

Prevention Research Collaborative Meeting
March 12: 10:35 a.m. – 1:00 p.m. PST
Theme: Problem Gambling/Gaming Disorder/Internet Use Disorder

Welcome & Introductions

- Brittany Cooper, WSU
- Margaret Kuklinski, UW
- Christine Lee, UW
- Jason Kilmer, UW
- Sarah Mariani, DBHR
- Patricia Pacheco, WSU PTTC Fellow
- Myah Houghten, WSU
- Jeremy Whitaker, HCA
- Liz Wilhelm, DOH
- Rebecca Ruiz, HCA
- Amy Meiser, WSU
- Clara Hill, WSU
- Tyler Watson, LCB
- Jennifer Wyatt, King County
- Scott Graupensperger, UW
- Codie Garza, HCA
- Paulina Zykowski,
- Elizabeth Weybright, WSU
- Gregory Foster, Cannabis Observer
- Billy Reamer, HCA
- Michael Gilson, UW
- Amani Rashid, WSIPP
- Jaymie Vandagriff, HCA
- Sonja Pipek, HCA

Impromptu Networking

- Choose one and share with your group:
 - What inspired you to choose the career you did?
 - What is one skill you'd like to learn this year?
 - What Oscar nominated movie would you recommend others watch?

Introducing Primary Prevention for Problem Gambling/Gaming Disorder/Internet Use Disorder
Planned presenter was Roxanne Waldron, DBHR; Jeremy Whitaker, DBHR – Problem Gambling Px Coordinator is leading the presentation instead due to a conflict

- Youth gambling
 - Primarily online, increases in all age groups from 2021
 - Youth who gamble have twice the risk for problem gambling as adults
 - Overlap of gaming and gambling – in-game gambling, in-game currency, etc.
 - Similar messaging to alcohol – zero use recommended underage, moderate use as adults, though some adults may be predisposed to addiction
- Elevated risk factors
 - High internet use
 - Low parental involvement
 - Family conflict
 - Parental favorable attitudes towards gambling
 - Cultural knowledge, attitudes, beliefs
 - Peer involvement in gambling
 - ACES
- Protective factors include educational programming, particularly directed at cognitive / skill development, media literacy, emotional processing, family interventions

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- Primary prevention: increasing PCEs, reducing ACEs, decreasing screentime, limiting social media, encouraging positive risk-taking as part of development
- Systems approach: increase the number of certified gambling counselors in parts of the state that don't have tx services available within an hour; require training in gambling as part of clinical training programs for SUD, and for behavioral health professionals in general; support enhanced gambling px services that are integrated into existing HCA px efforts; increase awareness with presentations, media, awareness month.
- See slides for treatment, educational, and other prevention efforts being taken by HCA to address problem gambling among adolescents and young adults

Primary Prevention for Problem Gambling/Gaming Disorder/Internet Use Disorder

Scott Graupensperger, CSHRB, UW

- Project HOBS: Health Outcomes of Betting on Sports
- Background
 - Sports betting (determined by chance) is the fastest growing type of gambling
 - Trends are moving in a concerning direction – wagering increasing, industry revenue increasing (by 46%) – meaning gamblers are losing more, over time.
 - More prominent among young adults – 1/3 young adults has engaged in past-month sports betting; 19% at least once a week
 - Fantasy football or similar fantasy sports are a gateway into gambling
 - The gambling industry is also reaching new audiences with new topics – e.g. “how often will Taylor Swift be shown at the super bowl?”
 - Also with ads, offers, app alerts, free bet offers, celebrities – get you in the door and then keep you engaged.
 - Not much policy research yet, but some information [see slide for graphic]
- Public health concern
 - Very little funding; ZERO federal funding, as gambling isn't yet widely recognized as a public health concern
 - Very little research on the health correlates of sports betting – hence the creation of project HOBS
 - Jeremy Whitaker shared via chat: *The state program is entirely funded with state funds from Lottery and Gambling Commission.*
- HOBS
 - Young adult sports betters surveyed biweekly for a year and then less frequently for 15mo
 - Mean age 24.5, mostly male, below household median income, white. Participants from 35 states.
 - State policies do not stop people from sports betting (e.g., via VPN to get around internet limitations – most of their sample comes from CA where sports betting is NOT legal)
- Psychosocial antecedents of sports betting – Joey Lambuth's focus

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- Social norms are a predictor of sports betting behavior for young adults – desire to fit in, susceptible to peer influence.
 - Two types of norms: Injunctive norms – perception of peers' attitudes, and Descriptive norms – perceptions of peers' behaviors
 - Both predicted betting frequency, amount wagered, and symptoms of problem betting
- Prototype willingness model – rational and reactive pathway [see slides]
- Sports betting and mental health (Arvin Shaygan)
 - Robust associations between negative sports betting consequences and mh/wellbeing indices – see graphics from slides. Consistent and large effects
- Discussion/questions
 - BC: What is the role of context and media/marketing? – more research is needed and especially for the sake of policy implications
 - MK: Overlap in shared risk/protective factors and implications for prevention programming
 - Jaymie V: I'm seeing a lot of parallels with online shopping (including that nuance between that and in-person shopping and targeted advertising). I also think about the kinds of antics the Temu app has. Have either one of your teams (Scott and Jeremy) touched on that link in the overall realm of behavioral addictions?
 - RW: right now, the focus of their group has to be on gambling specifically because of the RCW, but they are interested in eventually expanding to a broader scope of behavioral addiction

Chatterfall: updates from the prevention community

- Margaret shared that Brittany was promoted to full professor 😊
- Info on Problem Gambling Awareness Month (PGAM):<https://www.hca.wa.gov/>
- SPR's conference in Seattle May 27-30! <https://preventionresearch.org/2025-annual-meeting/>
- National Prevention Network Conference Call for submissions deadline is Friday, April 4. Theme: Substance use prevention across the lifespan
<https://www.cvent.com/c/abstracts/8c5d704a-b9d5-4943-ba8b-b7e55b1e4f6f>
Conference will take place in Washington, DC from Aug 11-13.

Finalizing the PRC Mission, Vision & Values Statements

- PRC has a mission statement, but not a vision statement
- Ideas for PRC vision
 - The future you intend to create; your grand plan; how we'll change WA
 - Describes what it would be like to see in the future a result of PRC's efforts

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- Example: HCA's vision: A healthier Washington. SPR's vision: To be a diverse and inclusive community that leads the promotion of a healthy and equitable society through prevention science.
- Goal today: In small group, brainstorm (1) what components are most important to PRC's vision statement? (2) Craft a vision statement and share on padlet (edit existing ideas or start from scratch with components).

Vision Components

Societal Goal: The Future We Want to Create	How Do We Get There?
<ul style="list-style-type: none">• All people thrive• Empower individuals and communities• Equitable access• Equity• Social justice	<ul style="list-style-type: none">• Cutting edge preventive and health promoting strategies• Forum for collaboration and communication• Collaboration/partnership among researchers, policymakers, agencies, practitioners• Responsive, inclusive collaboration• Diverse, inclusive community• Effective/evidence-informed strategies• Forward thinking• Responsive to current issues• Catalyzing force• Equitable access• Equitable• Socially just• Sustainable

- <https://padlet.com/mrk63/prc-vision-statements-3-11-202-1cum8bp9nhvarqbz>
- Discussion
 - Remove “young people” – lifespan perspective
 - Like “evidence-based”
 - Tyler noted that we can never name all the groups and thus it might be better to remove “researchers, policymakers, state agencies, and practitioners”
 - Clara said that maybe we can remove it for the vision statement but that it feels important to note it somewhere (others added maybe in the mission statement)
 - Sarah added that that is the point of this group – that this is the specific collective of people, not every group – it is intentional that those are the groups included.
 - Jaymie in chat: *Right! And new members to PRC in our group mentioned that's exactly why they came - they knew of some key researcher folks in the group, as well as the collective itself, and wanted to get connected --that's what brought them in :)*
 - Jennifer suggested adding behavioral health
 - Roxane in chat: *Just a comment -- Problem Gambling Prevention does fall under BH Prevention, but not within SUD/MH Prevention -- it falls in between which has been an issue, so we try to use BH Prevention.*
 - Margaret commented that overall, a lot of convergence in what people like

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- Maybe will get group back together, and she and Brittany will talk, and maybe in the next meeting we can reconvene

Research Briefs Update & Discussion

- Finalize choices and writing teams for two briefs to be completed by June 2025
- YA SU Risk and Protective Factors
 - Brittany summarized the background of the research briefs
 - Brittany shared about Jenn Duckworth and Kristi Morrison's work on a scoping review of risk and protective factors for SU among young adults
 - Margaret asked Sarah what her priorities are
 - Sarah asked if Jaymie and Rebecca have addtl thoughts on this. Jaymie said one example is looking at how proximal r&p factors are – i.e., were they early childhood, were they in adolescence, etc.
 - Kristi and Jenn are seeking people to participate in the writing process but also in reviewing
 - Roxane in chat: *This brief touches on harm reduction strategies for young adults*
[prsc brief harm reduction and prevention published 5.10.24.pdf](#)
- Positive Childhood Experiences & Social Development Strategy
 - Margaret and Myah are working on this – Margaret noted that this brief has no specific focus yet. Myah shared that PCEs are becoming a growing topic in contrast/addition to ACEs
 - Seeking a team of a few authors to join their team
- Reach out if interested in participating in either!
- Jason in chat: *I don't even know who this would fall to, but depending on the brief, some (but not all) provide a recommended citation. This would be FANTASTIC to have for all of them (I try to put a spotlight on this collection of briefs when I present by providing the website, but always want a more "credible" reference for any given brief).*

2025 Meetings – and theme for June?

- All meetings fall on a Wednesday, 10:35am – 1:00pm
June 4: 10:35 a.m.-1 p.m.
Sept 10: 10:35 a.m.-1 p.m.
Dec 10: 10:35 a.m.-1 p.m.
- No time to discuss theme for June, but email Brittany and Margaret with suggestions.