

# Problem Gambling Prevention Program

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# Youth Gambling

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## 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

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- ▶ 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.)

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- ▶ 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

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► 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

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- ▶ 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

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- ▶ 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

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- ▶ 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

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- ▶ 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

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- ▶ 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

Washington State Health Care Authority   
February 5 at 8:15 PM ·  ...

Did you know that Washington State provides treatment for eligible individuals & their family members who are affected by problem gambling? The American Gaming Association reports an estimated \$1.39 billion will be legally wagered in the U.S. on Sunday's Super Bowl! 🎲🏀

Text/chat/call the WA State Problem Gambling Helpline at 1-800-547-6133, if you or someone you know has a problem & needs help.

#ProblemGambling #ResponsibleGaming #Recovery



1 share

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Washington State Health Care Authority   
February 7 at 12:00 PM ·  ...

Concerned about a loved one who is having trouble with problem gambling? Treatment for problem gambling saves lives, preserves families, and improves our communities. For help in WA State call/text/chat 1-800-547-6133.

PROGRAMS AND SERVICES // HELP AND HOPE // HELPLINE INFO

## Helpline Info

1-800-547-6133  Chat

 Like  Comment  Send  Share

Washington State Health Care Authority   
February 9 at 8:00 AM ·  ...

Sports betting can be fun – but like anything that involves a good time, there can also be risks. Know your limits and play responsibly this Super Bowl LIX, and if you need help, visit [keepitfunwa.org](http://keepitfunwa.org) for support.



1 comment

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# PGAM Social Media (so far)

