



Introduction to Gambling Disorder Screening Day

Thursday, February 15th, 2024

11:00 AM – 12:00 PM



Funded by the MA Department of Public Health Office of Problem Gambling Services

Funding Sources

The Division on Addiction and Health Resources in Action collaborate to produce M-TAC and PBU trainings, courses, and resources, which are funded by the Massachusetts Department of Public Health, Office of Problem Gambling Services.



MA Department of Public Health,
Office of Problem Gambling Services



For additional information on funding sources and conflict of interest/grievance policies, please visit m-tac.org.

Relevant Financial Disclosures

Heather Sumba

I have no financial relationships to disclose.

Kira Landauer

Financial relationships are as follows:

Evergreen Council on Problem Gambling

- Role: Speaker
- Financial Method: Honoraria



Welcome & Introductions

Meet Your Trainers



HEATHER SUMBA

M-TAC TA Coordinator, Western Region
Health Resources in Action



KIRA LANDAUER

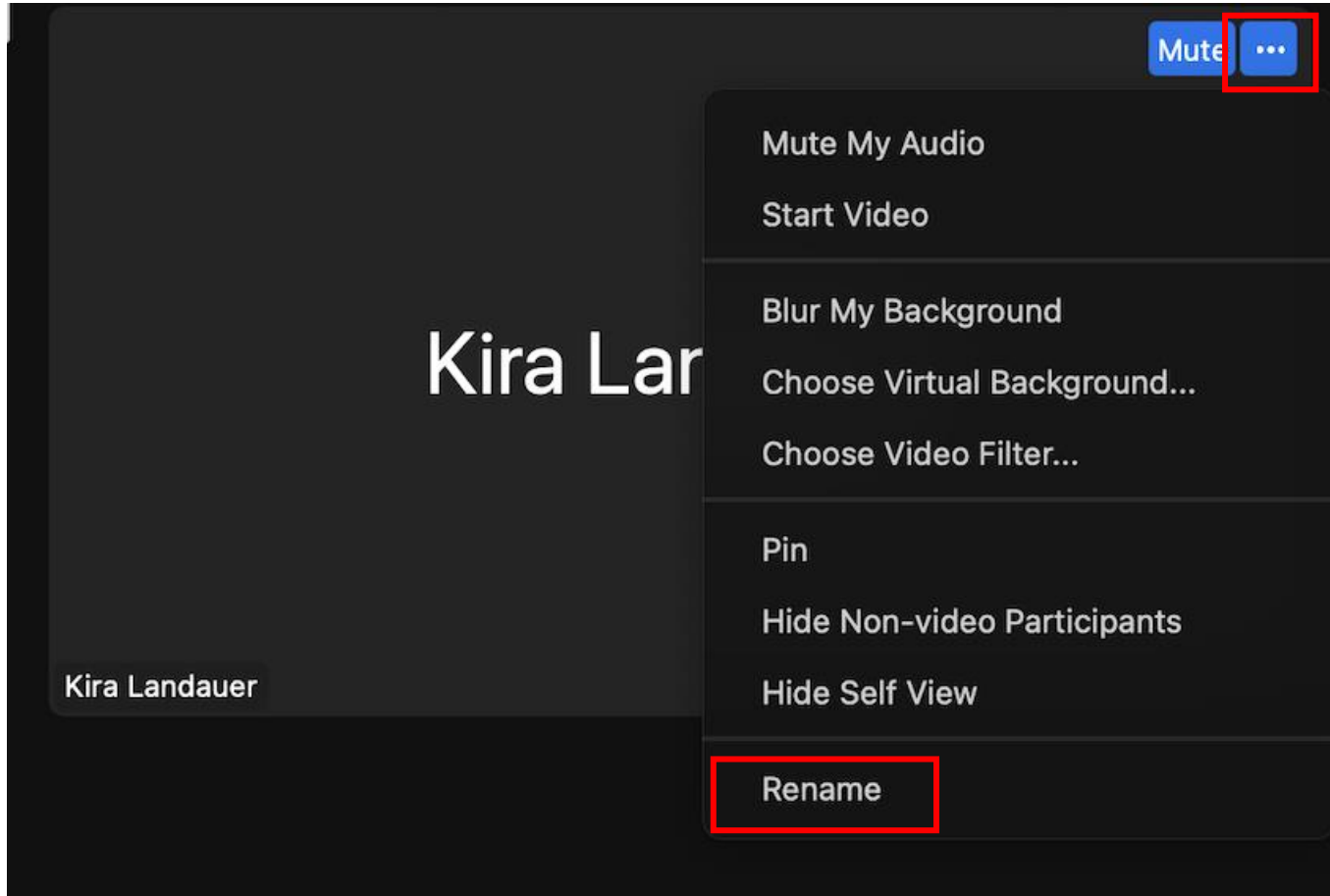
M-TAC TA Coordinator, Boston Region
Division on Addiction, Cambridge Health Alliance

Please introduce yourself in the chat!

- Name/nickname and pronouns
- Organization and role
- An emoji that represents how you're feeling today



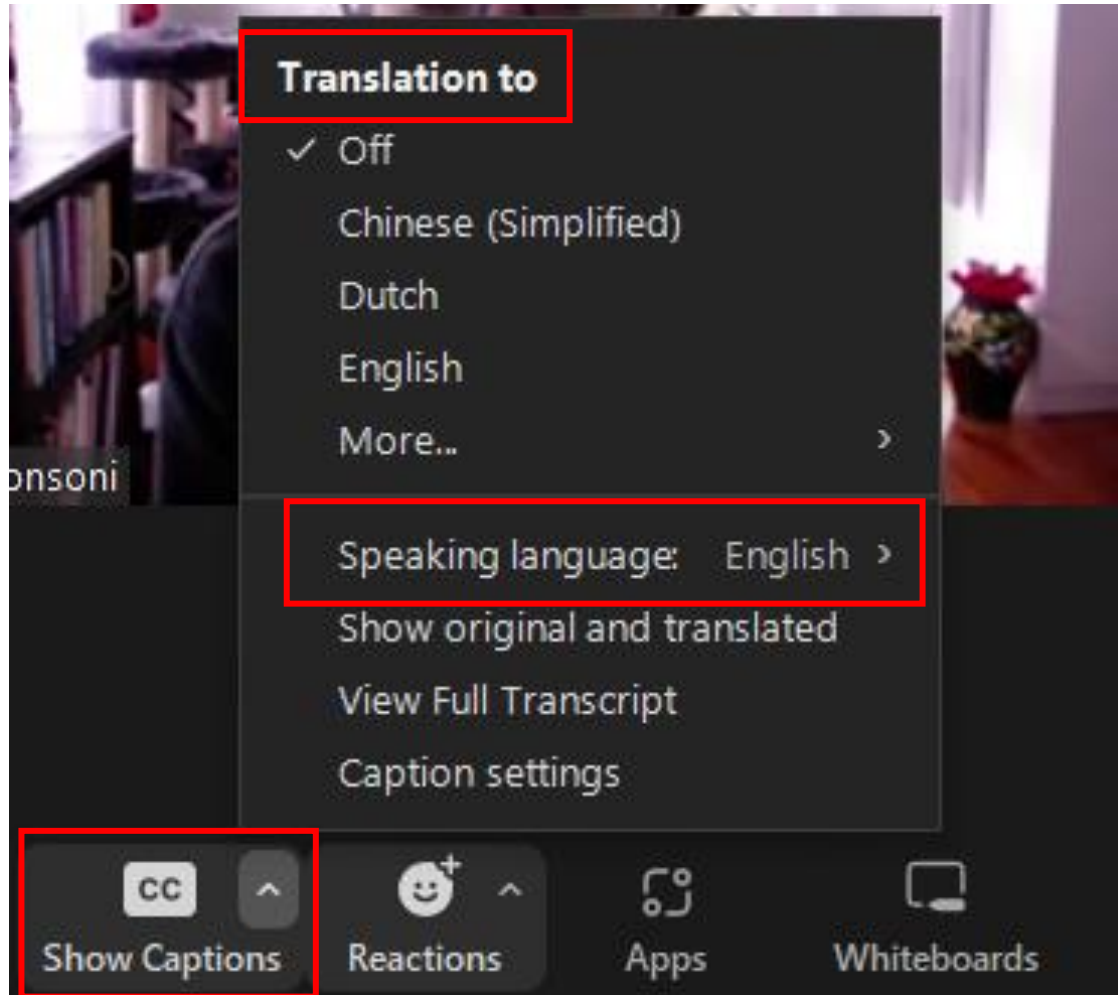
Technology Overview (1/2)



Let us know who you are!

- Click the ellipsis (...) in the upper right corner of your display box
- Click “rename” at the bottom of the list
- Make sure your name is correctly displayed
- Share your pronouns (e.g., she/her, they/them)

Technology Overview (2/2)



Enabling translated captions.

- Click the arrow “^” next to the “Show Captions” button at the bottom of the display
- Make sure the "Speaking Language" is set to English
- Under "Translation to" select a language
- Please use the chat to direct message Heather Sumba for assistance

Activar subtítulos traducidos

- Haga clic en la flecha “^” al lado del “Show Captions” botón al inferior de la pantalla
- Asegúrese que "Speaking Language" esta en ingles
- Bajo de "Translation to" seleccione la idioma
- Si necesita ayuda, envíe un mensaje directo por chat a Heather Sumba para asistencia

Group Agreements & Participation

- Take space, make space
- Be open-minded
- Be present during our time together
- Be mindful of people's lived experience/truths
- Remember that your input & perspective is valuable



Use the chat box to ask questions



This session is interactive. Be prepared to be called on and share!



Mute microphones if you are not speaking

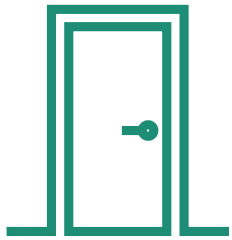


Keep your camera on (unless you need to get up and move around)



Agenda & Objectives

Agenda



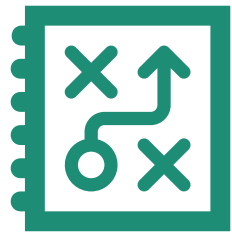
Welcome & Introductions



Introduction to Gambling & Gambling Disorder



Screening for Gambling Disorder



Gambling Disorder Screening Day



Getting Started: Group Discussion



Learning Objectives

1

Explain the importance of screening clients seeking mental health or addiction treatment for Gambling Disorder.

2

Articulate and apply best practices in screening for Gambling Disorder.

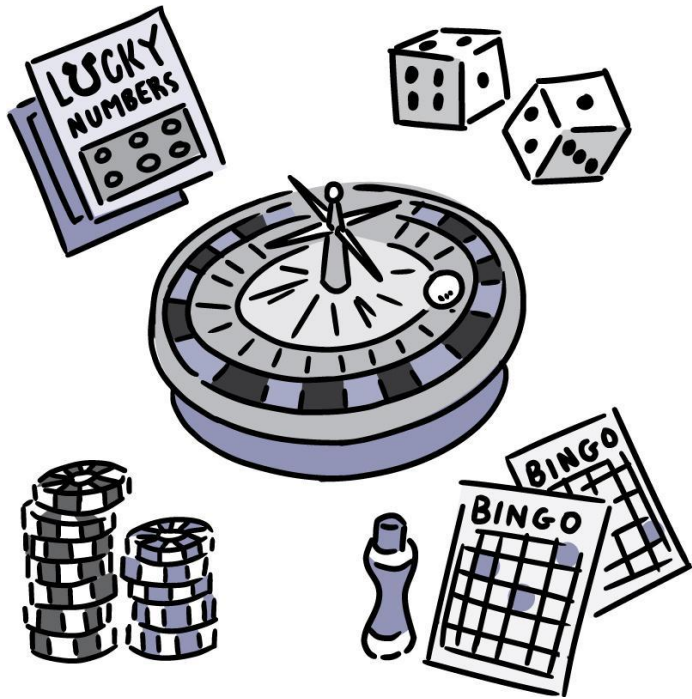
3

Identify tools and resources needed for hosting a Gambling Disorder Screening Day event and explain how to use them effectively.



Introduction to Gambling & Gambling Disorder

Defining Terms



Gambling: Act of risking something of value on an event that is determined by chance.

- In MA: lottery, racing, keno, slots parlors, scratch tickets, casinos, sports betting
- Also includes activities like: betting on a card game with friends, betting in an office pool, raffles, bingo

Gambling Disorder: DSM-5 diagnosis.

Problem Gambling: Subclinical cases and clinical diagnoses of Gambling Disorder.

The Experience of Gambling Harm



- People continue to gamble despite bad consequences
 - Financial problems, relationship problems, legal problems or imprisonment, not fulfilling work or home duties, poor work performance or job loss, poor general health, poor mental health
- People feel a loss of control over gambling
- People experience craving or compulsion to gamble



Screening for Gambling Disorder

What is Screening?

Screening: A structured process to identify people whose gambling behaviors may lead to Gambling Disorder or gambling-related harms.

- First step of the treatment process.
- Screening tools are not diagnostic.
- Screening isn't just for clinicians – Anyone can screen for Gambling Disorder!



Why Screen for Gambling Disorder? (1/2)

- 2% of Massachusetts adults are currently experiencing problems with gambling – estimated between 83,000 and 135,000 people!
 - An additional 8% of Massachusetts adults are at-risk gamblers
- Many cases of Gambling Disorder go undetected and untreated.
 - A national survey found that 49% of individuals with gambling-related problems reported receiving treatment for one or more mental health concerns, but none received treatment for gambling
 - Worldwide, the treatment-seeking rate is less than 10%

Why Screen for Gambling Disorder? (2/2)

- Individuals experiencing a Gambling Disorder are at much higher risk for having substance use or other mental health problems
- Individuals experiencing a Gambling Disorder are at increased risk for suicidal ideation, suicide attempts and mortality, and non-suicidal self-harm
- Unaddressed gambling problems may contribute to poor treatment outcomes, increased utilization of treatment resources, and higher costs

Brief Biosocial Gambling Screen (BBGS)

- Brief screener with 3 yes/no questions
- Scoring: “Yes” to any question is considered a positive screen; indicates potential gambling-related problems and the need for additional evaluation
- Used successfully with veterans, college students, and among those in treatment for a substance use or mental health problem

1. During the past 12 months, have you become restless, irritable, or anxious when trying to stop/cut down on gambling?
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
3. During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

Best Practices for Screening for Gambling Disorder

- Start by defining gambling.
- Open the conversation by asking:
 - "How often do you..."
 - Buy lottery tickets?
 - Play cards for money?
 - "Have you ever..."
 - Bet on sports?
 - Played slot machines?
- Don't *only* ask "do you gamble?"
- Don't make assumptions about the client's gambling behaviors.
- Be welcoming and non-judgmental to minimize defensiveness and resistance.
- Anticipate the client might feel guilty about disclosing their gambling history.

Steps Following A Positive Screen

- Conduct a full assessment or refer the individual to someone who can
- Have resources identified ahead of time
- Explain that a positive screen does not mean they have Gambling Disorder



Screening vs. Assessment

Screening: A process for evaluating the possible presence of a particular problem. The outcome is normally a simple yes or no.

Assessment: A process for defining the nature of that problem, determining a diagnosis, and developing specific treatment recommendations for addressing the problem or diagnosis.



DSM-5 Criteria for Gambling Disorder

1. Risks increasing amounts of money to reach desired excitement
 2. Irritable or restless when attempting to cut back or stop
 3. Unable to cut back, control, or stop gambling
 4. Pre-occupied with gambling
 5. Often gambles when feeling distressed (e.g., depressed)
 6. After losing money, returns to get even
 7. Lies to conceal the extent of involvement with gambling
 8. Risks or loses relationships or jobs because of gambling
 9. Relies on others for financial needs
- ? Continuous or episodic and recurrent.
- ? Symptoms are not better explained by Bipolar Disorder.

Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress

4+ symptoms in a 12-month period = Gambling Disorder



Gambling Disorder Screening Day

Gambling Disorder Screening Day

- International grassroots event to increase awareness of gambling harm and educate and support providers and others to screen for Gambling Disorder
- Annual event held on the second Tuesday of March (PGAM)
- 2023: At least 180 individuals and organizations participated, representing 34 U.S. states and 7 countries

**11th Annual Gambling Disorder Screening Day is
Tuesday, March 12th, 2024**

Objectives of Screening Day

- **Inform** providers and others in the community about the importance of screening for this treatable but often unrecognized condition.
- **Educate** providers and people who gamble about the nature of gambling-related problems and Gambling Disorder, and to educate providers and others about how to screen for it.
- **Identify** people who may be experiencing gambling-related harms through the act of screening.
- **Connect** people who may be experiencing gambling-related harms with additional resources (helplines, self-help tools, fellowship, treatment).

How to Participate in Screening Day (1/4)

Hosts/Screeners: Individuals/organizations who screen people for Gambling Disorder on Screening Day (i.e., host a screening event)

- Administer screens to clients during appointments
- Hold drop-in screening sessions in your lobby or waiting room
- Hold virtual drop-in screening sessions
- Table in a community space to share information about Gambling Disorder and promote self-screening (faith-based institutions, libraries, grocery stores, etc.)
- Partner with other organizations to hold screenings (e.g., college campuses)

Be creative in your approach!

How to Participate in Screening Day (2/4)

Who can host an event?

- Anyone can host a Screening Day event! – Addiction and mental health service providers, physicians, recovery coaches, case managers, educators, community leaders/groups, corrections officials, educators, veterans' groups, etc.

When should I hold my event?

- Screening Day is Tuesday, March 12th – Host your event on this day, or any other day (or week) that works for you!

How to Participate in Screening Day (3/4)

What resources will I need to host an event?

- Screening Day Best Practices Guide
- Screening Day Toolkit
- The BBGS (or another validated gambling screener)
- Promotional and educational resources (e.g., swag box, MA Health Promotion Clearinghouse)
- Training and educational for event facilitators
- Other resources, depending on your event: space, personnel, etc.

Gambling Disorder Screening Day Toolkit

Free resources, educational materials, and information.

- Screening Day how-tos
- Brief Biosocial Gambling Screen (BBGS) – printable, electronic, and pocket screeners
- Promotional materials (flyer, logos, graphics, promotion guide)
- One-page summaries and videos on an array of topics
- Guidance on screening (next steps after a positive screen, treatment best practices)
- Hotlines, referral information, free self-help resources
- General information and resources about Gambling Disorder

Promotional and Educational Resources

You will receive some of these in your 'swag' boxes. You can also order additional materials from the MA Health Promotion Clearinghouse.

- *Your First Step to Change* self-change workbook
- *Let's Get Real About Gambling* brochure;
- Problem gambling flyer and poster
- *It's Time to Talk About Problem Gambling* one-pager
- *Screening for Gambling Disorder: Getting Started* one-pager
- BBGS Pocket Screeners
- Stickers, cards, buttons, and more!

How to Participate in Screening Day (4/4)

Other considerations:

- Have a procedure for how to handle positive screens and make sure your event facilitators know this plan.
- Do your event facilitators need additional education or information about Gambling Disorder and screening?
- Consider how you might promote your event (social media posts, promotional flyers, newsletter announcements, etc.)
- Don't forget to collect data during your event (e.g., number of positive screens) so that you can complete the post-event survey!

Required Activities/Deliverables for Awardees

Screening Day Host Awardee organization requirements

- Email Heather Sumba (hsumba@hria.org) to confirm/provide the following:
 - I accept the full \$5,000 stipend (or the amount up to \$5,000 that your organization would like to accept)!
 - I would like to receive my stipend distributions a) by check or b) by ACH
 - Address, contact name & phone # for the shipment of promotional and educational resources
- Complete the required documentation to receive the initial disbursement
 - W-9 Form
 - ACH info (if applicable)
 - Completed invoice to receive the initial stipend disbursement of \$2,500 (attach it to your email to Heather)
- ✓ Register/attend a Gambling Disorder Screening Day Training
- Register/attend a Technical Assistance (TA) Session
- Host your Screening Day event!
- Complete and submit the post-event survey
- Submit photos from your event (optional)



Gambling Disorder Screening Day: Getting Started

Getting Started

Decide what your Screening Day event will look like. You should be able to answer these questions*:

- When and where will your event take place? What activities will it include?
- Who from your organization will be involved?
- Do the event facilitators need additional training or information to help prepare them to screen for Gambling Disorder?
- What resources will your event require? (Physical space? Promotional materials? Educational resources?)
- How and where will you promote your event? What will you need?

BREAKOUT ROOM ACTIVITY

Screening Day: Getting Started



Directions: You will be placed in a breakout room of 3-4 participants.

Take a few moments to think about the “getting started” questions. Discuss your ideas with your group members. Ask each other questions and provide feedback.

Then, come back and share what you discussed.

You will be in these breakout rooms for **8 minutes.**

DEBRIEF



- What are your ideas or plans for your Screening Day event?
- Do you anticipate any barriers or challenges to hosting an event?
- What initial questions do you have?



Thank you!

Questions? Contact Us!

Email: mtac@hria.org

Website: <https://www.m-tac.org/>

Please complete the evaluation form!