Differential Response Patterns Across Problem Gambling Risk Categories:

Implications for Prevention

MIDWEST CONFERENCE ON PROBLEM GAMBLING AND SUBSTANCE ABUSE
JUNE, 2019
Session Objectives

Upon completion of this session, participants will be able to:

◦ find data to identify gambling frequency and preference, myths and perceptions and awareness of treatment options among Kansas adult populations.

◦ explain the differences in gambling behavior substance use and mental health between individuals at low, moderate, and high problem gambling risk.

◦ understand the prevention work being completed by the Kansas Problem Gambling Coalition and Task Forces to reduce problem gambling and increase awareness of treatment options.
Funding

Two percent (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 programming and no cost treatment for problem gamblers and concerned others. It also funds other addictions programs.
Regional Problem Gambling Prevention

Kansas Coalition on Problem Gambling

Regional Task Forces:

➢ Southwest

➢ South-Central

➢ Southeast
Kansas Casino Taskforce Regions

- Star: State-Owned Casino
- Star: Native American-Owned Casino
- Star: Out-of-State Casino

- Box: Non-Casino Region
- Yellow: South Central / Kansas Star Region
- Blue: Southwest / Boot Hill Region
- Green: Northeast / Hollywood Region
- Orange: Southeast / Kansas Crossing Region

[Map of Kansas with regions marked and counties labeled]
Learn More About How The KCTC Survey Benefits Our Communities And Our Schools.

Select a county on the map or in the dropdowns to view data:

- Select County/State
- Select Gambling Region
- Select JJA District
- Kansas Young Adult Survey
KPC Partners
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
2017 Kansas Gambling Survey

Purpose

◦ Understand the frequency of gambling and problem gambling in Kansas
◦ Expand the understanding of conditions associated with problem gambling, including broader behavioral health

Methodology

◦ Stratified random sample (n = 1,755)
◦ Representative of the state and each gambling region
2017 Kansas Gambling Survey

**Demographics**
- Race = 86.4% White
- Median Age = 46.0
- Marital Status = 60.5% Married
- Degree (2-year, 4-year or graduate degree) = 53.9%
- Employment Status = 65.4% employed
- Household Income = $40,000-$59,999
Results: Gambling Prevalence

**IN THE PAST 30 DAYS, HAVE YOU GAMBLED FOR MONEY OR ANYTHING OF VALUE?**

- Yes: 80.4%
- No: 19.6%

**ANY PAST 30-DAY GAMBLING ACTIVITY**

- Yes: 52.0%
- No: 48.0%
<table>
<thead>
<tr>
<th>1</th>
<th>Have you ever bet more than you could afford to lose?</th>
</tr>
</thead>
<tbody>
<tr>
<td>2</td>
<td>Have people ever criticized your betting or told you that you have a gambling problem, regardless of whether or not you thought it was true?</td>
</tr>
<tr>
<td>3</td>
<td>Has your gambling ever caused you any health problems, such as stress and anxiety?</td>
</tr>
<tr>
<td>4</td>
<td>Have you ever thought you might want to cut back on the amount of time or money you spend betting or wagering?</td>
</tr>
<tr>
<td>5</td>
<td>Have you ever lied to family members, friends or others about how much you gamble or how much money you lost gambling?</td>
</tr>
<tr>
<td></td>
<td>Problem Gambling Screening Questions</td>
</tr>
<tr>
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<td>-------------------------------------</td>
</tr>
<tr>
<td>6)</td>
<td>Have there 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?</td>
</tr>
<tr>
<td>7)</td>
<td>Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?</td>
</tr>
<tr>
<td>8)</td>
<td>Has your gambling ever interfered with your productivity, such as missing time from work or school, or having it interfere with your performance while at work or school?</td>
</tr>
<tr>
<td>9)</td>
<td>How often have you felt you have a problem with gambling?</td>
</tr>
</tbody>
</table>
## Defining Risk Categories

<table>
<thead>
<tr>
<th>Risk Category</th>
<th>Number of positive responses to problem gambling screening questions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Low risk</td>
<td>Zero positive responses</td>
</tr>
<tr>
<td>Moderate risk</td>
<td>One to Three positive responses</td>
</tr>
<tr>
<td>High risk</td>
<td>Four or more positive responses</td>
</tr>
</tbody>
</table>
Problem Gambling Risk Categories

Risk of Developing a Gambling Problem by Risk Category

- Low Risk: 87%
- Moderate Risk: 10%
- High Risk: 3%
### Screening Questions by Risk Category

<table>
<thead>
<tr>
<th>Question</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>Interfered with your productivity</td>
<td>1.2%</td>
<td>22.1%</td>
</tr>
<tr>
<td>Caused serious problems in your relationships</td>
<td>2.8%</td>
<td>38.2%</td>
</tr>
<tr>
<td>Spent a lot of time thinking about gambling or planning out...</td>
<td>13.5%</td>
<td>51.0%</td>
</tr>
<tr>
<td>Have you ever lied about how much you gamble</td>
<td>18.1%</td>
<td>96.9%</td>
</tr>
<tr>
<td>Thought you want to cut back</td>
<td>9.7%</td>
<td>95.9%</td>
</tr>
<tr>
<td>Gambling caused health problems</td>
<td>9.7%</td>
<td>62.9%</td>
</tr>
<tr>
<td>Been criticized by others for your gambling</td>
<td>13.7%</td>
<td>71.4%</td>
</tr>
<tr>
<td>Bet more than you could afford to lose</td>
<td>39.3%</td>
<td>87.3%</td>
</tr>
</tbody>
</table>
Type of Gambling Activity

- Played lottery: 62.3%
- Gaming machines at a casino: 30.2%
- Spent money on game upgrades: 27.2%
- Bet on team sports: 29.3%
- Fantasy sports leagues: 26.7%
- Games of personal skill: 21.0%
- Table games at a casino: 14.9%
- Played bingo for money: 11.0%
- Played cards for money: 6.1%
- Gambled on the internet: 5.6%

Risk Levels:
- Low Risk
- Moderate Risk
- High Risk

0% | 10% | 20% | 30% | 40% | 50% | 60% | 70% | 80%
Reasons for Gambling

- Distraction from problems: 72.6% High Risk
- Entertainment or fun: 87.2% Moderate Risk
- To support worthy causes: 14.3% Low Risk
- Win money for paying bills: 42.9% Low Risk
- Just to win money: 82.8% Moderate Risk
- Excitement or as a challenge: 76.8% Low Risk
Belief in Gambling Myths

- **The more a person gambles, the better their odds of coming out ahead**: 3.8% Low Risk, 7.3% Moderate Risk, 9.0% High Risk
- **Playing more than one slot machine improves a person's odds of winning**: 23.1% Low Risk, 18.6% Moderate Risk, 11.8% High Risk
- **When a person almost wins, it's a good sign that they are due to win soon**: 2.3% Low Risk, 7.3% Moderate Risk, 11.2% High Risk
- **If a person keeps gambling, their luck will change and they'll win back the money they've lost**: 1.5% Low Risk, 1.6% Moderate Risk, 6.6% High Risk
- **Watching the pattern of wins and losses will help a person win**: 46.0% Low Risk, 16.4% Moderate Risk, 10.6% High Risk
- **Using personal "lucky" techniques or rituals can help people win**: 3.6% Low Risk, 12.8% Moderate Risk, 24.4% High Risk
Casinos are a good place to socialize: 33.4% Low Risk, 50.7% Moderate Risk, 54.4% High Risk

Gambling is a harmful form of entertainment: 58.3% Low Risk, 42.7% Moderate Risk, 55.7% High Risk

Gambling is dangerous for family life: 69.2% Low Risk, 62.3% Moderate Risk, 80.3% High Risk

Gambling is good for the economy: 41.9% Low Risk, 61.3% Moderate Risk, 46.5% High Risk
### Awareness of Gambling Treatment

<table>
<thead>
<tr>
<th>Perception</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>High Risk</th>
</tr>
</thead>
<tbody>
<tr>
<td>The average person can't afford treatment for a gambling problem</td>
<td>51.0%</td>
<td>52.9%</td>
<td>40.3%</td>
</tr>
<tr>
<td>Treatment for a gambling problem probably doesn't work</td>
<td>19.3%</td>
<td>24.8%</td>
<td>49.1%</td>
</tr>
<tr>
<td>I would be embarrassed if a family member needed treatment for a gambling problem</td>
<td>13.0%</td>
<td>13.3%</td>
<td>15.3%</td>
</tr>
<tr>
<td>Gambling treatment is only for people with serious difficulties</td>
<td>12.1%</td>
<td>20.5%</td>
<td>32.0%</td>
</tr>
<tr>
<td>I know about gambling treatment options in my community</td>
<td>19.7%</td>
<td>25.4%</td>
<td>37.4%</td>
</tr>
</tbody>
</table>

- **51.0%** The average person can't afford treatment for a gambling problem
- **52.9%** Treatment for a gambling problem probably doesn't work
- **49.1%** I would be embarrassed if a family member needed treatment for a gambling problem
- **32.0%** Gambling treatment is only for people with serious difficulties
- **37.4%** I know about gambling treatment options in my community
Where to Get Assistance

- Spouse, partner or significant other: 50.7% (Low risk: 47.2%, Moderate risk: 23.9%)
- Other family member: 7.4% (Low risk: 7.2%, Moderate risk: 5.0%, High risk: 0.0%)
- Friend: 11.9% (Low risk: 11.9%, Moderate risk: 7.2%, High risk: 0.0%)
- No one: 3.9% (Low risk: 3.9%, Moderate risk: 6.3%, High risk: 30.8%)
- Helpline: 15.2% (Low risk: 15.2%, Moderate risk: 14.3%, High risk: 11.5%)
Confidence in Recognizing Gambling Problem

- Extremely Confident: 47.7%
- Moderately Confident: 31.3%
- Slightly Confident: 18.2%
- Not at all Confident: 5.9%

Low Risk:
- Extremely Confident: 48.3%
- Moderately Confident: 44.5%
- Slightly Confident: 18.4%
- Not at all Confident: 5.8%

Moderate Risk:
- Extremely Confident: 47.7%
- Moderately Confident: 32.8%
- Slightly Confident: 16.3%
- Not at all Confident: 3.2%

High Risk:
- Extremely Confident: 48.3%
- Moderately Confident: 32.8%
- Slightly Confident: 10.8%
- Not at all Confident: 19.0%
Substance Use

Alcohol
- Low risk: 58.0%
- Moderate risk: 61.3%
- High risk: 54.6%

Cigarettes
- Low risk: 12.5%
- Moderate risk: 26.1%
- High risk: 41.1%

E-cigarettes
- Low risk: 2.9%
- Moderate risk: 11.2%
- High risk: 16.8%

Marijuana
- Low risk: 5.6%
- Moderate risk: 7.1%
- High risk: 21.1%

Rx drug misuse
- Low risk: 2.5%
- Moderate risk: 1.6%
- High risk: 23.2%
Depression

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?

90.4% No 9.6% Yes

7.9% Low risk 32.5% Moderate risk 18.3% High risk
Suicide Thoughts, Plans, and Attempts

- **Suicide Thoughts**
  - Low risk: 14.9%
  - Moderate risk: 26.3%
  - High risk: 52.0%

- **Suicide Plans**
  - Low risk: 9.2%
  - Moderate risk: 17.0%
  - High risk: 24.6%

- **Suicide Attempts**
  - Low risk: 6.3%
  - Moderate risk: 6.8%
  - High risk: 19.5%
Strategic Prevention Framework

- A process that guides coalitions to plan, assess, implement and evaluate prevention efforts
- Is data driven
- Uses a five-step planning process
- Incorporates sustainability and cultural competency into all phases of the process
CSAP Core Prevention Strategies

- Information Dissemination
- Prevention Education
- Community-Based Processes
- Environmental Prevention Strategies
- Problem Identification and Referral
- Alternative Activities
Planning Process

➢ Needs Assessment
➢ Strategies and Action Plans
➢ Capacity Building
➢ Sustainability
➢ Logic Models
Collaborative Advocacy
Problem Gambling Awareness Month

Statewide Media Campaign and Events
Collaborative Awareness

www.gamequitters.com
Task Force Activities

Number of Activities in 2018

- South-West Task Force: 91 Services Provided (SP), 0 Media (M)
- South-East Task Force: 49 Services Provided (SP), 10 Media (M)
- South Central Task Force: 12 Services Provided (SP), 287 Media (M)
- Kansas Coalition: 2 Services Provided (SP), 433 Media (M)
Statewide Program Outcomes

➢ Number of Helpline Calls

➢ People Presenting for Treatment (Outpatient & Residential)

➢ VEP Enrollments
Helpline Calls

![Bar chart showing the number of helpline calls from 2011 to 2018.](chart)

- **2011**: 219 calls
- **2012**: 313 calls
- **2013**: 219 calls
- **2014**: 369 calls
- **2015**: 305 calls
- **2016**: 397 calls
- **2017**: 443 calls
- **2018**: 322 calls
Number of Individuals who have Received Treatment

<table>
<thead>
<tr>
<th>Year</th>
<th>DG (845)</th>
<th>CO (138)</th>
<th>RESIDENTIAL (28)</th>
</tr>
</thead>
<tbody>
<tr>
<td>FY11</td>
<td>41</td>
<td>4</td>
<td>0</td>
</tr>
<tr>
<td>FY12</td>
<td>128</td>
<td>27</td>
<td>0</td>
</tr>
<tr>
<td>FY13</td>
<td>120</td>
<td>36</td>
<td>0</td>
</tr>
<tr>
<td>FY14</td>
<td>114</td>
<td>18</td>
<td>0</td>
</tr>
<tr>
<td>FY15</td>
<td>123</td>
<td>11</td>
<td>7</td>
</tr>
<tr>
<td>FY16</td>
<td>114</td>
<td>22</td>
<td>15</td>
</tr>
<tr>
<td>FY17</td>
<td>93</td>
<td>24</td>
<td>6</td>
</tr>
<tr>
<td>FY18</td>
<td>112</td>
<td></td>
<td>4</td>
</tr>
</tbody>
</table>
Voluntary Exclusion Program (VEP)
Resources

Know Your Limits

➢ Social Media
➢ Television
➢ Radio
➢ Print Materials
➢ Billboards

Gambling problem? Getting Help is your Best Bet.
800.522.4700 ksgamblinghelp.com
<table>
<thead>
<tr>
<th>Name</th>
<th>Email</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lisa Chaney</td>
<td><a href="mailto:lisa.chaney@greenbush.org">lisa.chaney@greenbush.org</a></td>
</tr>
<tr>
<td>Juan Baez</td>
<td><a href="mailto:juan.baez@ks.gov">juan.baez@ks.gov</a></td>
</tr>
<tr>
<td>Misty Powers</td>
<td><a href="mailto:misty.ford@ks.gov">misty.ford@ks.gov</a></td>
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