

# Iowa Gambling Treatment Program

Iowa Department of Public Health

# Advisory Committee Advises on Program Direction

- 1-800-BETS OFF Helpline
- Counseling/ Treatment
- Education/ Training
- Public Awareness

# Problem Gambling in Iowa

Current Probable Pathological Gamblers 1.0%

Current Problem Gamblers 2.3%

(Data was taken in 1995; “Current” means in the previous 12 months)

# Problem Gambling in Iowa

Lifetime Probable Pathological Gamblers 1.9%

Lifetime Problem Gamblers 3.5%

(Data was taken in 1995; “Lifetime” means at some time in their lives)

# 1998-2003 Iowa BRFSS

(Results-Behavioral Risk Factor Surveillance System)

Have you gambled in the last 12 months? (%)

	Yes	No	Refused/Unsure
• 1998	38.8	57.7	3.5
• 1999	33.4	62.8	3.9
• 2000	33.7	63.6	2.7
• 2001	38.3	55.2	6.4
• 2002	33.5	66.3	0.2
• 2003	32.4	67.3	0.3

# 1998-2003 Iowa BRFSS

(Results-Behavioral Risk Factor Surveillance System)

Has the money you spent gambling led to financial problems? (%)

	Yes	No
• 1998	1.3	98.7
• 1999	1.2	98.8
• 2000	1.6	98.4
• 2001	1.0	98.7
• 2002	0.9	99.1
• 2003	1.6	98.4

# 1998-2003 Iowa BRFSS

(Results-Behavioral Risk Factor Surveillance System)

Has the time you spent gambling led to problems in your family, work, or personal life? (%)

	Yes	No
--	-----	----

- 1998      1.1      98.8
- 1999      0.7      99.3
- 2000      0.9      99.0
- 2001      0.8      99.2
- 2002      1.1      98.9
- 2003      1.7      98.2

# 2002 Iowa Youth Survey Report

(From almost 97,000 students in Grades 6, 8, and 11)

**If you have gambled (like buying lottery tickets, betting on the outcome of sports events, card games, or horse/dog races) in the past 12 months, how much money did you usually bet?**

**2% answered “More than \$50.”**

# 2002 Iowa Youth Survey Report

(From almost 97,000 students in Grades 6, 8, and 11)

- **Has the money you spent gambling led to financial problems?**

**1% answered “Yes.”**

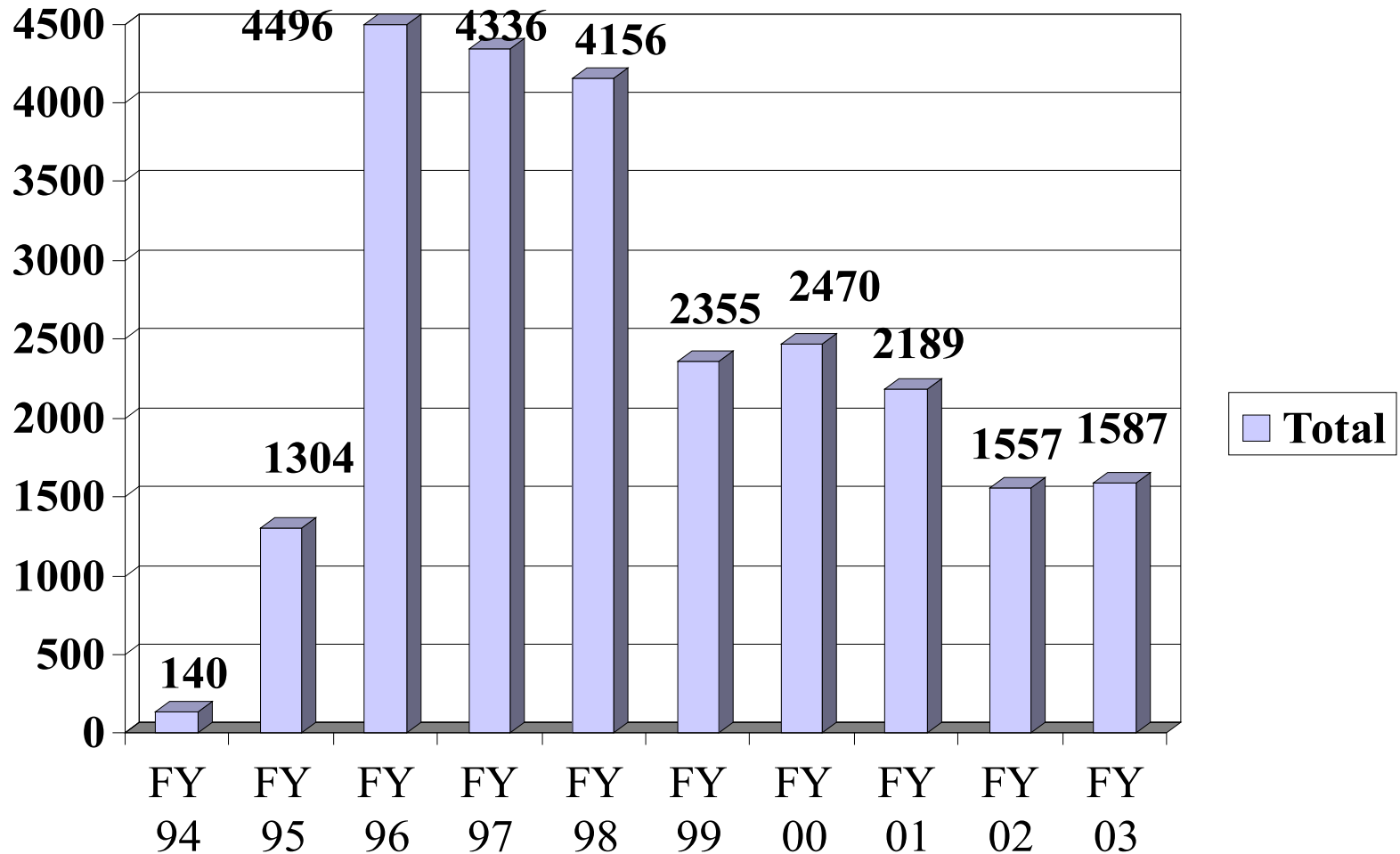
- **Has the time you spent gambling led to problems in your family, work, school, or personal life?**

**1% answered “Yes.”**

# 1-800-BETS OFF Helpline Calls Gamblers and Concerned Persons

- **Fiscal Year 2003** 1587
- **Fiscal Year 2002** 1557
- **Fiscal Year 2001** 2189
- **Fiscal Year 2000** 2470
- **Fiscal Year 1999** 2355
- **Fiscal Year 1998** 4156
- **Fiscal Year 1997** 4336
- **Fiscal Year 1996** 4496
- **Fiscal Year 1995** 1304
- **Fiscal Year 1994** 140

# Fiscal Years 1994-2003 Helpline Calls From Gamblers and Concerned Persons



# Multi-Media Messages

- Television
- Radio
- Billboards
- Print
- Internet

# Multi-Media Expenditures Fiscal Years 1994-2003

FY	Total \$	Bets Off Calls	Clients
2003	\$ 287,109	1587	919
2002	\$ 293,117	1557	842
2001	\$ 531,876	2189	944
2000	\$ 964,804	2470	1053
1999	\$ 976,915	2355	923
1998	\$1,471,857	4156	1016
1997	\$ 609,541	4336	970
1996	\$1,449,792	4496	884
1995	\$ 214,606	1304	562
1994	\$ 0	140	383

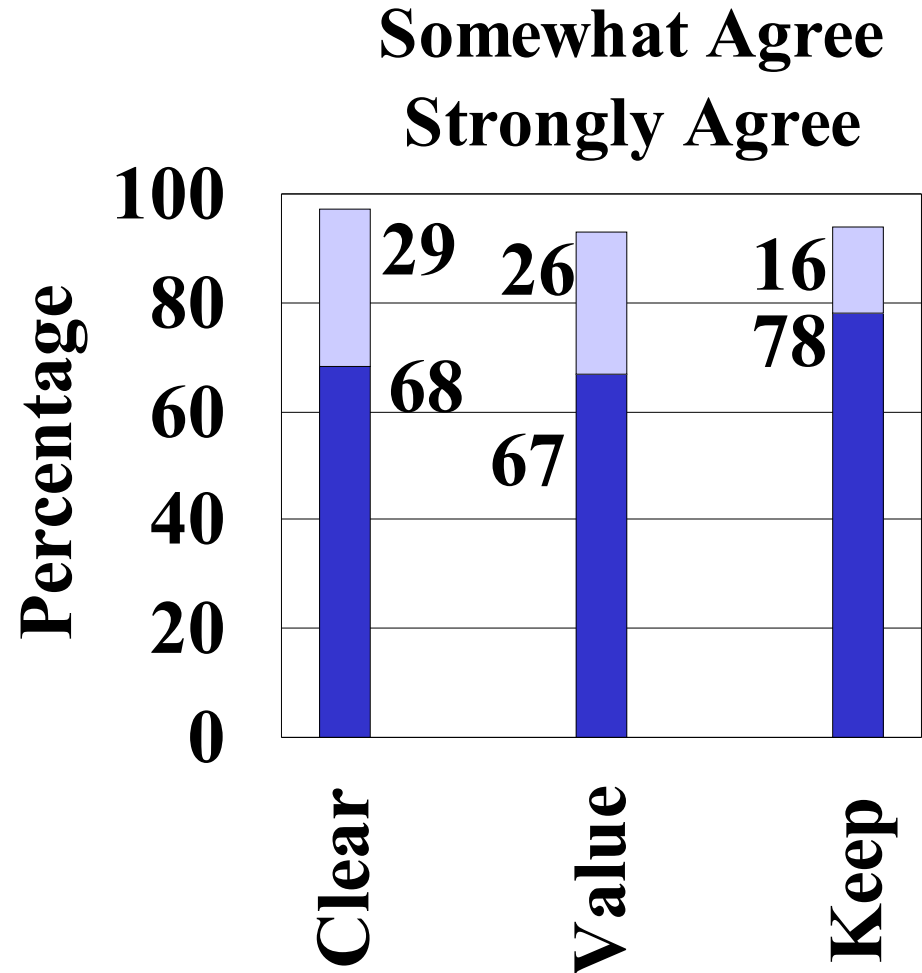
Fiscal Years 1990, 1995, 2002  
Multi-Media Expenditures/ Calls/ Clients

FY	Total \$	Calls	Clients
2	\$201,163	323	351
4	\$214,606	1304	562
2002	\$293,117	1557	842

# Agreement With Statements

1-800-BETS OFF Helpline Advertising Program Evaluation (1998)

- Clear Message (97%)
- Valuable Resource (93%)
- Continue Advertising (94%)



# Clients' Primary Wagering (%)

## Fiscal Years 1998-2003

	<b>FY 98</b>	<b>99</b>	<b>00</b>	<b>01</b>	<b>02</b>	<b>03</b>
• Slots	59	62	63	59	64	69 %
• Table Games	16	12	14	11	12	9 %
• Video	10	9	11	12	11	6 %
• Lottery Items	4	4	4	4	3	3 %
• Sports	2	2	2	4	4	4 %
• Other	9	11	6	10	6	6 %

# Providers of Gambling Treatment and Education Services

- Alcohol & Drug Dependency Services  
Burlington
- Allen Memorial Hospital  
Waterloo
- Central Iowa Gambling Treatment  
Program  
Des Moines, Ames, Oskaloosa

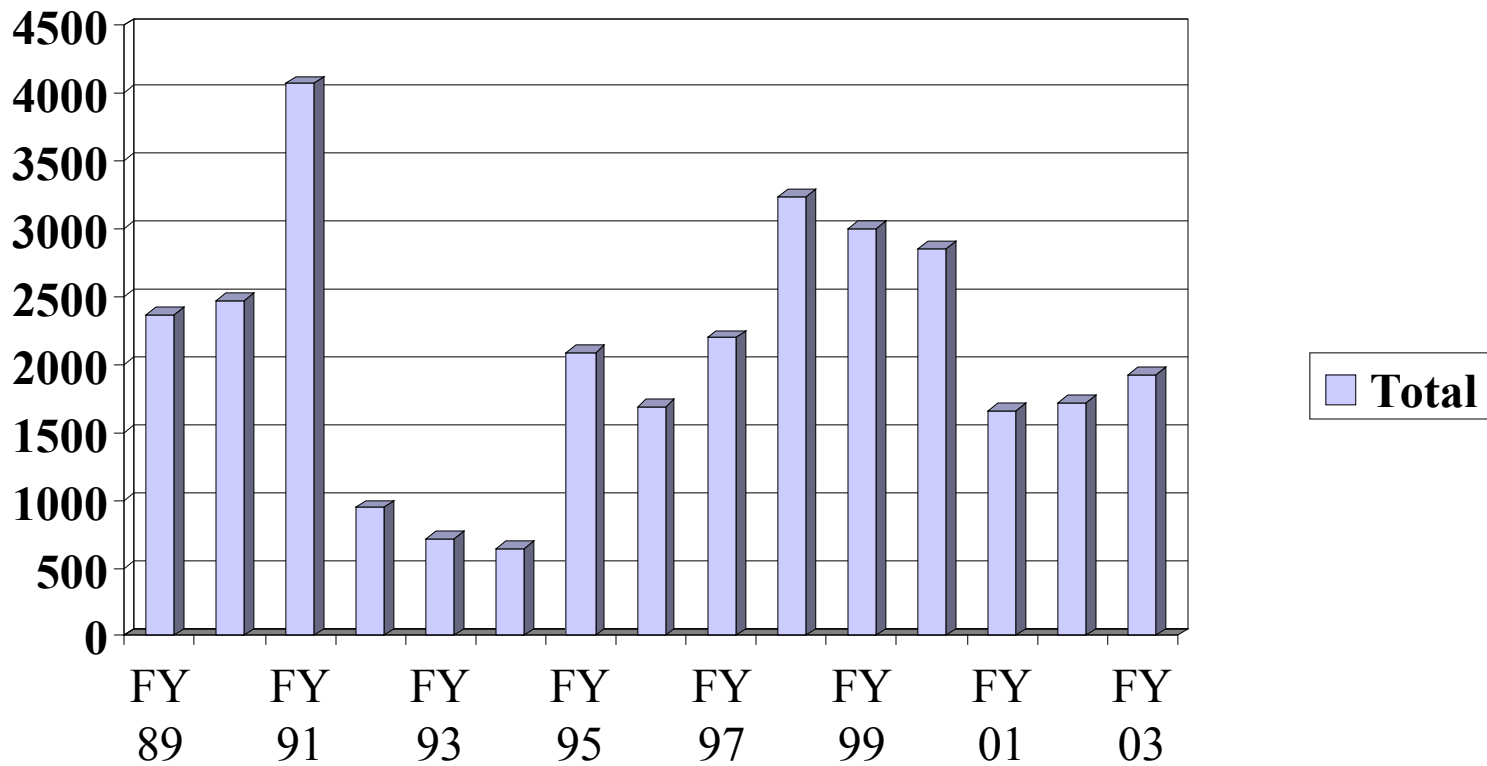
# Providers of Gambling Treatment and Education Services

- Community and Family Resources  
Fort Dodge
- Eastern Iowa Center for Problem  
Gambling  
Davenport, Cedar Rapids, Clinton
- Family Service  
Council Bluffs

# Providers of Gambling Treatment and Education Services

- Jackson Recovery Centers, Inc.  
Sioux City
- Jennie Edmundson Hospital  
Osceola, Creston
- Northwest Iowa Alcoholism & Drug  
Treatment Unit                      Spencer
- Substance Abuse Services Center  
Dubuque, Manchester

# Education Hours Provided 1989-2003



# Counseling Services

Services are delivered on an outpatient basis. Iowa reimburses local providers on a fee-for-service basis for counseling and for education on problem gambling. Providers are awarded one-year contracts based on proposals submitted in a Request for Proposal process for a 3-year project period. An advisory committee provides advice and guidance regarding the program structure and services.

# Crisis Counseling Hours

- **Fiscal Year 2003** 969
- **Fiscal Year 2002** 883
- **Fiscal Year 2001** 1159
- **Fiscal Year 2000** 1111
- **Fiscal Year 1999** 1002
- **Fiscal Year 1998** 709

# Assessment/ Screening Hours

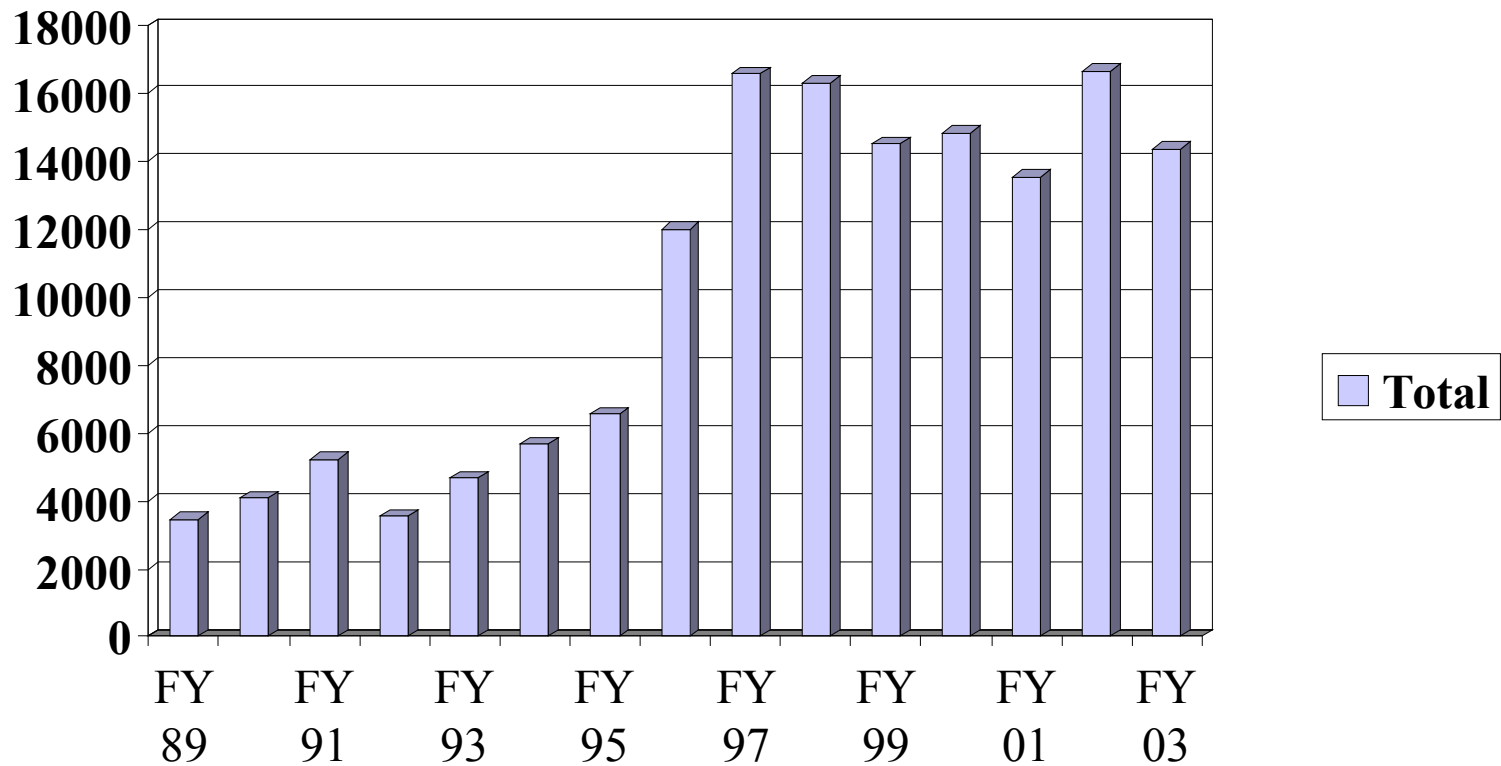
- **Fiscal Year 2003** 946
- **Fiscal Year 2002** 765
- **Fiscal Year 2001** 1021
- **Fiscal Year 2000** 1195
- **Fiscal Year 1999** 995
- **Fiscal Year 1998** 947

# Counseling Hours

(for Admitted Clients)

- **Fiscal Year 2003** 14351
- **Fiscal Year 2002** 15651
- **Fiscal Year 2001** 13557
- **Fiscal Year 2000** 14841
- **Fiscal Year 1999** 14519
- **Fiscal Year 1998** 16307

# Counseling Hours for Admitted Clients FY1989-2003

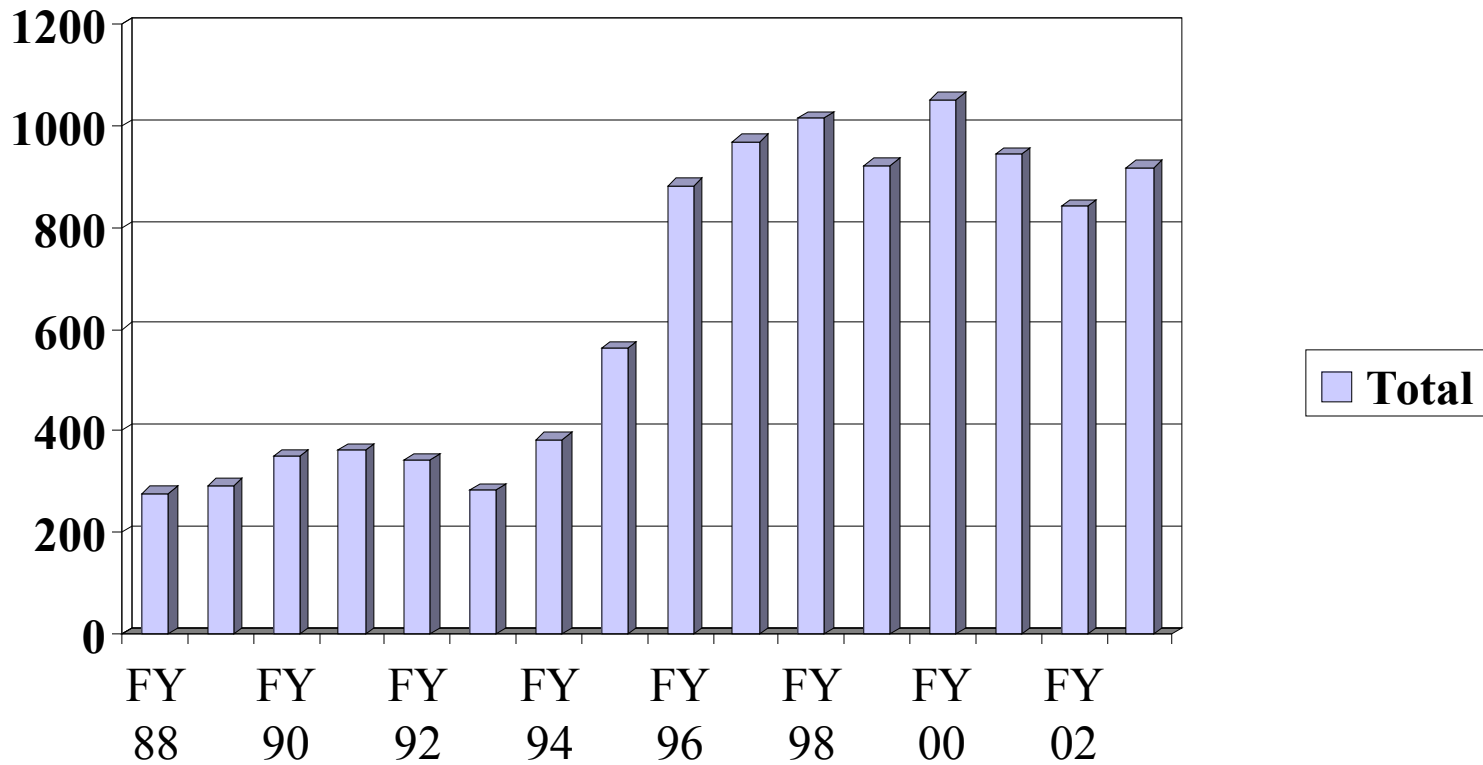


# Clients Receiving Counseling Services (Gamblers/ Concerned Persons /Total)

• FY 03	790	129	919
• FY 02	742	100	842
• FY 01	802	142	944
• FY 00	933	120	1053
• FY 99	781	142	923
• FY 98	826	190	1016
• FY 97	741	229	970
• FY 96	675	209	884
• FY 95	412	150	562
• FY 94	284	99	383

# Clients Receiving Counseling

## FY1988-2003



# Education and Training

For information about problem gambling training, contact Training Resources at

515-309-3315

[info@trainingresources.org](mailto:info@trainingresources.org)

Web site- [www.trainingresources.org](http://www.trainingresources.org)

# Educational Resources

- Posters, brochures, books, and articles
- Videotapes and curriculum guides
- Other problem gambling resources

Contact the Iowa Substance Abuse  
Information Center at 319-398-5133 or  
800-247-0614; also on the Web at:

[www.drugfreeinfo.org/tgamble.html](http://www.drugfreeinfo.org/tgamble.html)

# Iowa Gambling Treatment Program Website

## **Internet**

- [www.1800betsoff.org](http://www.1800betsoff.org)

# Iowa Gambling Treatment Program Funding Sources

- Beginning in Fiscal Year 1995, the gambling treatment fund received 0.3% of the gambling proceeds from the lottery and the casinos.
- For FY 2001 the program received an appropriation of \$2,092,000.
- For FY 2002, FY 2003, and FY 2004, the program was appropriated the balance of the fund (about \$1,700,000-2,000,000 each year) after diversions.

# Iowa Gambling Treatment Program Expenditures

- FY2005                \$4.3 million (Estimated)
- FY2004                \$2.0 million (Estimated)
- FY2003                \$1.7 million
- FY2002                \$1.7 million
- FY2001                \$1.9 million
- FY2000                \$2.5 million
- FY1999                \$2.4 million
- FY1998                \$3.0 million

# FY2000 Gambling Treatment Program Fund Diversions

- \$525,000 to Substance Abuse

# FY2001 Gambling Treatment Program Fund Diversions

- \$1,283,886 for Addictive Disorders
- \$ 400,000 for Elderly Wellness
- \$ 100,000 for HAWK-I  
(Healthy and Well Kids-Iowa)
- \$ 49,863 for Childhood Lead Program
- \$ 41,001 for Child Fatality Review

# FY2002 Gambling Treatment Program Fund Diversions

- \$1,685,810 for Addictive Disorders
- \$ 371,488 for Iowa Veterans Home

# Gambling Treatment Program Fund Diversions FY2003-05

FY2003

\$1,690,000 for Addictive Disorders

FY2004

\$1,690,000 for Addictive Disorders

FY2005

\$1,690,000 for Addictive Disorders

Iowa Department of Public Health  
Iowa Gambling Treatment Program

1-800-BETS OFF Helpline

Counseling/ Treatment

Education/ Training

Public Awareness

# Future Issues to Address

- Examine co-existing disorders
- Examine best prevention methods
- Examine the best methods to teach no-risk or low-risk gambling guidelines to general population groups.

# Future Issues to Address

- Continuum of treatment (E.g Inpatient, residential, outpatient)
- Examine best practices
- Determine measures of success
- Examine effects on family life



The Iowa Department of Public Health  
Gambling Treatment Services:  
Four Years of Evidence

Howard J. Shaffer  
Richard A. LaBrie  
Debi A. LaPlante  
Rachel C. Kidman

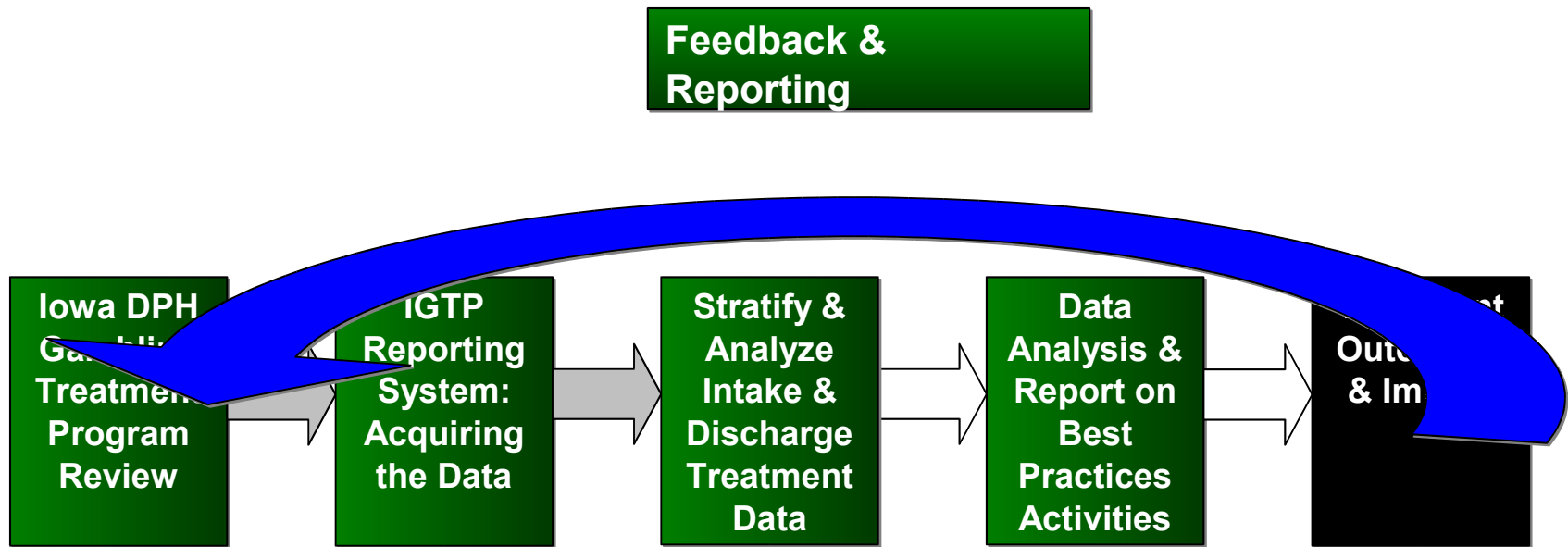
# Objectives

- Consider the idea of gambling as an addiction
- Review the IGTP data review strategy
- Review the IGTP evidence
  - Introduction
- Models of gambling exposure & adaptation
  - Methods
  - Results
- Discuss the implications of the findings & the practice guidelines

# Why Conduct Treatment Outcome Evaluation?

- Do no harm
  - Evaluation helps determine whether a program has positive, negative or neutral influence
- How much treatment is treatment?
  - Concerns about dropouts & partial treatment
- When is treatment outcome?
  - 6-12 months is common
  - 5 years is best

# Iowa Gambling Treatment Program Evaluation: Guide to Activities



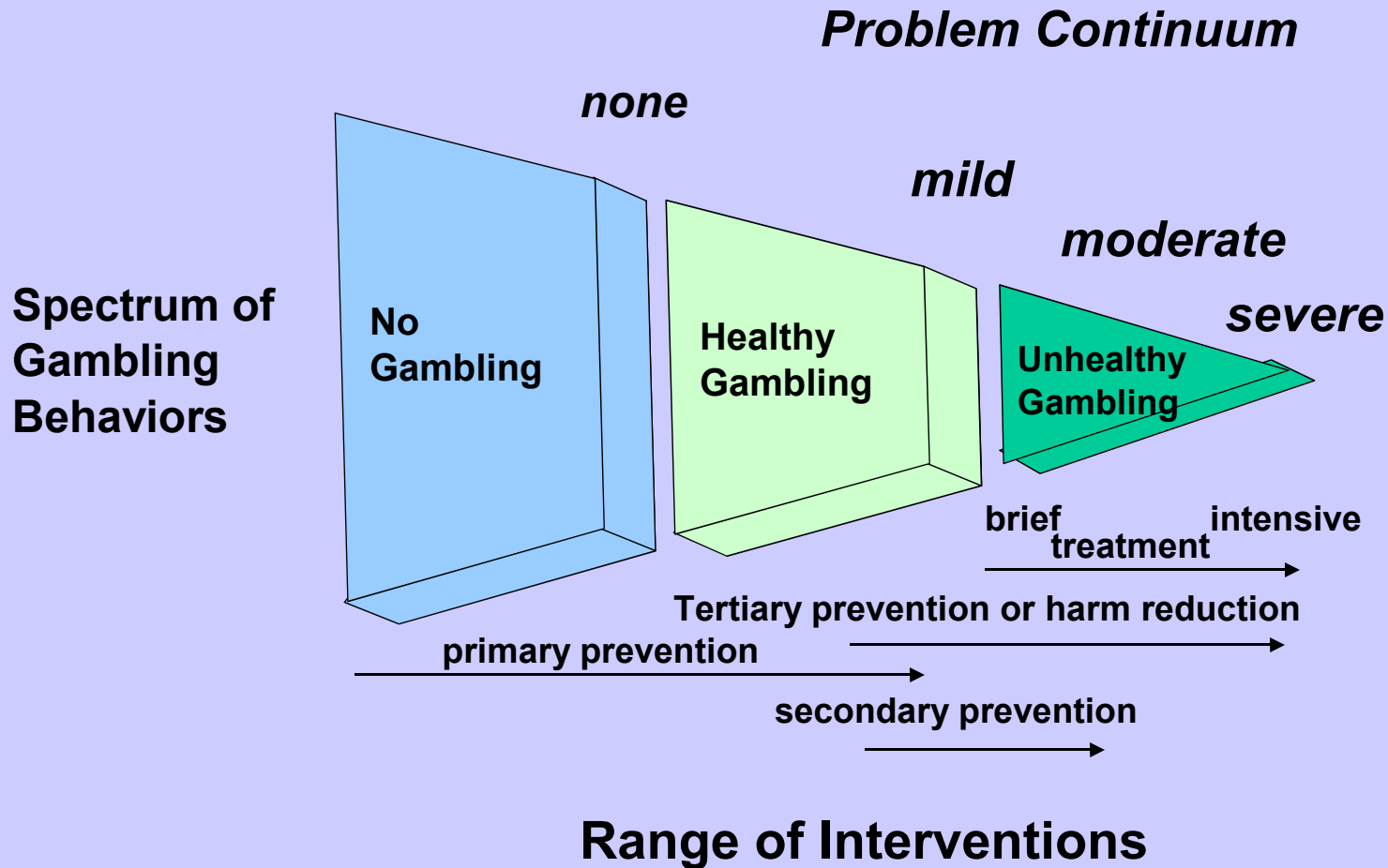
# Considering Selected Models

- Biological
- Social
  - Economic
  - Exposure
- Psychological
  - Bad Judgment
  - Behavioral
  - Cognitive
  - Cognitive-Behavioral
  - Adaptation
- Public Health
  - Multidimensional issue

# Stages of Change & Gambling: Toward a Public Health Model

1. Initiation
2. Positive Consequences
  - Winning
3. Adverse Consequences
  - Losing & Desperation
4. Turning Points
5. Active Quitting
6. Relapse Prevention

# Public Health Framework



# IGTP Gamblers

## Current Economic Factors

% Declaring Bankruptcy	23.7
Credit Card Debt	\$ 7,726*
Total Debt	\$34,639*
Gambling Debt	\$14,084*
Amount Lost Weekly	\$522*
Most Lost 1 week (last 6 mos)	1,929*
Due to gambling:	
Work days missed last 6 mos	2.10*
Jobs lost (last 15 yrs)	0.22*

\* = mean

# IGTP Gamblers

## Current Social Factors & Insurance

	<u>%</u>
Arrested in Lifetime	40.5
Arrested for Gambling	8.9
Arrested in past 12 months	14.1
Treated for Substance Abuse	22.8
Attend GA Meetings	17.2
Sought Prior Help for Gambling	20.9
With Health Insurance	72.0
Gambling Treatment Coverage	2.5

# IGTP Gamblers

## Current Health Risk Behaviors

(at least daily,%)

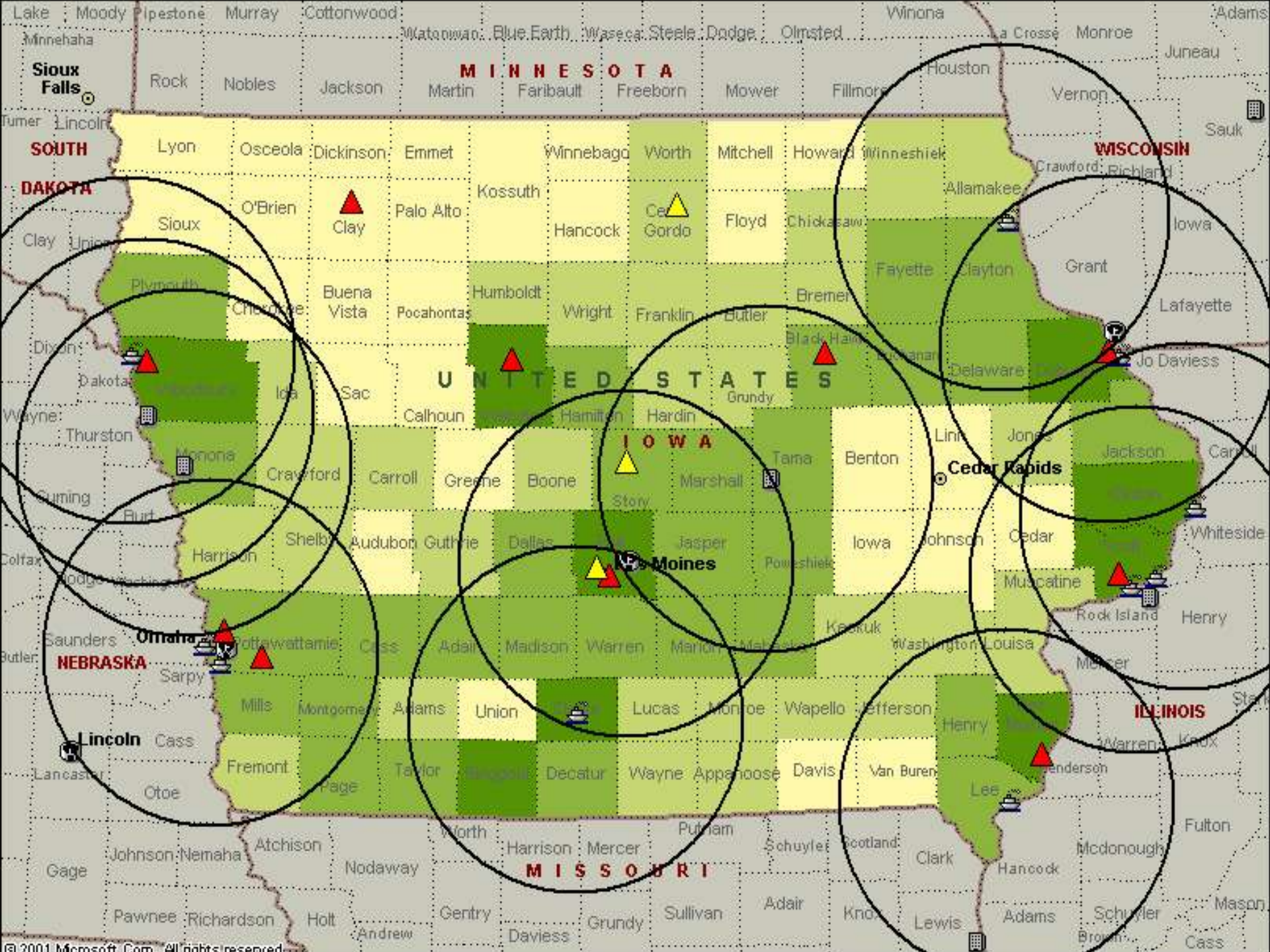
Tobacco Use	60.8
Compulsive Work	5.9
Food Abuse	4.0
Alcohol Use	3.7
Compulsive Sex	2.1
Illicit Drug Use	1.7
Compulsive Spending	1.3
Prescription Drug Use	1.1
Physical Harm to Self	0.3
Physical Violence	0.0

# IGTP Gamblers

## Gambling Behavior

Mean age when first gambled	25.2
-- when problem gambling began	38.1
Person first gambled with (%)	
Friend	42.3
Family	14.8
Relative	11.7
Self	10.3
Parent	9.2
Other	7.5
Sibling	3.6
Family accepting of gambling (%)	43.2

# What Is the Relationship Between Casino Presence & Problem Gambling?



# Demand for Services Summary

- Help-seeking was prevalent
- Help-seeking might relate to general fluctuations in play
- Casino presence and crisis events co-vary
- Crisis contacts represent substantial effort of the IGTP

## IGTP Referrals to Outside Services

<b>Service</b>	<b>% of All Referrals</b>
GA/Gam-Anon	57
Debt Management	33
Mental Health Counseling	6
Substance Abuse Counseling	3
Domestic Violence Counseling	1
Sexual Addiction Counseling	<1

# Services Summary

- Crisis contacts represent a substantial IGTP effort
  - Willingness to self-identify influences crisis service
- Majority of counseling services were individual and group counseling

# Service Participants: Gamblers

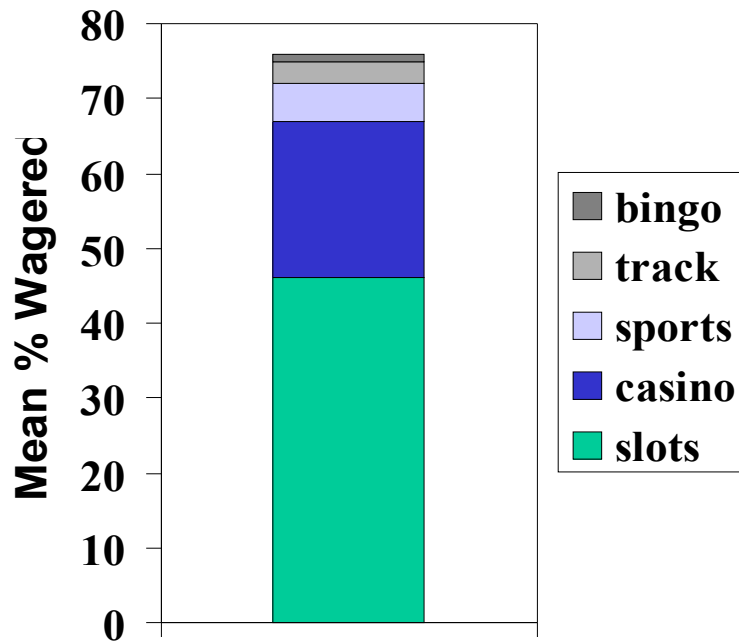
- Compared with Iowans in general, gamblers seeking services were more likely to be:
  - male
  - older
  - single
  - less educated
  - unemployed
  - employed in sales and services
  - parents of multiple children

# Service Participants: Gamblers

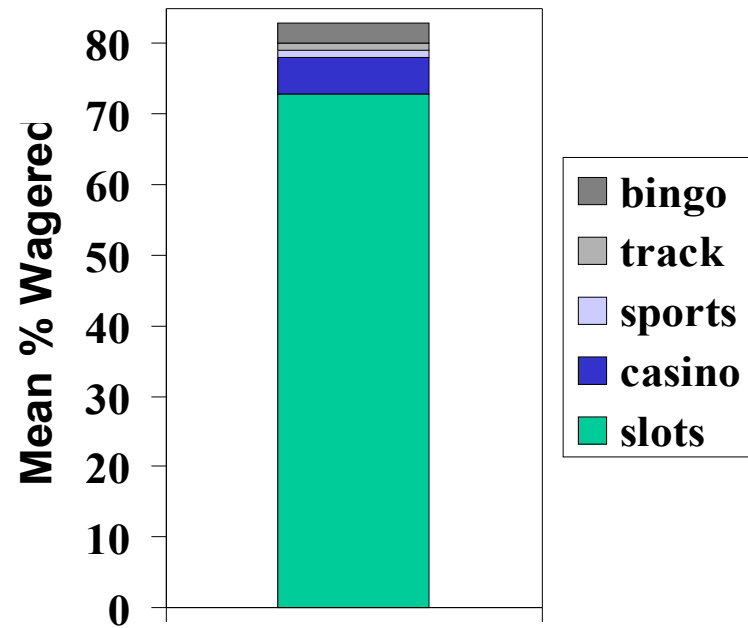
- \$522 average weekly losses
  - \$300 median
- \$14,000 average gambling debt
  - \$4,000 median
- 41% had been arrested
  - 22% of these were gambling-related charges
- 21% sought prior help for gambling
  - 17% had a history of GA participation
- 23% had a history of treatment for substance use disorders

# Gender & Gambling

## Men



## Women

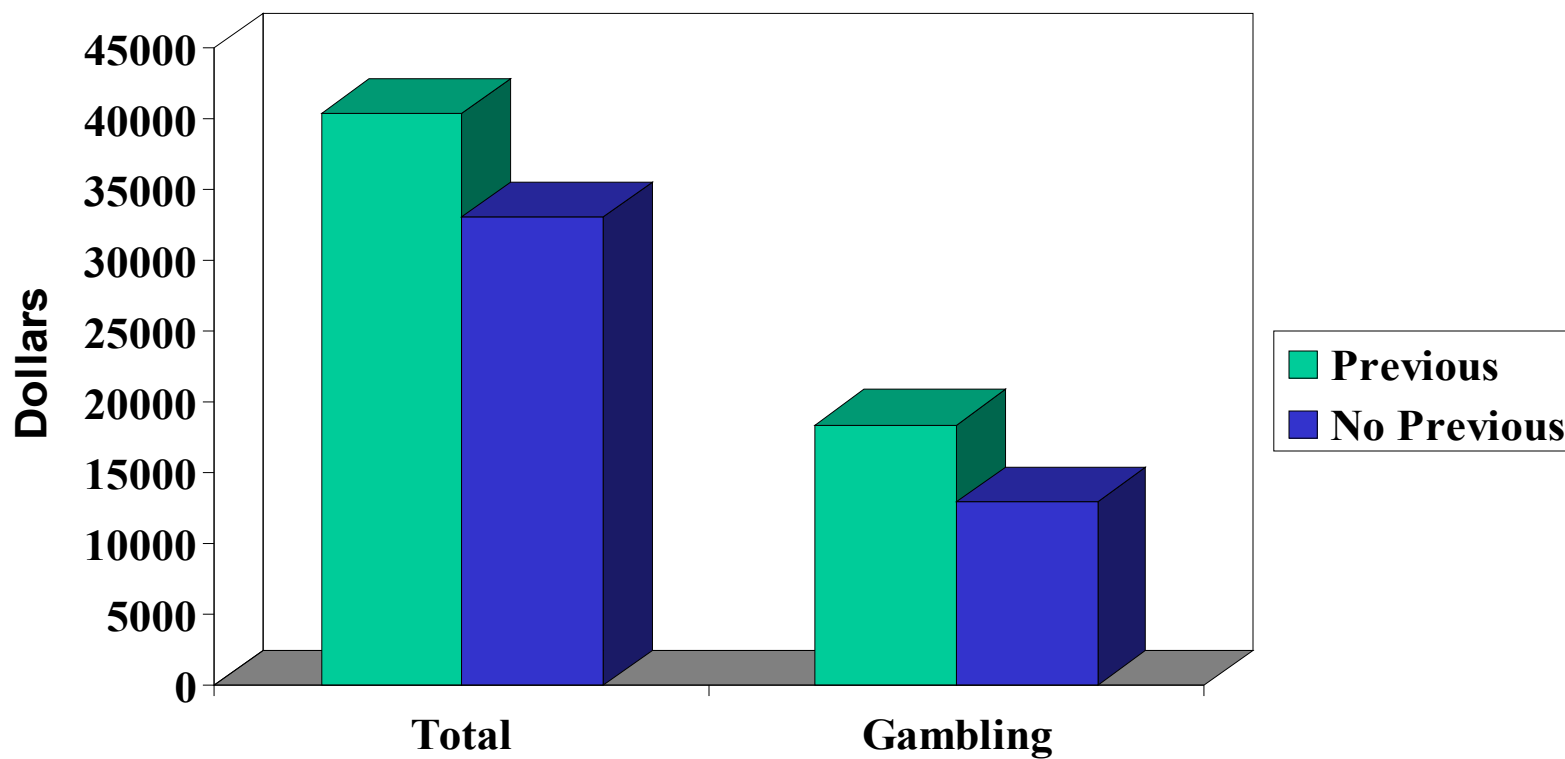


Baseline N=2,356

# Gender: Additional Findings

- Women were more likely to
  - be heavy tobacco users
- Women were less likely to
  - be heavy alcohol users
  - have a history of drug or alcohol treatment
  - have a concerned other involved
  - lose a job due to gambling
  - report gambling arrests

# Gambling Treatment History & Debt



Baseline N=2,356

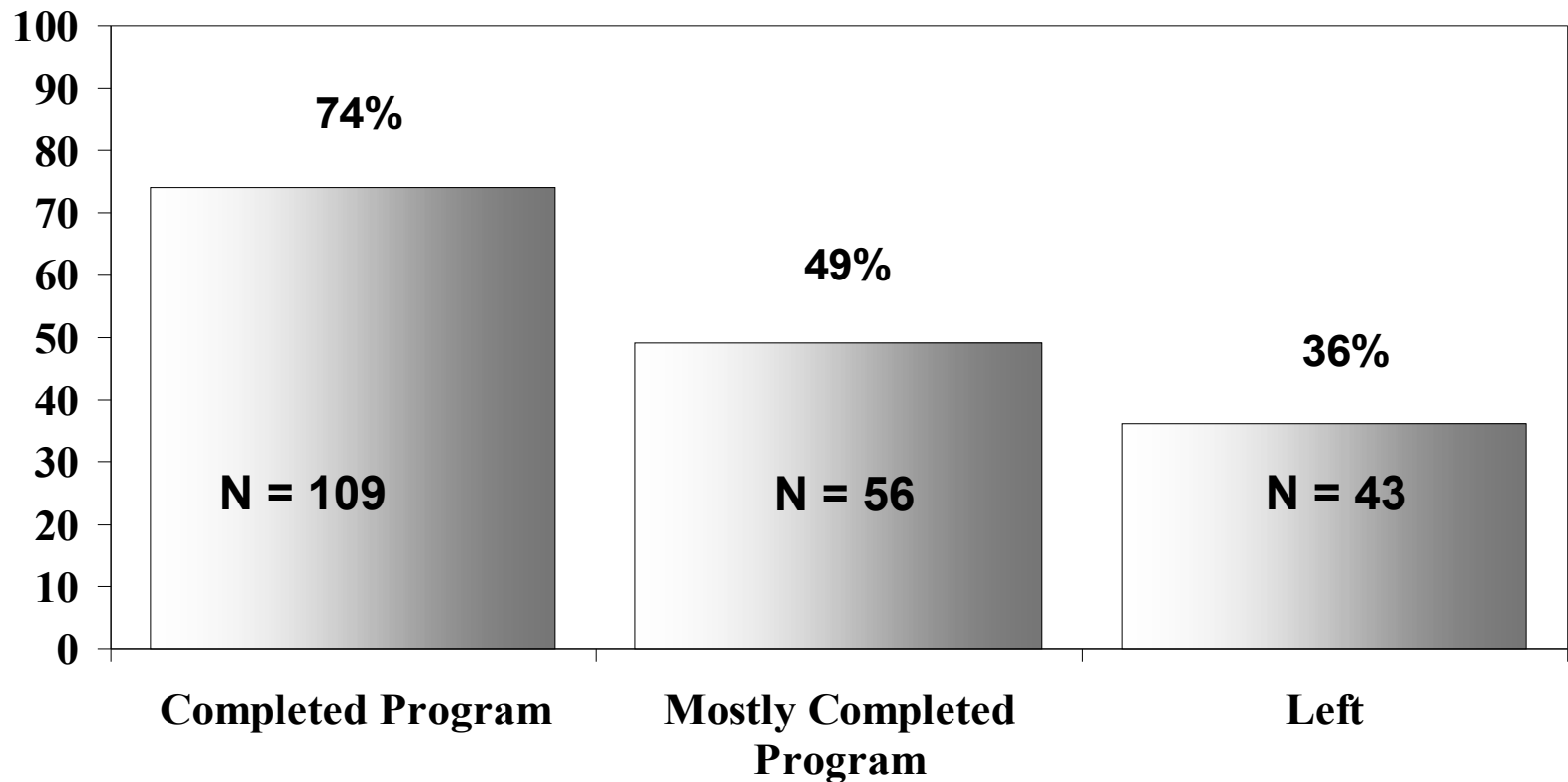
# Gambling Treatment History: Additional Findings

- Previously treated IGTP clients reported
  - More jobs lost due to PG
  - Wagering more on casino games, but less on slots
  - Attending more GA meetings during the previous month
  - Greater family acceptance of gambling

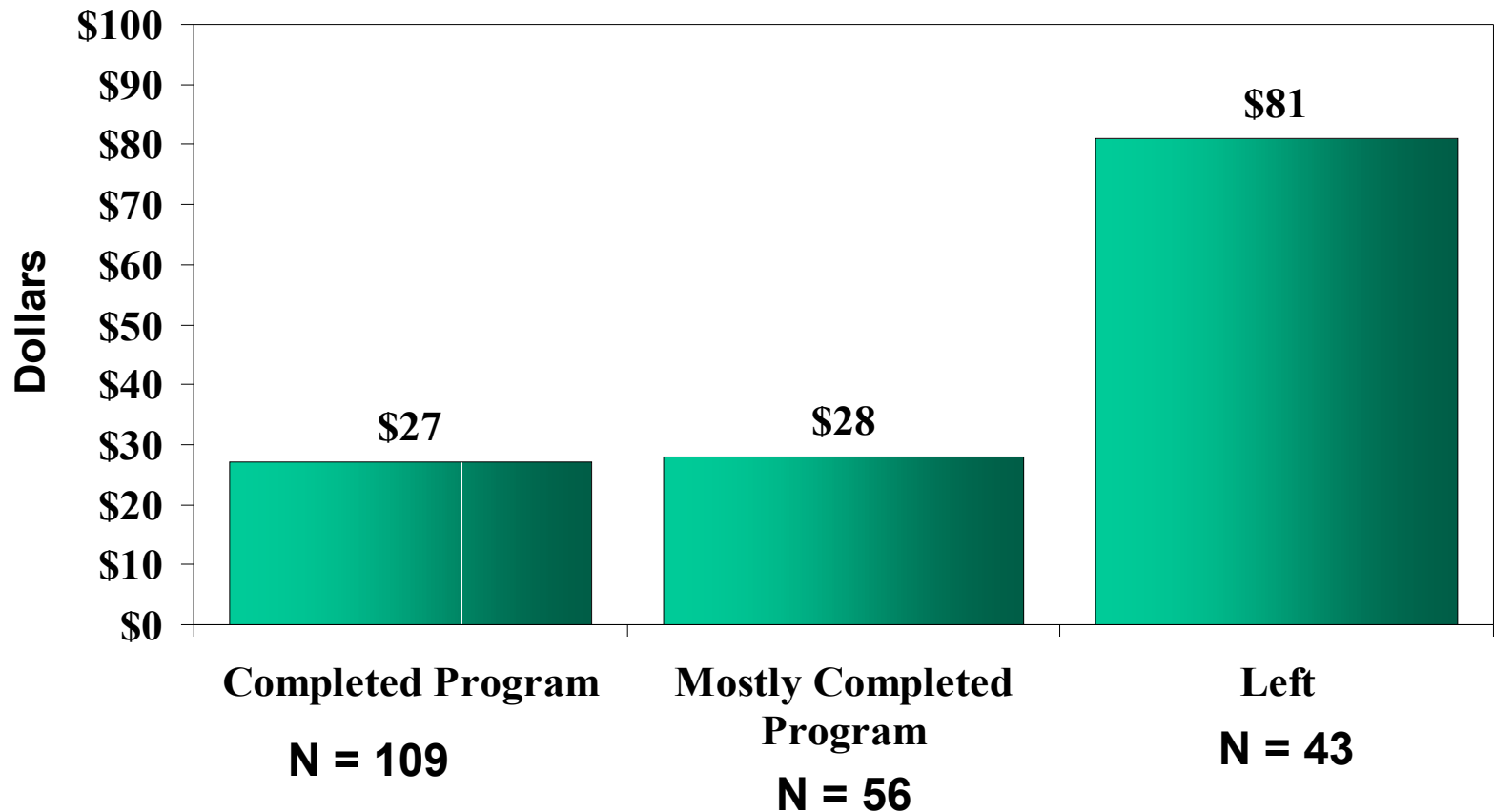
# Concerned Other Involvement (COI)

- Clients with a “concerned other involved”
  - reported more months of employment during the previous 6 months
  - were more likely
    - Parents
    - Employed full-time
    - White
    - Married
    - Health insured
  - reported smaller losses
  - fewer jobs lost
  - fewer gambling arrests

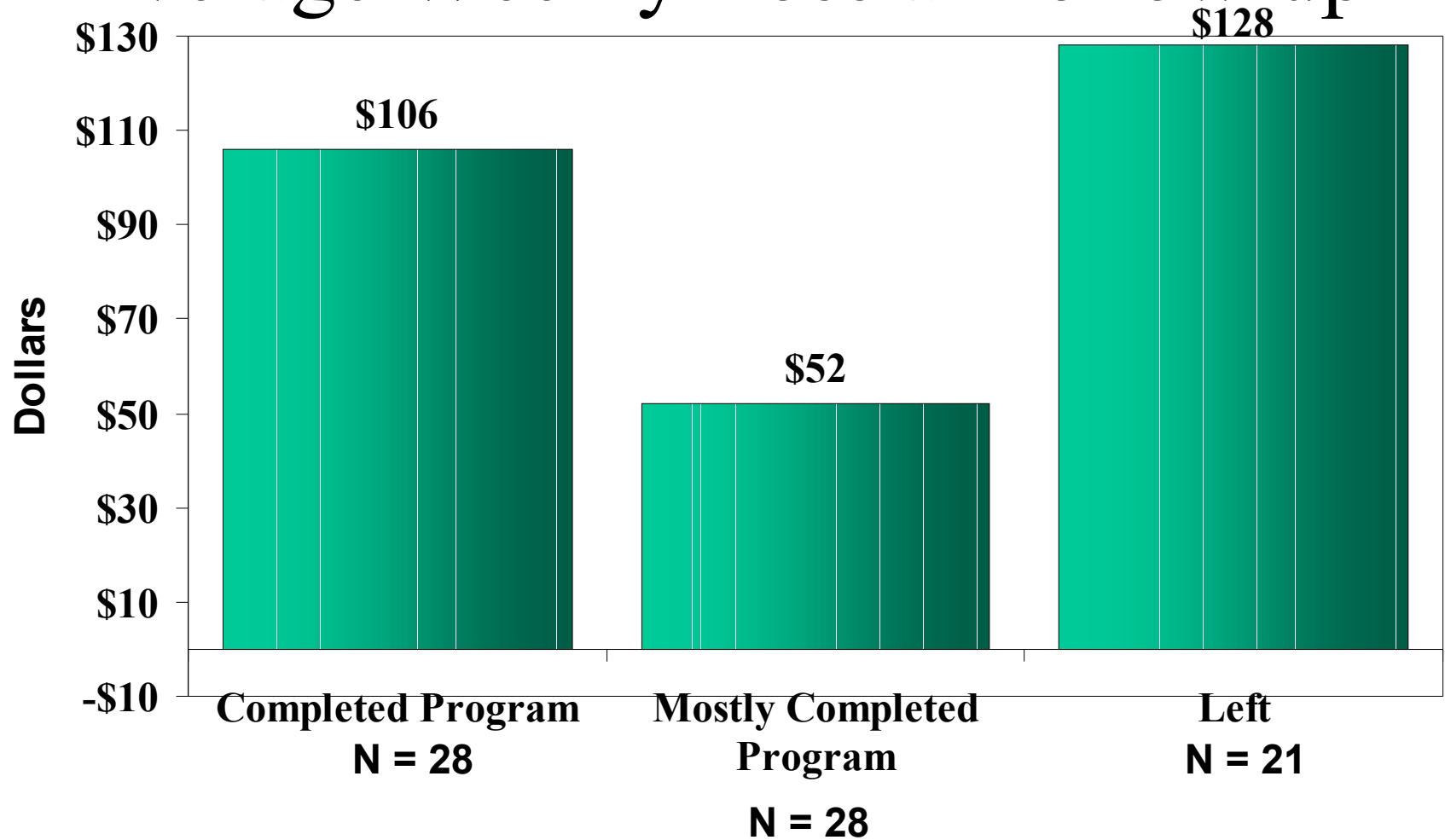
# Gamblers Abstaining at Follow-up



# Average Amount Lost Weekly at Follow-up



# People Who Gambled: Average Weekly Loss at Follow-up



# Post Program Summary

- Discharge and follow-up data not representative of IGTP as a whole
  - Discharge on 20%
  - Follow-up on 9%
- Evidence for non-completers to improve
- GA attendance up from 3% at discharge to 42% of follow-up
- At follow-up 19% received substance use related treatment

# When All Else Fails...

- Let clients know that we care, are concerned and will be there for them
- More accurately, unless clinicians communicate and show the following, all else will fail
  - I care about you
  - I am concerned about you
  - I will be here for you

# Factors that Influence Treatment & Treatment Outcome

The Common Factors

# Considering Treatment Goals

- Recovering health by reducing or stopping gambling
  - Minimize harm to self & others
  - Avoid risky situations
  - Cope with negative mental states
  - Improve quality of life

# Conclusions

- IGTP are delivering substantial services that are impacting clients and concerned others
- Treatment evaluation needs to be ongoing
- “True” outcome variables are important
  - Need to establish an adequate follow-up group

# Conclusions

- Exposure & adaptation models have support
- While losses are important, money lost appears to be a proxy for other issues
  - Time
  - Relationships
- Treatment seekers pass through identifiable stages as they move toward recovery

# “Best Practices” Challenges

- Only small proportion of gamblers seek treatment
  - study sample might be a subgroup & not representative of “community” in need
- Outcome research on female & adolescent gamblers is in early stages
- Insufficient attention to comorbidity that almost certainly impacts on treatment response

# Contact information

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