

Brief BioSocial Gambling Screen

The BBGS is free and available to the public (http://divisiononaddiction.org/bbgs_new/) and has been published here: Gebauer, L., LaBrie, R. A., and Shaffer, H. J. (2010). Optimizing DSM-IV classification accuracy: A brief biosocial screen for detecting current gambling disorders among gamblers in the general household population. Canadian Journal of Psychiatry, 55(2), 82-90.

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Setting the Parameters for the BBGS with State Funded MH and SUD Providers

- ▶ Setting the ground work with Administrative Leadership
- ▶ Introducing the framework and expectations at the ODMHSAS Provider Meetings



- ▶ Correspondence about the program and link to training
- ▶ Testing and setting a start date
- ▶ Reporting in the ODMHSAS Information System
- ▶ Can participate if general SUD, MH, Drug Court, TANF/CW, Gambling Provider funded by ODMHSAS

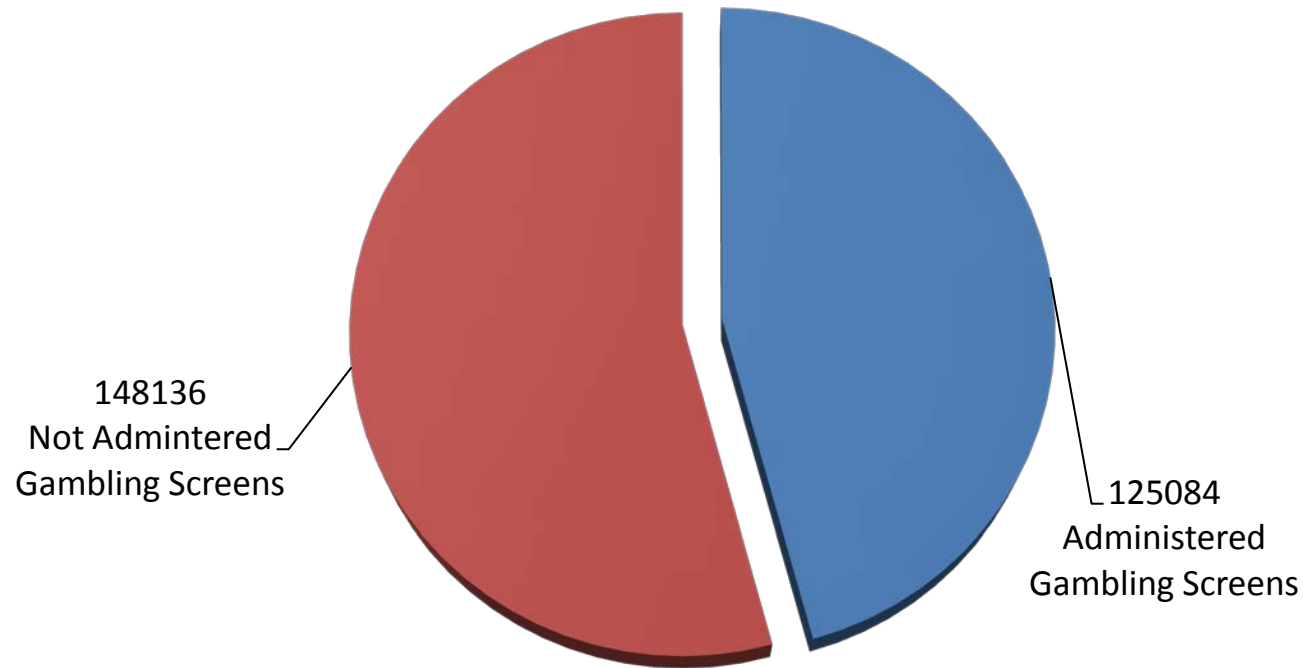
The information supplied is not the final product. Some of the data supplied was not used as it had sufficient errors to conclude it was not valid data. It would take some time to look at all of the data and drill down to be sure of all of the data included is “good data”. However, this data does sufficiently represent the global summary.

FY 15 Data from the ODMHSAS Information System

	All Providers	57 ODMHSAS Providers	77 Non-ODMHSAS Providers
Total Adm/non Adm Screens	336517	273220	63297
Total Non Adm Screen	179149	125084	54065
Total Adm Screen	157368	148136	9232
Total Negative	150645	141640	9005
Total Positive	6723	6496	227
Percent Non Adm	53.24 %	45.78 %	85.41 %
Percent Adm	46.76 %	54.22 %	14.59 %
Percent Negative	95.73 %	95.61 %	97.57 %
Percent Positive	4.27 %	4.39 %	2.43 %
US Prevalence	1.7-3.2 %		
All Countries Average	2.3%		

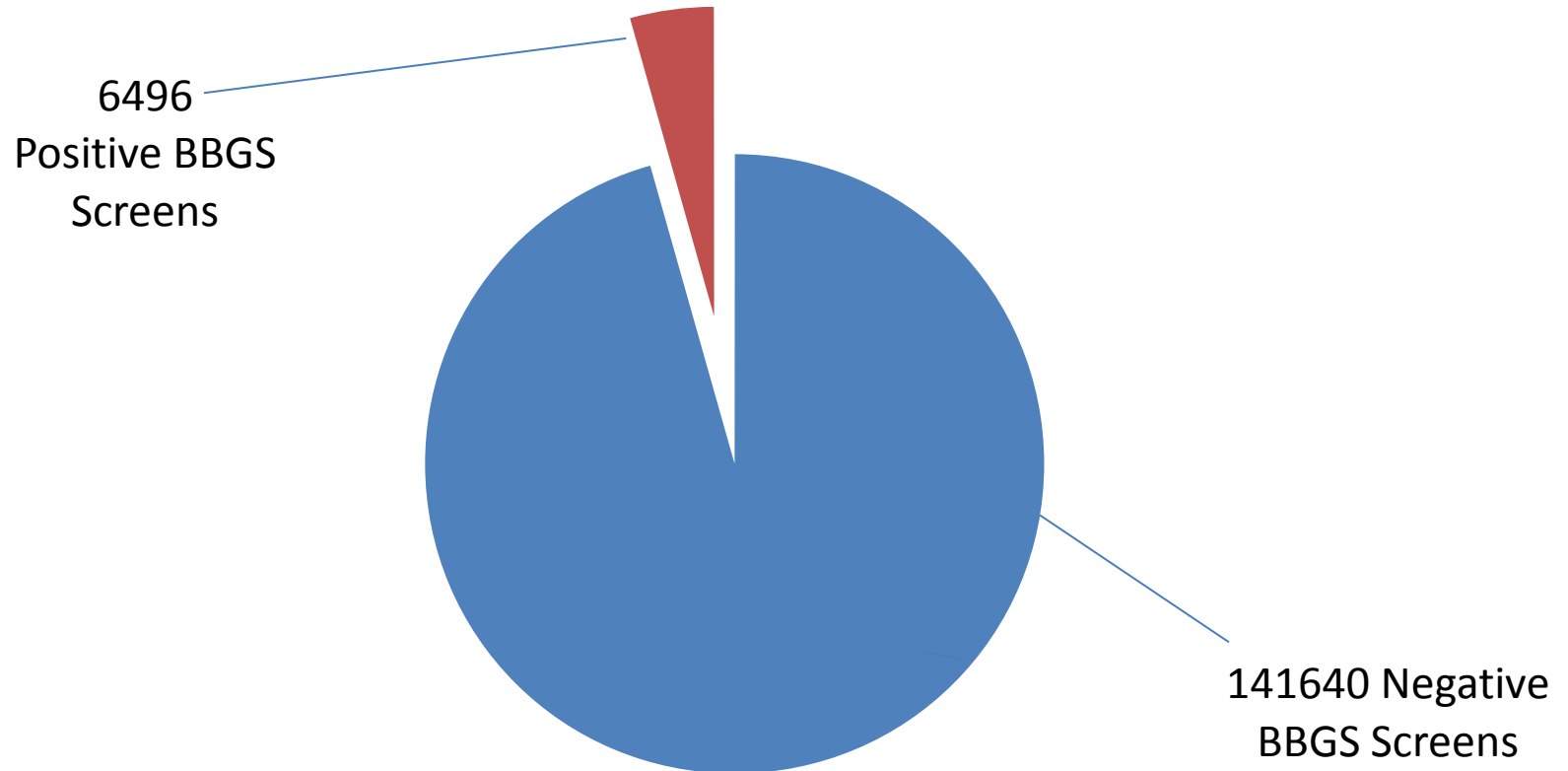
Why so many not screened, who determined those to screen and those not to screen?

ODMHSAS Provider BBGS Screens



ODMHSAS Funded Providers 4.39 % Positive for One or More Questions on the BBGS

ODMHSAS Provider BBGS Screens



Top 5 Providers with highest percentage of positive screens

	Positive	% Positive
Red Rock CMHC	936	4.86
Hope Community (MH)	461	4.47
Grand Lake Mental Health Center (MH)	350	3.61
Oklahoma Crisis Intervention (MH)	298	4.64
North Care Center (Dual)	272	4.43
Creoks (Dual)	268	1.70

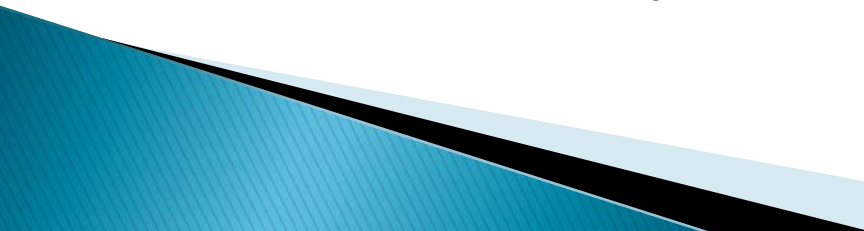
Highest Percentage of Positive to Administered

	Total / Adm	Not Administered	Negative	Positive	% Positive
Center for Therapeutic Interventions SUD/Gambling Provider	3262/477	2785	327	150	31.45

Preliminary Implications

- ▶ Implementation of the Screen – The process that was trained and to be standardized among all providers was done multiple different ways
- ▶ Data collection – Why not have higher percentages of all clients screened and all ODMHSAS providers participating and how is the information presented, gathered and entered?
- ▶ Data is about symptomology with out quantity, frequency, intensity, duration, etc.
- ▶ Data is showing some with problems but what then?
- ▶ Data Costs! If we just took the ODMHSAS providers who participated and factored a one time per fiscal year payment of \$5.00 X 273,220 (all clients) = \$1,366,100 out of the total budget of \$1,000,000.00 for all Gambling Services for Oklahoma

Managing the future of Screening for Problem Gambling with contracted SUD/MH Providers in Oklahoma

- ▶ Scrap, Start over with an other instrument, or Refine
 - ▶ Separate quantity, frequency, duration, type from symptomology of a problem
 - ▶ Refine and standardize the process of administration – add a Statement of Work to contracts that can be reviewed
 - ▶ Continue the cost savings through application to other state funding – still need Gambling fund set aside
 - ▶ Concentrate on Indicated Prevention
 - ▶ Across the board all staff training in-house with CEU's
 - ▶ Change the dialogue from problem gambling to at risk gambling
 - ▶ Increase the full screening options, and treatment interventions
 - ▶ Technical follow up
- 



Call Me Anytime!

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Effective Screening for Gambling Problems: Developing a Gambling SBIRT

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“You know one if you see one” ---

Director of Substance Abuse Treatment Program, Detroit
VA



Why Bother

Lifetime Co-morbidity

- Although nearly half (49%) of those with lifetime pathological gambling received treatment for mental health or substance abuse problems, none reported treatment for gambling problems

Kessler et al., 2008 (National Comorbidity Survey Replication)

PG Screening

- Good News
 - Lie/Bet
 - BBGS
 - NODS-CLiP
 - NODS-PERC
 - SOGS



PG Screening



- Bad News
 - Screens don't work well in clinical practice
 - Give illusion of addressing issue

Iowa Study:

- Data collected by 4 SA Block Grant Agencies
- Baseline 368 Lie/Bet – 4 positives (1%)
- Follow-up 2 agencies switched to BBGS and 2 to NODS-CLiP
 - BBGS: 267 Screens – 6 positives (3%)
 - NODS CLiP: 89 screens – 3 positives (3%)

Maryland data

- SMART data – 2.5% across all SUD settings screen positive for gambling disorder

Typical Results of Use of Brief Screens

- What happens in actual clinical practice
- Use screen
- No one endorses items
- What does counselor think
 - None of my clients have any gambling problems
 - Don't care about the research, my clients are different
 - NIMBY (Not in my back yard or treatment program)

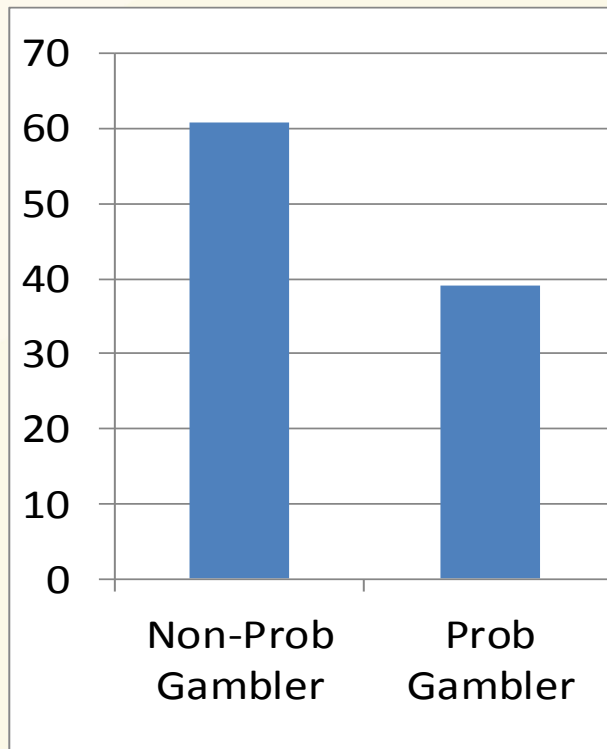
OSAM Survey

- 27.6% gambled more when using alcohol or other drugs
- 16.7% used more alcohol or drugs when gambling
- 15.6% gambled to buy alcohol or drugs

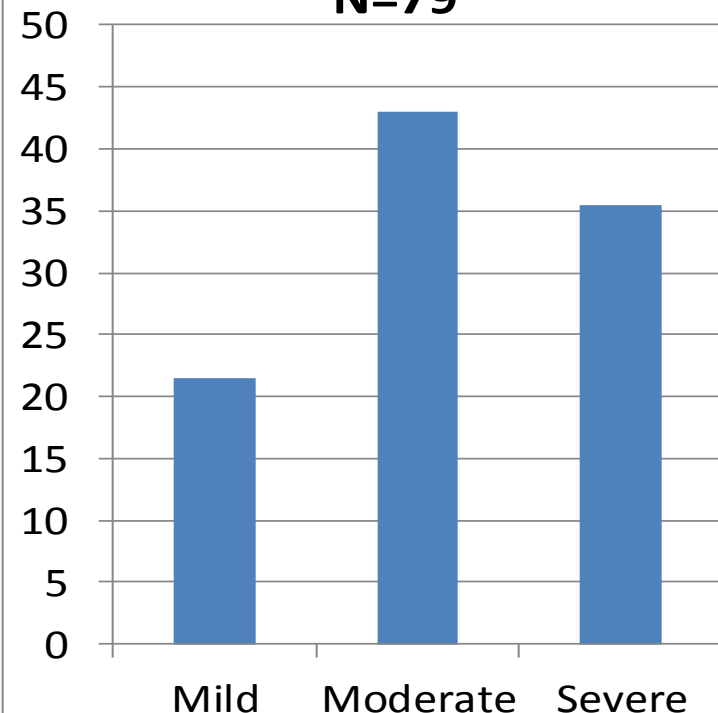
Gambling Disorder among Individuals Attending Outpt. Substance Abuse Treatment

(Himmelhoch et al)

Individuals Meeting DSM5 Criteria
(n=203)



DSM5 Severity
N=79



Characteristics	No Gambling Disorder n = 99	Gambling Disorder n = 85
Age (M ± (SD))	48.2 (9.2)	46.8 (8.0)
Gender – Male	54.5%	52.9%
Married or Living with a partner	26.3%	20.0%
Race – Black or African American	71.7%	70.6%
Complete HS and/or some college	51.5%	61.2%
Employed full or part-time	13.1%	10.6%
Income < \$20,000 last year (n = 182)	85.6%	91.8%

Variables	No Gambling Disorder n = 99	Gambling Disorder n = 85
Methadone dose (mg) (M \pm (SD))	82.0 (24.8)	80.0 (20.4)
Days in treatment (M \pm (SD)) ^a	1378 (1620)	798 (1123)
Spoken with health care provider about gambling ^b	2.0%	11.8%
“Very comfortable” answering questions about gambling ^c	84.8%	60.0%

Note. ^a denotes significance at $p < 0.05$ as determined by a t-test; ^b denotes significance at $p < 0.05$ as determined by a Chi-Square test; ^c denotes significance at $p < 0.05$ as determined by a Fisher exact test

Variables	No Gambling Disorder <i>n</i> = 99	Gambling Disorder <i>n</i> = 85
Purchased lottery tickets		
Not at all ^a	30.3%	5.9%
Less than 10 times in total	12.1%	2.4%
At least once a month	8.1%	1.2%
At least once a week	49.5%	90.6%
Monthly spent (\$) (M±(SD)) ^a	72.3 (159.1)	302.5 (469.2)

Note. ^a denotes significance at $p < 0.05$

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- **CONCLUSIONS**

- Prevalence of Gambling Disorder is markedly elevated
- Gambling is rarely discussed in the treatment setting
- Less time in treatment related to gambling status

- **IMPLICATIONS**

- Opportunities to screen and conduct brief interventions are warranted

Possible Strategy

Adapted by Illinois SBIRT from DSM5, BBGS, and Elizabeth Hartney, PhD

For the purpose of the next questions, “gambling” means buying lottery tickets, gambling at a casino, playing cards or dice for money, betting on sports games, playing slot machines, video poker or other video gambling, gambling on the internet, betting on horses or dogs, playing bingo or keno.

During the past 12 months have you gambled 5 or more times? ____ Yes ____ No

If yes continue to next 3 questions ---

DURING THE PAST 12 MONTHS:

1. Have you tried to hide how much you have gambled from your family or friends?

Yes

No

2. Have you had to ask other people for money to help deal with financial problems that had been caused by gambling?

Yes

No

3. Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling?

Yes

No

If yes to any of the above proceed to next 6 questions

DURING THE PAST 12 MONTHS:

4. Have you tried to cut down or stop your gambling?	Yes	No
5. Have you increased your bet or how much you would spend, in order to feel the same kind of excitement as before?	Yes	No
6. Did you think about gambling even when you were not doing it? (Remembering past gambling experiences, or planning future gambling?)	Yes	No
7. Did you go to gamble when you were feeling down, stressed, angry or bored?	Yes	No
8. Did you ever try to win back the money that you had recently lost?	Yes	No
9. Has your gambling caused problems in your relationships or with work?	Yes	No
Total "Yes" Responses		

- Open Ended Subtle Questions
 - What do you do for fun or entertainment?
 - What do you do to relax or unwind?
 - What do you do to help make ends meet?

Integrated Assessment

- Incorporating into existing assessments
- How might you ask questions related to gambling in each of these sections of your intake or assessment?
 - Medical
 - Financial
 - Family History
 - Substance Use
 - Psychiatric
 - Recreation

Training Needs

- Counselors and health care providers need specific training to:
 - Understand the impact of gambling on recovery, health and well-being
 - Feel comfortable and competent to talk about gambling
 - Know that they have tools and resources for brief interventions and referral

Brief Advice on Gambling

(Petry, 2005)

- Feedback on personal gambling
- Define levels of gambling and gambling disorder
- Risk Factors for Problem Gambling/Gambling Disorder
- Four steps to reduce risk for gambling problems
 - Limit money
 - Limit time
 - Don't view gambling as way to make money
 - Spend time on other recreational activities



GAMBLING:



How Can You Know if it's Beginning to be a Problem for You?

9 out of 10 adults in the state of Maryland gamble. For some, gambling can be a safe pastime, but for others gambling can get *out of control*.

Gambling becomes a problem when:

1. *Someone isn't able to stick to **limits** on the amount of **money** and/or **time** they spend on gambling.*
2. *Gambling starts to cause **harmful** life problems.*



Consider your own gambling habits. Has gambling caused any of the following for you?

- | | |
|----------------------------------------------------------|-----------------------------------------------|
| <input type="checkbox"/> Difficulty paying bills | <input type="checkbox"/> Increased Depression |
| <input type="checkbox"/> Arguments with family/friends | <input type="checkbox"/> Warnings at work |
| <input type="checkbox"/> Losing more money than expected | <input type="checkbox"/> Arrests or jail time |
| <input type="checkbox"/> Gambling debt | <input type="checkbox"/> Increased Anxiety |

On a scale from 1-10, how do you feel your gambling is impacting your life?

0	1	2	3	4	5	6	7	8	9	10
---	---	---	---	---	---	---	---	---	---	----

Not at all a problem

Causing major life problems

Common Risk Factors for Developing a Gambling Problem:

- | | |
|--------------------------------------------------------------|----------------------------------------------------------|
| <input type="checkbox"/> History of alcohol or drug problems | <input type="checkbox"/> History of psychiatric problems |
| <input type="checkbox"/> Frequent or heavy gambling | <input type="checkbox"/> Major life changes or stress |

LAND LENCE

What can I do if gambling is starting to *negatively* affect me?

1. Set your Gambling Goals: My gambling goal is to _____
Do you want to stop altogether or cut back the amount of time you spend gambling? _____
2. Get Support: My supports are _____
Tell your healthcare providers about your gambling goals and seek healthy friends/family for support. _____
3. Learn New Behaviors: Some other fun activities are: _____
You'll need something else to do in place of gambling. What did you like to do before gambling? _____
4. Set Limits: I will not spend more than: _____
Set a budget for how much money you can use to gamble. _____
Set a limit on how much time you will spend before you start. I will stop gambling after: _____



Use **SLOTS** to remember safe gambling tips.

Set **Limits** **O**n **T**ime and **S**pending

If you're struggling to follow your gambling plan, *you are not alone.*

Gambling is a **treatable** addiction. If you're struggling, call for help.

1-800-GAMBLER

24/7 Confidential Helpline

www.mdproblemgambling.com

If you want to keep
gambling fun remember
the **value** of safe play!

View gambling as a **pastime**, not
as a way to pay bills.

Avoid playing while **angry, de-
pressed, lonely** or **intoxicated**.

Limit the amount of **time** and
money you spend on gambling.

Use only money that you can
afford to lose.

Enjoy gambling in the **company**
of others, not by yourself.

Problem gambling happens when someone
isn't able to *stick to limits* on the amount of
money and/or time that is spent gambling and
when their gambling causes
harmful life problems.

If you are struggling to remember **VALUE**,
You are not alone.

Problem Gambling is a treatable
addiction.

Don't wait. We can help!

1-800-522-4700







24/7 Confidential Helpline

www.mdproblemgambling.com

Gambling





If you think it's a **solution**,
it may be a **problem**.

Gambling can be a fun and safe pas-
time. But for some, gambling can get
out of control. **Problem gambling** can
result in:

-  Financial Problems
-  Legal Problems
-  Family Conflict
-  Job related problems
-  Depression and anxiety
-  Health Problems



Risk factors for Problem Gambling Include:

-  Having a history of **alcohol** or **drug** use problems
-  Having a history of **emotional** problems
-  Frequent or heavy **gambling**
-  Major life **changes** or **stress** (death of a loved one, divorce, job loss, etc)



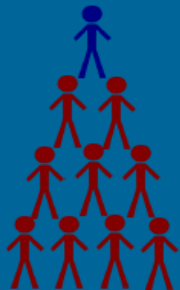
9 in **10** adults in the state
of Maryland gamble.

Roughly **150,000**
of those adults struggle
with **serious gambling**
problems.

What is Gambling?

When you bet or risk money or something of value, to win money or something of value.

This can include, but is not limited to, casino games, keno, slot machines, sports, horse racing, and even bingo.



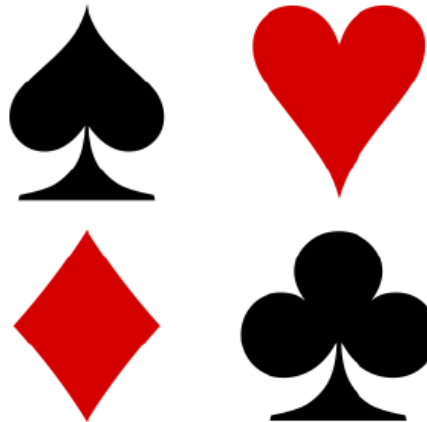
Approximately 9 out of every 10 of adults in Maryland gamble. Anyone who gambles can develop a gambling problem if they are not aware of the risks.

Problem Gambling is a treatable addiction.

We can help!

1-800-522-4700

24/7 Confidential Helpline
www.mdproblemgambling.com



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

Gambling

**Are you at risk
for problem
gambling?**



**Recognize the
warning signs of
problem gambling
and
learn how to
gamble safely.**

Why is Gambling a Problem?

Gambling can be fun. But for some, gambling can get out of control. Problem gambling can result in **financial problems, legal problems, loss of career and family, and even suicide attempts.**

Approximately **4-6 million** Americans are considered "problem gamblers"

How Does Gambling Affect my Health?

Gambling even at relatively moderate levels (5 times a year or more) has been associated with:

- High blood pressure
- Obesity
- Heart problems
- Stomach problems
- Headaches
- Sleep problems
- Head injury
- Liver disease

Characteristics of Low-Risk Gambling

Low risk gambling is done:



As a form of fun, not to make money



With limits on time, money and frequency



In a social setting, not alone



With money you can afford to lose

Characteristics of High-Risk Gambling

Do you gamble when you are:



Coping with grief, loneliness, anger or sadness.



Under financial pressure and stress.



Recovering from mental health or substance use disorders.



Using alcohol or other drugs.



Under the legal age to gamble.

Learn to Gamble Safely

If you gamble, don't forget your D.E.C.K

D

on't gamble when feeling sad, lonely, angry or bored.

E

njoy gambling. Gamble for fun, not money.

C

ap the amount of time and money you will spend before you start.

K

eepest away from alcohol and drugs while gambling.



If you would like more information on Problem Gambling or think you may have a problem, contact the Maryland Center of Excellence on Problem Gambling. Contact Information is located on the back.



LEARN ABOUT SAFE GAMBLING

---SUPPORT AND ADVICE FROM YOUR CLINICIAN---

NG

Keeping Gambling Safe: Use your D.E.C.K.

Don't gamble when feeling sad, lonely, angry or bored.

Enjoy gambling. Gamble for fun, not money.

Cap the amount of time and money you will spend before you start.

Keep away from alcohol and drugs while gambling.

Your Plan for Safe Gambling

1. Decide your Gambling Goals.

Do you want to stop altogether, cut back on the amount of money you spend gambling, limit the amount of time you gamble, etc.

What are your gambling goals?

2. Get Support.

Tell your family, friends, health care providers about your gambling goals.

Seek out help through groups or individual counseling.

Who can help you?

3. Learn New Skills and Behaviors.

Find other recreational activities that you enjoy doing besides gambling.

Remember to use your D.E.C.K.

What new skills will you try?

4. Set Limits.

Set a budget for the amount of money you will spend gambling.

Set a limit of the amount of time you will spend before you start.

What are your limits?

Follow up Plan: -----

Clinician: ----- **Date:** -----

Be prepared for challenges that may arise.

For additional help call the 1-800-522-4700 or visit www.mdproblemgambling.com

Commitment to agency

From –

- Brief training to screen and refer
- No ongoing involvement
- No funding

To –

- Funding support (sustained)
- Ongoing training and collaboration
- Individualized TA

Disordered Gambling Integration (DiGIn-MD)

Project Goal and Overview

- To increase the capacity of substance use disorder and mental health treatment and prevention programs to address gambling and disordered gambling through enhanced screening, assessment, awareness, intervention, and relapse prevention strategies.
- Is not just about making a diagnosis or finding cases of pathological gambling.
- More broadly, the goal is to make the impact of gambling on recovery a relevant topic of conversation within programs currently addressing behavioral health disorders.

Disordered Gambling Integration (DiGIn-MD) Program Key Features

1. Obtain buy in and support from agency leadership
2. Train key staff and establish agency “champion(s)”
3. Agency site evaluations – Problem Gambling Capability Scale
4. Client and Staff surveys
5. Monthly project meetings
6. Monthly site visits



Thank You



Anyone can slay a dragon, he told me, but try
waking up every morning and loving the
world all over again.

That's what takes a real hero.

Funded by DHMH/BHA

