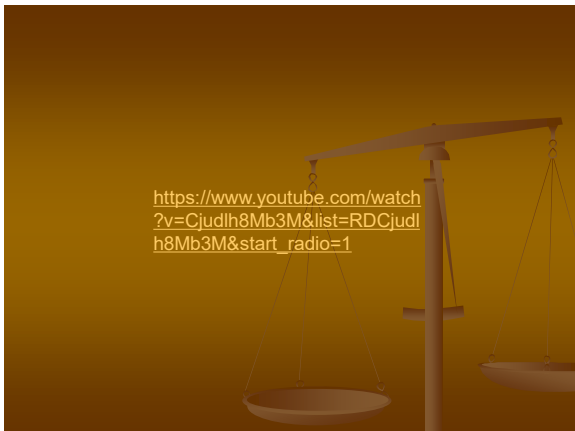


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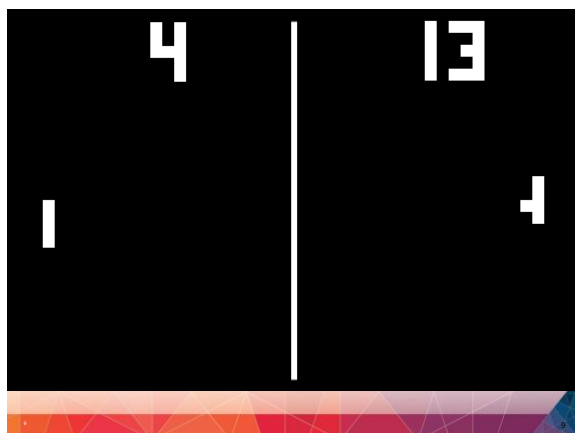
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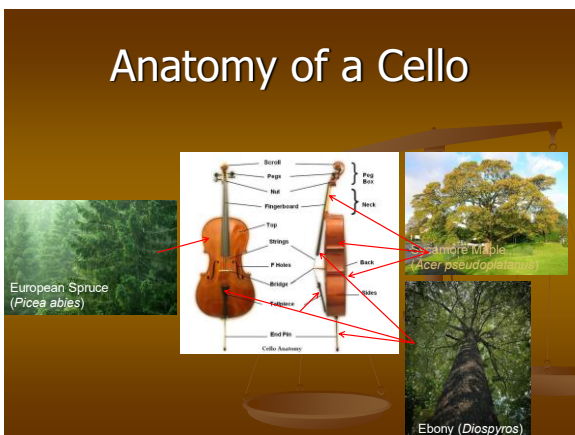
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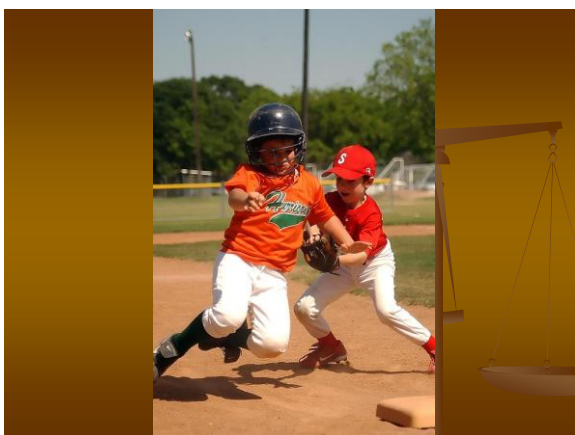
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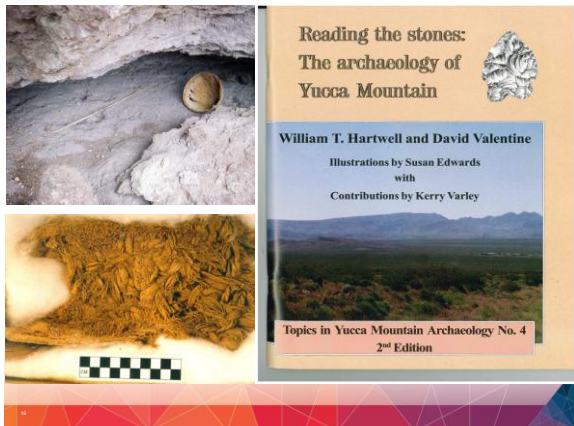
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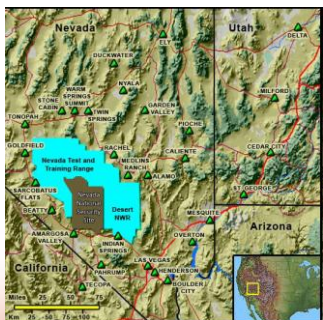


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<http://cemp.dri.edu/>



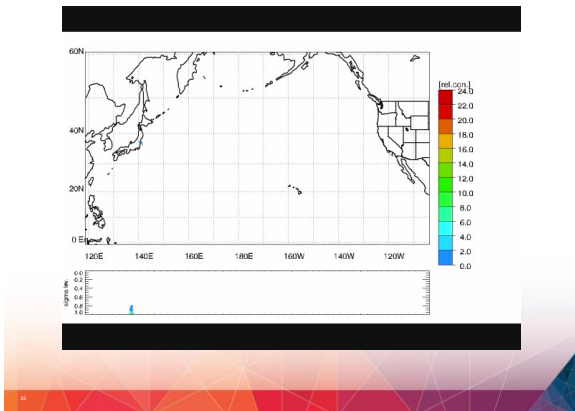
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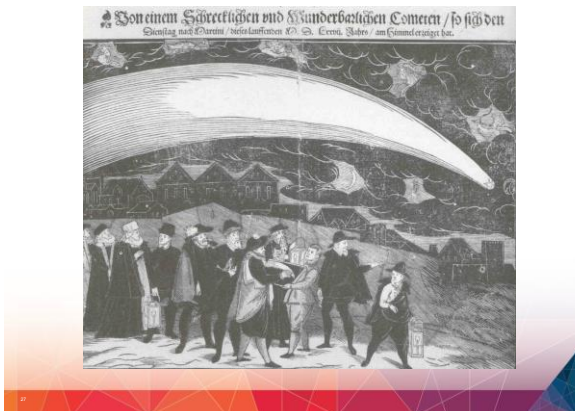
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"All I'm saying is now is the time to develop the technology to deflect an asteroid."

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Scientists Arn't Immune to Insanity!



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CRITERIA FOR GAMBLING DISORDER *

1. Needs to gamble with increasing amounts of money
2. Restless/irritable when cutting down or stopping
3. Repeated unsuccessful attempts to control or stop
4. Preoccupied with gambling
5. Gambles when feeling distressed
6. Chasing losses
7. Lies to conceal extent of involvement in gambling
8. Jeopardized significant relationship, job, career
9. Relies on others to provide financial relief

**Indication: Mild 4-5; Moderate 6-7; Severe 8-9*

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Risk Factors

- Boredom
- Loneliness/Isolation/Depression
- Loss or Grief
- Other mental health disorders
- Some medications
- Family history of addictive disorders
- Age of exposure/frequency
- High ACE score

National Council on Problem Gambling (2011)

* JAMA Sept 2005

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Other Risk Factors

- Sex
 - Males – earlier in life, but slower development
 - Females – later in life, but quicker development
- Later life trauma
 - Loss of relationship/loved one/financial security; social isolation; physical/emotional/sexual trauma
- Certain personality characteristics/professions
 - Highly competitive, workaholic, impulsive, restless or easily bored
 - Helping professions (first responders; medical and behavioral health)

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Finding Help

- Professional Treatment
 - Individual / group therapy
 - Trained problem gambling counselors
- Recovery Support
 - Gamblers Anonymous
 - Gam-Anon
 - Other group programs
(e.g. Faith-based groups such as Celebrate Recovery, Rational Recovery, SMART Recovery, Recovery Dharma, etc.)



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Barriers to Seeking/Finding Help

- **Common psychological and social barriers**
 - **Denial or unwillingness to admit the problem:** Many gamblers believe they can handle it on their own, even when evidence suggests otherwise.
 - **Shame, embarrassment, and stigma:** Gambling is often stigmatized, leading to feelings of guilt or fear of judgment if they seek help.
 - **Fear of consequences:** Worries about losing relationships, jobs, or financial stability can deter people from reaching out.
 - **Lack of awareness about treatment options:** Some gamblers are unaware of available programs or how to access them.
- **Practical and systemic barriers**
 - **Cost and insurance issues:** High treatment fees or lack of insurance coverage can be major deterrents.
 - **Geographic limitations:** In rural or underserved areas, access to qualified gambling counselors or treatment facilities may be limited.
 - **Treatment availability and quality:** Limited number of specialized programs, long waitlists, or mismatched services can discourage people from seeking help.
 - **Co-occurring disorders:** Mental health or substance use issues can complicate treatment access and reduce motivation to seek help.

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Barriers to Seeking/Finding Help

- **Behavioral and self-perception barriers**
- **Self-efficacy beliefs:** Belief that they cannot change their behavior or that treatment won't work can reduce motivation.
- **Internalized control:** Some gamblers feel they can manage their gambling without external help, reinforcing denial.
- **Cultural and demographic factors**
- Research shows that barriers can differ by culture, ethnicity, gender, and age, and more targeted outreach is needed for underserved groups.

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https://www.youtube.com/watch?v=oqJ1c9WwXfc&list=RDoqJ1c9WwXfc&start_radio=1



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QUESTIONS?



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