



NATIONAL CENTER FOR RESPONSIBLE GAMING

## National Center for Responsible Gaming

Free and Low-Cost Resources for Clinicians

June 6, 2012





## Free and Low-Cost Resources for Clinicians

- Goal #1: Interact and participate!
- Goal #2: Take away two or three resources that you can use in your daily practice



## National Center for Responsible Gaming

Established as a nonprofit in 1996 to help individuals and families affected by gambling disorders by:

- Supporting the finest peer-reviewed, scientific research into pathological and youth gambling
- Encouraging practical applications of research findings to improve prevention, diagnostic, intervention and treatment strategies
- Advancing public education about gambling disorders and responsible gaming



## The NCRG's Research Program

- NCRG Centers of Excellence in Gambling Research



- Competitive project grants program

- The NCRG offers seven avenues of funding:

- Project Grants: Exploration, Large and Seed grants
- Career Development Grants: Postdoctoral Fellowships, Travel, Independent Scientist and Early Stage Investigator grants



## Measuring the Impact

- The first reliable estimates of how many people have a gambling disorder,
- The first significant evidence for a genetic component of gambling disorders,
- The first national study of gambling and gambling policies on college campuses, and
- New instruments for measuring, screening and diagnosing pathological gambling and treatment outcomes.



## NCRG Educational Initiatives

Through a variety of programs and activities, the NCRG strives to:

- Raise public awareness of gambling disorders and responsible gaming
- Provide meaningful, research-based education for health care providers
- Promote a lively exchange of ideas within the field of gambling research
- Develop practical applications for research findings



## NCRG Annual Conference on Gambling and Addiction

- Sept. 30 – Oct. 2, 2012, Las Vegas
- “Exploring New Trends in Recovery, Research and Responsible Gaming”
- Poster session highlighting the latest research in addiction and gambling disorders
- Scholarships available

**More information is available at [www.ncrg.org/conference](http://www.ncrg.org/conference)**





## Free and Low-Cost Resources for Clinicians

- Continuing Education Opportunities
- Screening and Intervention Instruments
- Public Education about Gambling Disorders and Responsible Gaming





## Continuing Education Opportunities





## **NCRG Is An Approved CE Provider**

- American Psychological Association
- NAADAC, the Association for Addiction Professionals
- National Board for Certified Counselors (NBCC)



## Treatment Provider Workshop Series

- Learn best practices directly from researchers who translate their findings about gambling disorders into real-world applications

### 2012 sessions include

- Miami, Fla. – Screening and Assessment Strategies
- Pittsburgh, Pa. – Impulse Control Disorders
- Kansas City, Mo. – Youth Gambling
- Las Vegas, Nev. – PTSD and Problem Gambling
- Denver, Colo.
- Indianapolis, Ind.





## NCRG Webinar Series

- Earn free online continuing education units without leaving your home or office.
- Archived sessions at [www.ncrg.org/public\\_education](http://www.ncrg.org/public_education)
- Upcoming session: June 20, 2 – 3 p.m. EST
  - Dr. Serena King, Hamline University
  - “Youth Gambling: Genetic and Environmental Factors”





## *Increasing the Odds – NCRG Monograph Series*

- Concise, easy-to-understand summaries of seminal peer-reviewed research on gambling disorders, as well as implications for future research and prevention efforts.
- Topics include:
  - Youth and College Gambling
  - Gambling and Public Health
  - Self-Exclusion
  - Neurobiology of Gambling Disorders





## Additional Continuing Education Resources

- **Iowa Department of Public Health**
  - Webinar series – Fee: \$10/session for 1.5 CEUs
  - [www.trainingresources.org/](http://www.trainingresources.org/)
- **National Council on Problem Gambling**
  - [www.ncpgambling.org](http://www.ncpgambling.org) - visit the Training Calendar
- **Massachusetts Council on Compulsive Gambling**
  - [www.masscompulsivegambling.org](http://www.masscompulsivegambling.org)
- **American Psychological Association – [www.apa.org](http://www.apa.org)**
- **NAADAC – [www.naadac.org](http://www.naadac.org)**



## Screening and Intervention Resources





## What Does Research Tell Us About Gambling Disorders?

- The prevalence rate of pathological gambling in the U.S. is **1 percent of adults**
- **Young people** gamble nearly as much as adults and are at a higher risk for problems
- Studies show that 96 percent of those diagnosed with pathological gambling **also suffered from another psychiatric or substance abuse disorder**
- **1/3 of people with gambling problems** get well on their own





## Resources for Clinicians

### Your First Step to Change

**Your First Step to Change**

*The first step of your journey is to figure out if you need or want to change. Try to answer the following questions:*

1. Have you often gambled longer than you had planned? Yes  No
2. Have you often gambled until your last dollar was gone? Yes  No
3. Have thoughts of gambling caused you to lose sleep? Yes  No
4. Have you used your income or savings to gamble while letting bills go unpaid? Yes  No
5. Have you made repeated, unsuccessful attempts to stop gambling? Yes  No
6. Have you broken the law or considered breaking the law to pay for your gambling? Yes  No
7. Have you borrowed money to pay for your gambling? Yes  No
8. Have you felt depressed or suicidal because of your gambling losses? Yes  No
9. Have you been remorseful after gambling? Yes  No
10. Have you ever gambled to get money to meet your financial obligations? Yes  No

**NEXT >>>**

### Brief Biosocial Gambling Screening (BBGS)

During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?  Yes  No

During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?  Yes  No

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

**Readiness to Reduce Gambling Behavior**

On the line below, please select the option that best describes how you feel right now:

I never think about my gambling.	Sometimes I think about gambling less.	I have decided to gamble less.	I am already trying to cut back on my gambling.	I changed my gambling. I now do not gamble, or gamble less than before.
<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>



## *Increasing the Odds – NCRG Monograph Series*

- Seventh edition published in fall 2012
- “What Clinicians Need to Know About Gambling Disorders





## Public Education Resources





## Establishing a Collaborative Approach

- Commit to reducing the incidence/prevalence of gambling-related harms
- Agree to work together to inform and evaluate public policy
- Identify priorities and establish an action plan to address them within a specific time frame
- Use scientific research to guide the development of public and gaming industry policies
- Monitor and evaluate progress using scientific methods





## Audience Q&A

- What obstacles do you face when trying to host public education programs or awareness opportunities?
- What resources are most helpful?
- What types of resources need to be created to help you in your role?



## Responsible Gaming Education Week

- *“All In” for Responsible Gaming*
- July 30 – August 3
- Creating a guide for HR managers and employee assistance professionals
- Resources available at [www.americangaming.org](http://www.americangaming.org), [www.ncrg.org](http://www.ncrg.org)



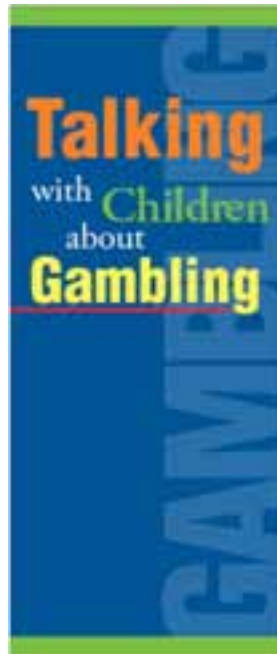


## CollegeGambling.org

An online resource for administrators, campus health professionals, college students and parents

The screenshot shows the homepage of CollegeGambling.org. At the top, there is a navigation bar with links for Home, About Us, Media, and Contact Us, along with a search box. The NCRG logo is prominently displayed. Below the logo, the text 'CollegeGambling.org' is written in a large, red font. Underneath, there are links for 'Fields and States', 'For Campus Administrators', 'For Campus Health Professionals', 'For Students', and 'For Parents'. A central section titled 'Welcome to CollegeGambling.org' contains introductory text about the site's purpose and a link to 'Get the facts'. To the right, there is a box titled 'Facts and statistics' with an image of students and text stating that the most frequently chosen gambling activities by college students are lotteries, card games, small stakes gambling, and sports betting. At the bottom, there are four columns of images with captions: 'For Campus Administrators', 'For Campus Health Professionals', 'For Students', and 'For Parents'. A footer at the very bottom contains social media icons and a copyright notice.

## Resources to Address Youth Gambling



### Talking with Children about Gambling

- A research-based guide for parents
- Latest statistics on the prevalence of gambling-related disorders among youth and teens
- Helps parents identify possible warning signs and gives guidance on how to help children avoid risky behaviors
- Available for free and in Spanish at [www.ncrg.org](http://www.ncrg.org)

“Know the Odds” - Curriculum for middle and high schools





## BASIS

An online resource for gambling disorders, substance abuse and other addictions

## WAGER

Weekly publication of the latest research on addictions

[www.basisonline.org](http://www.basisonline.org)

The Brief Addiction Science Information Source (BASIS)

The BASIS provides a forum for the free exchange of information related to addiction, and public access to the latest scientific developments and resources in the field. Our goal is to strengthen worldwide understanding of addiction and minimize its harmful effects. The Division on Addiction, Cambridge Health Alliance, a Harvard Medical School teaching affiliate.

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Friday, May 25, 2012

Op-Ed/Editorials: Celebrating 30 Years with Monthly Giveaways - May Reminder

2012 is the 20th anniversary of the Division on Addiction (DOA20th). To celebrate, each month we will host one anniversary event. This month we are giving away 20 scholarships for our online CME course, *Addiction in Your Practice*. Students who would like to be considered for a scholarship can send a brief statement (100 words maximum) to [basis@divisiononaddictions.org](mailto:basis@divisiononaddictions.org) by May 30. The statement should detail your interest in the entire course and why you should be selected. On May 31, we will post a list of scholarship recipients. If selected, we will require verification that you are a current student.

There is less than a week left to enter. Thanks for celebrating with us!

Do you want to learn more about addiction medicine?

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Media Press Kit  
Self-Help Tools  
Sponsors  
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Submission Deadline: May 30, 2012  
Scholarship Announcement: May 31, 2012

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## Additional Public Education Resources

- **NewsScan** from Responsible Gambling Council Ontario
  - [www.responsiblegambling.org](http://www.responsiblegambling.org)
- **“The Edge”** newsletter from Iowa Substance Abuse Information Center
  - [www.drugfreeinfo.com](http://www.drugfreeinfo.com)
- ***Personal Financial Strategies for Loved Ones*** from the NCPG
  - [www.ncpgambling.org](http://www.ncpgambling.org)
- **Massachusetts Council on Compulsive Gambling’s** websites for minority populations:
  - [www.asianproblemgambling.org](http://www.asianproblemgambling.org) | [www.latinoproblemgambling.org](http://www.latinoproblemgambling.org)



For More Information  
[www.ncrg.org](http://www.ncrg.org)





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