GAMBLING DISORDER: ODDS ARE WE ARE MISSING A CHANCE TO TREAT

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# About the Presenters

<table>
<thead>
<tr>
<th>Heather Kleckinger-Craven</th>
<th>John Bundrick</th>
<th>Ernie Cowger</th>
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<tbody>
<tr>
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Gambling:

To play a game of chance for money
# Chance vs. Skill

<table>
<thead>
<tr>
<th>Games of Chance</th>
<th>Games of Skill</th>
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<tbody>
<tr>
<td>- Chance is something you cannot predict</td>
<td>- Results depend on amount and perseverance you invest in the game</td>
</tr>
<tr>
<td>- You cannot control or influence the outcome</td>
<td>- Can be improved through practice</td>
</tr>
<tr>
<td>- You cannot develop or improve “winning strategies”</td>
<td>- Games of skill include e.g. darts, pool, golf, bowling</td>
</tr>
<tr>
<td>- Casinos only offer games of chance though they may appear to be games of skill</td>
<td>- Casinos do not offer gamblers opportunity to play against the house in games of skill</td>
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Source: Ladouceur and Lachance, 2007
Gambling Disorder:

A persistent and recurrent maladaptive pattern of gambling behavior
Prevalence of Disordered Gambling

Gambling Disorder- 1.6-3.9% adults
Problem Gambling- 3.5-5% adults

Any Disordered Gambling- 5-9%

Louisiana Residents- 232,500-418,500

Source: National Center for Health Statistics, 2013
The Geography of Gambling

According to the National Center for Responsible Gaming, a person living within 50 miles of a casino is twice as likely to develop problem gambling than those who are further than 50 miles.

Source: National Center for Responsible Gaming, 2005
Gambling Disorder is Associated with:

- Crime
- Domestic abuse
- Bankruptcy
- Co-Occurring mental health, addiction, and physical health issues
- Suicide
What this means for you

1. You are currently treating an individual with problem gambling or compulsive gambling issues.

2. You are currently treating a family member of an individual with problem gambling or compulsive gambling issues.
Session Goals

- Learn assessment tools to identify Gambling Disorder
- Understand the role Gambling Disorder has in Co-Occurring Disorders
- Identify specific skills and interventions that will improve your working relationship with individuals diagnosed with Gambling Disorder
Gambling Disorder - DSM 5 Criteria

- Currently listed as Addictive Disorder
- Only Non-Substance Related Disorder

Important Criteria:
- Needs to gamble with increasing amounts of money in order to achieve the desired excitement (Tolerance)
- Is restless or irritable when attempting to cut down or stop (Withdrawal)
- Has made repeated unsuccessful efforts to control, cut down, or stop gambling (Negative Consequence)

Source: American Psychiatric Association, 2013
What does a GAMBLER look like?
People are more likely to develop a gambling problem when there are major life changes or losses.
WHAT DOES YOUR COMPULSIVE GAMBLER LOOK LIKE?
What Are Her Risk Factors?
Decoding the Fantasy of an Older Adult Gambler

<table>
<thead>
<tr>
<th>What they are saying...</th>
<th>What you may be missing...</th>
</tr>
</thead>
<tbody>
<tr>
<td>I haven’t been taking my medication regularly except my blood pressure medication.</td>
<td>I can’t afford my depression medication because I have spent my monthly income gambling.</td>
</tr>
<tr>
<td>Gambling is my entertainment-the staff misses me when I am not there.</td>
<td>I feel special and needed by the casino staff.</td>
</tr>
<tr>
<td>I used to attend church regularly, but not anymore.</td>
<td>I am ashamed of my gambling and spiritually disconnected.</td>
</tr>
</tbody>
</table>
What Family Members Report

- Home and automobiles are poorly maintained
- No longer attending or planning family gatherings or visits are short
- Borrowing money for utilities or unable to buy gifts
- Depression, crying, or anger related to unresolved grief
Assessing for Gambling Disorder

- What do you do for fun?
- Do you ever play bingo or the lottery?
- Do you ever go to the casino?
- Do you spend money to play games on your phone or computer?
- What do you like about the games, casinos, lottery, online games?
- What do you not like about it?
Assessing for Gambling Disorder

**Brief BioSocial Gambling Screen (BBGS)**

1. Have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
2. Have you tried to keep your family or friends from knowing how much you gamble?
3. Do you have financial trouble as a result of your gambling, and you had to get help with living expenses from family, friends, or welfare?

A “YES” to any question would need further assessment.
Assessing for Gambling Disorder

Lie Bet

1. Have you ever had to lie to people important to you about how much you gambled?

2. Have you ever felt the need to bet more and more money?

A “YES” to either question would need further assessment
What Are His Risk Factors?
Why Is he in your office?
Because someone else is concerned…
Decoding the Fantasy of a Young Male Gambler

Problematic Behaviors …

- Living at home, tips or commission, income and continuous money problems
- Stopping and starting school, and obtaining student loans
- Watching sports—any sport
- Constantly checking phone
- Loss of contact for long periods of time
- Sudden appearance and disappearance of valuables
- Poor stability in job, home life, or civilian adjustment

What you may be missing…

- High risk—table games or tournament play, underground illegal gambling, or sports betting
- Anxiety due to chasing losses and finding ways to obtain money
- Online gambling or betting
- Purchasing expensive items to prevent gambling or to validate gambling
What Family Members Report

- Theft from the home or other family members
- Money is obtained from parents, but partner is not aware of the “borrowing” or supplemental income
- Missing for periods of time - physical, lack of communication through the phone, or text messages only
- Erratic behaviors - Drugs, Alcohol, or Cheating
## Benefits of Assessment Instrument

<table>
<thead>
<tr>
<th>DSM 5 Criteria</th>
<th>South Oaks Gambling Screen (SOGS)</th>
<th>Client and Family Interview</th>
</tr>
</thead>
<tbody>
<tr>
<td>Addresses:</td>
<td>Addresses:</td>
<td>Addresses:</td>
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<tr>
<td>Addiction Criteria</td>
<td>Types of Gambling</td>
<td></td>
</tr>
<tr>
<td>Lies</td>
<td>Chasing Losses</td>
<td>Direct questioning</td>
</tr>
<tr>
<td></td>
<td>How money is obtained for</td>
<td>Gaslighting</td>
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<tr>
<td></td>
<td>gambling</td>
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</table>
What Does Gambling Disorder Look Like?

What are her risk factors?
Risk Factors for Female Gambler

- Flexible Schedule
- Anxiety Issues
- Interpersonal relationship Problems
- Medical Issues
- History of Trauma
## Risk Factors - Gender Differences

<table>
<thead>
<tr>
<th></th>
<th>Childhood Experience</th>
<th>Adult Experience</th>
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<tbody>
<tr>
<td>Physical Abuse</td>
<td>41%</td>
<td>46%</td>
</tr>
<tr>
<td>Sexual Abuse</td>
<td>38%</td>
<td>28%</td>
</tr>
<tr>
<td>Emotional Abuse</td>
<td>63%</td>
<td>69%</td>
</tr>
<tr>
<td>Religious Abuse</td>
<td>17%</td>
<td>10%</td>
</tr>
<tr>
<td>Traumatic Incidents</td>
<td>39%</td>
<td>46%</td>
</tr>
<tr>
<td>Financial Abuse</td>
<td>NA</td>
<td>45%</td>
</tr>
</tbody>
</table>

Source: Specker et al, 1996
## Risk Factors - Gender Differences

<table>
<thead>
<tr>
<th>Diagnosis Prior to Problematic Gambling</th>
<th>Females</th>
<th>Males</th>
</tr>
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<tbody>
<tr>
<td>A. Panic Disorder</td>
<td>33%</td>
<td>12%</td>
</tr>
<tr>
<td>B. Agoraphobia</td>
<td>13%</td>
<td>0%</td>
</tr>
<tr>
<td>C. Generalized Anxiety Disorder</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>D. PTSD</td>
<td>27%</td>
<td>4%</td>
</tr>
<tr>
<td>E. Simple Phobia</td>
<td>20%</td>
<td>8%</td>
</tr>
<tr>
<td>F. Social Phobia</td>
<td>7%</td>
<td>4%</td>
</tr>
<tr>
<td>G. OCD</td>
<td>7%</td>
<td>0%</td>
</tr>
<tr>
<td>Any Anxiety Disorder</td>
<td>73%</td>
<td>16%</td>
</tr>
</tbody>
</table>

Source: Specker et al, 1996
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<th>Reason</th>
<th>Percentage</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cheer myself up</td>
<td>61%</td>
</tr>
<tr>
<td>Get relief from stress</td>
<td>53%</td>
</tr>
<tr>
<td>Feel hope</td>
<td>51%</td>
</tr>
<tr>
<td>Get a break from reality</td>
<td>49%</td>
</tr>
<tr>
<td>Escape problems and worries</td>
<td>48%</td>
</tr>
<tr>
<td>Get a break from responsibilities and/or work</td>
<td>46%</td>
</tr>
<tr>
<td>Try to feel less depressed</td>
<td>44%</td>
</tr>
<tr>
<td>Sooth myself</td>
<td>40%</td>
</tr>
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</table>

Source: Broughton and Brewster, 2002
Decoding the Female Gambler

What you will hear...

- My family is in constant conflict or disconnect.
- I can’t sleep at night, and I am always anxious.
- I have unresolved medical issues including: headaches, bowel, and digestive problems.
- No matter how many hours I work, I can’t get ahead.

What she is really saying...

- I am gambling to escape family conflict.
- My gambling is causing family discord.
- My finances are maxed out due to my gambling.
What Family Members Report

- Late for work, family events, and meetings
- Frequently borrowing money because of unpaid child support, increasing household expenses, or unexpected problems
- Hyperfocused on children, spouse, or parents behaviors or problems
Assessing for Gambling Disorder

How often are you reviewing treatment goals?

Assessment for other issues such as gambling, drugs, alcohol, etc. should be reassessed throughout treatment.
## Gambling Disorder Treatment and Support in Louisiana - NO COST

<table>
<thead>
<tr>
<th>Residential Treatment CORE</th>
<th>Outpatient Treatment for Compulsive Gambler</th>
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</thead>
<tbody>
<tr>
<td>36 days</td>
<td>Shreveport</td>
</tr>
<tr>
<td>Group, individual, and family counseling</td>
<td>Monroe</td>
</tr>
<tr>
<td>Small groups</td>
<td>Baton Rouge</td>
</tr>
<tr>
<td>Gambling specific</td>
<td>New Orleans</td>
</tr>
<tr>
<td></td>
<td>Raceland</td>
</tr>
<tr>
<td></td>
<td>Houma</td>
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<td></td>
<td>Lake Charles</td>
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<tr>
<th>Outpatient Treatment for Family of Compulsive Gambler</th>
<th>Gamblers Anonymous – 50 meetings</th>
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<tr>
<td></td>
<td>Celebrate Recovery -32 groups</td>
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<tr>
<td></td>
<td>Gam-Anon – 5 meetings</td>
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</table>

- Does not require the gambler to be involved in treatment

- Gamblers Anonymous – 50 meetings
  - Celebrate Recovery -32 groups
  - Gam-Anon – 5 meetings
Do You Know How to OODA LOOP?
Colonel John Boyd’s (1976) four-point decision loop that supports effective and proactive decision-making.
GETTING INSIDE THE CLIENT’S OODA LOOP

Stage 1. Observe
What's happening in the environment that directly affects me?
What's happening that indirectly affects me?
What's happening that may have residual affects later on?

Stage 2. Orient
Cultural traditions/Genetic heritage/Family System
Previous experience and the ability to analyze and synthesize stimuli
GETTING INSIDE THE CLIENT’S OODA LOOP

Stage 3. Decide
Decisions are based on the observations you've made and the orientation you're using.
Should be considered to be fluid works-in-progress as part of the loop

Stage 4. Act
Implement the decision
Then cycle back to the Observe stage
Assess the effects of your action. This is where actions influence the rest of the cycle, and

Keep learning from what you, and your clients, are doing

Getting Inside the Client’s OODA Loop

- **Goal for the client**
  - Slowing down client’s impulsivity and decision-making for brief intervention, specifically urges to leave treatment
  - Use as an education tool to improve awareness

- **Goal for the counselor**
  - Allowing the counselor to make rapid assessments of client’s decision-making process
  - Meet the client at where they are in the here and now
  - Provides new options for the clients to consider
Gambling Disorder Treatment
Challenges and Opportunities

- Impulsivity
- Ambivalence
- Fantasy Thinking
- Money
- Lies
- Staying in Action
Impulsivity

Brief Interventions

What is the difference in an urge to gamble and an urge to leave or discontinue treatment?
Ambivalence

Motivational Enhancement Therapy

Change Plan Worksheet

The change I want to make this week is:

The most important reasons why I want to make this change are:

The steps I plan to take in changing are:
Specific Action When?

The ways other people can help me are:
Person Possible ways to help

These are some possible obstacles to change, and how I could handle them:
Possible obstacles to change
How to respond

I will know that my plan is working when I see these results:

Source: Miller, 1995
Fantasy Thinking

- Chasing Losses
- Near Miss
- Independence of Events
Counselor Check In Should Include:

1. Debt repayment progress
2. Thoughts/Feelings related to limited access
3. Control versus independence in relation to money
The only Addiction Disorder with LIES as a criteria

How to assess, reassess, and address

1. Listen for answers rather than GASLIGHTING
2. Collateral contact with family
3. Objectify lies as a part of the treatment process
Staying in Action

Remember these...

- Impulsivity
- Ambivalence
- Fantasy Thinking
- Money
- Lies
Conclusion

- Gambling can stay hidden for long periods of time.
- Clients seek treatment for everything before gambling.
- Assessment is needed throughout treatment.
- Gambling treatment benefits other treatment goals.
- Clients will continue to have gambling stressors in recovery that need to be continuously addressed.
References


