



Problem Gambling for Youth and Young Adults

**Washington State Problem
Gambling Program**

*Jeremy Whitaker, Ed.D, MPH
Prevention Coordinator*

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Gambling is everywhere on sports

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Seahawks vs. Rams odds, prediction, spread, time: 2026 NFC Championship Game picks from proven computer model

SportsLine's model has revealed its Los Angeles vs. Seattle picks for their NFC Championship Game 2026 matchup in the 2026 NFL playoffs



By [Ross Kelly](#) Jan 25, 2026 at 5:22 pm ET • 3 min read



<https://www.cbssports.com/nfl/news/seahawks-rams-odds-prediction-time-spread-2026-nfc-championship-game-picks-nfl-lines-best-bets/>

And in the News...



WASHINGTON STATE

Hit 5 lottery ticket wins jackpot in Western Washington. Here's where it was sold

January 26, 2026 at 10:36 AM

WASHINGTON STATE

Gambler scores 'huge win' at Western Washington casino. Here's how much

By Julia Hawkins

Updated January 28, 2026 3:37 PM |  Gift Article

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 The Olympian

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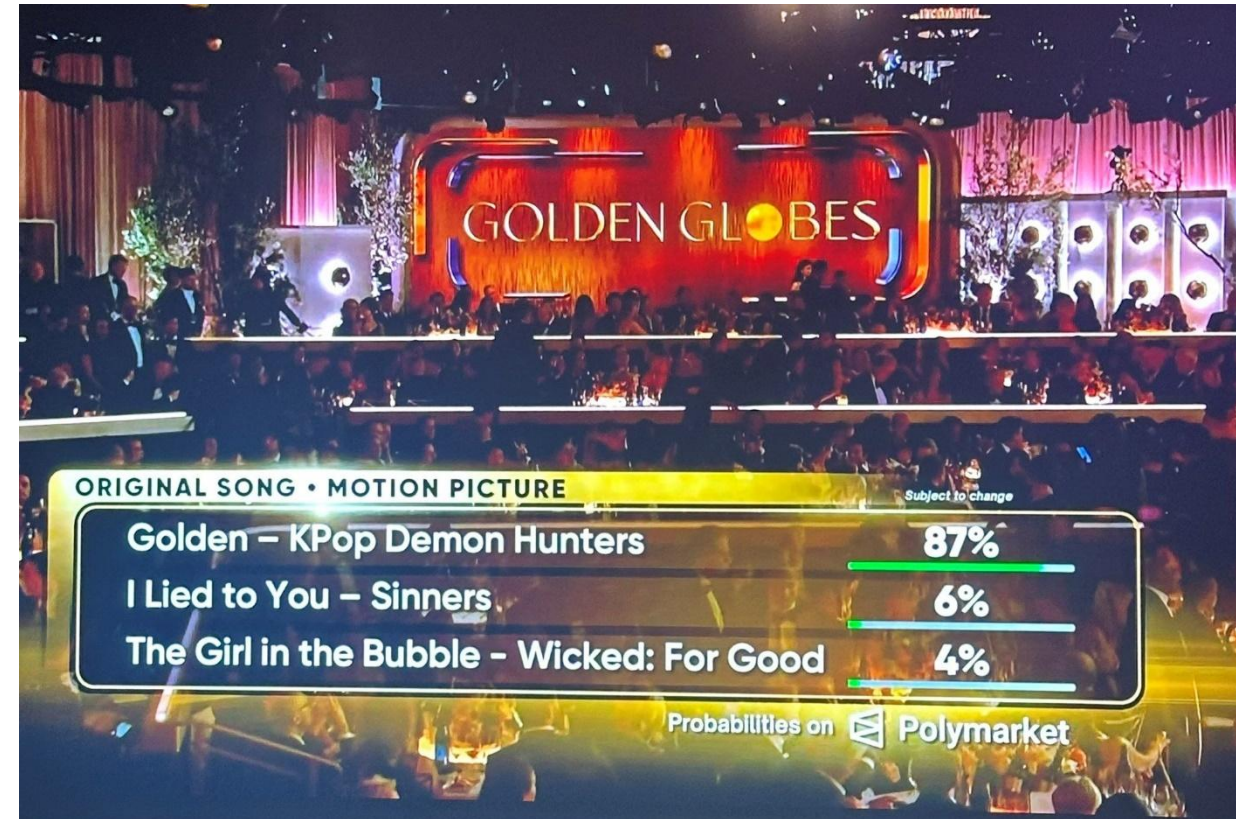
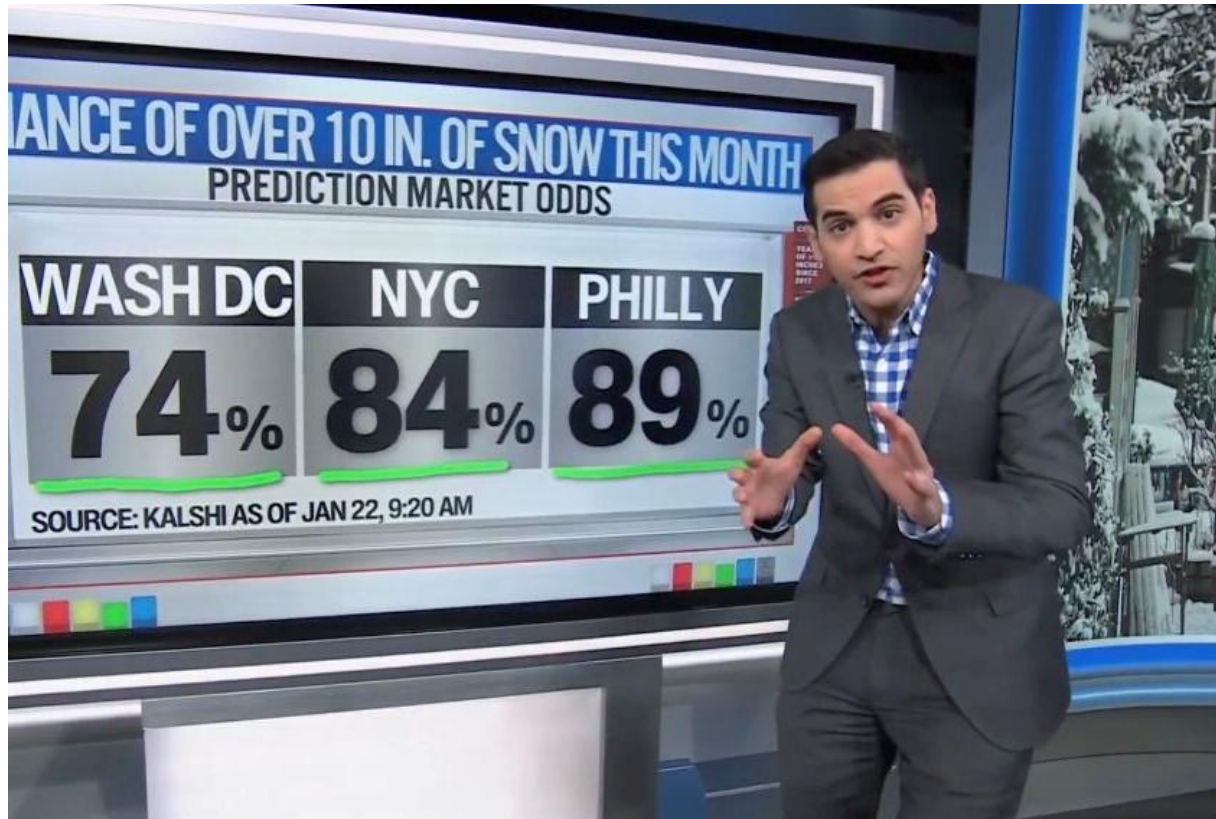
LOCAL

Gambler turns \$19.80 into big jackpot win in Washington. 'These games are hot!'

By Sara Schilling

Updated December 15, 2025 8:44 AM |  Gift Article

And Regular Programs



Our Conversation

▶ **The Problem**

- ▶ Gambling in Washington
- ▶ Co-Occurring Disorders

▶ **Assessment, Treatment, and Recovery**

- ▶ Screening & assessment tools
- ▶ Treatment options in WA State

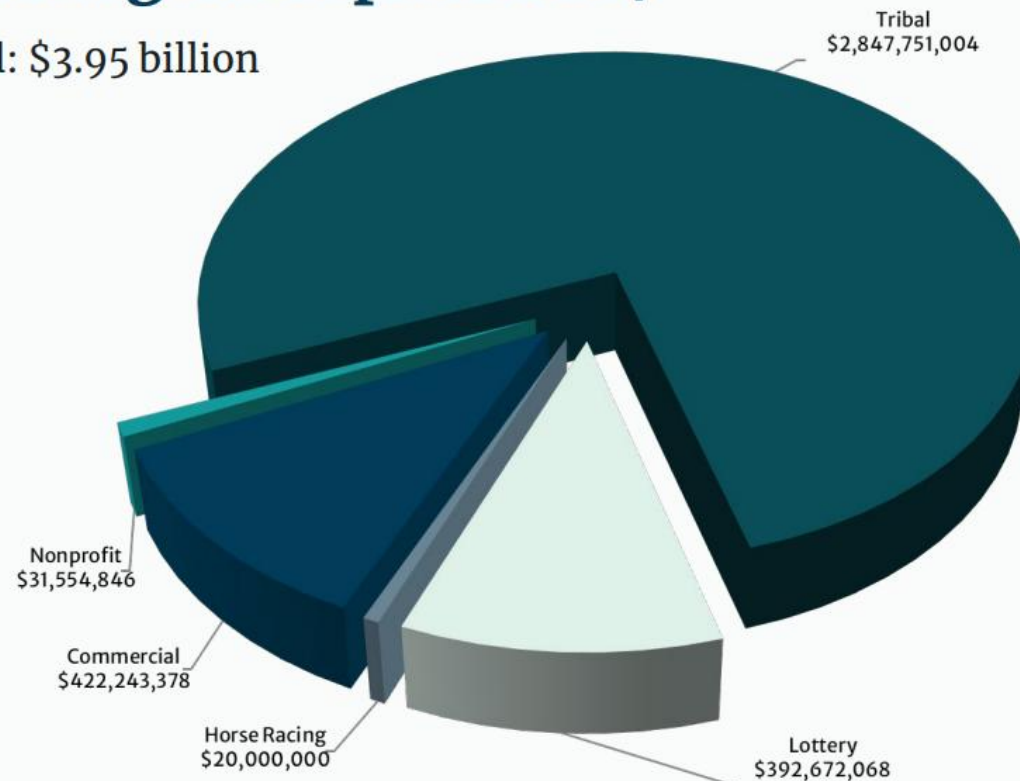
▶ **Prevention**

▶ **Q/A**

SFY 2024 – Net gambling receipts (legal)

Net Gambling Receipts: FY24

Total: \$3.95 billion



Data Sources: Mandatory Quarterly Filings (Nonprofit, Commercial), Horse Racing Commission, Washington's Lottery, Tribal net receipts (estimated, class III only, as authorized in Tribal Compacts)

Gambling in Washington

- ▶ Four-fifths (**80%**) of adults who gambled were not at risk for problem gambling
- ▶ Among the one-fifth of adults who gambled (**20%**)
 - ▶ **16.5% were at an increased risk (risk not zero)** for problem gambling (estimated 420,000 adults)
 - ▶ **3.5% were at a moderate-to-severe risk** for problem gambling/Gambling Disorder (estimated 90,000 adults)
- ▶ Over **11%** of adults who gambled reported gambling online (not legal)
- ▶ Youth & Young Adults at twice the risk for problem gambling (6-8%)

What do we know about Problem Gambling?

- ▶ Addiction with the highest suicide risk
 - ▶ Suicidal ideation (30-33%)
 - ▶ Suicide attempts (10.4%)
- ▶ One person with gambling addiction impacts ~6 others
- ▶ Populations at higher-risk: Youth, Young Adults, College Students (especially athletes) Older Adults, Veterans, Black, Latino, Indigenous, and Asian communities
- ▶ 18% of college students report gambling within the past 7 days

Problem Gambling & Co-Occurring Disorders

- ▶ Studies show that Individuals diagnosed with a gambling disorder are also likely to have other behavioral health issues:
 - ▶ Studies show 90-94% of problem gamblers have a co-occurring disorder
 - ▶ Substance Use
 - ▶ Mental health
- ▶ Important to treat all co-occurring disorders (also – gambling sometimes becomes the 'new' addiction)
- ▶ Important to **Screen for** Problem Gambling

Screen & Refer

- ▶ All students should be screened at intake
 - ▶ Testing leads to treatment!
- ▶ There are several brief screening tools (2-4 questions)
 - ▶ Lie-Bet, SOGS, SBIRT for gambling
 - ▶ Brief Biosocial Gambling Screen (BBGS)
 - ▶ NODS/NODS-Clip/NODS-Perc
- ▶ Penn State CCAPS-Screen added gambling question in 2025
 - ▶ <https://ccmh.psu.edu/ccaps-screen>

Washington Treatment Options

- ▶ Private insurance
- ▶ Apple Health
- ▶ State program at HCA
- ▶ Find Providers with Evergreen Council on Problem Gambling
 - ▶ evergreencpg.org
- ▶ GamFin - financial counseling



Prevention

Problem Gambling Awareness Month

Washington's Lottery
2h · 🌐

Someone is available 24/7. Call, text or chat any time.

IT'S YOUR LIFE

IT'S YOUR TIME

**Connect With the Help You Need
To Live the Life You Want**

Help Starts Here.
24/7 Problem Gambling Helpline:
• Call or Text **1-800-547-6133**
• Chat at **evergreencpg.org**



EVERGREEN
council on problem gambling

HCA Washington State Health Care Authority
March 6 at 12:00 PM · 🌐

We talk to our kids about drugs and alcohol — but what about gambling? Research shows that early exposure to gambling is linked to higher rates of anxiety, depression, and addiction later in life. This March, the Evergreen Council on Problem Gambling and WA State Health Care Authority are teaming up to change that. <https://loom.ly/fJnoXic>

Did you know teens and young adults under 25 who gamble are twice as likely as adults to develop a gambling addiction? And the exposure often starts way earlier than you'd think — through video game loot boxes, sports betting ads, and apps that make wagering feel normal. March is Problem Gambling Awareness Month. Let's start the conversation.



**Have you
talked to your
kids about
gambling?**

HCA

HCA Washington State Health Care Authority
March 17 at 12:00 PM · 🌐

🎱 Bracket busted by halftime? Same, bestie. Same. 🤔

Fun fact: Most people who fill out brackets lose — and that's totally okay! The real prize is the trash talk with your friends.

But if the losses are starting to sting more than they should, or you're chasing that money back, that's worth paying attention to. 🙄

Need to talk? Call or text the Problem Gambling Helpline: 1-800-547-6133. It's free, confidential, and judgment-free. ❤️



**Losing your bracket is normal.
Losing the fun isn't.**

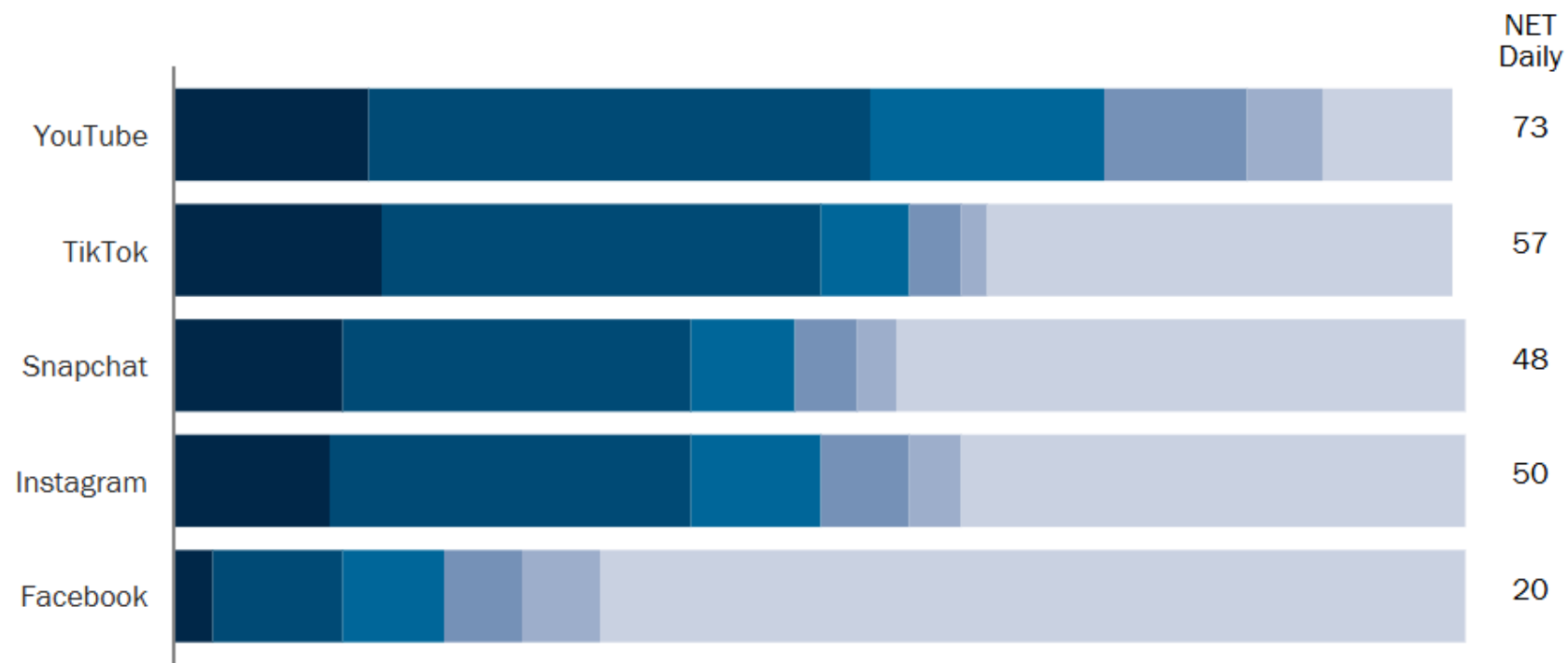
HCA

Youth and Screen Time

- ▶ From 2015-2021, teens averaged 8 hours and 39 of media use per day (boys higher)
- ▶ Teens receive 237 phone notifications per day (2023)
- ▶ Most used social media are YouTube and TikTok
 - ▶ Teens with TikTok spend 1 hour 45 minutes per day
- ▶ 85% of teens report playing video games (boys higher)
 - ▶ 72% report it as a way to spend time with others
- ▶ sadf

% of U.S. teens ages 13 to 17 who say they visit or use the following apps or sites ...

■ Almost constantly ■ Several times a day ■ About once a day ■ Several times a week ■ Less often ■ Do not use



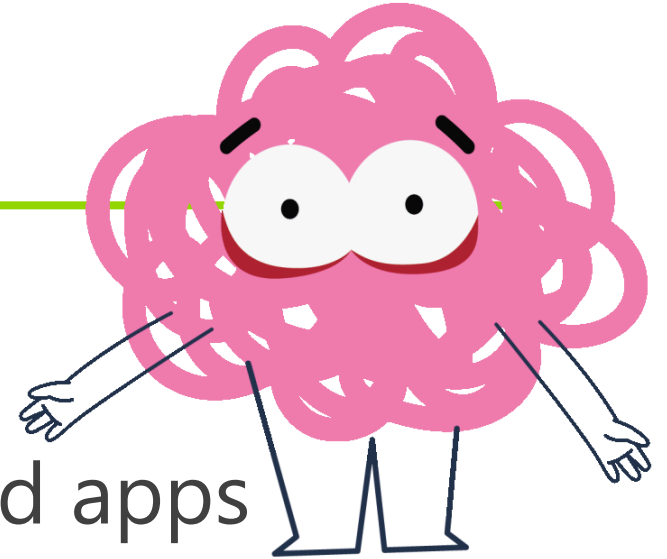
Note: Figures may not add up to NET values due to rounding. Those who did not give an answer are not shown.

Source: Survey of U.S. teens conducted Sept. 18-Oct. 10, 2024.

PEW RESEARCH CENTER

Take Back Control

- ▶ New campaign aimed at teens (13-17)
 - ▶ Secondary audience of 18-24
- ▶ Focus on gambling elements in games and apps
- ▶ Paid media, influencer, and user generated content
- ▶ Website is www.dont-get-played.com
- ▶ Next campaign will be college-focused
 - ▶ Will build on this campaign



Local Gambling Prevention Grants

- ▶ \$225,000 for local gambling prevention
 - ▶ Maximum \$50,000 per site
- ▶ Goal is integration of problem gambling prevention into existing prevention efforts
 - ▶ Must be an existing substance use prevention or tobacco/cannabis prevention grantee
- ▶ Selection completed March 6
 - ▶ Unite! Washougal; Skagit Hospital District #304; Grant County Fire District #7; ESD 101 (Spokane); Prosser Thrive

Curriculum – In Progress

- ▶ Development of curriculum for middle and high school for gambling
 - ▶ Three modules of 45 minutes each
- ▶ Focus on mental health and social-emotional learning objectives
- ▶ Collaboration with Evergreen Council on Problem Gambling
 - ▶ Youth Have the Power (<https://youthhavethepower.org/>)
- ▶ Roll out Summer/Fall 2026
 - ▶ SAP, OSPI, definitely others



Contact Me!

**Jeremy Whitaker, Problem Gambling
Prevention Coordinator**

jeremy.whitaker@hca.wa.gov

**Training/presentations, technical assistance, and
integration for both prevention and mental health
treatment**