SBIRT/ Problem Gambling

2016 MIDWEST CONFERENCE

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PROJECT TURNABOUT /VANGUARD
Screening: Very Brief set of questions that identifies risk of gambling related problems

Brief Intervention: Brief counseling that raises awareness of risks and motivates client toward acknowledgement of problem

Referral: Procedures to help patients access specialized care

SBIRT: Key Terms
Screening, Brief Intervention Referral to Treatment
Who can conduct SBIRT?

CD counselor
Mental Health
Primary Care
School
Clergy
Financial
Law Enforcement
First Responders
Friends
Family
Type of Gambling Continuum

- No gambling
- Casual social gambling
- Serious social gambling
- Harmful involvement
- Disordered gambling
Specify current severity:

**Mild:** 4–5 criteria met.

**Moderate:** 6–7 criteria met.

**Severe:** 8–9 criteria met.

*The gambling behavior is not better explained by a manic episode.*

- Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- Is restless or irritable when attempting to cut down or stop gambling.
- Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
- Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- After losing money gambling, often returns another day to get even (“chasing” one’s losses).
- Lies to conceal the extent of involvement with gambling.
- Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- Relies on others to provide money to relieve desperate financial situations caused by gambling.
## Comparing DSM Criteria

<table>
<thead>
<tr>
<th>Gambling Disorder 4 of 9</th>
<th>Substance Use Disorder 2 of 11</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Tolerance</td>
<td>• Using more or longer than intended</td>
</tr>
<tr>
<td>• Withdrawal</td>
<td>• Control</td>
</tr>
<tr>
<td>• Attempts to Control</td>
<td>• Time spent in obtaining/use of substance</td>
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<tr>
<td>• Preoccupation</td>
<td>• Craving or strong desire/urge</td>
</tr>
<tr>
<td>• Relieve</td>
<td>• Failure to meet obligations</td>
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<tr>
<td>• Chasing</td>
<td>• Continued use despite social or interpersonal problems</td>
</tr>
<tr>
<td>• Lying</td>
<td>• Important activities given up or reduced</td>
</tr>
<tr>
<td>• Impact on Life</td>
<td>• Recurrent use in physical hazardous situations</td>
</tr>
<tr>
<td>• Bailouts</td>
<td>• Continued use despite physical &amp; psychological consequences</td>
</tr>
<tr>
<td></td>
<td>• Tolerance *increasing amount *diminished effect</td>
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<tr>
<td></td>
<td>• Withdrawal syndrome for alcohol or alcohol taken to relieve or avoid withdrawal</td>
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</tbody>
</table>
49% of NESARC respondents with a history of problem gambling received treatment for mental health or substance problem...... of these respondents;

NONE received treatment for gambling problems
Substance Use Disorders

Percentage of individuals with Gambling Disorder who also have co-occurring...

- Alcohol Use Disorders: 73.2%
- Drug Use Disorders: 38.1%

(www.samhsa.gov/co-occurring)
Suicide risk is even greater for those with co-occurring personality disorders (Nauert, 2010).

Pathological gamblers make up 5% of those who complete suicide (WHO).

Three lethal elements:
- Depression
- Addiction
- Personality Disorders
Social costs of problem gambling

$7 billion in 2013

(NCPG)
Adult problem gamblers are:

5x more likely to have co-occurring alcohol dependence,

4x more likely to abuse drugs,

3x more likely to be depressed,

8x more likely to have bipolar disorder,

3x more likely to experience an anxiety disorder and have significantly elevated rates of tachycardia, angina, cirrhosis.

Adult Problem Gamblers: higher rates of physical and mental health issues
## WHO IS AT RISK?

**Higher Frequency of Gambling Disorders:**
- Males
- Single Individuals
- Those exposed to gambling
- Those who gamble at an early age
- Excitement-seeking personality
- Mental health indicators
- Adverse Childhood experiences
- Parents that gamble

**Gamblers who:**
- Smoke
- Drug/Alcohol dependent
- Have OCD
- Have impulsive & antisocial personality traits
- Report gambling on electronic gambling devices
- College students

Hodgins et al 2012
Studies reveal a later onset of gambling for women as compared to men. (age 34.2 women vs. 20.4 men) However, women progress to gambling disorder twice as fast as men after beginning to gambling.
Asian Americans: Cultural values, experiences of immigration, target marketing

In a study conducted in 2001 by the Research Institute on Addictions, Asian Americans were more than 3 times likelier than Caucasians to be classified as problem gamblers.

NAPAFASA Problem Gambling Prevention Technical Assistance and Training Project
Funded by the California State Department of Alcohol and Drug Programs, Office of Problem Gambling
Those who gamble 5 times or more in a year are more likely to also experience mental health and substance abuse disorders, nicotine dependence and alcohol use disorders.

Desai, Desai & Potenza 2007
Among those in the corrections population, 33% of criminal offenders meet criteria for gambling disorder..... 50% of individuals incarcerated with a gambling disorder report having committed crimes to support their gambling.

Corrections

Williams, Royston & Hagen 2005
Rates of problem and Disordered gambling are much higher among veterans, military recruits and those currently in the military compared with rates in the general population.

Military

7.1% of military personnel reported at least one serious gambling-related problem.
Screening and Assessment

- South Oaks Gambling Screen (SOGS) & (SOGS-RA adolescent) (5 or higher)
- Gambler’s Anonymous 20 Questions (7 or higher)
- Problem Gambling Severity Index (PGSI)
- NORC & NODS self-assessment
- Centre for Addiction and Mental Health (CAMH Gambling Screen)
- Rosenthal Self-Report Inventory
- Custer’s Chart
- Lie Bet
- Brief Bio-social
- DSM-5 (4 or higher)
Yes to any question warrants further assessment.

### Brief Biosocial Gambling Screen (BBGS)

A “yes” answer to any of the questions means the person is at risk for developing a gambling problem.

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

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

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

[Links to NCRG and Division on Addiction websites]

[www.ncrg.org](http://www.ncrg.org)  
[www.divisiononaddiction.org](http://www.divisiononaddiction.org)
<table>
<thead>
<tr>
<th>NODS 1</th>
<th>Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?</th>
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<tbody>
<tr>
<td>NODS 8</td>
<td>Have you ever gambled as a way to escape from personal problems?</td>
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<td>NODS 10</td>
<td>Has there ever been a period when, if you lost money gambling one day, you would return another day to get even?</td>
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<tr>
<td>NODS 14</td>
<td>Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?</td>
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</table>
The NODS-CLiP*
Short Problem Gambling Screen

Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?

Yes
No

Have you ever tried to stop, cut down, or control your gambling?

Yes
No

Have you ever lied to family members, friends, or others about how much you gamble or how much money you lost on gambling?

Yes
No

If “Yes” to one or more questions, further assessment is advised.


www.ProblemGambling.ca
Centre for Addiction and Mental Health Short Gambling Screen

1. In the past 12 months, have you gambled more than you intended?
   Yes___ No____
2. In the past 12 months, have you claimed to be winning money when you were not?
   Yes___ No____
3. In the past 12 months, have you felt guilty about the way you gamble, or about what happens when you gamble?
   Yes___ No____
4. In the past 12 months, have people criticized your gambling?
   Yes___ No____
5. In the past 12 months, have you had money arguments that centred on gambling?
   Yes___ No____

* Two or more “yes” responses indicate that there may be a problem with gambling and the patient should be referred for an assessment.
Problem Gambling Severity Index

1. Have you bet more than you could really afford to lose?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

2. Still thinking about the last 12 month, have you needed to gamble with larger amounts of money to get the same feeling of excitement?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

3. When you gambled, did you go back another day to try to win back the money you lost?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

4. Have you borrowed money or sold anything to get money to gamble?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

5. Have you felt that you might have a problem with gambling?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

6. Has gambling caused you any health problems, including stress or anxiety?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

7. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

8. Has your gambling caused any financial problems for you or your household?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3

9. Have you felt guilty about the way you gamble or what happens when you gamble?
   Never=0  Sometimes=1  Most of the time=2  Almost always=3
Problem Gambling Severity Index:
The higher the score, the greater the risk that gambling is a problem.

Scoring:
0 = Non-problem
1 or 2 = Low level of problems with few or no identified negative consequences
3-7 = Moderate level of problems leading to some negative consequences
8 or more = Problem gambling with negative consequences and possible loss of control
How to administer screening tools.

- Explain Purpose
- Non Judgmental
- Conversational
- Share Results
- Working Together
MOTIVATION

Never thought of it as a problem
Saw it as a solution to financial problems
Don’t want to give up all addictions
Embarrassment
Don’t see it as a “primary” problem

Considerations: Need to be aware
## SOGS: Questions #1

<table>
<thead>
<tr>
<th>PLEASE &quot;✓&quot; ONE ANSWER FOR EACH STATEMENT:</th>
<th>NOT AT ALL</th>
<th>LESS THAN ONCE A WEEK</th>
<th>ONCE A WEEK OR MORE</th>
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<tbody>
<tr>
<td>a. Played cards for money</td>
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<td>b. Bet on horses, dogs, or other animals (at OTB, the track or with a bookie)</td>
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<tr>
<td>c. Bet on sport (parlay cards, with bookie at Jai Alai)</td>
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<tr>
<td>d. Played dice games, including craps, over and under or other dice games</td>
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<td>e. Went to casinos (legal or otherwise)</td>
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<td>f. Played the numbers or bet on lotteries</td>
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<tr>
<td>g. Played bingo</td>
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<tr>
<td>h. Played the stock and/or commodities market</td>
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<tr>
<td>i. Played slot machines, poker machines, or other gambling machines</td>
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<td>j. Bowled, shot pool, played golf, or some other game of skill for money</td>
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<td>k. Played pull tabs or “paper” games other than lotteries</td>
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<tr>
<td>l. Some form of gambling not listed above (please specify: ________________________</td>
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</tbody>
</table>
2. What is the largest amount of money you have ever gambled with on any one-day?
   ______ Never gambled
   ______ $1.00 or less
   ______ More than $1.00 up to $10.00
   ______ More than $10.00 up to $100.00
   ______ More than $100.00 up to $1,000.00
   ______ More than $1,000.00 up to $10,000.00
   ______ More than $10,000.00

3. Check which of the following people in your life has (or had) a gambling problem.
   ________ Father
   ________ Brother/Sister
   ________ My Child(ren)
   ________ A Friend or Someone Important in My Life
4. When you gamble, how often do you go back another day to win back money you have lost? 

- Never
- Most of the Time I Lose
- Some of the Time
- Every Time I Lose
  (less than half the time I lose)

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

- Never
- Yes, less than half the time I lost
- Yes, most of the time

6. Do you feel you have ever had a problem with betting or money gambling? 

- No
- Yes
- Yes, in the past, but not now

7. Did you ever gamble more than you intended to?  

- Yes
- No

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

- Yes
- No

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

- Yes
- No

10. Have you ever felt like you would like to stop betting money on gambling, but didn’t think you could? 

- Yes
- No
11. Have you ever hidden betting slips, lottery tickets, gambling money, IOUs, or other signs of betting or gambling from your spouse, children or other important people in your life?  
   ___Yes  ___No

12. Have you ever argued with people you live with over how you handle money?  
   ___Yes  ___No

13. (If you answered “Yes” to question 12) Have money arguments ever centered on your gambling?  
   ___Yes  ___No

14. Have you ever borrowed from someone and not paid them back as a result of your gambling?  
   ___Yes  ___No

15. Have you ever lost time from work (or school) due to betting money or gambling?  
   ___Yes  ___No
16. If you borrowed money to gamble or to pay gambling debts, who or where did you borrow from
   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
   g. You cashed in stocks, bonds or other securities
   h. You sold personal or family property
   i. You borrowed on your checking accounts (passed bad checks)
   j. You have (had) a credit line with a bookie
   k. You have (had) a credit line with a casino
SOUTH OAKS GAMBLING SCREEN-SCORING

Scores on the SOGS are determined by scoring one point for each question that shows the "at risk" response indicated.

(maximum score = 20)

Interpreting the score:

0 No problem with gambling
1-4 Some problems with gambling
5 or more Probable Pathological Gambler

- Question 4 ________ Most of the time I lose, or Yes, every time I lose
- 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 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 1,2,3, 12,16j,16k not counted)
CAMH Gambling Screen

1. In the past 12 months have you gambled more than you intended to?  
   ___NO  ___ONCE ONLY  ___MORE THAN ONCE

2. In the past 12 months have you claimed to be winning money when you were not?  
   ___NO  ___YES

3. In the past 12 months have you felt guilty about the way you gamble or about what happens when you gamble?  
   ___NO  ___YES

4. In the past 12 months have people criticized your gambling?  
   ___NO  ___YES

5. In the past 12 months have you had money arguments that centered on gambling?  
   ___NO  ___ONCE ONLY  ___MORE THAN ONCE

6. In the past 12 months when you were gambling, did you feel that you had to persist until you won?  
   ___NO  ___YES

7. If you answered yes to 2 or more of these questions, how often has it happened?  
   ___NO  ___ONCE ONLY  ___MORE THAN ONCE
Centre for Addiction and Mental Health Gambling Screen Scoring Instructions

If client scored NO on all of these, there is NO apparent problem and no action recommended.

If client scored YES to one of these items, they may be at risk for developing a gambling problem. You should inform them of risk and suggest self-monitoring.

If client scored YES on more than 2, but responded ONCE ONLY to question 7, they may be developing a gambling problem. Client should be referred for further assessment. If client refuses, suggest self-monitoring.

If client scored YES to 3 or more and answered SOMETIMES or OFTEN to question 7, there is a strong indicator that a problem exists. Client should be referred to treatment.
Self-Assessment

Goal Setting: (appraisal of costs & benefits)

Strategies: for dealing with urges, and social support i.e. GA

Maintenance: Prevent Relapse (People, places, things)

Brief Motivational Interventions for Problem Gambling
Brief Intervention Models

FLO:
Feedback,
Listen/understand
Options explored

BNI: Brief Negotiated Interview
Raise the subject,
Provide Feedback,
Enhance Motivation,
Negotiate & Advise

FRAMES:
Feedback,
Responsibility, Advice,
Menu of options,
Empathy, Self-Efficacy
Educate Clients on Risk Factors

- Big Win
- $ Problems
- Loss (relationship/work etc.)
- Lonely/Bored
- Lack of purpose
- High impulsivity or Risk Taking
- Escape (lack of coping skills)
- Mental Health (especially depression & anxiety)
- Trauma
- Personal or Family History
Motivate Change: Brief Advice on ways to reduce gambling/ one session MI
Readiness to Change

• If your gambling were to continue, what’s your biggest fear?
• What concerns other people about your gambling?
• How has gambling kept you from reaching your goals/dreams?
• How has your gambling impacted your values/beliefs?
• How ready, willing and able are you to seek treatment for your gambling disorder (1-5 scale)?
• What are potential challenges to remaining abstinent from gambling?
• What would assist you in remaining abstinent?
• How could gambling potentially be a risk factor to long term recovery? (CD)
Interventions to match Stage of Change

<table>
<thead>
<tr>
<th>Stage of Change</th>
<th>Information</th>
<th>Advantages/Disadvantages</th>
<th>Self-efficacy</th>
<th>Options</th>
<th>Reduce Barriers</th>
<th>Support</th>
<th>Coping Skills</th>
<th>Identify Risky Situations</th>
<th>Healthy Replacement Behavior</th>
<th>Antecedents to Behavior</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Pre-contemplation</td>
<td>Offer factual information</td>
<td>Explore the meaning of events that brought the person to treatment</td>
<td>Explore results of previous efforts</td>
<td>Explore pros and cons of targeted behaviors</td>
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<tr>
<td>2. Contemplation</td>
<td>Explore the person’s sense of self-efficacy</td>
<td>Explore expectations regarding what the change will entail</td>
<td>Summarize self-motivational statements</td>
<td>Continue exploration of pros and cons</td>
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<tr>
<td>3. Determination</td>
<td>Offer a menu of options for change</td>
<td>Help identify pros and cons of various change options</td>
<td>Identify and lower barriers to change</td>
<td>Help person enlist social support</td>
<td>Encourage person to publicly announce plans to change</td>
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<tr>
<td>4. Action</td>
<td>Support a realistic view of change through small steps</td>
<td>Help identify high-risk situations and develop coping strategies</td>
<td>Assist in finding new reinforcers of positive change</td>
<td>Help access family and social support</td>
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<tr>
<td>5. Maintenance</td>
<td>Help identify and try alternative behaviors (drug-free sources of pleasure)</td>
<td>Maintain supportive contact</td>
<td>Help develop escape plan</td>
<td>Work to set new short and long term goals</td>
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<tr>
<td>6. Recurrence</td>
<td>Frame recurrence as a learning opportunity</td>
<td>Explore possible behavioral, psychological, and social antecedents</td>
<td>Help to develop alternative coping strategies</td>
<td>Explain Stages of Change &amp; encourage person to stay in the process</td>
<td>Maintain supportive contact</td>
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</table>
Brief Interventions:
Harm Reduction

Budget Time & Money
Entertainment
House Advantage
Risk Factors (When not to gamble)
Balanced lifestyle
Listen to the Concerns of Others
Local Resources

Do something today that your future self will thank you for.

Brief Interventions:
Harm Reduction
QUESTIONS?

Sheryl Anderson
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