

# Problem Gambling Treatment 101

## Part 2: Gambling Treatment Tool Kit

IDPH Integrated Provider Network (IPN)  
Problem Gambling Treatment Webinar Series

February 21, 2019



W e l c o m e !

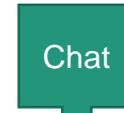
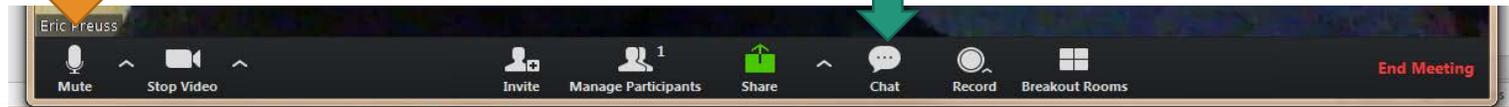
# IPN Problem Gambling Treatment Webinar Series

- **Gambling 101 - Part 1: Similarities/Differences between SUD/PG** (Jerry Bauerkemper)
  - Wednesday, February 20, 2019 (12 – 1:30 PM)
- **Gambling 101 - Part 2: Gambling Treatment Tool Kit** (Jerry Bauerkemper/Jessica Hartz)
  - Thursday February 21, 2019 (1:30-3:00)
- **Best Practices for Problem Gambling Intervention and Treatment** (Nic Foss)
  - Wednesday, February 27, 2019 (12-1:30 PM)
- **Financial/Legal Concerns and Counseling** (Allison Schwab)
  - Thursday, March 7, 2019 (1:30 - 3 PM)
- **Gambling Trends** (Jerry Bauerkemper)
  - Wednesday, March 20, 2019 (12-1:30 PM)

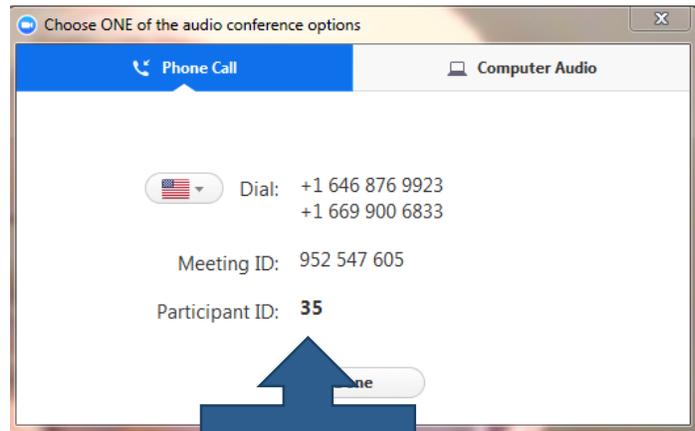


# ZOOM Interface, CEU's & Handouts

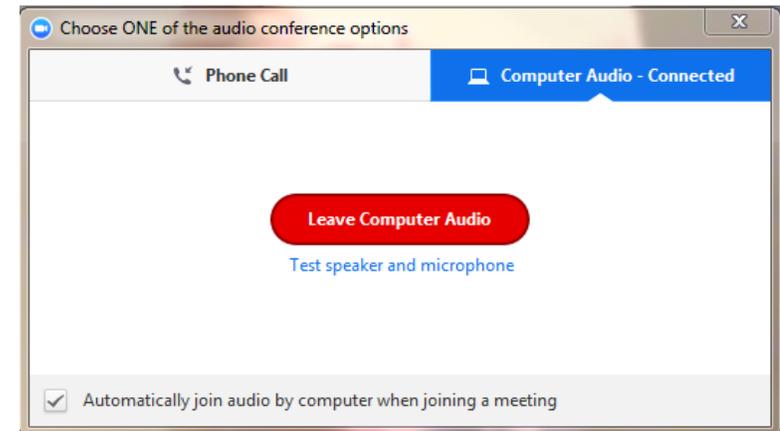
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Please click on "Chat" to ask questions



Joining by phone, please type in your Participant ID.



- CEU's
  - Registration was required to enter the Webinar
  - Poll at the end of the webinar to confirm desire for CEU's

- Handouts
  - Shared via "chat" feature
  - PowerPoint Note Slides



# Problem Gambling Tool Kit

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- What do I need to know about Special Populations?
- Screening and Brief Intervention Tools
- Gambling Pathways Questionnaire
- Medication Assisted Treatment
- Working with Family Members
- Voluntary Self-Exclusion



## Special populations

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- Welte et al. (2001) found higher rates of current problem and pathological gambling in African Americans (11.5%), Hispanics (7.7%), Asian Americans (7.7%), and Native Americans (13.2%) than that discovered in the Caucasian population (3.5%).
- **Nancy Petry, in research done for the Connecticut Department of Health and Human Services, found that 60% of Southeast Asians surveyed in 2003 were classified as probable pathological gamblers.**



**S p e c i a l  
P o p u l a t i o n s  
R i s k F a c t o r s  
Y o u n g A d u l t s**

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- **Greater risk than older persons**
- **Prefer action games**
- **Desire excitement**
- **Co-occurring alcohol/drug abuse**
- **Conduct/behavioral problems**
- **Socialization**
- **Brain development: reasoning, decision-making, inhibitions (stop factor)**



**Special  
Populations  
Risk Factors  
Older Adults**

- **Lower risk but more vulnerable (Time & Income)**
- **Prefer slots and other passive games**
- **Reasons to gamble**
  - relaxation
  - boredom
  - passing time
  - getting away for the day
- **Socialization**
- **Growing participation**
  - 1975: 35% of those older than 65 had gambled
  - 1998: 80% of those older than 65 had gambled



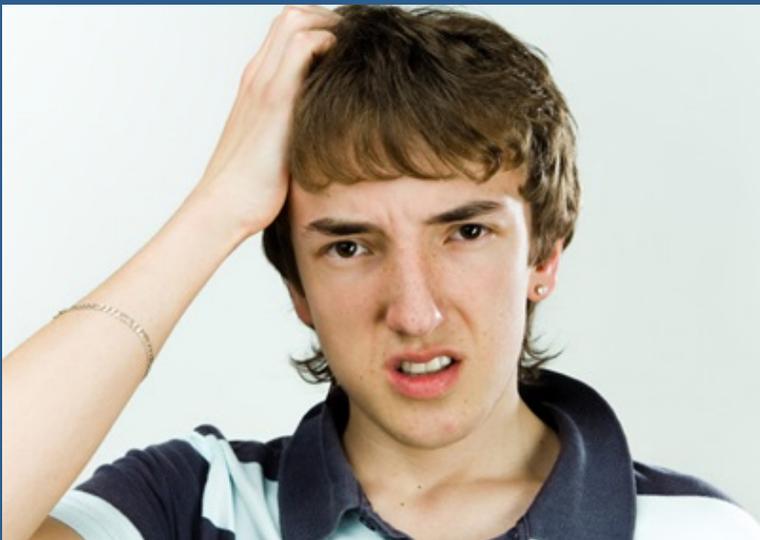
# Special Populations Adolescents

- **Prevalence: 4-8% probable pathological (Disordered) gamblers**
- 10-15% at risk for problem gambling
- 1.1 million youth 12-17 exhibit pathological gambling behaviors
- 5 million youth with serious gambling related problems
- 40-60% of youth gamble with family members
- **80-90% of parents know their children gamble for money and do not object**
- Adolescents with gambling problems (age 14-17) are at higher risk for suicidal thoughts and attempts
- **Gambling is the new “rite of passage” instead of alcohol**

*J. Derevensky, 2005: presentation at Midwest Conference on Problem gambling and Substance abuse*



# Special Populations Adolescents



## Profile:

- Predominantly male
- Higher levels of anxiety
- Family discord and poor peer relationships
- Preoccupation with gambling
- Sports betting, cards and Video
- Serious financial problems, failure in school or work
- Lying to family and friends (friends typically have similar gambling problems)
- Stealing from family, friends, stores, etc.
- Depression – gambling to escape and feel better
- Lacks effective coping and problem solving skills
- Need for arousal or strong sensations
- Confused about whether or not they want to stop

J. Derevensky, 2005: presentation at Midwest Conference on Problem gambling and Substance abuse



# Special Populations Women



- 54% self-report co-morbid addictions
- **70% self-report prior mental health treatment**
- 35% married to chemically dependent men
- **26% report prior suicide attempts (of those in treatment)**
- 40% have an addicted parent
- Have quicker progression rates (for all addictions)
- Are less likely to seek treatment
- **Experience more abuse and isolation**

*Deb Hammond: 2005 presentation to Nebraska Spring Conference on Problem Gambling*



# Special Populations Women



## Predisposing factors for women gamblers:

- **History of abuse or neglect**
- Family history of addiction
- Relationship difficulties (divorce, domestic violence, or isolation)
- **Death (parent, spouse/partner, pet, child, close friend or relative)**
- Fear of own death
- Physical health problems / chronic pain
- Menopause
- Loss of finances / home
- Loss of youth
- Raised in low income home/family

# Special Populations Women



Predisposing factors continued:

- **Empty nest syndrome**
- Unresolved grief
- Personality factors (Axis II Dx, ADD (ADHD), Impulsivity, people pleasers, passive-aggressive)
- Chronic stress
- **Lack of leisure activities**
- Boredom
- Loneliness
- **Other mental health conditions (depression, anxiety, PTSD)**

*Deb Hammond: 2005 presentation to Nebraska Spring Conference on Problem Gambling*



“Know when to hold ‘em and know when to fold ‘em” is an adage that doesn’t seem to apply to gamblers who are winning big, according to research conducted at the University of Notre Dame.

**RECKLESS**

- **Researchers found those players who perceived they were on a winning streak gambled more and more recklessly and lost**
- “Like individual investors who expect stocks that have recently risen in price to continue to gain in value, people who had just won many bets would wager too much on hands that were likely to lose,”



# Problem Gambling and Crime

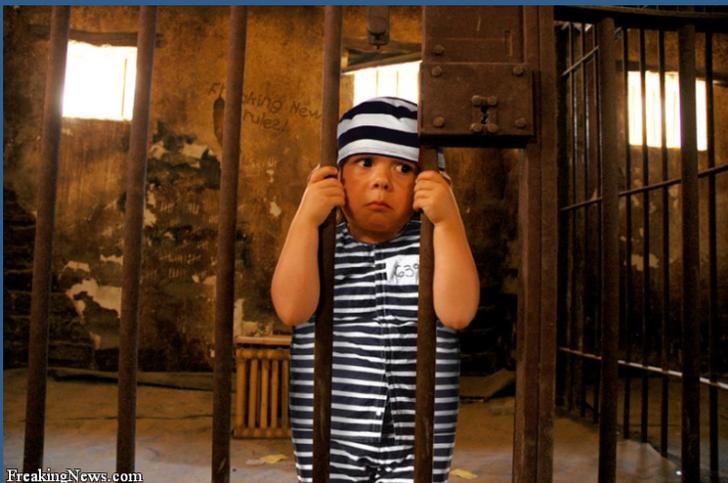


- Most common forms of illegal activity with PG
  - **Writing bad checks / Identity theft**
  - **Embezzlement**
  - Robbery
  - Blackmail
  - **Tax Fraud**
  - Prostitution
  - **Theft**
- **Survey of GA: 46% reported stealing to gamble and 39% reported being arrested**

# Problem Gambling and Crime

## Florida 2010 Criminal Study

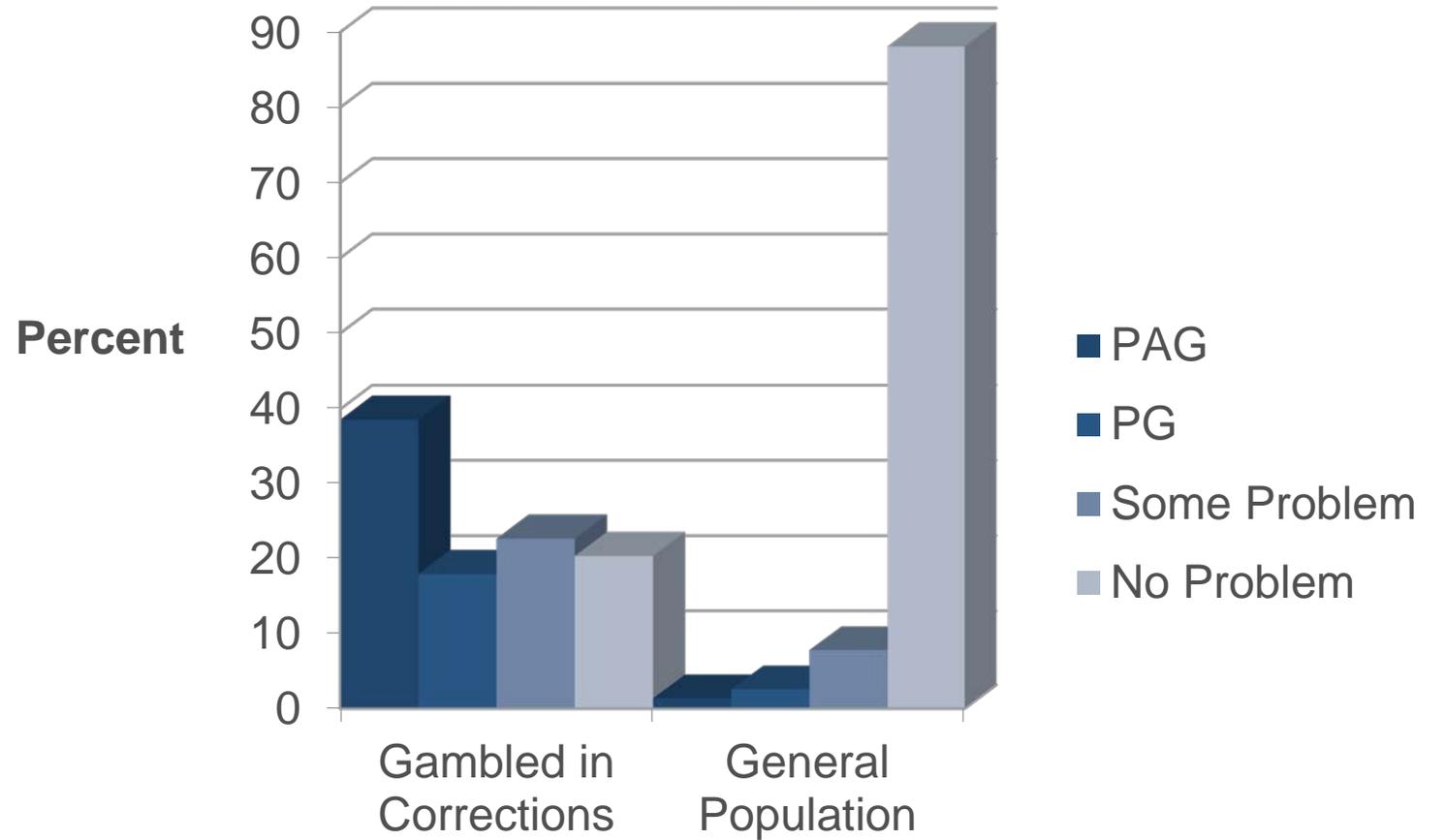
- 1 in 5 inmates is a problem(diagnosable) gambler
  - Probation numbers around 10%
  - Nebraska study 2006 higher number (22%)



FreakingNews.com



# Lifetime Prevalence of PG in Corrections



Gamblers enjoy a  
“near miss” almost  
as much as a win



## NEAR MISS

That which results in loss of control of bodily functions, but you don't mind the warm, smelly feeling in your pants because you survived

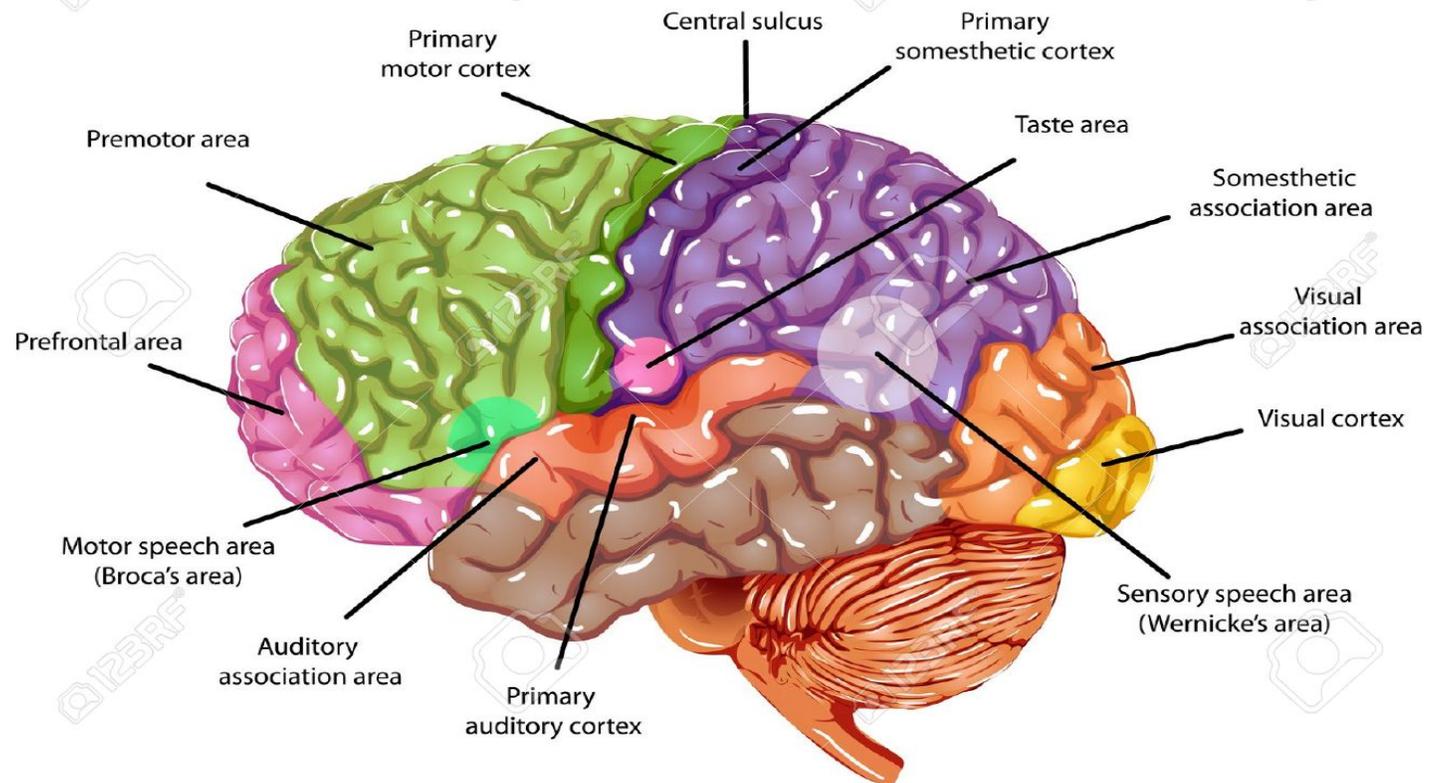
- Compulsive gamblers carry on making bets even when they are on a losing streak because a near miss rewards their brains almost as much as a win :
- 
- Researchers found that the brains of problem gamblers react more intensely to near misses than casual gamblers, producing the reward hormone dopamine.
- The University of Cambridge results could help explain what keeps problem gamblers betting even though they keep losing.

*Dr Luke Clark of the University of Cambridge*



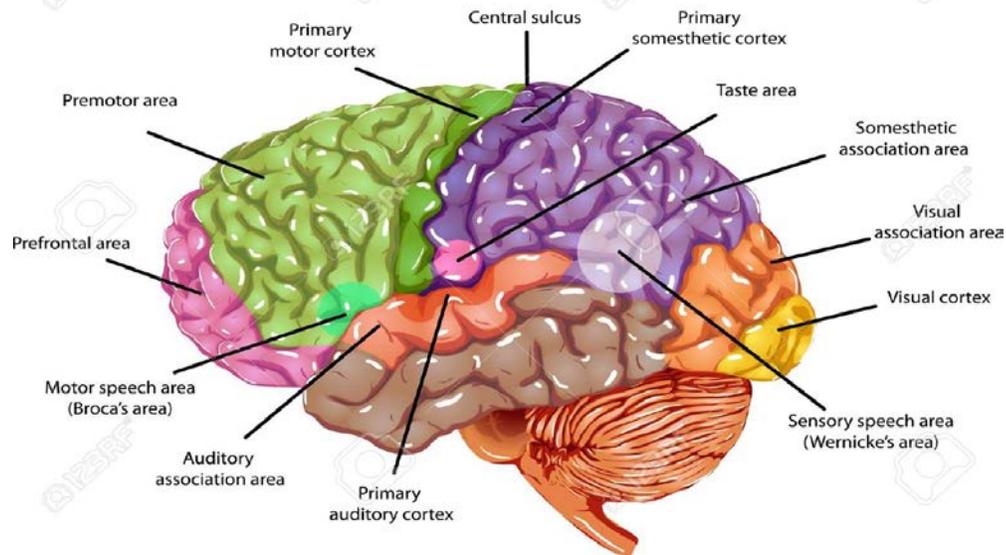
# Problem Gambling and the Brain

## Regions of the Human Brain



# Problem Gambling May Start in Failure of Brain's Fear Instinct

## Regions of the Human Brain



A study has found that a part of the brain that controls fear may prevent gambling, even when the estimated benefit is greater than the cost.

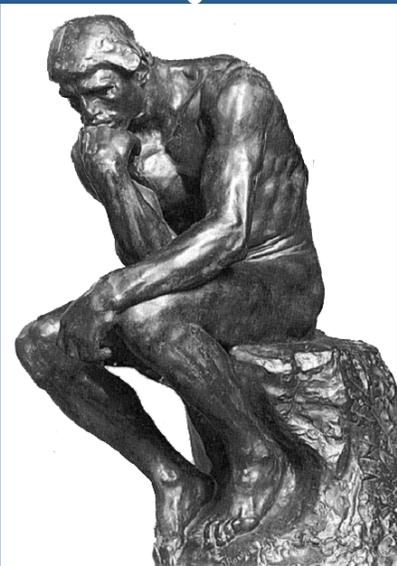
Conversely, **those whose amygdala's, containing the brain's fear responses, are damaged were found to gamble even when the odds are against them, like problem gamblers.**

*California Institute of Technology and the University College of London*

# Problem Gambling and the Brain

Thinking of Problem Gambling – False Beliefs

(Cognitive Distortions)



- My system of play will eventually prove to be successful.
- “Knowing” when a machine is about to pay big.
- **Past outcomes are good predictors of future chances.**
- Fallacy of “chasing” – continue to bet more money, despite losing, with thought of eventual win.
- **Illusion of control or influence over electronic machines.**
- Larger periods of play will produce better results.
- Gambling success was more of an internal cause than “luck.”
- **Illusion of control – belief in a higher level of probability than actually exists.**
- Skill comes into play when the outcome is actually entirely based on probability.
- **Early or initial winning creates a belief that future outcomes will be similar.**

# Problem Gambling and the Brain

Thinking of Problem Gambling – False Beliefs

(Cognitive Distortions)



- In sports betting – my favorite team is expected to win.
- I have lost so much, it's too late to cut my losses now.
- **Gambling is a legitimate way to make money.**
- Suicide is seen as the solution to self-created problems
- **Belief in a personal relationship to “luck.”**
- **Gambling is the only way I can make as much as I need to get out of debt.**
- I'm a strong-willed person; I know I can quite when I decide to.
- I always pay my debts, I can't have a problem with gambling.
- I go to work every day, I pay my bills, I can't have a problem.
- **I'm respected by the other guys I gamble with.**



# Problem Gambling Screening Tools



- South Oaks Gambling Screen (SOGS)
- National Opinion Research Center Screen for Gambling Problems (NODS)
- CAMH Screening Tool
- Gamblers Addiction Index (GAI)
- Lie/Bet Questionnaire
- GAIN-SS (WPI)
- BASIS 32
- ASI
- GA 20 Questions
- Minnesota Impulsive Disorders Interview
- Massachusetts Gambling Screen (MAGS)
- Early Intervention Gambling Health Test (EIGHT)
- Pathological Gambling Modification of Yale-Brown Obsessive Compulsive Scale (PG-YBOCS)
- Gambling Symptom Assessment Scale (G-SAS)
- SOGS-RA for adolescents
- Gambling Behavior Interview (GBI)



# Problem Gambling Screening Tools Gamblers Anonymous 20 Questions



1. Did you ever lose time from work or school due to gambling?
2. Has gambling ever made your home life unhappy?
3. Did gambling affect your reputation?
4. **Have you ever felt remorse after gambling?**
5. Did you ever gamble to get money with which to pay debts or otherwise solve financial difficulties?
6. Did gambling cause a decrease in your ambition or efficiency?
7. **After losing did you feel you must return as soon as possible and win back your losses?**
8. After a win did you have a strong urge to return and win more?
9. **Did you often gamble until your last dollar was gone?**

# Problem Gambling Screening Tools Gamblers Anonymous 20 Questions



10. **Did you ever borrow to finance your gambling?**
11. Have you ever sold anything to finance gambling?
12. Were you reluctant to use "gambling money" for normal expenditures?
13. Did gambling make you careless of the welfare of yourself or your family?
14. **Did you ever gamble longer than you had planned?**
15. Have you ever gambled to escape worry or trouble?
16. Have you ever committed, or considered committing, an illegal act to finance gambling?
17. Did gambling cause you to have difficulty in sleeping?
18. Do arguments, disappointments or frustrations create within you an urge to gamble?
19. Did you ever have an urge to celebrate any good fortune by a few hours of gambling?
20. **Have you ever considered self destruction or suicide as a result of your gambling?**



# Problem Gambling Screening Tools

## Gam-Anon Questions

1. Is the person in question often away from home for long, unexplained periods of time?
2. Does this person ever lose time from work due to gambling?
3. Do you find yourself constantly bothered by bill collectors?
4. Do you feel that this person cannot be trusted with money?
5. Does the person in question faithfully promise that he or she will stop gambling; beg, plead for another chance, yet gamble again and again?
6. Does this person ever gamble longer than he or she intended to, until the last dollar is gone?
7. Does this person immediately return to gambling to try to recover losses, or to win more?
8. Does this person ever gamble to get money to solve financial difficulties or have unrealistic expectations that gambling will bring the family material comfort and wealth?
9. Does this person borrow money to gamble with or to pay gambling debts?
10. Has this person's reputation ever suffered due to gambling, even to the extent of committing illegal acts to finance gambling?



## Appendix

## Gambling Pathways Questionnaire (GPQ)

The following statements refer to your views about gambling and beliefs about yourself and your life.

Please check ONE box that best reflects how much you agree or disagree with each statement

	Strongly DISAGREE					Strongly AGREE
	1	2	3	4	5	6
1. I gamble mainly to relieve tension, to "blow off steam."	<input type="checkbox"/>					
2. I like doing or saying crazy things just to shock others.	<input type="checkbox"/>					
3. Gambling gives me purpose in life.	<input type="checkbox"/>					
4. I often say mean and hurtful things when I'm angry.	<input type="checkbox"/>					
5. When I gamble, I can forget my responsibilities for a while.	<input type="checkbox"/>					
6. If I want sex, I am willing to pay for it.	<input type="checkbox"/>					
7. A big win at gambling would give my life meaning.	<input type="checkbox"/>					
8. I'll often take a dare, even if it's dangerous.	<input type="checkbox"/>					
9. I frequently buy things on impulse, even if I can't afford them.	<input type="checkbox"/>					
10. When I'm angry, I always feel better if I can hit or throw something.	<input type="checkbox"/>					
11. If I won at gambling, I wouldn't feel like such a failure.	<input type="checkbox"/>					
12. I am often impatient when standing in line or waiting for other people.	<input type="checkbox"/>					
13. I only follow the rules if I think I could get caught.	<input type="checkbox"/>					
14. I gamble mainly to cope with the stress and pressures of life.	<input type="checkbox"/>					

The next series of statements refer to feelings and behaviors you experienced *before and after* gambling became a problem for you. The questions will repeat, but you may have different answers, depending on the time frame. Please check ONE box for each statement .

	Strongly DISAGREE					Strongly AGREE
	1	2	3	4	5	6
<b>"BEFORE gambling became a problem for me..."</b>						
15. I often felt panicky.	<input type="checkbox"/>					
16. I often felt tense and nervous.	<input type="checkbox"/>					
17. I worried a lot.	<input type="checkbox"/>					
18. I often felt sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>					

# Gambling Pathways Questionnaire

# Gambling Pathways Questionnaire

Pathway 1	Pathway 2	Pathway 3
<p><b>Behaviorally Conditioned</b></p> <p>“...gamblers display an absence of premorbid psychopathology and develop problems mainly in response to reinforcement contingencies, cognitive distortions regarding the probability of winning, and the nature of randomness and control.”</p>	<p><b>Emotionally Vulnerable</b></p> <p>“...gamblers present with premorbid mood disorders, a history of poor coping and problem solving skills, childhood disturbances, and major traumatic life events that lead them to gamble for escape from aversive mood states.”</p>	<p><b>Antisocial, Impulsive</b></p> <p>“...gamblers, a likely subset of Pathway 2 gamblers, possess all the vulnerabilities of those in Pathway 2 but are distinguished by biologically-based traits of impulsivity and attentional deficits as well as antisocial personality traits that result in a variety of maladaptive behaviors and comorbid addictions.”</p>

# Gambling Pathways Questionnaire

Pre and Post Mood	Childhood Abuse, Neglect, and Trauma	Stress Coping Motivation	Impulsivity
Meaning Motivation	Risk Taking	Sexual Risk-Taking	Antisocial Traits/Behaviors



# GPQ - Scoring sheet page 1

Pathways Scoring Sheet									
Mood Pre									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/> 1A
Question #	15		16		17		18		SUM
Mood Post									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/> 2A
Question #	19		20		21		22		SUM
Child Abuse, Neglect & Trauma									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/> 3A
Question #	23		24		25		26		27
									28
									29
									SUM
Stress-Coping Motivation									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/> 4A
Question #	1		5		14		34		40
									43
									45
									SUM
Impulsivity									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/> 1B
Question #	9		12		36		47		SUM
Meaning Motivation									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/> 2B
Question #	3		7		11		30		37
									SUM
Risk-Taking									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/> 1C
Question #	2		8		33		39		SUM
Sexual Risk-Taking									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	=	<input type="text"/> 2C		
Question #	6		31		42		SUM		
Antisocial Traits/Behaviors									
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>
Question #	4		10		13		32		35
									Total
									+
									<input type="text"/> 3C
Score	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>	+	<input type="text"/>
Question #	38		41		44		46		48
									Total
									=
									<input type="text"/> SUM



# GPQ- scoring sheet page 2

Trait Severity Scales			
<b>Mood Pre &amp; Mood Post</b>	<b>1A &amp; 2A</b>	<b>Child Abuse, Neglect &amp; Trauma</b>	<b>3A</b>
Low	0-8	Low	0-14
Medium	9-14	Medium	15-22
High	≥15	High	≥23
<b>Stress-Coping Motivation</b>	<b>4A</b>	<b>Impulsivity</b>	<b>1B</b>
Low	0-19	Low	0-8
Medium	19-36	Medium	9-18
High	≥37	High	≥19
<b>Meaning Motivation</b>	<b>2B</b>	<b>Risk Taking</b>	<b>1C</b>
Low	0-11	Low	0-8
Medium	12-18	Medium	9-18
High	≥19	High	≥19
<b>Sexual Risk-Taking</b>	<b>2C</b>	<b>Antisocial Traits/Behaviors</b>	<b>3C</b>
Low	0-4	Low	0-18
Medium	5-10	Medium	19-36
High	≥11	High	≥37

### Pathway Scoring:

The number in **1A** is greater than or equal to 12, **ADD 1** \_\_\_\_\_

The number in **2A** is greater than or equal to 18, **ADD 1** \_\_\_\_\_

The number in **3A** is greater than or equal to 18, **ADD 1** \_\_\_\_\_

The number in **4A** is greater than or equal to 35, **ADD 1** \_\_\_\_\_

The number in **1B** is greater than or equal to 18, **ADD 1** \_\_\_\_\_

The number in **2B** is greater than or equal to 22, **ADD 1** \_\_\_\_\_

**TOTAL**

If **TOTAL (1A+2A+3A+4A+1B+2B)** equals 3 or more, then conditions for Pathway 2 have been met.

Conditions for Pathway 2 met?

Yes  No

The number in **1B** is greater than or equal to 18, **ADD 1** \_\_\_\_\_

The number in **2B** is greater than or equal to 22, **ADD 1** \_\_\_\_\_

The number in **1C** is greater than or equal to 15, **ADD 1** \_\_\_\_\_

The number in **2C** is greater than or equal to 9, **ADD 1** \_\_\_\_\_

The number in **3C** is greater than or equal to 30, **ADD 1** \_\_\_\_\_

**Sub-Total:**

The number in **1A** is greater than or equal to 12,

**SUBTRACT 1** from Sub-Total

**TOTAL**

If **TOTAL (1B+2B+1C+2C+3C MINUS 1A)** equals 2 or more, then conditions for Pathway 3 have been met.

Conditions for Pathway 3 met?

Yes  No

If **BOTH** conditions for Pathways 2 and 3 are met, assign to Pathway 3.  
If **NEITHER** conditions for Pathway 2 or 3 are met, assign to Pathway 1.

Final Pathway: Pathway 1

Pathway 2

Pathway 3



# GPQ References

- Blaszczynski, A. and Nower, L. (2002) A Pathways Model of Problem and Pathological Gambling. *Addictions*, 97, 487-499. <https://doi.org/10.1046/j.1360-0443.2002.00015.x>.
- Nower, L., & Blaszczynski, A. (2016, December 12). Development and Validation of the Gambling Pathways Questionnaire (GPQ). *Psychology of Addictive Behaviors*. Advance online publication. <http://dx.doi.org/10.1037/adb0000234>



# Problem Gambling Working with Family Members Case management

**Case management does NOT focus simply on gambling, but instead on all needs of a client.**

- Assess the following areas:
  - Initial problem and background to problem
  - Current living situation
  - Education
  - Relationships
  - Work
  - Legal
  - Financial
- Answering questions:
  - What will make life more stable
  - Strengths the client has / resources
  - How well is the person functioning
- Recommendations / Referrals



**Problem Gambling  
Working with  
Family Members  
Financial  
Management**

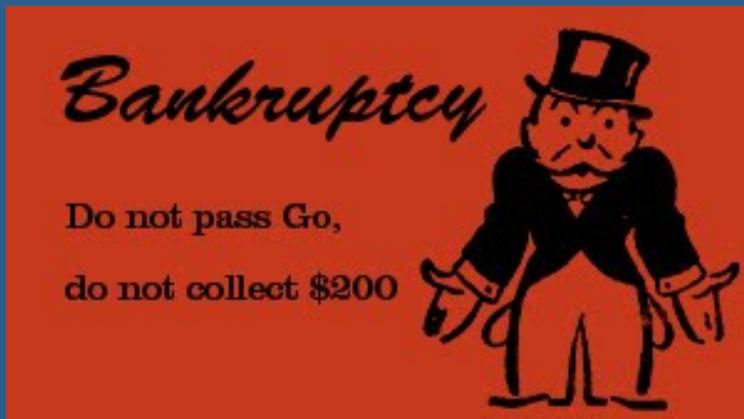


- Individual or family sessions
- Fee Reduction
- Assist with immediate financial concerns
- **Credit Report (Credit Karma –Start here)**
- Accountability plan
- Changing thoughts about money
- **Family involvement in recovery budget**
- Identifying ways to limit access to money
- Wealth Protection Plan
- **Build a budget**

**Problem Gambling  
Working with  
Family Members  
Bankruptcy**

- **One gambling establishment in a county correlates with 18% higher bankruptcy rates.**
- Mean unsecured debt for those filing bankruptcy was \$40,000
- Average of 6 credit cards
- **Bankruptcy is a last resort**

*Grant, J. (2008). Impulse Control Disorders: A clinician's guide to understanding and treating behavioral addictions. W.W. Norton: NY*



## Problem Gambling Treatment and MAT



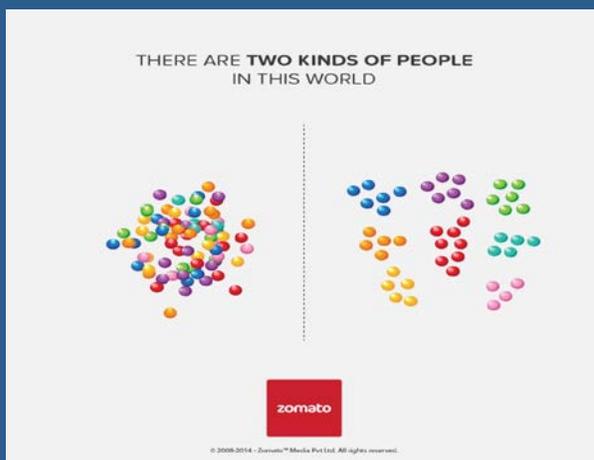
A 2006 study shows that bupropion SR may be effective as naltrexone in the treatment of pathological gambling.

- Subsequent findings from a Minnesota clinical setting suggests that a majority of pathological gamblers improve with medication treatment. **Naltrexone, or augmentation of naltrexone with an SSRI, appears to be most effective in relieving gambling symptoms.**

# Problem Gambling Treatment and MAT

## Gamblers subtypes and medications

- In the first subtype, gamblers who are driven by urge responded well to treatment with medications that block the brain's opioid system (e.g., naltrexone) or certain receptors for the neurotransmitter glutamate (e.g., memantine). Grant also found that family history plays an important role in refining this group even further. People with a family history of addiction responded even better to the opioid blocker, which has been shown in other studies to decrease the urge to use substances such as alcohol.
- The second subtype, gamblers who have difficulty inhibiting their behaviors and react to the smallest desires, respond well to medications that act on a specific enzyme, catechol-O-methyltransferase (COMT), which plays a major role in the function of the prefrontal cortex. Researchers found that decreasing the function of COMT can increase one's ability to inhibit their desire to gamble. (Generally used in TX of Parkinsons Disease)



# Problem Gambling Treatment and MAT

## Medication Research

Medication	Subjects	Mean Daily Dose	Outcome
Fluvoxamine(Luvox) <sup>1</sup>	15 enrolled 10 completed	195 mg	Fluvoxamine superior to placebo
Naltrexone (ReVia) <sup>2</sup>	89 enrolled 45 completed	188 mg	Naltrexone group significantly improved compared with placebo
Fluvoxamine(Luvox) <sup>3</sup>	32 enrolled 13 completed	200 mg	Fluvoxamine not statistically significant from placebo
Paroxetine (Paxil) <sup>4</sup>	53 enrolled 41 completed	51.7 mg	Paroxetine group significantly improved compared to placebo
Paroxetine (Paxil) <sup>5</sup>	76 enrolled 45 completed	50 mg	Paroxetine and placebo groups with comparable improvement
Lithium carbonate SR (Lithobid SR) <sup>6</sup>	40 Bipolar-spectrum subject enrolled 29 completed	1,170 mg	Lithium group significantly improved compared with placebo
Sertraline (Zoloft) <sup>7</sup>	60 enrolled 44 completed	95 mg	Similar improvement in both groups
Nalmefene <sup>8</sup>	207 enrolled 73 completed	25mg, 50mg or 100mg	Nalmefene group significantly improved compared to placebo

# Problem Gambling Treatment and MAT Sources for chart

- Hollander E, DeCaria CM, Finkell JN, Begaz T, Wong CM, Carrwright C. A randomized double-blind fluvoxamine/placebo crossover trial in pathological gambling. *Biol Psychiatry*. 2000;47(9):813-7
- <sup>2</sup>Kim SW, Grant JF, Adson DE, Shin YC. Double-blind naltrenone and placebo comparison study in the treatment of pathological gambling. *Biol Psychiatry*. 2001;49(11):914-21
- <sup>3</sup>Blanco C, Petkova E, Ibanez A, Saiz-Ruiz J. A pilot placebo-controlled study of fluvoxamine for pathological gambling. *Ann Clin Psychiatry*. 2002;14(1):9-15
- <sup>4</sup>Kim SW, Grant JE, Adson DE, Shin YC, Zaninelli RM. A double-blind placebo controlled study of the efficacy and safety of paroxetine in the treatment of pathological gambling. *J Clin Psychiatry*. 2002;63(6):501-7
- <sup>5</sup>Grant JE, Kim SW, Potenza MN, et al. Paroxetine treatment of pathological gambling: a multi-center randomized controlled trial. *Int Clin Psychopharmacol*. 2003;18(4):243-9
- <sup>6</sup>Hollander E, Pallanti S, Allen A, Sood E, Baldini Rossi N. Does sustained-release lithium reduce impulsive gambling and effective instability versus placebo in pathological gamblers with bipolar spectrum disorders? *Am J Psychiatry*. 2005;162(1):137-45
- <sup>7</sup>Saiz-Ruiz J, Blanco C, Ibanez A, Masramon X, Gomez MM, Madrigal M, Diez T. Sertraline treatment of pathological gambling: a pilot study. *J Clin Psychiatry*. 2005;66(1):28-33
- <sup>8</sup>Grant JE, Potenza MN, Hollander E, et al. A multicenter investigation of the opioid antagonist nalmefene in the treatment of pathological gambling. *Am J Psychiatry*. 2006;163(12):303-12



# Problem Gambling Treatment and MAT

## N-Acetyl Cysteine May Help Reduce Gambling



- The authors of the study concluded: The efficacy of NAC lends support to the hypothesis that pharmacological manipulation of the glutamate system might target core symptoms of reward-seeking addictive behaviors such as gambling. Larger, longer, placebo-controlled, double-blind studies are warranted.
- Similar studies of N-acetyl cysteine have shown it can curb drug addictions in animals. However, the researchers of the current study believe their study was the first to look at the effects of a glutamate-modulating agent in pathological gamblers. The researchers are currently investigating whether NAC could help methamphetamine users quit.
- 1,200 MG
- **Addictions** Grant JE, Kim SW, Odlaug BL. N-acetyl cysteine, a glutamate-modulating agent, in the treatment of pathological gambling: a pilot study. *Biol Psychiatry*. 2007 Sep 15;62(6):652-7.



# Problem Gambling Treatment Voluntary Self- Exclusion (VSEP)



## Iowa Racing and Gaming Commission (IRGC) – Voluntary Self-Exclusion Program

- Pursuant to Iowa Code [99D.7\(23\)](#) and [99F.4\(22\)](#), the Iowa Racing & Gaming Commission (IRGC) manages a program for individuals to voluntarily exclude themselves from wagering with, or entering the gaming areas of state licensed casinos and racetracks.
- A person in the program found in, or wagering with a licensed facility will be removed from the facility. A person may also be charged with criminal trespassing. Additionally, the person will forfeit the right to any and all winnings.



# Problem Gambling Treatment Voluntary Self- Exclusion (VSEP)



## Iowa Racing and Gaming Commission (IRGC) - VSEP Training

- [December 2018](#) (You Tube) [Slides](#)

## VSEP Self-Exclusion Brochure:

- <https://yourlifeiowa.org/documents/gambling/self-exclusion-brochure>
  - Iowa Code requires information on problem gambling treatment resources be provided at the time of request for self-exclusion

## FAQ's Page:

- <https://irgc.iowa.gov/self-exclusion-program-faq>
  - Access to downloadable forms and answers to commonly asked questions



# Problem Gambling Treatment Voluntary Self- Exclusion (VSEP)



## Iowa Lottery Self-Exclusion Program

- Not required in Iowa Code to have a VSEP.
- The self-exclusion agreement bans those who sign it from the lottery's five regional offices and allows the lottery to deny prize payments at a lottery office to those players.
- Prevents the person involved from receiving any lottery prize more than \$600, as those must be claimed directly from the lottery.
- The agreement also prevents the person from receiving any lottery promotional materials.
- The program is designed to act as a deterrent by taking away the incentive to play lottery games for those who have issues with compulsive behavior.
- <https://www.ialottery.com/Pages/Legal/SelfExclusion.aspx>

*VSEP is an important part of the Gambling  
Treatment Tool Kit*



# Problem Gambling Treatment Voluntary Self- Exclusion (VSEP)

## Iowa's Tribal Casinos - VSEP

- Not required in Iowa Code to have a VSEP.
- [500 Nations](#) is a good resource on tribal gaming in the US, however, not affiliated with any casino.
- No unified VSEP program between tribal casinos in Iowa.
- Click links below to access casino websites and inquire about self-exclusion policy/procedure for each tribal casino.
  - [BLACKBIRD BEND CASINO](#) (Onawa)
  - [PRAIRIE FLOWER CASINO](#) (Carter Lake)
  - [WINNA VEGAS CASINO](#) (Sloan)
  - [MESKWAKI BINGO CASINO](#) (Tama)

*Remember - VSEP is an important part of the Problem Gambling Treatment Tool Kit*



**500 Nations**



# Problem Gambling Treatment Resources books

- Berman, Linda & Seigel, Mary Ellen (1998). Behind the 8-ball: A recovery guide for the families of gamblers.
- Davis, Diane Rae. (2009). Taking Back Your Life: Women and Problem Gambling.
- Estes, Ken & Brubaker, Mike. (1994). Deadly Odds: Recovery from Compulsive Gambling.
- Gamblers Anonymous: Sharing Recovery through Gamblers Anonymous.
- Grant, Jon & Potenza, Marc. (2004). Pathological Gambling: A Guide to Treatment.
- Heineman, Mary (1992). Losing your Shirt: Recovery for compulsive gamblers and their families.
- Hodgins, David. & Makarchuk, Karyn. (2002). Becoming a Winner: Defeating Problem Gambling.



A FINAL QUOTE



*"Some cause  
happiness wherever  
they go; others,  
whenever they go."*

*Oscar Wilde (1854-1900)*



**Problem Gambling  
Treatment Tool Kit**

Thank you, Thank You, Thank You! For  
your many years of support in helping  
problem gamblers!



# Q&A



## CEU's!

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- CEU Polling Question
- Certificates will be sent out to the email provided in the next 30 days.



# Jerry Bauerkemper

Problem Gambling Recovery Services / Nebraska Council on Problem Gambling

[www.NEproblemgambling.com](http://www.NEproblemgambling.com)

[Exnccgjb@aol.com](mailto:Exnccgjb@aol.com)

402-699-6810

# Jessica Hartz

Alcohol and Drug Dependency Services

[jhartz@addsiowa.org](mailto:jhartz@addsiowa.org)

319-759-6708

