Integrating Problem Gambling Into Behavioral Health Prevention:
The Kansas Prevention Collaborative

Midwest Conference on Problem Gambling and Substance Abuse
Presentation Content

• Welcome and Introductions
• Overview—Past, Present, and Future
• Prevention Theory and Strategy
• Influencing Factors and Data
• KPC Resources
• Community Check Box and WorkStation
• Opportunities
• Q & A
• Conclusion
Presentation Objectives

- Participants will learn about the background and roles of the Kansas Prevention Collaborative as a new statewide approach to behavioral health integration supporting Problem Gambling Task Forces across the state.
- Participants will learn effective strategic planning models, science & approaches to the prevention of substance abuse, problem gambling, & other behavioral health problems.
- Participants will learn about the potential benefits and opportunities of using integrated approaches to the prevention of problem gambling, substance abuse, & suicide.
KDADS Vision for Change

Two Primary Goals:
1. Integrate behavioral health prevention efforts

2. Allocate greater resources to local level, community-driven prevention efforts
Inaugural Year of the Kansas Prevention Collaborative
Problem Gambling Program History

- 1996-First Tribal Casino Opened
- 1996-Kansas Coalition on Problem Gambling Founded
- 2007-SB66 Passed-Expansion of Gambling in Kansas
- 2008-First Problem Gambling Task Force Forms in Southwest Kansas
- 2009-First State Owned Casino Opens in Southwest Kansas
- Since that Time.....
Funding

2% of net revenues from the four state-owned casinos is transferred to the Problem Gambling and Addictions Grant Fund (PGAF). This funds problem gambling prevention programing and no cost treatment for problem gamblers and concerned others. It also funds other addictions programs.
Funding of Regional Task Forces and a Statewide Coalition

Statewide Coalition

Gambling Market Regions

- Southwest
- South-Central
- Northeast
- Southeast
Core Prevention Strategies

- Information Dissemination
- Community Based Processes
- Alternative Activities
- Prevention Education
- Environmental Based Strategies
- Problem Identification and Referral
Continuum of Care
No Out-of-Pocket Cost Treatment and Help Line

- Kansas offers **no out-of-pocket cost treatment** to problem gamblers and concerned others.

- Confidential, no out-of-pocket cost assistance is available by calling the Kansas Problem Gambling Helpline at **1-800-522-4700** (Translation in any language available)
Risk Factors Associated with Youth Problem Gambling

- Exposure of males to gambling at an early age
- Poor family cohesion
- Substance use
- Delinquency
- Anxiety and depression
KCTC Survey Goals

- Self-report instrument appropriate for adolescents ranging from 11-18 years old
- Provide data on the epidemiology of risk & protective factors among community youth
- Help focus prevention efforts on geographic areas or subpopulations experiencing highest levels of risk and lowest levels of protection
- Administered in one class setting
KCTC Survey Administration

- Funded by Kansas Department for Aging and Disability Services, Behavioral Health Services
- Available annually free of charge to all districts, public and private
- Available for paper & online administration
- Target population is students in 6\textsuperscript{th}, 8\textsuperscript{th}, 10\textsuperscript{th}, 12\textsuperscript{th} grades
http://www.kctcdata.org/
<table>
<thead>
<tr>
<th>Question</th>
</tr>
</thead>
<tbody>
<tr>
<td>In the past year, have you gambled for money or anything of value?</td>
</tr>
<tr>
<td>In the last 30 days, have you gambled for money or anything of value?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you played the lottery or scratch-off tickets?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you bet on team sports?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you participated in any type of fantasy sports betting, whether for money or for free?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you played cards for money?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you played bingo for money or prizes?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you bet on games of personal skill?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you spent any real money on games you can play on your phone or computer to buy credits, extra lives, or upgrades?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you felt like you would like to stop gambling, but didn’t think you could?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you worried about the health and safety of anyone in your household because of gambling?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you gambled at a casino?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you bet money on horse races?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you gambled on the Internet?</td>
</tr>
<tr>
<td>In the past year, how many times (if any) have you bet on dice games (such as craps)?</td>
</tr>
</tbody>
</table>
In the last 30 days, have you gambled for money or anything of value?

<table>
<thead>
<tr>
<th>Year</th>
<th>2012</th>
<th>2013</th>
<th>2014</th>
<th>2015</th>
<th>2016</th>
</tr>
</thead>
<tbody>
<tr>
<td>County</td>
<td>9.76</td>
<td>9.05</td>
<td>8.37</td>
<td>8.10</td>
<td>6.49</td>
</tr>
<tr>
<td>State</td>
<td>10.05</td>
<td>9.14</td>
<td>8.37</td>
<td>7.14</td>
<td></td>
</tr>
</tbody>
</table>
Interconnections

Youth Gambling
Youth Past Year and Past 30-day Gambling

In the past year, have you gambled for money or anything of value?

In the last 30 days, have you gambled for money or anything of value?
Type of Gambling

- played the lottery or scratch-off tickets?
- bet on team sports?
- played bingo for money or prizes?
- bet on games of personal skill?
- played cards for money?
- participated in fantasy sports betting
- games on your phone or computer to buy credits, extra lives
Past 30-day Gambling by Grade

Percentage saying “yes”
Of those who gambled in the past 30 days, would like to stop gambling but didn’t think they could
Interconnections

Youth Gambling

Substance Use
Kansas Youth Past 30 Day Gambling & Reported Substance Use

<table>
<thead>
<tr>
<th>Substance</th>
<th>Yes, I have gambled in the past 30 days</th>
<th>No, I have not gambled in the past 30 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alcohol</td>
<td>45.4%</td>
<td>5.0%</td>
</tr>
<tr>
<td>Cigarettes</td>
<td>18.2%</td>
<td>10.0%</td>
</tr>
<tr>
<td>Marijuana</td>
<td>16.7%</td>
<td>15.0%</td>
</tr>
<tr>
<td>Prescription Drugs</td>
<td>20.3%</td>
<td>6.7%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>14.5%</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4.4%</td>
</tr>
</tbody>
</table>
Interconnections

Youth Gambling

Substance Use

Delinquency
Kansas Youth Past 30 Day Gambling & Reported Delinquency

- Yes, I have gambled in the past year
- No, I have not gambled in the past year

<table>
<thead>
<tr>
<th>Activity</th>
<th>Yes</th>
<th>No</th>
</tr>
</thead>
<tbody>
<tr>
<td>Suspended</td>
<td>14.6</td>
<td>5.9</td>
</tr>
<tr>
<td>Carried Handgun</td>
<td>13.3</td>
<td>2.7</td>
</tr>
<tr>
<td>Sold Drugs</td>
<td>9.7</td>
<td>1.5</td>
</tr>
<tr>
<td>Stole Motor Vehicle</td>
<td>4.2</td>
<td>0.6</td>
</tr>
<tr>
<td>Arrested</td>
<td>8.9</td>
<td>2.5</td>
</tr>
<tr>
<td>Drunk or High at School</td>
<td>16.9</td>
<td>4.5</td>
</tr>
<tr>
<td>Taken Gun to School</td>
<td>2.6</td>
<td>0.4</td>
</tr>
</tbody>
</table>
Interconnections

- Youth Gambling
- Substance Use
- Substance Use
- Depression Suicide
KCTC Youth Depression & Suicide Questions

- During the past 12 months, did you ever feel so sad or hopeless almost every day for **two weeks or more in a row** that you stopped doing some usual activities?
  
  - Have you ever **seriously** thought about killing yourself?

  - Have you ever made a **plan** about how you would kill yourself?

  - Have you ever **tried** to kill yourself?
Youth Gambling and Reported Depression & Suicide

Kansas Youth Past 30 Day Gambling & Reported Depression

- **Depression**: 29.2% Yes, 25.0% No
- **Suicide Thoughts**: 8.2% Yes, 6.1% No
- **Suicide Plan**: 6.3% Yes, 3.7% No
- **Suicide Attempt**: 3.5% Yes, 1.6% No

Legend:
- Yes, I have gambled in the past 30 days
- No, I have not gambled in the past 30 days
Depression
What We Know About Kansas Youth

- Youth reporting past year depression
  - Family conflict 62% vs. 30%)
  - Bullied in past year (51% vs. 23%)
  - Fewer opportunities for involvement (38% vs. 68%)
  - Fewer family rewards (37% vs. 65%)
  - Higher reported substance use (all substances)
    - Largest differences found for alcohol (31% vs 15%) and marijuana use (13% vs 4%)

- More cumulative risk factors
- Fewer cumulative protective factors
- High availability of drugs
Suicidal Thoughts & Plans
What We Know About Kansas Youth

- Suicidal Thoughts
  - Family history of antisocial behavior
  - Favorable attitudes toward drug use
Suicide Attempts
What We Know About Kansas Youth

- Community disorganization
- Availability of drugs
- Poor family management
- Low commitment to school
- Early initiation of drug use
- Early initiation of antisocial behavior
- Peers who use drugs
- Rewards for antisocial behavior
- Few community rewards for positive behavior
Interconnections

Youth Gambling

Substance Use

Delinquency

Depression Suicide
Social Media
Messaging

National Prevention Week is here! With it comes endless possibilities to talk about prevention in our communities. From May 15-20, we will address the following prevention and promotion topics in order to raise awareness of prevention efforts in our community:

Monday, May 15: Prevention of Youth Tobacco Use
Tuesday, May 16: Prevention of Underage Drinking and Alcohol Misuse
Wednesday, May 17: Prevention of Prescription and Opioid Drug Misuse
Thursday, May 18: Prevention of Illicit Drug Use and Youth Marijuana Use
Friday, May 19: Prevention of Suicide
Saturday, May 20: Promotion of Mental Health and Wellness

Doing a National Prevention Week event in your community? Put it on the KPC Calendar!
Problem Gambling Print Materials

Prevention Topics

Problem Gambling Prevention

Consequences of problem gambling can negatively impact both the gambler and their loved ones in emotional, physical and financial ways. Kansas Problem Gambling Prevention and Task Forces across Kansas provide help to problem gamblers, their family members, and others concerned about someone with a gambling problem at no out-of-pocket cost. There are also notable differences between gambling and problem gambling or addiction. Family and friends often feel resentful and isolated, and domestic violence is not uncommon.

Fortunately, there are ways to make changes in your life. Through the support of counseling and Gam-Aid®, you can learn to:

1. Not blame yourself for the problem, and instead take responsibility for your own life.
2. Distance yourself from the problem behavior.
3. Restore normal life routines.
4. Confront and cease enabling behaviors.
5. Reinforce appropriate actions for recovery.

If you are affected by someone’s gambling, please call 888-522-4700 for help. Subscribe to stay informed of updates and send your requests and ideas to KPC/ARYM/KEH.

Order Problem Gambling Materials

TOP RESOURCES

1 in 7

1 in 7 adults have been negatively affected by gambling behaviors of family, friends, or others.

(Source: KCMO)

Related Content:

- Substance Abuse and Addiction
- Suicide Prevention

Related Resources:

- Gambling Help
- Southwest Kansas Problem Gambling Task Force Website | Facebook
- South-Central Kansas Problem Gambling Task Force Website | Facebook
- Northeast Kansas Problem Gambling Task Force Website | Facebook
- Problem Gambling Prevention and Treatment Materials Request Form
Community Checkbox Evaluation System

Documenting and Understanding the Activities and Accomplishments of Your Coalition and Community - www.myctb.org
Problem Gambling
Supports Grant Deliverable and Communication Efforts

Problem Gambling WorkStation

- Problem Gambling Training Materials
- Problem Gambling Completed Community Deliverables
- Problem Gambling Discussion Board
- Problem Gambling Templates
- Problem Gambling Quarterly Reports
- Problem Gambling Grantee Tips, Tools, & Resources
- Problem Gambling Calendar
- Problem Gambling Social Media Feeds

Community Members

- Juan Baez: 1 discussion, Joined 4 days ago, 1 reply, 0 best replies
- Chad Childs: 1 discussion, Joined February 7, 0 replies, 0 best replies
- Paul Schneider: 0 discussions, Joined November 1, 2016, 0 replies, 0 best replies
- Sarah Fischer: 0 discussions, Joined November 10, 2016, 0 replies, 0 best replies
- Robert Hedberg: 0 discussions, Joined December 1, 2016, 0 replies, 0 best replies
- Ihines: 0 discussions, Joined January 11, 0 replies, 0 best replies
- Deanne Armstrong: 2 discussions, Joined January 25, 0 replies, 0 best replies
- Dola Gabriel: 0 discussions, Joined May 9, 0 replies, 0 best replies

KU Work Group for Community Health & Development
The University of Kansas
Supports Evaluation and Reporting Efforts

Kansas Coalition

CREATE:
- Accomplishment
- Graph
- Indicator
- Key Event

VIEW:
- Accomplishments
- Graphs
- Indicators
- Key Events

REPORT:
- Sensemaking Review
- Dashboard
- KUWG Participant Description
- KUWG Reliability Scoring
Importance of Documenting the Story

- Inform decision-making regarding the processes, activities, and results of efforts:
  - What is working
  - What needs improvement
- Create a record of your story
  - Processes
  - Highlights successes
  - Engage community/coalition members
- Maintain accountability
  - Identify contributors
  - Action plans
  - Sustainability
How Data is Documented
What Information is Documented

- Tell your story of how the coalition/group is supporting & implementing the:
  - SPF process
  - Funded strategies
- Document the coalition process of implementing the SPF phases and milestones
- Document when you provide and/or deliver activities in the community or to the target group/population

Measures how much:
- Prevention
- Promotion
- Education
- Advocacy
Evaluation Results based on Documentation Efforts

- **3/1/16** - Etienne Mertel conducted an information table (booth) in the OASIS Student Center at Friends University during the school’s Wellness Week.
  - Seventy (70) information bags were given out with problem gambling information and giveaway items with the Helpline phone number.

- **12/9/16** - Juan Baez, PG Specialists made a bilingual presentation to 12 people at La Familia Senior and Community Center.
  - First bilingual presentation at this organization.
  - Handed out pamphlets and brochures on problem gambling in Spanish, as well as giveaway items with the problem gambling helpline number.

- **10/16/15** - The Tallgrass Film in Wichita, KS. SCTF provided educational pamphlets and giveaway items with Helpline number to the attendees.
  - First time that the Task Force has partnered with the Tallgrass Film Festival to disseminate information.
  - The Task Force was named as a Cinephile Sponsor for this 13th Annual Film Festival.
  - The Task Force plans to participate in next year’s Tallgrass Film Festival also.
KU Work Group Evaluation Team

Dr. Jomella Watson-Thompson – Associate Director for Community Research

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Work Group for Community Health and Development
http://communityhealth.ku.edu | http://ctb.ku.edu | @CToolBox
1000 Sunnyside Avenue, 4082 Dole Center
Occur Quarterly Throughout the Year

Designed to Bring Prevention Stakeholders from Across the State Together

Topics of Discussion Include Problem Gambling, Substance Use, and Suicide
Occur Monthly on a Webinar Format During the Lunch Hour

Designed to Bring Education of Behavioral Health Issues by Interaction Between Peers Across the State

Have discussed issues like Problem Gambling Awareness Month, Suicide, and Substance Use
Connecting with the Regional Problem Gambling Task Forces/Coalitions

• Visit the Kansas Prevention Collaborative website under the coalitions tab at
  www.kansaspreventioncollaborative.org
Contact Us

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