Problem Gambling: Hiding in Plain Sight

The Supreme Court of Ohio Specialized Docket Conference
Nov. 21-22, 2019

Topics

1. FINDINGS: Ohio Gambling Survey
2. Statewide & Comparison Charts
3. What does Gambling Addiction Look Like: Consequences & Symptoms
4. How do people get help?
**What’s Gambling?**

- Gambling is risking something of value on an event that is determined mostly by chance.
- A person is gambling if he or she puts up something of value, such as money or property.
- The outcome has an element of chance beyond the person’s control.
- Once the bet is made, it’s not reversible.

**What Are the Costs?**

- Productivity/Job Loss
- Divorce
- Bankruptcy
- Foreclosure
What Are the Costs?

- Check Fraud
- Identity Theft
- Money Laundering and Structuring
- Cheating
- Voluntary Exclusion Violation
- Human Trafficking
- Domestic Violence
- Child Abuse and Neglect
- Criminal Damaging and Vandalism
- Elder Abuse
- Assault
- Alcohol and Drug Issues
- Mental Health
- Illegal Gambling

Gambling and the Military

Gambling in Prisons

- “Hustle”
- Boredom
- Something of value
- Staff
- Violence
- STG involvement

Who’s at Risk

- Older adults
- Adolescents
- Males 18-34
- Veterans
- TBI/PTSD
- Trauma
- Medications for Parkinson’s and Restless Leg Syndrome
- Language
- DD/Cognitive
- Chronic Pain
- Superstitious/Gamblers Fallacy
- Cognitive Distortions
Magical Thinking

- Skill or “system”
- Luck
- Weather/Time/Location
- Machine is “due”
- Oxygen
- Numbers on tickets

Treatment for Gambling Disorder

- Motivational Interviewing - empathy, self-efficacy
- Cognitive Behavioral Therapy - beliefs, fallacies
- Acceptance/Commitment, Mindfulness
- Brief Intervention
- Harm Reduction - Reducing life-damaging consequences
About 9.2 million adults have co-occurring mental health and addiction disorders.


Who’s at Risk

Who’s at Risk: Suicide

- Among those with gambling problems:
  - 38% suicidal ideation (SI)
  - 32% suicide attempt
  - SI leads to more gambling when gambling
  - SI+ PG = 5x more likely to have depression
  - PG + Drug history = 6x more likely attempt
  - 21% of attempters say it is gambling related

~Hodgins et al 2006
Who’s at Risk: Intimate Partner Violence

- Study of 300 women, consecutive ER admissions (Muehlemann et al, 2002)
- 26% categorized as experiencing IPV
- IPV 10x’s as likely if partner was problem gambler
- IPV 6x’s as likely if partner was problem drinker
- IPV 50x’s as likely if partner was both

Ohio Adults’ Gambling Prevalence

- Of the 8.98 million Ohioans 18 and older, an estimated 6.72 million (74.9%) gamble, and an estimated 2.25 million (25.1%) do not gamble.
- Of those who gamble, an estimated 5.81 M (86.3% of gamblers; 64.6% of adults) gamble, but do not have risk factors for at-risk/problem gambling.
- An estimated 919,162 Ohioans can be categorized as low-risk, moderate-risk, or problem gamblers; 10.3% of the general population, or 13.7% of gamblers.
- The prevalence of problem gambling is 0.9% which equates to an estimated 76,379 individuals in the target population of 8.98 million.

<table>
<thead>
<tr>
<th>No Problem</th>
<th>Low Risk</th>
<th>Moderate Risk</th>
<th>Problem</th>
<th>Total At-Risk/Problem</th>
</tr>
</thead>
<tbody>
<tr>
<td>Don’t Gamble</td>
<td>Gamble</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>25.1%</td>
<td>64.6%</td>
<td>6.4%</td>
<td>3.0%</td>
<td>0.9%</td>
</tr>
<tr>
<td>2,256,346</td>
<td>5,805,227</td>
<td>571,106</td>
<td>271,677</td>
<td>76,379</td>
</tr>
</tbody>
</table>
Prevalence of Gambling Nationally Compared to Ohio

- National and state-to-state problem gambling prevalence studies show average rates of 2.2%.
- Ohio’s gambling disorder rate is 0.9%
- Ohio’s rate in 2012 was 0.4%
• Of the sample, 48.4% were male, and 51.6% were female*.

• Overall, men had a higher rate of at-risk/problem gambling (11.8%) than women (8.8%).

*Sample was weighted by gender, race, and age to closely reflect the population of each county.

- Age groups consisted of:
  - 18-24 (12.1%)
  - 25-44 (32.1%)
  - 45-64 (35.2%)
  - 65+ (20.5%)*

- Young adults (18-24) had the highest rate of at-risk/problem gambling, followed by adults 25-44.

- Older adults (65+) had the highest rate of abstaining from gambling.

*Sample was weighted by gender, race, and age to closely reflect the population of each county.
Gambling Status by Age Group

Gambling Status and Age

At-Risk/Problem Gambling Among Young Adults

<table>
<thead>
<tr>
<th>Age Group</th>
<th>Non-gambler</th>
<th>Non-problem gambler</th>
<th>Low risk</th>
<th>Moderate risk</th>
<th>Problem gambler</th>
</tr>
</thead>
<tbody>
<tr>
<td>18-24</td>
<td>25.4%</td>
<td>61.5%</td>
<td>8.7%</td>
<td>3.5%</td>
<td>0.8%</td>
</tr>
<tr>
<td>25-44</td>
<td>20.2%</td>
<td>67.5%</td>
<td>7.5%</td>
<td>3.5%</td>
<td>1.2%</td>
</tr>
<tr>
<td>45-64</td>
<td>23.7%</td>
<td>67.4%</td>
<td>5.4%</td>
<td>2.6%</td>
<td>0.9%</td>
</tr>
<tr>
<td>65+</td>
<td>35.0%</td>
<td>57.2%</td>
<td>6.8%</td>
<td>2.6%</td>
<td>0.4%</td>
</tr>
</tbody>
</table>

% At-Risk/PG

- 13%
- 12%
- 9%
- 8%
Ohio Healthy Youth Environments Survey
Youth Ages 12-17 are Surveyed

During the past 12 months,... 2016-17*

1. how often did you gamble money or personal items...? 14.7%

2. have you ever hidden from family or friends any IOUs, money you’ve won or lost...? 1.7%

3. have you ever lied to people important to you about how much you gamble? 1.2%

4. have you ever gambled more than you planned? 4.0%

5. have you ever felt bad about the amount you bet or about what happens when you bet? 3.4%

*Significantly higher percentages of males and even higher stats for youth who are Transgender/ Gender Nonconforming.

Gambling Behavior by Race & Ethnicity

- “Other race” comprised Asian, American Indian and Alaska Native, Native Hawaiian and Pacific Islander, Other, and multi-race.
- African American and Hispanic ethnicity individuals had higher rates of at-risk/problem gambling than White and “Other race” individuals.
Gambling Behavior by Education Level

Level of Education and Gambling Behavior: Ohio

Gambling & Problem Gambling by Type of Gambling, 2016-17
Family History of Alcohol or Drug Problem

- At-risk/problem gamblers were the most likely group to have someone else in their family with an alcohol or drug use problem.

<table>
<thead>
<tr>
<th>Gambling Status</th>
<th>Has anyone in your family EVER had an alcohol or drug problem?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>Non-Gambler</td>
<td>27.6%</td>
</tr>
<tr>
<td>Non-Problem Gambler</td>
<td>34.8%</td>
</tr>
<tr>
<td>At-Risk/Problem Gambler</td>
<td><strong>47.6%</strong></td>
</tr>
</tbody>
</table>
Serious Depression

• At-risk/problem gamblers were the group most likely to report being seriously depressed.

<table>
<thead>
<tr>
<th>Gambling Status</th>
<th>In the past 12 months, have you felt seriously depressed?</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Yes</td>
</tr>
<tr>
<td>Non-Gambler</td>
<td>15.0%</td>
</tr>
<tr>
<td>Non-Problem Gambler</td>
<td>14.2%</td>
</tr>
<tr>
<td>At-Risk/Problem Gambler</td>
<td><strong>26.1%</strong></td>
</tr>
</tbody>
</table>

CAMPAIGN GOAL

To create awareness of problem gambling across communities, so that influencers and gamblers understand what responsible gambling looks like; recognize the signs of high-risk gambling and addiction; and know how to get help for themselves or loved ones.

HOW?

• Uses social norming science
• Developed as a public health campaign
• Targeted toward “influencers”
• Offers a “take the quiz” assessment
What's Next? Sports Gambling!

- Online Sports Betting
- NFL, NCAAF, NBA, NCAAB, Soccer, NHL, MMA, Boxing, MLB, Golf, Tennis, CFL, Motor Racing, Horses, Politics, Rugby, etc.

ALWAYS LOOK FOR A HOOK:

From NBC News May 31, 2018

Gambling growth in U.K.

And Wayne Shaw, a 280-pound substitute goalkeeper for part-timers Sutton United, became a cult figure during a game against Premier League club Arsenal when he was caught on camera eating pie – an incident that became known as “Piegate.”

Sutton United player Wayne Shaw eats a pie during a match against Arsenal on Feb. 20, 2017. Andrew Couldridge / Premier File

However, the gambling brand Sun Bets had sponsored Sutton for the game, and offered its customers a novelty bet on whether or not Shaw would eat pie during the game.
Want to Learn More: Training Opportunities

- [www.ebasedacademy.org](http://www.ebasedacademy.org)
- [www.recres.org](http://www.recres.org)
- [www.preventionactionalliance.org](http://www.preventionactionalliance.org)
- [www.pgnohio.org](http://www.pgnohio.org)
- [www.ncpgambling.org](http://www.ncpgambling.org)
- [www.ncrg.org](http://www.ncrg.org)
- [www.mha.ohio.gov](http://www.mha.ohio.gov)

Getting Help

**1-800-589-9966**
Ohio Problem Gambling Helpline

- 24/7/365; chat from 8-5 daily
- Printed on lottery tickets, all casino marketing
- Tagged on radio/tv spots
- Continuously updated resource guide – [www.gamblinghelpohio.org](http://www.gamblinghelpohio.org)
- [www.beforeyoubet.org](http://www.beforeyoubet.org) – Take the Quiz!
- [www.org.ohio.gov](http://www.org.ohio.gov)
Questions?

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