state.or.us/addiction), look for the Gambling link, click "Awareness Toolkit." You will then find "Oregon Problem Gambling Awareness—Presentation"; right-click to see "Save Target As..." and save to your computer.



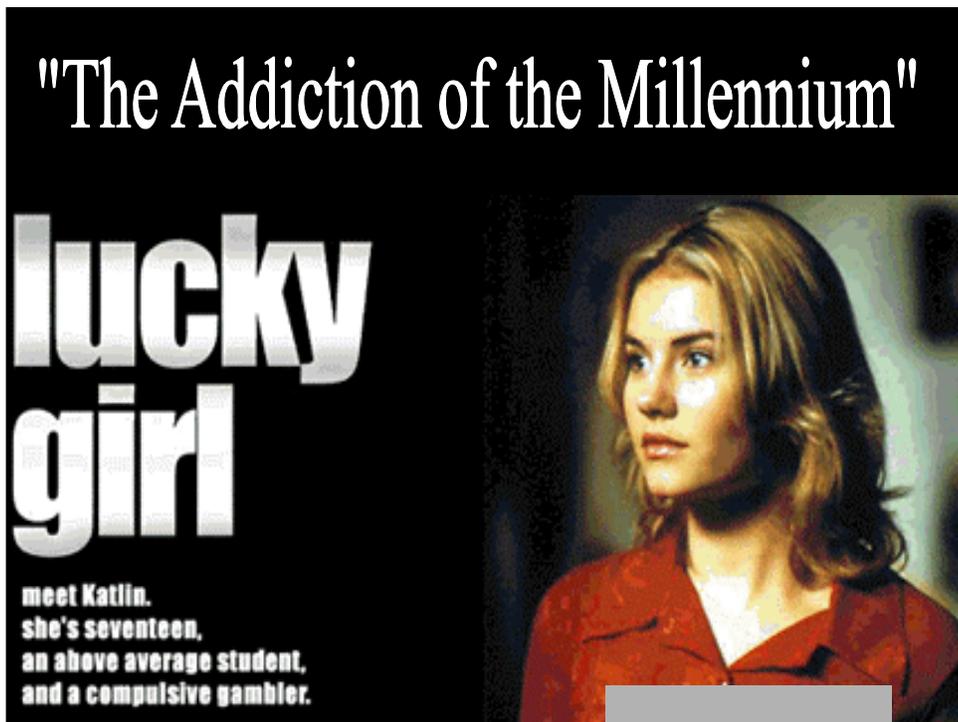
## SLIDE 1 of 17

Is it a problem? The answer is yes...and no. Gambling is not evil, but it has a down side...it's a double-edged sword. This down side can take the form of problem and/or pathological behavior.

(Volberg) study of 2000 determined that 2.3% of adult Oregonians were problem/pathological gamblers, The 1998 adolescent study determined that 4.1% of kids are problem gamblers (Carlson & Moore, 1998).

That translates to over 70,000 Oregonians who are suffering from problem/pathological gambling.

Now consider that each problem/pathological gambler affects 6-12 others. The numbers become even more significant.



## SLIDE 2 of 17

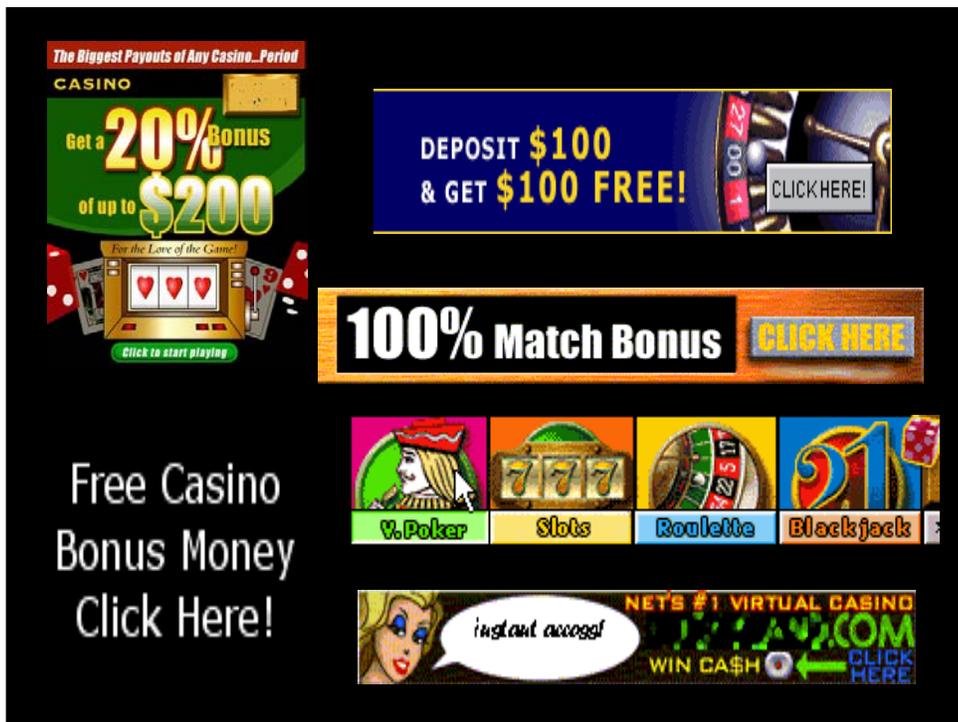
Gambling has been a part of our culture for hundreds of years, and problems associated with it are becoming more mainstream

- movies (made for TV, and the cinema)
- magazines (S.I., etc.)
- Newspaper feature articles

There was a poll of G.A. members in Illinois conducted and I want to tell you about a few of the things that were discovered:

- 22% filed for bankruptcy because of their habit
- 25% were arrested because of their habit
- 57% had stolen from friends or co-workers because of their habit
- 79% wanted to die...because of their habit

Problem/pathological gamblers have about five times the serious suicide attempt rate than substance abusers.



### SLIDE 3 of 17

Internet gambling is one area that has been on the increase

More than 1400 sites that offer “Vegas style” gaming on line...all you have to do is drop your credit card number on line, open an account, and start gambling...

What if you win and you're not paid? What are you going to do?  
NOTHING.

Play with OUR \$100...  
Luckiest casino on line...  
Loosest slots...  
Biggest pay offs...  
Win win win...

Plus they have your credit card number...

There have been cases where a kid has maxed-out mom and dad's credit card without mom and dad knowing about it.

# We Love it...



- ✓ 1492 - Cards
- ✓ 1612 - Jamestown
- ✓ 1630 - First “law”
- ✓ 1744 - Virginia
- ✓ 1831 - 8 states
- ✓ 1931 - Nevada
- ✓ 1988 - IGRA

## SLIDE 4 of 17

Gambling has been a part of our culture for hundreds of years. In fact, an argument can be made that America was built, in part, on gambling...

It's important to know where we've been in order to know where we're going.

- **1492** - First playing cards
- **1612** - Jamestown - first lottery used instead of local taxation. Yale, Harvard, Princeton...all funded, in part, by lotteries.

Lotteries brought in so much money and the people didn't mind spending the money. It wasn't a tax, and after all, "I just might win..." Sound familiar?

**Consequences** of lotteries were not all positive...

**In April of 1811**...the commonwealth of Pennsylvania authorized a lottery to raise \$340,000 for the construction of the Union Canal. Of the estimated \$6,600,000 collected, only \$30,000 ended up in the coffers of the Union Canal Company.

# We Love it...NOT



- ✓ 1492 - Cards
- ✓ 1612 - Jamestown
- ✓ 1630 - First “law”
- ✓ 1744 - Virginia
- ✓ 1831 - 8 states
- ✓ 1931 - Nevada
- ✓ 1988 - IGRA

## SLIDE 5 of 17

Despite all of the money that was being generated, the problems gambling was causing made society deem it not worth the trouble.

- **1630** - First “gambling law”  
“All person’s whatsoever that have cards, dice or tables in their homes shall do away with them before the next court, under pain of punishment.”

In other words, you can gamble, but you’ll do it in our house...

Sound familiar?

- **1744** - Virginia outlaws gambling in public places

But in about 30 years, lotteries became popular again...

# We Love it...



- ✓ 1492 - Cards
- ✓ 1612 - Jamestown
- ✓ 1630 - First "law"
- ✓ 1744 - Virginia
- ✓ 1831 - 8 states
- ✓ 1931 - Nevada
- ✓ 1988 - IGRA



## SLIDE 6 of 17

**The Revolutionary War** - we needed guns, bullets, uniforms, etc. - formed a lottery to raise the money.

**1831** - 420 lotteries in 8 states. Generated 5x the revenue of that year's federal budget.

We're back in love with it again...

# We Love it...NOT



- ✓ 1492 - Cards
- ✓ 1612 - Jamestown
- ✓ 1630 - First "law"
- ✓ 1744 - Virginia
- ✓ 1831 - 8 states
- ✓ 1931 - Nevada
- ✓ 1988 - IGRA

## SLIDE 7 of 17

Gambling was illegal since about 1910, concurrent with attitudes towards prohibition. But...

**1931** - Gambling legalized in Nevada.

First hotel/casino complex (the Flamingo) was built by Benjamin "Bugsy" Siegel in 1945.

The Flamingo opened on December 26, 1946 to much fanfare. Hollywood stars came for the opening, but left after the weekend was over. Locals didn't stay there, so business went south immediately after the "grand opening."

Bugsy was killed. Little did his killers know that he started Las Vegas  
37,000,000 visitors annually  
over 122,000 hotel rooms (NYC has about 65,000)

These \$1 Billion properties (the Bellagio Hotel) aren't built because people go to vegas and WIN!

# We Love it...



- ✓ 1492 - Cards
- ✓ 1612 - Jamestown
- ✓ 1630 - First "law"
- ✓ 1744 - Virginia
- ✓ 1831 - 8 states
- ✓ 1931 - Nevada
- ✓ 1988 - IGRA

## SLIDE 8 of 17

### 1988 - Indian Gaming Regulatory Act

Changed the face of gaming in the U.S. and in Oregon

25 years ago, two states had some form of legalized gambling and 48 didn't.  
Now, 48 states offer some form of legalized gambling and two don't.

The two that don't?

Hawaii and Utah

# Oregon has it all...



- ✓ Scratch-off, etc.
- ✓ Video Gaming
- ✓ Keno
- ✓ Bingo
- ✓ Casino Gaming
- ✓ Horse/Dog Racing



## SLIDE 9 of 17

**The stock market** - Transactions are made every day based on hunches and skill. Now can Day Trade...

**Sports betting** - Oregon is one of two states to have legalized sports betting - Nevada is the other.

**Raffles, office pools, “casino nights”** - all pretty innocent stuff...except to the problem or pathological gambler. If someone has a problem with alcohol, they are often told to stay away from triggers. What if you're a gambler? I defy you to go anywhere in this state and not be stimulated to gamble...

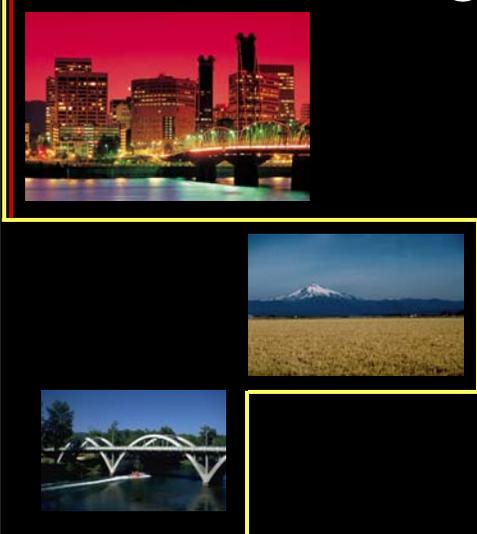
Oregonians spent 4 times more on gambling than on reading materials, and nearly half as much on all other forms of entertainment, including sporting events, movies, plays, pets, toys, TV and camping.

\$988.8 million was legally wagered in Oregon in 1999

In 2000, the Oregon Lottery alone had sales of \$760 million

Spirit Mountain Casino is now Oregon's #1 tourist attraction, surpassing Multnomah Falls. Multnomah Falls is now Oregon's #1 NATURAL tourist attraction.

# Oregon has it all...



- ✓ Stock Market
- ✓ Sports Betting
- ✓ Internet
- ✓ Raffles
- ✓ Office Pools
- ✓ “Casino” Nights

## SLIDE 10 of 17

In 1984, Oregonians voted in the formation of the lottery and its commission by 66% of the vote.

Remember the campaign...?  
Kids and schools

**1992** - Video poker

**1991** - Keno - first in country to offer at 5-minute intervals

**1997** - Bingo legalized

**1988** - Indian Gaming Regulatory Act. Tribes native to Oregon have the right to operate more types of games than any other state, except Nevada.

**1932** - Pari-mutuel betting (horse and dog racing) became legal

# Definitions



**Pathological gambling** is a problem of gambling for which there is a loss of control over gambling and a preoccupation with gambling. It is a compulsive disorder that is characterized by a persistent and recurrent pattern of gambling behavior that causes significant distress or impairment in social, occupational, or other important areas of functioning.



## SLIDE 11 of 17

**Gambling** - is UNPREDICTABLE. What happened in the past has no bearing on what happens in the future...you are taking a risk.

For example - you flip a coin and 20 times in a row it comes up heads. What are the odds that the 21st flip will come up heads? 50/50! The odds don't change. It doesn't matter at all how many times it came up heads before.

**Problem gambling** - If it gets in the way, it's a problem...

**Pathological gambling** - There is a loss of control over gambling. Despite the adverse consequences, the person continues to gamble. Repeated promises to stop or cut back fail.

The pathological gambler believes that they can CONTROL THE UNCONTROLLABLE...that gambling IS predictable.

### Some characteristics include:

- preoccupation
- lying and cheating
- "magical thinking"
- illegal acts
- Chasing
- Family bailouts
- Family disruption

# ADDICTION

## GAMBLING vs A&D

### Similarities

- ✓ Loss of control
- ✓ Denial
- ✓ Depression & mood swings
- ✓ Progressive
- ✓ Chasing
- ✓ First win (high) remembered
- ✓ Blackouts/brownouts
- ✓ Use as an escape
- ✓ Preoccupation
- ✓ Low self esteem & high ego
- ✓ Use of rituals
- ✓ Similar highs

### Differences

- ✓ Hidden addiction
- ✓ Can't overdose-no saturation point
- ✓ Huge financial problems
- ✓ Can function at work
- ✓ Can't be tested
- ✓ Doesn't require ingestion
- ✓ Fewer resources available
- ✓ Perceptions

### SLIDE 12 of 17

**Loss of control** - Repeated attempts to stop/cut back fail

**Denial** - Not always a conscious act

**Progressive** - between first-time use and addiction

**Chasing** - throwing good money after bad

**Blackouts** - not too common, but called "going on tilt"

**Escape** - think valium

**Use of rituals** - ever seen a serious bingo player?

**Similar highs** - speaking physiologically

**Hidden** - quite easy to hide from friends and family

**Overdose** - can't do it in the conventional sense

**Financial** - Average debt called into the OR hotline is 20 - 40 thousand dollars

**Work** - can function at work, usually can gamble in short bursts

**Tests** - no UA for gambling

**Resources** - more than 13,000 in U.S. providing substance abuse tx...

**Perception** - where alcoholism was about 40 years ago. Just stop!

| <b>SOCIAL GAMBLING</b>                    | <b>PROBLEM GAMBLING</b>                               |
|---|---|
| You stick to limits of money to play with | You play with \$ you need or borrowed \$              |
| You hope to win but expect to lose        | You expect to win and keep playing to win back losses |
| You can take it or leave it               | You think about gambling a lot                        |
| You gamble once in a while                | You spend more and more time gambling                 |

**SLIDES 13 and 14 of 17**

*[No additional notes for these two slides.]*

# Levels of Involvement...

**No Gambling**                      **Serious Social**                      **Pathological**  
 \_\_\_\_\_  
    **Casual Social**                      **Harmful/Problem**

**NO ONE STARTS OUT TRYING TO BECOME A “PROBLEM GAMBLER!”**



#### SLIDE 15 of 17

Progression through these phases may apply to some, but not all. People may stop anywhere along this progression or continue through the whole process...

#### Winning Phase

Often experiences a "big" win or a series of wins  
produces unreasonable optimism  
feels great excitement when gambling  
may begin to increase amounts of bets  
***"I'm going to win, this is my lucky day"***

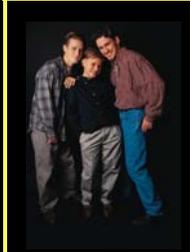
#### Losing

Often brags about previous wins - Wins are maximized, loses minimized  
starts gambling alone, may become preoccupied  
may borrow money and lie to family and friends  
irritability, restlessness, withdrawal  
***"It's how I throw the dice, I'll get it back"***

#### Desperation

marked increase in time spent gambling  
remorse, blaming others, alienating family and friends  
may engage in illegal acts  
profound sense of hopelessness, suicidal thoughts  
***"Dear God, please just let me get even"***

# Does Someone You Know...



- ✓ Gamble because of stress or crisis?
- ✓ Lose time from work or school due to gambling?
- ✓ Daydream about gambling?
- ✓ Gamble more than intended?
- ✓ Feel remorse after gambling?
- ✓ Gamble to solve money problems?
- ✓ Continue to gamble despite money problems?
- ✓ Feel the need to “win back” money lost gambling?
- ✓ Break promises to stop or cut back on gambling?
- ✓ Borrow money to gamble

## SLIDE 16 of 17

When looking at these questions, look at them as something to ask yourself as well as someone you know...

What if you answered “yes” to any of these? Now what?

# There's Help...

For local, effective  
and confidential treatment

**1-877-2 STOP NOW**  
**1-877-278-6766**



## **SLIDE 17 of 17**

The state of Oregon has mandated that no less than 1% of video poker proceeds will go towards the prevention and treatment of problems associated with gambling.

So, Oregon is not only one of the leaders in terms of gambling opportunities, but also as a provider of prevention and treatment opportunities.

This means that gambling addiction treatment is available to all Oregonians...Free of charge

It's available to family members...free



# **SECTION VI**

## **SCREENING & DIAGNOSTICS**

# SCREENING & DIAGNOSTICS

Included in this section are the following screening / assessment tools:

|   |  |            |
|---|--|------------|
| ▶ | <b>Lie-Bet Screening</b>                                       | <b>93</b>  |
| ▶ | <b>South Oaks Gambling Screen (SOGS)</b>                       | <b>94</b>  |
| ▶ | <b>South Oaks Gambling Screen:<br/>Spanish Language*</b>       | <b>98</b>  |
| ▶ | <b>South Oaks Gambling Screen:<br/>Revised for Adolescents</b> | <b>102</b> |
| ▶ | <b>DSM-IV Diagnostic Criteria</b>                              | <b>105</b> |
| ▶ | <b>Gamblers Anonymous 20 Questions</b>                         | <b>107</b> |

\* The South Oaks Gambling Screen is also available in other languages, contact Julie Earnest (Julie.Earnest@state.or.us) for alternate language formats.

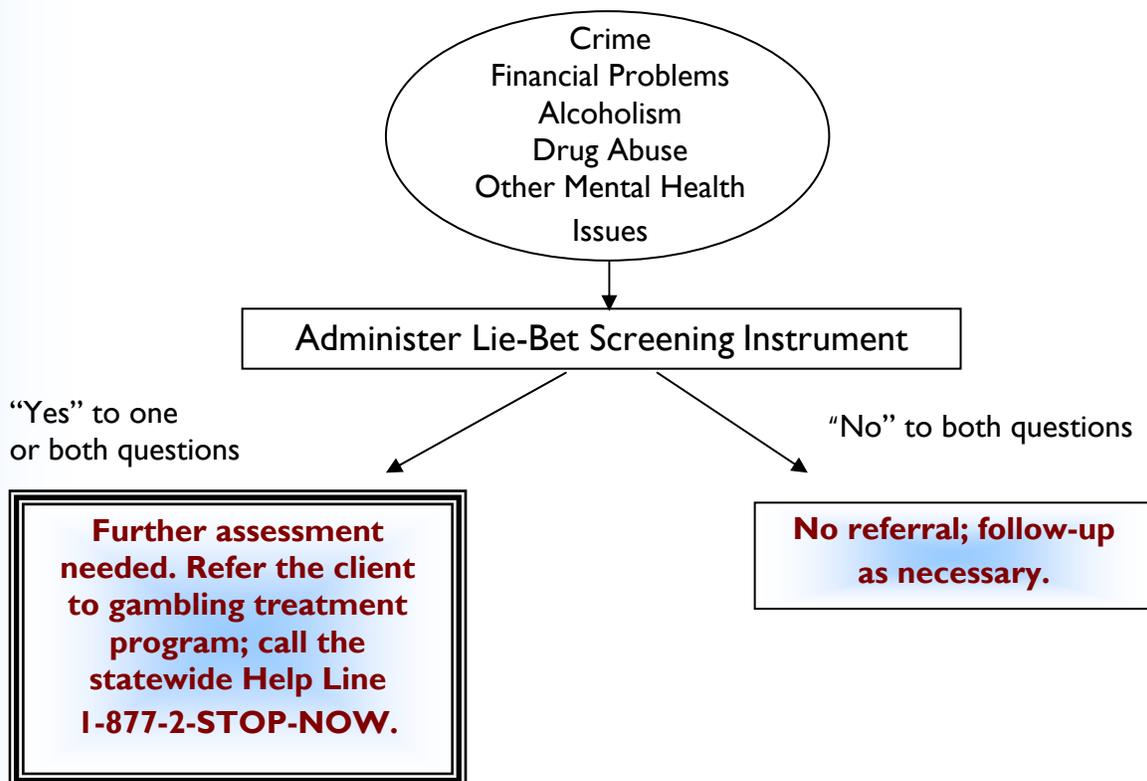
# LIE-BET TOOL TO RULE OUT PATHOLOGICAL GAMBLING

Historically, clinicians have indicated that another series of questions added to the intake process would be difficult to include. The instrument will be useful in clinical settings where clinicians have limited time and often are required to collect a great deal of information from each patient. A two-question survey will hopefully be met with less resistance and allow us to establish a “foot hold” within the intake process.

The Lie-Bet tool (Johnson et al., 1988) has been deemed valid and reliable for **ruling out** pathological gambling behaviors. The Lie-Bet’s two questions consistently differentiate between pathological gambling and nonproblem-gambling and are useful in screening to determine whether a longer tool (e.g., SOGS, DSM-IV) should be used in diagnostics.

## Lie-Bet Screening Instrument

- 1) **Have you ever felt the need to bet more and more money?**
- 2) **Have you ever had to lie to people important to you about how much you gambled?**



Reference: Johnson, E.E., Hamer,R., Nora, R.M., Tan, B., Eistenstein, N., & Englehart, C. (1988). The lie/bet questionnaire for screening pathological gamblers. *Psychological Reports, 80*, 83-88.

# SOUTH OAKS GAMBLING SCREEN (SOGS)

**I. Indicate which of the following types of gambling you have done in your lifetime. For each type, mark one answer: "not at all," "less than once a week," or "once a week or more."**

| Not at all | Less than once<br>a week | Once a week<br>or more |   |
|------------|--------------------------|------------------------|---|
| ___        | ___                      | ___                    | a. played cards for money   |
| ___        | ___                      | ___                    | b. bet on horses, dogs or other animals (in off-track betting, at the track or with a bookie) |
| ___        | ___                      | ___                    | c. bet on sports (parley cards, with a bookie, or at jai alai)                                |
| ___        | ___                      | ___                    | d. played dice games (including craps, over and under, or other dice games) for money         |
| ___        | ___                      | ___                    | e. went to casino (legal or otherwise)  |
| ___        | ___                      | ___                    | f. played the numbers or bet on lotteries   |
| ___        | ___                      | ___                    | g. played bingo   |
| ___        | ___                      | ___                    | h. played the stock and/or commodities market   |
| ___        | ___                      | ___                    | i. played slot machines, poker machines or other gambling machines                            |
| ___        | ___                      | ___                    | j. bowled, shot pool, played golf or played some other game of skill for money                |

**2. What is the largest amount of money you have ever gambled with any one day?**

- \_\_\_ never have gambled
- \_\_\_ more than \$100 up to \$1000
- \_\_\_ \$10 or less
- \_\_\_ more than \$1000 up to \$10,000
- \_\_\_ more than \$10 up to \$100
- \_\_\_ more than \$10,000

**3. Do (did) your parents have a gambling problem?**

both my father and mother gamble (or gambled) too much

my father gambles (or gambled) too much

my mother gambles (or gambled) too much

neither gambles (or gambled) too much

**4. When you gamble, how often do you go back another day to win back money you lost?**

never

some of the time (less than half the time) I lost

most of the time I lost

every time I lost

**5. Have you ever claimed to be winning money gambling but weren't really? In fact, you lost?**

never (or never gamble)

yes, less than half the time I lost

yes, most of the time

**6. Do you feel you have ever had a problem with gambling?**

no

yes, in the past, but not now

yes

|  | <b>Yes</b> | <b>No</b> |
|--|------------|-----------|
| <b>7. Did you ever gamble more than you intended?</b>  | _____      | _____     |
| <b>8. Have people criticized your gambling?</b>  | _____      | _____     |
| <b>9. Have you ever felt guilty about the way you gamble or what happens when you gamble?</b>  | _____      | _____     |
| <b>10. Have you ever felt like you would like to stop gambling but didn't think you could?</b>   | _____      | _____     |
| <b>11. Have you ever hidden betting slips, lottery tickets, gambling money, or other signs of gambling from your spouse, children, or other important people in your life?</b> | _____      | _____     |
| <b>12. Have you ever argued with people you like over how you handle money?</b>  | _____      | _____     |
| <b>13. (If you answered "yes" to question 12): Have money arguments ever centered on your gambling?</b>  | _____      | _____     |
| <b>14. Have you ever borrowed from someone and not paid them back as a result of your gambling?</b>  | _____      | _____     |
| <b>15. Have you ever lost time from work (or school) due to gambling?</b>  | _____      | _____     |
| <b>16. If you borrowed money to gamble or to pay gambling debts, where did you borrow from? (Check "yes" or "no" for each)</b>   | _____      | _____     |
| a. from household money  | _____      | _____     |
| b. from your spouse  | _____      | _____     |
| c. from other relatives or in-laws   | _____      | _____     |
| d. from banks, loan companies or credit unions   | _____      | _____     |
| e. from credit cards   | _____      | _____     |
| f. from loan sharks (Shylocks)   | _____      | _____     |
| g. your cashed in stocks, bonds or other securities  | _____      | _____     |
| h. you sold personal or family property  | _____      | _____     |
| i. you borrowed on your checking account (passed bad checks)   | _____      | _____     |
| j. you have (had) a credit line with a bookie  | _____      | _____     |
| k. you have (had) a credit line with a casino  | _____      | _____     |

## Scoring Rules for SOGS

Scores are determined by adding up the number of questions that show an "at risk" response, indicated as follows. If you answer the questions above with one of the following answers, mark that in the space next to that question:

Questions 1-3 are not counted

\_\_\_ Question 4: most of the time I lost, or every time I lost

\_\_\_ Question 5: yes, less than half the time I lose, or yes, most of the time

\_\_\_ Question 6: yes, in the past, but not now, or yes

\_\_\_ Question 7: yes

\_\_\_ Question 8: yes

\_\_\_ Question 9: yes

\_\_\_ Question 10: yes

\_\_\_ Question 11: yes

Question 12 is not counted

\_\_\_ Question 13: yes

\_\_\_ Question 14: yes

\_\_\_ Question 15: yes

\_\_\_ Question 16a: yes

\_\_\_ Question 16b: yes

\_\_\_ Question 16c: yes

\_\_\_ Question 16d: yes

\_\_\_ Question 16e: yes

\_\_\_ Question 16f: yes

\_\_\_ Question 16g: yes

\_\_\_ Question 16h: yes

\_\_\_ Question 16i: yes

Questions 16j and 16k are not counted

**Total = \_\_\_\_\_ (20 questions are counted)**

**\*\*3 or 4 = Potential pathological gambler  
(Problem gambler)**

**\*\*5 or more = Probable pathological gambler**

# SOUTH OAKS GAMBLING SCREEN: SPANISH

I. Indique en cual de las siguientes clases del juego Ud. ha participado durante su vida. Para cada clase del juego, conteste: “nunca,” “menos de una vez por semana,” o “una vez por semana o más.”

|    | Nunca | Menos de<br>una vez<br>por<br>semana | Una vez<br>por<br>semana o<br>más |  |
|----|-------|--------------------------------------|-----------------------------------|--|
| a. | _____ | _____                                | _____                             | He jugado a cartas por dinero.   |
| b. | _____ | _____                                | _____                             | He apostado en las carreras de caballos o de perros, en las peleas de gallos o de otros animals (en el hipódromo, en la pista, o con un corredor de apuestas). |
| c. | _____ | _____                                | _____                             | He apostado en los deportes (con quinielas, con un corredor de apuestas, o en jai alai).   |
| d. | _____ | _____                                | _____                             | He jugado a juegos de dados por dinero.  |
| e. | _____ | _____                                | _____                             | He jugado en un casino (legítimo o no).  |
| f. | _____ | _____                                | _____                             | He jugado a números o a la lotería.  |
| g. | _____ | _____                                | _____                             | He jugado al bingo por dinero.   |
| h. | _____ | _____                                | _____                             | He jugado a la bolsa (acciones, opciones de compra).   |
| i. | _____ | _____                                | _____                             | He jugado a las máquinas (tragaperras, poker, u otras).  |
| j. | _____ | _____                                | _____                             | He jugado al boliche, al billar, al golf (u otro juego de habilidad) por dinero.   |
| k. | _____ | _____                                | _____                             | He jugado a “pull tabs o a juegos de papel aparte de la lotería.   |
| l. | _____ | _____                                | _____                             | He participado en alguna forma de apostar todavía no mencionado (indique cuales son, por favor).   |

**2. ¿Cuál es la mayor cantidad de dinero que Ud. ha apostado en un solo día?**

- |       |                              |       |                                    |
|-------|------------------------------|-------|------------------------------------|
| _____ | nunca he apostado            | _____ | más de \$100 y menos de \$1,000    |
| _____ | \$1 o menos                  | _____ | más de \$1,000 y menos de \$10,000 |
| _____ | más de \$1 y menos de \$10   | _____ | más de \$10,000                    |
| _____ | más de \$10 y menos de \$100 |       |                                    |

**3. Indique cuales personas en su vida han tenido (o tienen) un problema con el juego.**

- |       |               |       |   |
|-------|---------------|-------|---|
| _____ | padre         | _____ | madre   |
| _____ | hermano(a)    | _____ | abuelo(a)                                     |
| _____ | esposo(a)     | _____ | hijo(s)                                       |
| _____ | otro pariente |       | un amigo u otra persona importante en su vida |

**4. Cuando Ud. juega, ¿cada cuándo vuelven para recobrar el dinero que ha perdido?**

- \_\_\_\_\_ nunca  
\_\_\_\_\_ algunas veces (menos de la mitad del tiempo)  
\_\_\_\_\_ la mayoría del tiempo  
\_\_\_\_\_ siempre

**5. ¿Alguna vez ha pretendido Ud. haber ganado dinero cuando en realidad perdió?**

- \_\_\_\_\_ nunca  
\_\_\_\_\_ sí, algunas veces (menos de la mitad de las veces que he perdido)  
\_\_\_\_\_ sí, casi siempre

**6. ¿Cree Ud. que ha tenido un problema con el juego?**

- \_\_\_\_\_ no  
\_\_\_\_\_ en el pasado, sí; ahora, no  
\_\_\_\_\_ sí

**7. ¿Alguna vez ha jugado Ud. más de lo que quería?**

- \_\_\_\_\_ sí \_\_\_\_\_ no

**8. ¿Hay alguien que ha criticado su manera de jugar?**

\_\_\_\_\_ sí \_\_\_\_\_ no

9. ¿Ha sentido Ud. lleno de remordimientos debido a su manera de jugar, o a las consecuencias de su juego?

\_\_\_\_\_ sí \_\_\_\_\_ no

10. ¿Alguna vez ha querido Ud. dejar de jugar, pero no se creía capaz de hacerlo?

\_\_\_\_\_ sí \_\_\_\_\_ no

11. ¿a discutido Ud. con la gente en su casa sobre su manera de manejar el dinero?

\_\_\_\_\_ sí \_\_\_\_\_ no

12. ¿Ha discutido Ud. con la gente en su casa sobre su manera de manejar el dinero?

\_\_\_\_\_ sí \_\_\_\_\_ no

**13. (Si Ud. ha contestado sí a la pregunta número 12): Estas discusiones—han tenido que ver con su juego?**

\_\_\_\_\_ sí \_\_\_\_\_ no

14. ¿Ha pedido Ud. un préstamo de dinero de alguien, y luego no pudo devolver el dinero a causa del juego?

\_\_\_\_\_ sí \_\_\_\_\_ no

**15. ¿Ha perdido Ud. tiempo de su trabajo (o de la escuela) a causa del juego?**

\_\_\_\_\_ sí \_\_\_\_\_ no

**16. Si Ud. ha pedido dinero prestado para jugar o para pagar las deudas resultando del juego, ¿de quien ha pedido (o de dónde ha sacado) el dinero? (Indique sí o no.)**

- |   |       |       |
|---|-------|-------|
| a. de los fondos de domicilio   | _____ | _____ |
|   | sí    | no    |
| b. de su esposo   | _____ | _____ |
|   | sí    | no    |
| c. de otros parientes   | _____ | _____ |
|   | sí    | no    |
| d. del banco, de la caja de ahorros, de compañías de préstamo, del “credit union” | _____ | _____ |
|   | sí    | no    |
| e. de las tarjetas de crédito   | _____ | _____ |
|   | sí    | no    |
| f. de un usurero  | _____ | _____ |
|   | sí    | no    |
| g. por cobrar las acciones, los bonos, u otras fianzas                            | _____ | _____ |
|   | sí    | no    |
| h. por vender sus posesiones o las de la familia                                  | _____ | _____ |
|   | sí    | no    |
| i. por extender unos cheques sin fondos o firmar cheques falsos                   | _____ | _____ |
|   | sí    | no    |
| k. de una línea de crédito con su corredor de apuestas                            | _____ | _____ |
|   | sí    | no    |

Muchas gracias por completar este cuestionario.

### Scoring Rules for Spanish SOGS

Same as the English SOGS; please refer to the scoring rules on page 97.

**Total = \_\_\_\_\_ (20 questions are counted)**

**\*\*3 or 4 = Potential pathological gambler  
(Problem gambler)**

**\*\*5 or more = Probable pathological gambler**

## **SOUTH OAKS GAMBLING SCREEN: REVISED FOR ADOLESCENTS (SOGS-RA)**

The 12 scored items for the SOGS-RA from Winters, K.C., Stinchfield R.D. and Fulkerson, J. (1993a) are listed below.

a. How often have you gone back another day to try and win back money you lost gambling?

Every time/Most of the time/Some of the time/Never

b. When you were betting, have you ever told others you were winning money when you weren't?

Yes/No

c. Has your betting money ever caused any problems for you such as arguments with family and friends, or problems at school or work?

Yes/No

d. Have you ever gambled more than you had planned to?

Yes/No

e. Has anyone criticized your betting, or told you that you had a gambling problem whether you thought it true or not?

Yes/No

f. Have you ever felt bad about the amount of money you bet, or about what happens when you bet money?

Yes/No

g. Have you ever felt like you would like to stop betting, but didn't think you could?

Yes/No

h. Have you ever hidden from family or friends any betting slips, IOUs, lottery tickets, money that you won, or any signs of gambling?

Yes/No

i. Have you had money arguments with family or friends that centered on gambling?

Yes/No

j. Have you borrowed money to bet and not paid it back?

Yes/No

k. Have you ever skipped or been absent from school or work due to betting activities?

Yes/No

l. Have you borrowed money or stolen something in order to bet or to cover gambling activities?

Yes/No

## Scoring Rules for SOGS-RA

Each item is scored either 1 (affirmative) or 0 (nonaffirmative). Item "a" is scored 1 if respondent indicates "every time" or "most of the time" and is scored 0 otherwise. Calculations for broad and narrow rates come from Winters, Stinchfield and Kim, 1995.

### Calculation of Narrow Rates

Level 0 = No past year gambling.

Level 1 = SOGS-RA score of \_ 1

Level 2 = SOGS-RA score of 2 or 3

Level 3 = SOGS-RA score of \_ 4

### Calculation of Broad Rates

Level 0 = No past year gambling

Level 1 = Gambling less than daily and SOGS-RA score = 0, OR, less than weekly gambling and SOGS-RA score \_ 1.

Level 2 = At least weekly gambling and SOGS-RA score \_ 1 OR gambling less than weekly and SOGS-RA score \_ 2.

Level 3 = At least weekly gambling + SOGS-RA score \_ 2 OR daily gambling

Winters, K.C., Stinchfield, R.D., & Fulkerson, J. (1993). Toward the development of an adolescent problem severity scale. *Journal of Gambling Studies*, 9, 63-84.

# DSM-IV DIAGNOSTIC CRITERIA

The following are the diagnostic criteria from the DSM-IV for 312.31 (Pathological Gambling):

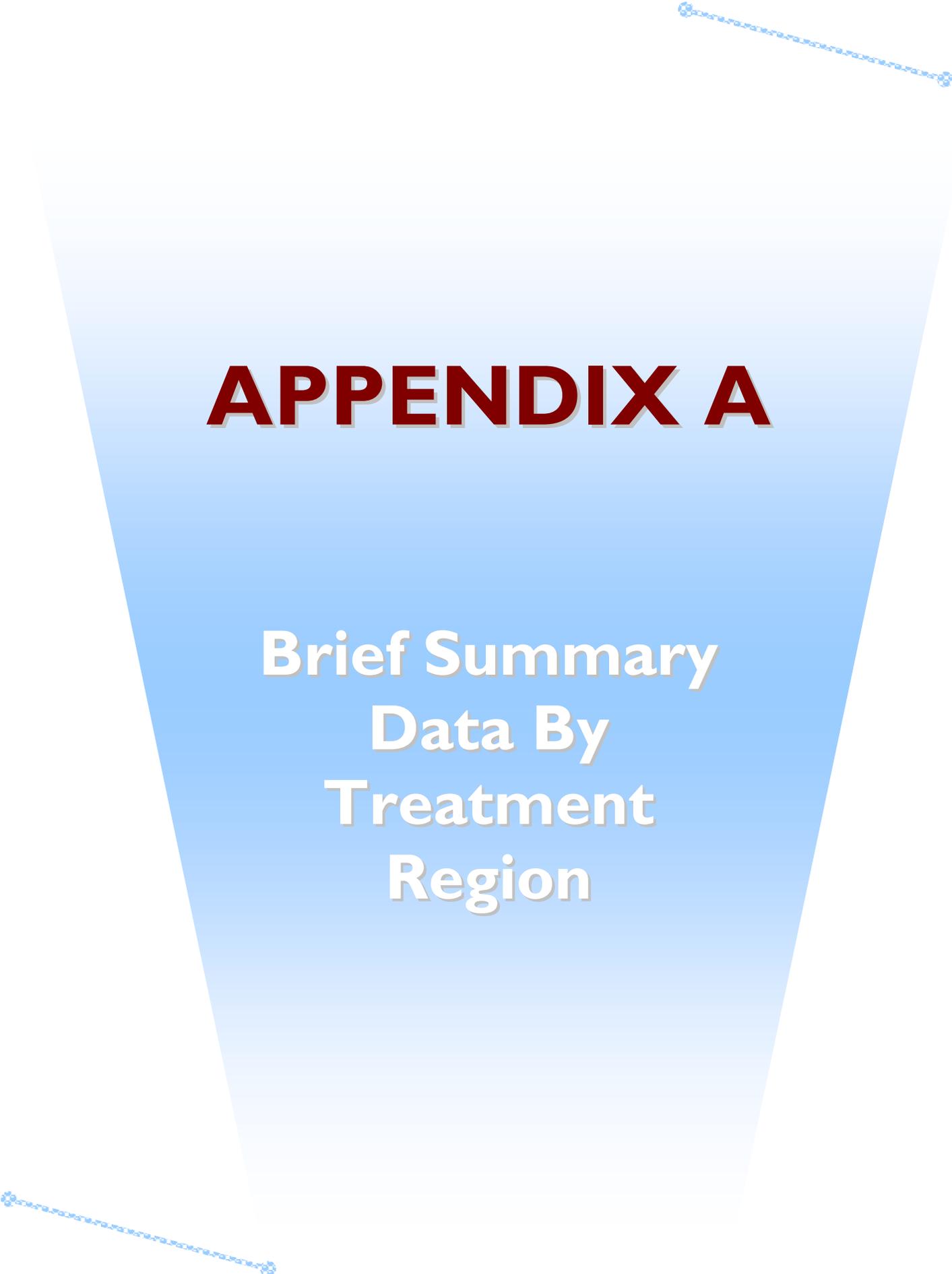
- A. Persistent and recurrent maladaptive gambling behavior as indicated by at least five of the following:
  - 1. is preoccupied with gambling (e.g., preoccupied with reliving past gambling experiences, handicapping or planning the next venture, or thinking of ways to get money with which to gamble)
  - 2. needs to gamble with increasing amounts of money in order to achieve the desired excitement
  - 3. has repeated unsuccessful efforts to control, cut back, or stop gambling
  - 4. is restless or irritable when attempting to cut down or stop gambling
  - 5. gambles as a way of escaping from problems or of relieving a dysphoric mood (e.g., feelings of helplessness, guilt, anxiety, depression.
  - 6. after losing money gambling, often returns another day in order to get even ("chasing" one's losses)
  - 7. lies to family members, therapist, or others to conceal the extent of involvement with gambling
  - 8. has committed illegal acts, such as forgery, fraud, theft, or embezzlement, in order to finance gambling
  - 9. has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
  - 10. relies on others to provide money to relieve a desperate financial situation caused by gambling
  
- B. The gambling behavior is not better accounted for by a Manic Episode.

American Psychiatric Association. (1994). *Diagnostic and Statistical Manual of Mental Disorders, Fourth Edition*. Washington, D.C.: Author.

# **GAMBLERS ANONYMOUS 20 QUESTIONS**

The following is a popular tool used to assess for problem gambling behaviors. Please note that the GA-20 is not recognized as valid and reliable diagnostic tool.

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?
10. Did you ever borrow to finance your gambling?
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. Did you ever gamble longer than you had planned?
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. Have you ever considered self-destruction or suicide as a result of your gambling?



# **APPENDIX A**

## **Brief Summary Data By Treatment Region**

## Brief Summary Data: Clackamas County

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>275,044</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>185</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>202</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>44.2 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (51.0%)<br/>Females (49.0%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (91.2%)<br/>Pacific Island (2.9%)<br/>Native American (2.0%)</b>               |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (84.3%)<br/>Cards (6.9%)<br/>Slot Machines (3.9%)</b>                    |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (41.2%)<br/>Previous Client (13.7%)<br/>Mental Health (8.8%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>7</b>  |

Information based on FY 2003-2003 data and prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Columbia / Clatsop Region

(Based on FY 02-03 Data)

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>60,009</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>43</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>36</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>38.6 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (52.8%)<br/>Females (47.2%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (97.2%)<br/>Black/African-American (2.8%)</b>  |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (94.4%)<br/>Slot Machines (5.6%)</b>   |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (33.3%)<br/>Other Outpatient Clinics (16.7%)<br/>Mental Health (11.1%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>3</b>  |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Coos / Curry Region

(Based on FY 02-03 Data)

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>49,158</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>37</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>40</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>49.1 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (37.5%)<br/>Females (62.5%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (95.0%)<br/>Native American (2.5%)</b>   |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Slot Machines (45.0%)<br/>Video Poker (40.0%)<br/>Cards (7.5%)</b>                   |
| <b>Source of referral to the treatment program:</b>                                     | <b>Newspaper Ad (32.5%)<br/>Statewide Help Line (22.5%)<br/>Previous Client (17.5%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>2</b>  |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Deschutes / Jefferson / Crook Region

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>121,006</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>87</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>35</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>43.1 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (65.7%)<br/>Females (34.3%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (85.7%)<br/>Pacific Island (2.9%)<br/>Native American (2.9%)</b>            |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (77.1%)<br/>Cards (11.4%)<br/>Slot Machines (5.7%)</b>                |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (51.4%)<br/>Program Client (8.6%)<br/>Web/Internet (8.6%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>4</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Douglas County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>77,344</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>56</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>63</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>46.7 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (28.6%)<br/>Females (71.4%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (95.2%)<br/>Hispanic (3.2%)<br/>Asian (1.6%)</b>                                  |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (66.7%)<br/>Slot Machines (14.3%)<br/>Cards (7.9%)</b>                      |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (17.5%)<br/>Program Client (15.9%)<br/>Family or Friend (12.7%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>8</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Jackson County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>140,238</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>101</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>53</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>46.2 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (56.6%)<br/>Females (43.4%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (94.3%)<br/>Hispanic (1.9%)</b>   |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker ( 86.8)<br/>Slot Machines (5.7%)<br/>Cards (3.8%)</b>                       |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (30.2%)<br/>Program Client (13.2%)<br/>Family or Friend (13.2%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>0</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Josephine County

(Based on FY 02-03 Data)

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>59,466</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>43</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>16</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>47.9 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (50.0%)<br/>Females (60.0%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (81.3%)</b>  |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (18.8 %)<br/>Keno (6.3%)</b>   |
| <b>Source of referral to the treatment program:</b>                                     | <b>Outpatient Gambling (25.0%)<br/>Statewide Help Line (12.5%)<br/>Family or Friend (12.5%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>0</b>  |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Lane County

(Based on FY 02-03 Data)

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>250,275</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>180</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>175</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>43.5 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (54.3%)<br/>Females (45.7%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (92.6%)<br/>Hispanic (1.7%)<br/>Native American (1.1%)</b>                   |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (82.3%)<br/>Slot Machines (7.4%)</b>                                   |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (55.4%)<br/>Program Client (17.7%)<br/>Yellow Pages (4.6%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>54</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Lincoln County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>35,277</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>26</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>14</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>48.2 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (28.6%)<br/>Females (71.4%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (100%)</b>  |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Slot Machines (71.4%)<br/>Video Poker (7.1%)<br/>Cards (7.1%)</b>                       |
| <b>Source of referral to the treatment program:</b>                                     | <b>Self/Other Clients (35.7%)<br/>Statewide Help Line (21.4%)<br/>Mental Health (7.1%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>0</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Linn / Benton Region

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>137,254</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>99</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>56</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>45.3 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (60.7%)<br/>Females (39.3%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (94.6%)<br/>Asian (1.8%)<br/>Hispanic (1.8%)</b>                                |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (76.8%)<br/>Slot Machines (16.1%)<br/>Cards (1.8%)</b>                    |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (67.9%)<br/>Family or Friend (8.9%)<br/>Program Client (7.1%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>3</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Marion County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>209,091</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>151</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>147</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>44.0 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (52.4%)<br/>Females (47.6%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (91.8%)<br/>Hispanic (2.7%)<br/>Native American (1.4%)</b>                            |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (61.2%)<br/>Slot Machines (27.2%)<br/>Cards (4.8%)</b>                          |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (40.8%)<br/>Outpatient Gambling (10.9%)<br/>Family or Friend (8.8%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>18</b>  |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Mid-Columbia Region

The Mid-Columbia region includes Wasco, Hood, Sherman, Wheeler, and Gilliam Counties.

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>45,019</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>34</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>40</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>42.9 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (50.0%)<br/>Females (50.0%)</b>                                       |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (95.0%)<br/>Hispanic (2.5%)</b>                                       |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (65.0%)<br/>Cards (10.0%)<br/>Slot Machines (7.5%)</b>          |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (37.5%)<br/>Jail (17.5%)<br/>Program Client (15.0%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>4</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Multnomah County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>513,261</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>370</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>451</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>43.7 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (62.0%)<br/>Females (38.0%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (78.5%)<br/>Black/African-American (6.2%)<br/>S.E. Asian (4.2%)</b>               |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (73.6%)<br/>Cards (8.4%)<br/>Slot Machines (6.9%)</b>                       |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (19.1%)<br/>Program Client (15.3%)<br/>Family or Friend (14.1%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>130</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Polk County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>47,521</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>34</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>9</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>57.5 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (55.6%)<br/>Females (44.4%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (100%)</b>  |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Slot Machines (66.7%)<br/>Video Poker (22.2%)<br/>Scratch-Its (11.1%)</b>         |
| <b>Source of referral to the treatment program:</b>                                     | <b>Yellow Pages (33.3%)<br/>Self or Program Client (22.2%)<br/>Probation (11.1%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>3</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Tillamook County

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>19,255</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>14</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>7</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>41.7 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (57.1%)<br/>Females (42.9%)</b>   |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (71.4%)</b>   |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (14.3%)<br/>Slot Machines (14.3%)</b>   |
| <b>Source of referral to the treatment program:</b>                                     | <b>Outpatient Chemical Dependency (28.6%)<br/>Mental Health (14.3%)<br/>Family or Friend (14.3%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>8</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Umatilla Region

(Based on FY 02-03 Data)

|   |  |
|---|--|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>51,466</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>39</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>6</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>47.2 years</b>  |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (16.7%)<br/>Females (83.3%)</b>                                       |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (100%)</b>  |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (50.0%)<br/>Slot Machines (33.3%)<br/>Scratch-Its (16.7%)</b>   |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (33.6%)<br/>Mental Health (16.7%)<br/>Court (16.7%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>1</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Washington County

(Based on FY 02-03 Data)

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>334,501</b>  |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>241</b>  |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>170</b>  |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>43.9 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (51.2%)<br/>Females (48.8%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (85.9%)<br/>Asian (3.5%)<br/>S.E. Asian (2.4%)</b>                               |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (74.7%)<br/>Cards (8.2%)<br/>Slot Machines (6.5%)</b>                      |
| <b>Source of referral to the treatment program:</b>                                     | <b>Statewide Help Line (44.7%)<br/>Previous Client (6.5%)<br/>Family or Friend (6.5%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>48</b>   |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com) (503) 625-6100

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.

## Brief Summary Data: Yamhill County

(Based on FY 02-03 Data)

|   |   |
|---|---|
| <b>Estimated adult population:<sup>1</sup></b>  | <b>62,965</b>   |
| <b>Projected number of gamblers expected to access treatment each year:<sup>2</sup></b> | <b>45</b>   |
| <b>Number of gamblers enrolled in treatment:</b>  | <b>23</b>   |
| <b>Average age of gamblers seeking treatment:</b>                                       | <b>46.3 years</b>   |
| <b>Gender of gamblers seeking treatment:</b>  | <b>Males (43.5%)<br/>Females (57.5%)</b>  |
| <b>Ethnicity of gamblers seeking treatment:</b>   | <b>White (100%)</b>   |
| <b>Primary gambling activity:<sup>3</sup></b>   | <b>Video Poker (65.2%)<br/>Slot Machines (21.7%)<br/>Cards (8.7%)</b>                     |
| <b>Source of referral to the treatment program:</b>                                     | <b>Program Client (39.1%)<br/>Statewide Help Line (39.1%)<br/>Family or Friend (8.7%)</b> |
| <b>Number of family members enrolled in treatment:</b>                                  | <b>4</b>  |

Information prepared by Herbert & Louis LLC  
[info@herblou.com](mailto:info@herblou.com)

<sup>1</sup> Population data provided by OHMAS – 18 years and above

<sup>2</sup> Based on an adult prevalence rate of approximately 2.5% problem and pathological gamblers with 3.0% of the problem and pathological gamblers seeking treatment (penetration rate).

<sup>3</sup> Game of choice of gamblers enrolled in treatment during the year.