

PROBLEM GAMBLING: SIGNS, SYMPTOMS & SOLUTIONS

PRESENTED BY THE
CALIFORNIA COUNCIL ON PROBLEM GAMBLING



FUNDED BY THE CALIFORNIA DEPARTMENT OF PUBLIC HEALTH
OFFICE OF PROBLEM GAMBLING



WHO ARE WE?

CALIFORNIA COUNCIL ON PROBLEM GAMBLING (CCPG)

- ▶ Nonprofit founded in 1986
- ▶ Helps problem gamblers and their loved ones
- ▶ Operates the 1-800-GAMBLER helpline
- ▶ Emphasis on awareness, education & outreach
- ▶ Website:
www.calpg.org

CALIFORNIA DEPARTMENT OF PUBLIC HEALTH, OFFICE OF PROBLEM GAMBLING (OPG)

- ▶ Formed in 2003
- ▶ Funded by Tribal Gaming, CA Gaming & the CA Lottery
- ▶ Funds research, treatment, prevention & more
- ▶ Provides resources in over 20 languages
- ▶ Website:
www.problemgambling.ca.gov



**CCPG AND OPG ARE “GAMBLING NEUTRAL”
MEANING WE ARE NEITHER FOR NOR AGAINST LEGALIZED GAMBLING**

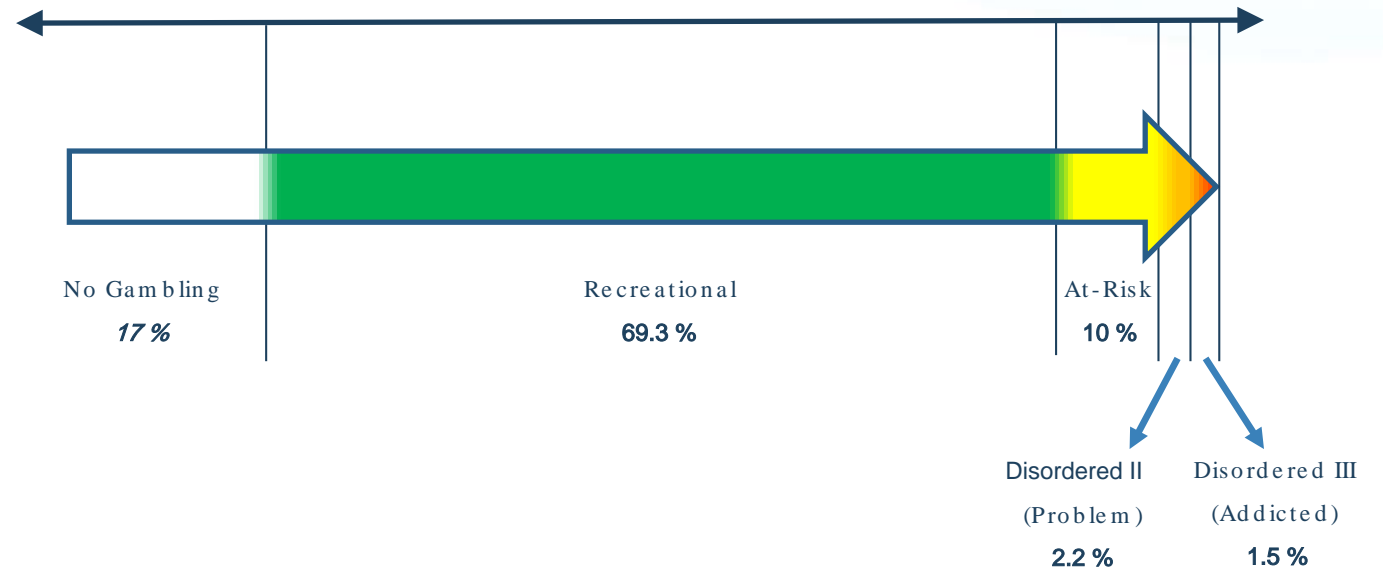
TYPES OF GAMBLERS

There are many reasons you could be “at risk”, like beginning to gamble when you are young, growing up with gamblers, etc.

“Problem gamblers” lose control of their actions for a while, causing financial or other harms.

Addicted gamblers, also called disordered gamblers, suffer from a disease which gives them an uncontrollable urge to gamble.

Over one million Californian adults will develop a gambling problem or disorder in their life.



GAMBLING ADDICTION IS TREATABLE.
HELP IS AVAILABLE FOR THOSE WHO NEED IT!

WHAT IS RESPONSIBLE GAMING?



Gambling should be a form of entertainment, and just one of many hobbies. Gambling responsibly reduces the risk of developing a problem and improves the overall experience for the gambler.

- ▶ Set limits (time and money), and stick to them
- ▶ Should be viewed as money “spent,” instead of “lost”
- ▶ Should not take time away from important events (family, work, etc.)



PROBLEM OR NOT?



SOCIAL GAMBLING

- ▶ Plays occasionally
- ▶ Spends what they can afford
- ▶ Hopes to win, expects to lose
- ▶ Plays for fun
- ▶ Can take it or leave it

PROBLEM GAMBLING

- ▶ Gambles frequently
- ▶ Uses money needed or borrowed
- ▶ Wins never enough; chases losses
- ▶ Gambles to win and/or escape
- ▶ Life revolves around gambling



WHAT IS THE GAMBLER'S FALLACY?

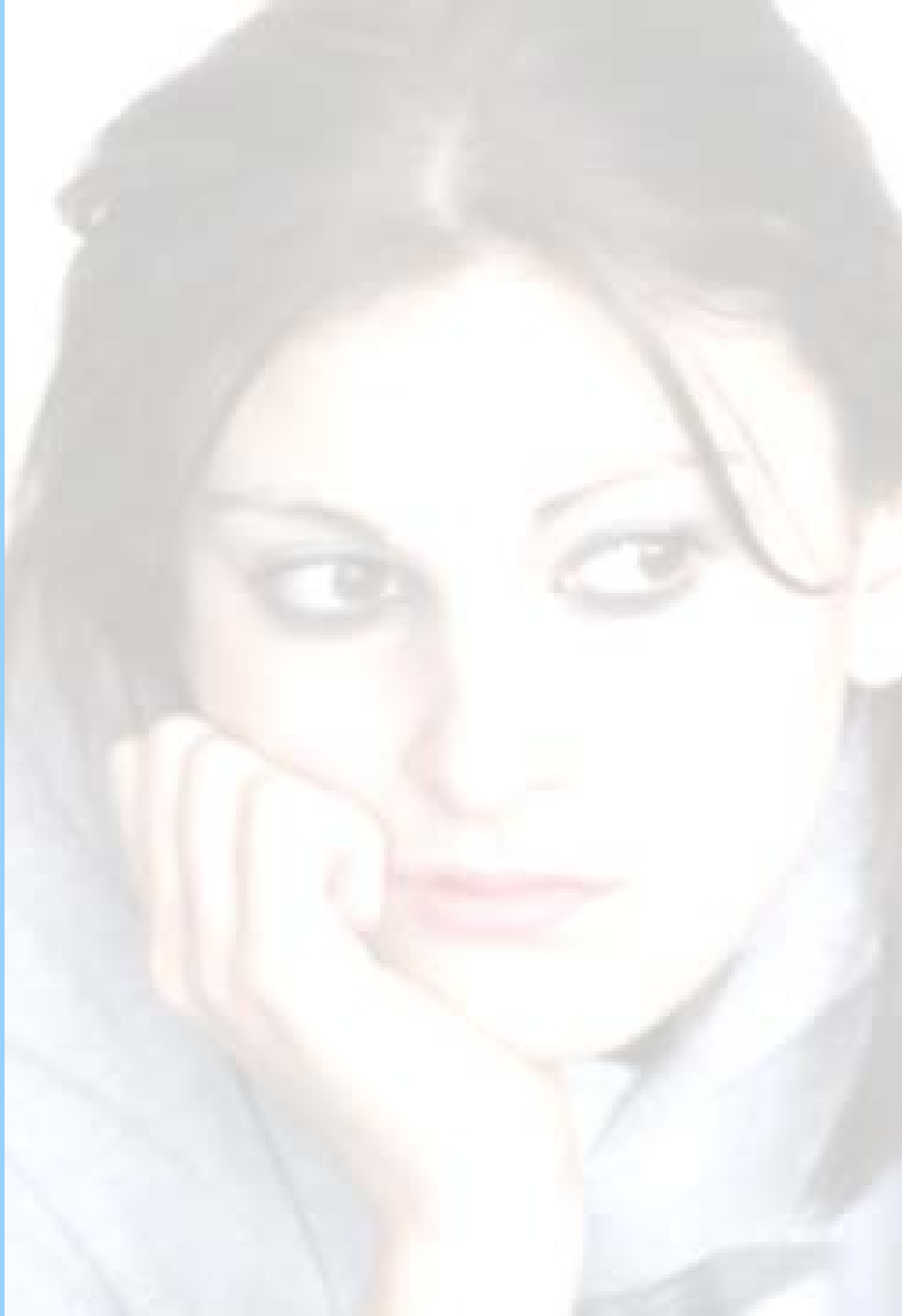
MYTH	REALITY
▶ Tables/Machines/etc. can be hot or cold	▶ Wins/losses are completely random
▶ Betting systems improve odds	▶ Losing less is still losing!
▶ Practice makes perfect	▶ The math always favors the house
▶ I can control the outcome	▶ Luck cannot be controlled

The gambler's fallacy is the mistaken belief that, if something happens more or less than normal during a series of events or period of time, it will happen more or less in the future as a way of “balancing out.”

- ▶ The past does not predict the future, but we DO know that the house will win in the long run.
- ▶ Encouraging superstitions (such as a machine being hot) can promote the fallacy.
- ▶ Falling for this trap can lead to spending past your comfort level, and then chasing losses.



A PROBLEM GAMBLER?



- ▶ Anyone can become a problem gambler.
- ▶ Sometimes the signs are caused by another problem.
- ▶ Only a professional can diagnose.
- ▶ Know your role, and how to respond to each situation.
- ▶ You don't have to know they are a PG to offer help.



WHAT ARE SOME SIGNS OF A GAMBLING PROBLEM?

There is no bigger warning sign than if a guest tells you that gambling has caused them problems.

Other signs of a gambling problem include:

- ▶ Does not leave after a large win
- ▶ Gets intensely emotional / frustrated / angry
- ▶ Bets more money, or gambles more often over time
- ▶ Lies, chases, or seeks bailout (borrowing money)
- ▶ Neglects physical needs (medication, toilet, etc.)

**REMEMBER, ONLY A PROFESSIONAL
CAN DIAGNOSE A GAMBLING PROBLEM.**



PREVENTION RESOURCES

▶ **Self-Exclusion**

A voluntary “ban” from gambling activities for a set period of time. Violators may face forfeiture of jackpots or arrest for trespass. Exclusion is statewide within California Gaming, may be requested by mail or in-person, and lasts for 1 year or “revocable lifetime.”

Because tribal casinos have their own gaming commissions, exclusion programs vary at each casino and are not statewide.

▶ **Self-Restriction**

A program allowing guests to “ban” themselves from a single gambling establishment, or from certain games or services at the single establishment.

▶ **Everi’s STeP**

A program to prevent the use of credit/debit cards at those casinos that use Everi for ATM or credit card advance machines.

▶ **Gamblock & Gamban**

Programs that restrict your ability to gamble online.



ASSISTANCE FOR GAMBLING PROBLEMS

Services are provided at no cost to the client through California Gambling Education and Treatment Services (CalGETS) program, by the California Office of Problem Gambling.



Gamblers Anonymous or Gam-Anon

Individual Treatment

Telephone Treatment

CALL 1-800 - GAMBLER

Self-help workbook
(20+ languages)

Group Treatment



TEXT 'SUPPORT' TO 53342

GamBAN Licenses

800GAMBLER.CHAT

Intensive Outpatient (IOP)

Motivational Text
Messaging

Residential Treatment

For help in English, Spanish, Mandarin, or Cantonese
(with translation services in 240+ languages and telehealth for the deaf and hard of hearing)

CALL

1-800 - GAMBLER

OR CHAT IN ENGLISH

WWW.800GAMBLER.CHAT

OR TEXT IN ENGLISH

'SUPPORT' TO 53342



California Council on Problem Gambling
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California State Office of Problem Gambling
www.problemgambling.ca.gov