

Problem Gambling Prevention Program

Jeremy Whitaker, Ed.D, MPH

Youth Gambling

Primarily gambling online

- ▶ <10% of 8-10-12th graders report gambling
 - ▶ Increase in all groups from 2021
- ▶ Mobile devices (phones, tablets, laptops)
- ▶ Overlap of gaming and gambling
 - ▶ Loot boxes, in-game gambling/casinos, in-game currency
- ▶ Any gambling before age 18 is problematic
- ▶ Youth who gamble are twice risk for problem gambling as adults

Elevated Risk Factors

- ▶ High internet usage
- ▶ Lack of parental involvement
- ▶ Family conflict
- ▶ Parental engagement in gambling/favorable attitudes towards gambling
- ▶ Cultural knowledge, attitudes, & beliefs
- ▶ Peer involvement in gambling
- ▶ ACES (Adverse Childhood Experiences)

Elevated Risk Factors (cont.)

- ▶ Frequent substance use (co-occurring)
- ▶ Virtual/media advertising of gambling
- ▶ Lack of engaging activities in surrounding area
- ▶ MH challenges (ex: anxiety, depression, ADHD)
- ▶ Economic instability on a personal scale
- ▶ Poor academic performance
- ▶ Antisocial and/or negative risk-taking behaviors

Protective Factors

- ▶ Educational programs:
 - ▶ Dangers of gambling, odds of winning, media and social media literacy, and financial management skills)
- ▶ Programs directed at:
 - ▶ Cognitive and skill development
 - ▶ Emotional development (coping mechanisms & emotional skill processing)
 - ▶ Community/social involvement
 - ▶ Family cohesion
 - ▶ Alternative stimulating activities in the community
 - ▶ Parental monitoring

Primary Prevention – Gambling/Gaming

- ▶ Reducing ACEs and Increasing Positive Childhood Events
- ▶ Decreasing screen time
 - ▶ School cell phone bans
 - ▶ Family modeling/rules
- ▶ Limiting/eliminating social media for youth
 - ▶ Advertising exposure, non-social behaviors
- ▶ Encouraging positive risk-taking
 - ▶ Essential for development and pro-social growth
 - ▶ Embracing risk-taking as part of development

Prevention and Systems Update

- ▶ Increase number of Certified Gambling Counselors in parts of the state that don't have problem gambling treatment services available within one hour drive time.
 - ▶ Meeting with Washington Mental Health Counseling Association
 - ▶ Meeting with NW Addiction Transfer Treatment Center
 - ▶ Future: Washington Council for Behavioral Health (agencies)

Prevention and Systems Update

- ▶ Require existing and future clinical training programs for substance use disorder and behavioral health professionals to include problem gambling as a required topic
- ▶ Include information within all behavioral health clinical training programs and behavioral health-related higher education degree programs about how treatment and recovery are approached and how to become a Certified Gambling Counselor.
 - ▶ Amending WAC 246-811-030 – SUDP education requirements to add problem gambling
 - ▶ Two meetings with DOH (they control the WAC)
 - ▶ Met with ECPG and NW ATTC to discuss training for educators (train-the-trainer)
 - ▶ Met with educators (WACASE), support for including it along with other behavioral addictions

Prevention and Systems Update

- ▶ Develop and distribute a mobile app that can be used by consumers to locate problem gambling services, including prevention, treatment, and recovery referrals and other resources.
 - ▶ Meetings with three digital service providers about being funded in 2025-2027: Evive, GamFin, and GamBan

Prevention and Systems Update

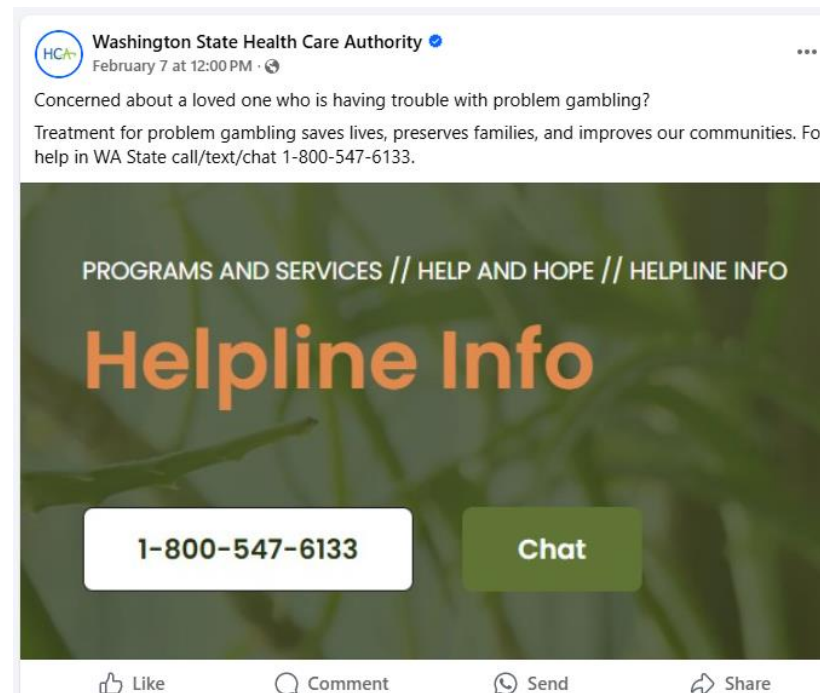
- ▶ Support enhanced problem gambling prevention services for youth (under age 18) that are integrated into existing HCA prevention efforts
 - ▶ Anticipate rolling out a pilot in 2025 to fund ~5 sites to integrate problem gambling into local prevention.
 - ▶ Focus on integration with existing prevention programs
 - ▶ Attended data reporting training (Minerva); Meetings with SUD prevention about contracts, YCCTPP at DOH, Whatcom County, Oregon Problem Gambling Program
 - ▶ Integration with WSU Fellows
 - ▶ Support for Tribal Icelandic Model Implementation (in discussion)
 - ▶ Sponsorship and presentation at Spring Youth Forum

Prevention and Systems Update

▶ Other Activities

- ▶ CCSAP and May Conference Presentation (upcoming)
 - Young Adult Survey
- ▶ Superbowl Social Media
- ▶ Problem Gambling Awareness Month
 - Articles on HCA external website, internal website, Athena Forum, P-25 newsletter, WMHCA newsletter
 - Joint Press Release with WA Lottery and WSGC
 - Social Media, collaboration with ECPG and Focus On campaign
 - SmartHealth module (state employee wellness)

Super Bowl Social Media



PGAM Social Media (so far)

