Gambling Disorders: What Addiction Professionals Need to Know

Wednesday, March 23, 2011
2 – 3 p.m. EST

Co-Sponsored by:

NAADAC
THE ASSOCIATION FOR ADDICTION PROFESSIONALS
www.naadac.org

Welcome

Glenn Christenson
Chairman
National Center for Responsible Gaming

www.ncrg.org

- Webinar Series – new sessions will be scheduled soon!
- Gambling Disorders 360° blog
- Connect via facebook and slideshare
Today’s Session

Moderator
Shirley Beckett Mikell, NCAC II, CAC II, SAP
Director of Certification and Education, and
National Certification Commission Staff Liaison
NAADAC

NAADAC Membership

Professional Membership
Open to individuals who are engaged as addiction professionals.
- Includes membership in the local affiliate if one exists in your local area, full voting rights and discount privileges.

Associate Membership
Individuals who are working towards qualification, licensure or certification in the addictions profession.
- Includes membership in the local affiliate if one exists in your local area.
- Membership benefits are the same as a Professional member.

Student Membership
Open to individuals who are students at a college or university, students involved in full- or part-time internships or student members in good standing of an Affiliated Association.
Organizational Membership with NAADAC adds prestige, visibility and recognition as being a part of the nation’s largest addiction-focused professional association and will show commitment to the future of the profession.

- NAADAC Supporter
- NAADAC Approved Education Provider
- NAADAC Premier

Publications and Independent Study Courses

- The Basics of Addiction Counseling: Desk Reference and Study Guide
- New Innovations with Opioid Treatment: Buprenorphine
- Conflict Resolution in Recovery Kit
- New Horizons: Integrating Motivational Styles, Strategies and Skills with Pharmacotherapy
- Integrating Treatment for Co-occurring Disorders: What Every Addiction Counselor Needs to Know

www.naadac.org/education
The NCC offers 4 credentials for alcoholism and drug abuse counselors:

- Basic Level Certification
- National Certified Addiction Counselor (NCAC I)
- National Certified Addiction Counselor (NCAC II)
- Master Addiction Counselor (MAC)

Eligibility criteria is available at www.naadac.org

The NCC also offers specialty endorsements and certificates that allow nationally certified addiction counselors to demonstrate their knowledge base in a particular area of expertise:

- Substance Abuse Professional (SAP)
- Nicotine Dependence Specialist (NDS)
- Adolescent Specialist Endorsement (ASE)
- Conflict Resolution in Recovery Certificate
- Spiritual Caregiving to Help Addicted Persons and Families Certificate

Eligibility criteria is available at www.naadac.org
Thank You for Participating!

Please feel free to ask questions.

Jon Grant, J.D., M.D., MPH
Professor of Psychiatry
University of Minnesota
Problem/Pathological Gambling

Jon E. Grant, JD, MD, MPH
Professor
University of Minnesota
School of Medicine
Minneapolis, MN

Nature and Prevalence
Core Features

- Repetitive or compulsive engagement in gambling despite adverse consequences
- Diminished control over the problematic behavior
- An appetitive urge or craving state prior to gambling
- A hedonic quality during gambling.

Common Core Qualities

- Tolerance
- Withdrawal
- Repeated unsuccessful attempts to cut back or stop
- Impairment in major areas of life functioning
Characteristics

- Age: usually begins in early adulthood
- Gender: 32% female, 68% male
- Males tend to start at an earlier age
- Telescoping phenomenon
- Triggers:
  - External – Advertisements
  - Internal - Boredom, Stress

Social/Personal Consequences

- Family dysfunction and domestic violence
- Depression and suicide
- Financial problems
- Criminal behavior
Legal Consequences

- Fraud
- Stealing
- Embezzlement
- Forgery
- Robbery
- Blackmail
- Prostitution

Other Health Issues

- Heart disease
- Liver disease
- Hypertension
<table>
<thead>
<tr>
<th>National Comorbidity Study</th>
<th>Past Year Rates (% for All Ages)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Anorexia</td>
<td>0.1</td>
</tr>
<tr>
<td>Schizophrenia / schizophreniform</td>
<td>1.1</td>
</tr>
<tr>
<td>Panic Disorder</td>
<td>1.3</td>
</tr>
<tr>
<td>Anti-social Personality</td>
<td>1.5</td>
</tr>
<tr>
<td>Social Phobia</td>
<td>1.7</td>
</tr>
<tr>
<td>Obsessive Compulsive</td>
<td>2.1</td>
</tr>
<tr>
<td>Dysthymia</td>
<td>2.5</td>
</tr>
<tr>
<td>Drug Use Disorder</td>
<td>2.9</td>
</tr>
<tr>
<td>Cognitive Impairment</td>
<td>2.9</td>
</tr>
<tr>
<td>Gambling addiction</td>
<td>4.0</td>
</tr>
<tr>
<td>Major Depression</td>
<td>5.8</td>
</tr>
<tr>
<td>Alcohol Use Disorder</td>
<td>7.3</td>
</tr>
<tr>
<td>Any Phobia</td>
<td>11.0</td>
</tr>
<tr>
<td>Any Anxiety</td>
<td>12.7</td>
</tr>
<tr>
<td>Any NCS disorder</td>
<td>28.0</td>
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</tbody>
</table>

**Comorbidity**
Co-Occurring Disorders in Pathological Gambling

Smoking and Gambling

- Cigarette Smoking Associated with Increased Gambling Severity in Treatment-Seeking Problem Gamblers

- Among Help-Seeking Problem Gamblers, Current Daily Smoking Associated with More Psychiatric Problems

- Among Gambling Subjects, Daily Smokers Report Stronger Gambling Urges
Family history

- 50% of pathological gamblers had a parent with alcohol abuse
- 33% of first-degree relatives of pathological gamblers had an alcohol use disorder
- First-degree relatives more likely to have gambling problems (odds ratio 3.36)

Relation to Alcohol Use

- Rate of substance abuse 7-fold greater in pathological gamblers than among non-gamblers.
- 44% of those with disordered gambling behavior also have lifetime history of Alcohol use disorder.
- Severity of gambling increases with increase alcohol consumption.
Relationship Between Gambling and Alcohol Use Disorders

- High Rates of Co-Occurrence
- Similar Clinical Courses
- Similar Clinical Characteristics
- Similar Biologies

Mesocorticolimbic Pathway

- Anterior cingulate
- Prefrontal cortex
- Nucleus accumbens
- Ventral tegmental area
Cognition in Problem Gambling

- Executive function deficits, including planning, cognitive flexibility, and inhibition greater compared to controls.

- Individuals with gambling problems discount rewards rapidly over time

Vulnerable Populations
Vulnerable Populations

- Incarcerated
  - #1 pastime is gambling

- Substance Use Disorders
  - 7x risk for Problem Gambling

- Lower Socio-economic status
  - Problems develop sooner

Vulnerable Populations

- Adolescents

- Elderly

- Casino Workers
Adolescent Gambling

How much do adolescents gamble?

- 60-90% have gambled
- Similar, internationally
- Strong pop culture influences
- No monitoring system
- Societal, parental acceptance
Consequences

- Financial
- Lost Time
- Illegal Activities
- School Problems
- Family problems (lying, trust)
- Lost activities
- Lost sleep

Estimates of Problem Gambling - Lifetime

<table>
<thead>
<tr>
<th>Group</th>
<th>Percentage Range</th>
<th>Median</th>
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<tbody>
<tr>
<td>Adult</td>
<td>&lt;1 - 3%</td>
<td>1.5%</td>
</tr>
<tr>
<td>College</td>
<td>3 - 11%</td>
<td>5%</td>
</tr>
<tr>
<td>Adolescent</td>
<td>1 - 7%</td>
<td>2.9%</td>
</tr>
</tbody>
</table>
Known Risk Factors for Adolescent Problem Gambling

- Male
- Substance Use Disorders
- Deviant Peers
- Family history of gambling
- Impulsive behaviors
- Declining school performance

Seniors
Gambling often starts as a social activity.

Gambling can become a coping mechanism after a life change (death of spouse, loss of friends, etc.)

Harder to recoup losses

Stigma of gambling

Casino Employees

Employees tend to be at greater risk to develop gambling problems

- Warning Signs Are Similar to Alcohol and Drug Abuse
- Excessive Sick/ Late Time
- Decreased Productivity
- Extreme Mood Changes
Screening, Diagnosis, and Treatment

Screening Tools

- Structured Clinical Interview for DSM-IV
- South Oaks Gambling Screen
- Gambler’s Anonymous-20
- Lie/Bet Questionnaire
Self-exclusion

- In Canada 0.4% to 1.5% problem gamblers use exclusion programs
- No way of knowing how many individuals re-enter casino during time of exclusion
- Does not apply to other forms of legal/illegal gambling
- 30% of participants completely stopped gambling once excluded

Psychotherapy

- Cognitive therapy
- Behavioral therapy
- Imaginal desensitization
- Family/couples therapy
Cognitive Behavioral Therapy

- Cognitive - psychoeducation, increased awareness of irrational cognitions, and cognitive restructuring.

- Behavioral - identification of gambling triggers and development of non-gambling behaviors.

- 15 published randomized trials of CBT for PG.

Brief Interventions

- Workbook

- Workbook plus a single in-depth interview.

- Workbook plus a telephone motivational enhancement intervention.
Motivational Interviewing

- Miller and Rollnick (2002)
  - Collaboration
  - Evocation
  - Autonomy

<table>
<thead>
<tr>
<th>Motivation to Quit Gambling</th>
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<tbody>
<tr>
<td>1) Positive aspects of gambling (what are the positive things gambling gives me?)</td>
</tr>
<tr>
<td>3) What are the negative consequences of gambling (current and future?)</td>
</tr>
</tbody>
</table>
**Imaginal Desensitization**

- Cue exposure therapy (CE) based on classical conditioning.
- The learned response decreases to a manageable level through repeated exposure to a stimuli.
- Urges or cravings can be activated using exposure to triggering events via actual and imaginal exposure exercises.

**Relapse Prevention**

Learn how to manage situations in the future that trigger urge for gambling

Practice the strategies

Continue to work on and develop new goals
Addressing Financial/Legal Issues

- Debtors Anonymous/Financial Counseling
- Cognitive issues - finances not solved by gambling
- Cognitive/emotional issues - gambling is an escape from finances/legal issues only in short term
- Legal aid clinics

12-Step Programs

- Gamblers Anonymous
Medication Treatments

- Naltrexone
- N-Acetyl Cysteine
- Lithium
- Antidepressants?

Outcomes and Symptom Monitoring

- Treatment participation
- Collateral history
- Assessment of overall functioning
- Preoccupation, urges
- Ongoing screening for additional disorders
Conclusions

- Pathological gambling is common and disabling
- Social and personal consequences are large and far-reaching
- Emerging data suggest that medications and psychotherapy are effective treatments
- Industry, society and government need to address the problem in a collaborative fashion

Questions and Answers
Continuing Education Approvals

This session has been approved for one hour of continuing education by:

• NAADAC, the Association for Addiction Professionals (provider # 737)
• The California Foundation for Advancement of Addiction Professionals (provider # OS-02-26-1111)
• The California Board of Behavioral Sciences (for MFT and LCSW licensure requirements in California) (Approval # PCE 4619)
• The National Board for Certified Counselors (Provider 6474)

Confirmed attendees will be e-mailed a Certificate of Participation from Christine Reilly at the National Center for Responsible Gaming within one week of the live event.