



WISCONSIN COUNCIL ON PROBLEM GAMBLING

MAJOR CONTRIBUTORS: Potawatomi Hotel & Casino

What Is Gambling Disorder?

Gambling is betting something valuable on an event that is determined by chance. The gambler hopes that he or she will 'win,' and gain something of value. Once placed, a bet cannot be taken back. When people think of gambling, they think of slots machines and casinos. But, it's important to understand that playing bingo, buying lottery tickets, even betting on office pools – all of these, and many other activities, are forms of gambling. Mental health professionals have developed criteria that help to identify when someone has a problem. Many professionals use the Diagnostic and Statistical Manual of Mental Disorders (DSM) criteria. The DSM is a handbook published by the American Psychiatric Association. It is used to diagnose psychological problems. The newest version of the DSM lists Gambling Disorder alongside other addictive behaviors. The DSM-5 provides a series of symptoms commonly found among people with gambling problems. The symptoms include:

- A. Persistent and **recurrent** problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
 - 1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 - 2. Is restless or irritable when attempting to cut down or stop gambling.
 - 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
 - 4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
 - 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
 - 6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
 - 7. Lies to conceal the extent of involvement with gambling.
 - 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 - 9. Relies on others to provide money to relieve desperate financial situations caused by gambling.
- B. The gambling behavior is not better explained by a manic episode.

People meet the DSM standard for Gambling Disorder when they satisfy four or more of these criteria. Gambling problems exist with every form of gambling activity. It's not just associated with casinos or Internet gambling. Bingo players, lottery players, casino players, and friends playing poker all can develop Gambling Disorder. People with Gambling Disorder continue gambling despite bad consequences. For example, they might not fulfill work or home duties, or have legal problems. They also might have repeated social problems, like getting into fights and conflicts with other people. People with Gambling Disorder are preoccupied with gambling. They may try to quit unsuccessfully or hide their behavior. They might also commit crimes to pay for their gambling.

2023 SPRING Newsletter

Wisconsin Council on Problem Gambling, Inc.

2022 Year in Review

The year 2022 was the 24th year of our Problem Gambling Public Awareness Campaign. It was our 29th year in operation and the 26th year of the 24-hour Helpline. The Council continued to see tremendous growth during the past year.

The Public Awareness Campaign contains six different project areas used to enhance the awareness of Problem Gambling. These areas include the 24-hour Helpline, High School Educational Curriculum, Statewide Compulsive Gambling Awareness Conference, our Public Relations Media Awareness Campaign, and the Training of Human Service Professionals.



24 Hour Helpline

The Helpline received 15,192 contacts in 2022 with the highest months of calls being March with 1,483 contacts. We continue to receive many hits to our website annually. We received 10,889 web hits in 2022. The highest month was May with 1310 hits. The average debt amount of callers to the Helpline was \$45,046. However, many people refuse to divulge this information and are confused about their indebtedness. Area code 414 received the most calls. During the year 2022, 535 referrals were made, and 27 packets of information were sent. Many people prefer to use the website to obtain their information instead of having a packet sent. The chat line received 88 chats and the text line received 15 texts.

Outreach Program

The WCPG provides an Outreach Program. This program provides educational sessions to high school students around the state. The goal of the program is to provide education and awareness on gambling disorders. Students learn the definitions of gambling, the risks associated with gambling, the warning signs and how to get help for themselves or others. Presentations in schools throughout the state started again in July, 2021. The Outreach program reached 706 students, 26 classrooms, and 13 staff in 2022.

State Wide Compulsive Gambling Conference

The WCPG hosted its 23rd Annual Wisconsin Council on Problem Gambling Statewide Conference on March 16-17, 2022, at the Milwaukee Marriott West. Seventy-five people attended the two-day conference. Due to Covid-19, attendance is still lower.

Training of Human Service Professionals

We have been able to provide one Phase 3 and Phase 4 training session during 2022. We offered a webinar training series and an introduction training. Seventeen training units were provided through our training sessions. We offered a total of 7 training courses with 133 attendees during 2022.

We continue to develop a list of all persons/agencies within the state of Wisconsin qualified to provide training, education, treatment, or public information at various levels, for use by such groups as Employee Assistance Programs, human resource personnel, AODA personnel, school counselors, treatment providers, and civic and church groups

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Gambling Disorder: What We Know & What We Need to Know

Presenter: Andrew Schreier, ICS, CSAC, LPC, ICGC-II

Gambling is a part of worldwide culture and has been a part of our history as well as future in society. The definition of gambling itself identifies “risking something of value”, which can create some harm for individuals. With gambling being a part of culture and possessing some risk, how do we learn about what is seen as traditional/social gambling and what is considered problem/gambling use disorder? Learn about what we know regarding experimenting, social gambling, problems with gambling, and the diagnosis of gambling use disorder along with some of the types of gambling we commonly see.

Despite gambling having its potential risks and effects, the awareness of problem and gambling use disorder often go under the radar among other various topics in the helping profession. Do we ask about gambling on intakes? Do we explore further and ask people to elaborate when they mentioned engaging in gambling? These are just a few of the questions to assess how much we talk about gambling. There are several reasons why gambling is often ignored, and it’s vital to address them to identify individuals who might be at risk or experiencing problems with gambling.

Although problem gambling or gambling use disorder affects a small population of people in general, there are higher risks for specific individuals. Among them include substance use and mental health, and it’s important for those working with these populations to know about gambling. What impact does gambling have on mental health or substance use? How likely is it that someone who works with substance use and mental health work with those who gamble? Helping professions who may not be aware or educated about gambling need to know about it as it continues to expand.

Goals:

- ◆ Provide an overview of what gambling is, how it is a part of culture, and identifying the differences between those who can gamble socially and those who experience problems.
- ◆ Explore reasons why gambling continues to remain under the radar among helping professionals and challenges we face in addressing it among other issues.
- ◆ Identify the connections gambling has to substance use, mental health, and other issues with seeing how gambling has relationships with varies issues helping professionals deal with.



Location:

Comfort Suites Cottage Grove—Madison
1607 Landmark Drive
Cottage Grove, WI 53527
(608) 318-4120

For more information and to register online, please visit our website (under the events tab):
<https://wi-problemgamblers.org/>

Friday, June 16, 2023

8:00am - 3:00pm (lunch on your own)

Cost: \$20.00 CEU Hours: 6
(No Refunds)

Continuing Education Units applied for with:

- ◆ NAADAC
- ◆ EACC
- ◆ IGCCB
- ◆ WAMFT
- ◆ NASW

WCPG's Webinar Series

Gambling Disorder Recovery—A Process Not an Event

September 13, 2023

Harm Reduction and its Place in Gambling

October 11, 2023

CEU certifications will be applied for through NAADAC, EACC, WAMFT, NASW, and IGCCB



**Online Registration and payments are
available on our website!**

www.wi-problemgamblers.org



Virtual or In Person Learning Video



WCPG offers in class presentations on gambling disorders. This interactive presentation is designed to fit your class schedule. As with other addictions our youth are at high risk to become addicted to gambling. We believe awareness, education, and providing them with the tools to recognize gambling disorders will help prevent future problems.

A video alternative is available if an in person presentation doesn't work for you. We recognize that nothing can compare with an actual person delivering a topical message. However, we believe that this video will educate, garner discussion, and serve as a basis of information on the risks of gambling for your students.

This video is 34 minutes long, but provides several breaks to allow for as much in-class discussion as each teacher feels comfortable with. We placed these breaks in the video to allow for class participation. The PowerPoint slide will either pose a question or there will be a slide that says, "Take some time to discuss." During those times, we would encourage teachers to stop the video and discuss with the class. We are not asking the teachers to be experts in this field and the subsequent slide will provide answers to those questions.

To set up a time to receive the video link or to set up an in-class presentation, please fill out the speaker/video request form on our website: www.wi-problemgamblers.org or call 920-437-8888. School presentations and video presentations are available at no cost.

Wisconsin Council on Problem Gambling, Inc. 2022 Year in Review

Public Relations/Media Campaign

As part of the media awareness campaign, the following has been accomplished or continues:

- Planning, development, and implementation of the public awareness campaign-- phase twenty-four.
- WCPG continues to develop a list within the State of Wisconsin with persons/agencies qualified to provide training, education, treatment, or public information at various levels on the issue of compulsive gambling.
- Continued distribution of four different posters.
- WCPG continued its Social Media presence through Facebook, Instagram, Pinterest, You Tube, LinkedIn, and Twitter.
- Media interviews as requested.
- More than 50 media contacts including newspapers, radio, and television.
- Press releases regarding the WCPG effort were distributed.
- Continued distributing updated version of “Is Gambling Affecting Your Life”.
- (Approximately 185,000 have been distributed)
- Exterior bus signage continues in several cities throughout Wisconsin.
- Bathroom ads in Wisconsin Casinos.
- Exhibits at a variety of conferences and programs throughout the state.
- Tokens, magnets, pens, pencils, note clips, back scratchers, calendars, oven sticks, and computer dusters, etc. are being distributed in a variety of ways throughout Wisconsin. These public awareness “tools” are an excellent opportunity to get the 800-Helpline number out to thousands of people. People will pick up a pen, which has the 800 number on it, more likely than they would pick up a pamphlet.
- Continued partnership with the Wisconsin Lottery.
- Increased materials in our resource library.
- Continues distribution of WCPG brochures including “special population” brochures.
- Continues distribution of membership brochure.
- Continues development of a data collection process for a book of experts.
- Reached an estimated 36,000 people through contacts at exhibits, workshops, and conferences.
- WCPG continues to speak to a variety of groups—EAP, social service departments, counselors, people working with the elderly, Dept. of Corrections, etc. to provide education and awareness on gambling addiction.
- WCPG continues to distribute our quarterly newsletter to over 5,500 people.
- A workplace brochure continues to be distributed to generate more awareness in the workplace environment.
- A legislative newsletter is distributed quarterly to all Legislators in Wisconsin.
- A brochure geared towards parents continues to be distributed.
- Planning session with the Board of Directors to assess public awareness program.

“Celebrating Recovery, Hope, and Support” 5K Run/Walk



When:

September 16, 2023
8:00am – 12:00pm

Location:

Brown County WI Barkhausen
Waterfowl Preserve
2024 Lakeview Dr, Suamico, WI 54173

Visit our Website Event Page for more information

<https://wi-problemgamblers.org/events/>