Raising the Bar on Engagement and Favorable Outcomes with African Americans in Problem Gambling Services

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Case Study 1

- AA female, married, dual family income, 40’s
- Urban community
- Non-religious or spiritual proclivity
- GA attendance in urban community predominate AA and female
- Mother versus spousal involvement
Bio-social History

- Family history of PG-father, brother; friend per South Oaks Gambling Screen despite verbal denial in initial assessment phase
- Mother exposed to 12 Step programs. May had infused values around sponsorship?
- Spouse role and influence had as positive and negative aspects
- Mother listed as emergency contact I.C.E
Culturally Infused Practices

- Assigned research on GA as a viable resource
- Oriented to GA culture, meeting locations and demographic differences
- Remained respectful and prudent regarding invitation for spouse/family participation
- Intentional about eliciting gap in values and building discrepancy discussion using the decision matrix (female and African American)
Cultural Practice Points

- Used culturally-linked questions:
  “What song, anthem, poem stirs spiritual or cultural pride/hope?”
  (the traditional or faith rooted)
  “What, if anything, would you like me to know about working with you as an African American and compulsive gambler?”
  (cross-cultural counseling)
Practice Points

- Practiced Motivational Interviewing as an organic approach to culturally proficient care
  1) confidence building (prison life)
  2) discrepancy building
  3) decision matrix
  4) autonomy promotion
  5) education with permission
Case 2

- AA female, 30’s
- Divorced, in a relationship that ended
- Single family income
- Urban central community
- Religious, intermittent church attendance
- Occupational hazard
- Cultural shame parenting and gambling related to eviction
- Cultural trigger (daughter reported as lesbian),
Culturally Infused Aspects of Care

- Cultural Adaptability
  - Focusing on relationship building
    - Slowed the pace of assessment and screening process,
      - Attended to verbal, vocal, and visual cues
    - Ex. Appearance dramatically changed from makeup, lashes, hair; energy level, mood
  - Changing direction of session-
    - Talking about gambling makes me want to gamble
    - Cultural Pain around parenting and motherhood, eviction history, adult daughter issues
  - Asking culturally distinct questions
    - “What do I need to know about working with you as an African American woman?”
    - “How important is it for you to work with an AA clinician?”

- Motivation Building
  - Gambling or No Gambling, why?
  - Promoting Autonomy “You have the final decision, decision is yours time make..I am here to support, guide, create hope”
Case Study 1

- AA Demographics African American male, 40 years old, engaged, 6 children (2 biological)
- Rural community
- Devout Black Muslim, spirituality connected to heritage
- Receiving PG Tx concurrent with Level 3.5 for SUD
- Family perplexed at his struggles with addiction, esp. fiancee
Bio-social History

- Strong family history of addictions (alcoholism, cocaine, memories of gambling on grandpa’s lap, absentee father), 9/10 on DSM-IV-TR past year
- Despite clear knowledge of addictions in the family, no family members sought Tx or 12 Step intervention. Mother treated for depression
- Father figure and strong relationship with fiancee bring positive support but shame, and attacks his pride
- Fiancée listed as his emergency contact
Culturally Infused Practices

- Outreach at a local residential treatment program at MH institute
- Oriented to program staff/culture, demographic differences (client often only AA in groups)
- Utilization of client’s passion about his Black identity and religious values as central strength, directly connected to his ethnic identity, how this pairs with out of control PG (discrepancy)
- Intentional about eliciting gap in values and building discrepancy, discussion using the decision matrix (male and African American)
Cultural Practice Points

- Used culturally-linked questions:
  “Thinking back to the lives of great Black men such as Frederick Douglass, what kinds of adversity do you think they went through? How did they respond?”

  “What is it about the gambling problem that might be unique for you as a Black, Muslim man? What would you like me to know about this as a White man?” (cross-cultural counseling)
Practice Points

- Practiced Motivational Interviewing, mindfulness-based relapse prevention
  1) Client as expert (value of pride)
  2) Built competency (Self efficacy through self-regulation)
  3) reconnecting with values (discrepancy)
  4) autonomy promotion (awareness of dominant culture counselor, avoid value “spillage”)
  5) education with permission (value of the narrative, telling the story)
Case 2

- African American Client 52 year old, male,
- Separated for years (divorce never finalized), gambling part of all relationship problems - 10/10 past year DSM-IV-TR
- Compulsive romance/relationships
- Rural community
- Religious, intermittent church attendance
- Strong work history, “token Black guy” at job, used as way to make diversity quota by employer
- Cultural shame, failed parenting, marriage, and gambling related to eviction, homelessness (brother says take care of home first)
- Cultural trigger (constant bailouts from family, son using/selling marijuana)
Culturally Infused Aspects of Care

- **Cultural Adaptability**
  Focusing on allowing the client to present his narrative, tell his story, value of the oral tradition in AA culture. (Slowed the pace of assessment and screening process)
  Attended to verbal, vocal, and visual cues
  Ex. Appearance dramatically changed from clothing, haircut, shaving, hygiene

Changing direction of session-
Talking about gambling makes me want to gamble

Cultural Pain around parenting, marriage, and Christianity, eviction history, issues with adult son, racially charged community that blames AA community for problems
Culturally Infused Aspects of Care

- Asking culturally distinct questions
  “How does the way you are living life now fit with values in the African American community?”
  “What are some values that you would like to reconnect to, that you may have neglected as a Black man?”

- Motivational Interviewing
  Connecting race/ethnicity to recovery or not? (rolling with resistance)
  Addressing boundary for client of addressing AA-specific issues with a White counselor
  Promote autonomy (client directs focus), elicit/evoke change talk, develop discrepancy with current lifestyle and AA values of pride, family, strength, to be “his own man.”
References (Debra)

- Tip 59 Cultural Competency SAMSHA
- Two plus decades of cultural conscious and commitment via education, training, literature review, teaching, OTJ experience: cross cultural communication, cultural proficiency, cultural identity development, and accountability; supervision, mentorship, case consultation, international travel experience in cultural adaptability
- Failure, success, risk taking, self examination
- What are your reference points?
References (Nicolas)