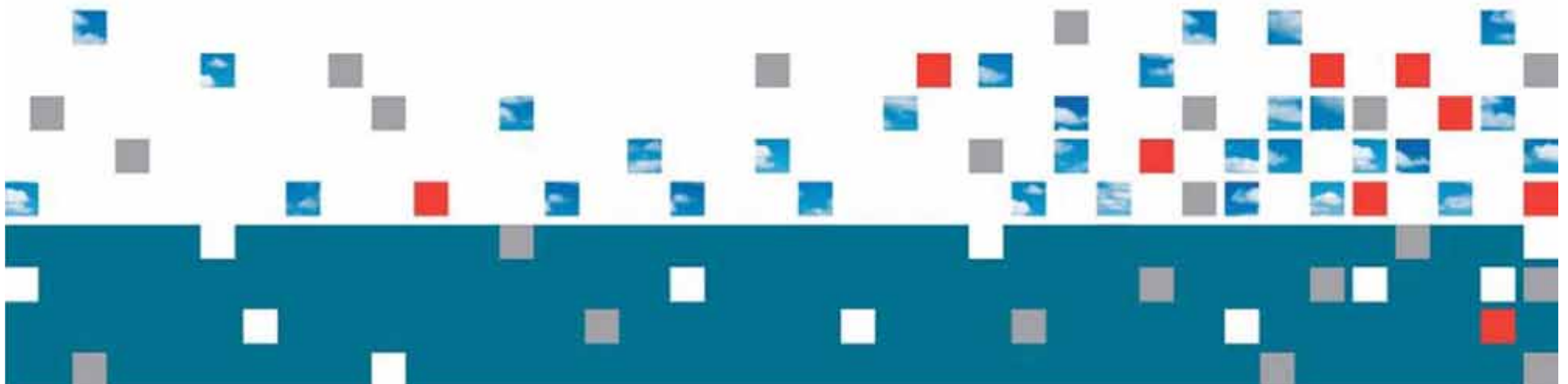




NATIONAL CENTER FOR RESPONSIBLE GAMING

CollegeGambling.org: **A New Science-based Resource for Higher Education**

Christine Reilly, Senior Research Director
National Center for Responsible Gaming





Research on College Gambling





College Students and Psychopathology

- Increase in college student psychopathology in recent years
- Dramatic advances in psychotropic drugs enables more students with depression, anxiety and other psychiatric disorders to attend college

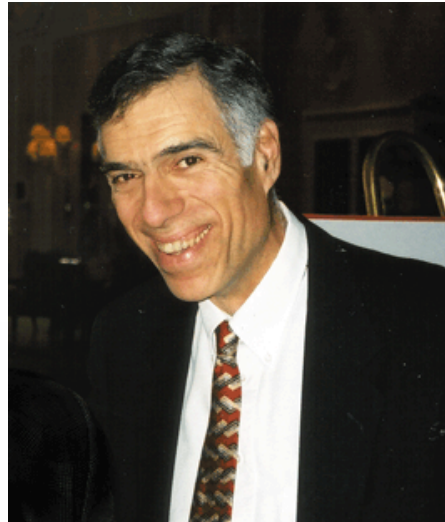




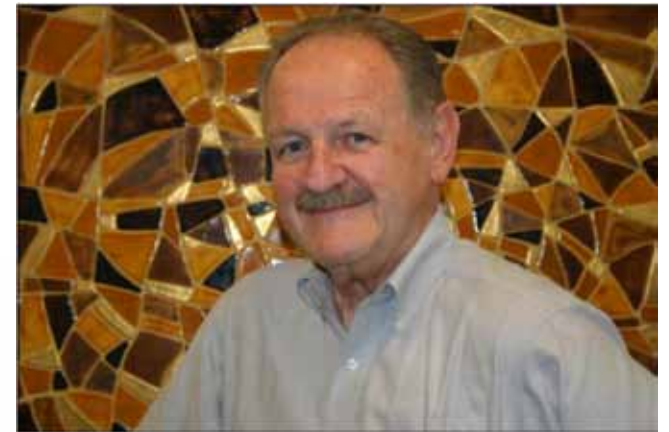
Harvard College Alcohol and Gambling Study



Dr. Henry Wechsler



Howard J. Shaffer, Ph.D., CAS



Richard LaBrie, Ed.D.



Gambling Among College Students – 2003 Study

42 percent gambled in past year

Gambling Activity	Percent
Lottery/numbers	25%
Casino Gambling	20%
Cards, dice, game of chance	12%
Professional sports gambling	11%
College sports gambling	9%
Horse/dog races	4%
Internet gambling	3%



Correlates of College Student Gambling

- Compared to students w/out gambling problems, students w/gambling problems more likely to
 - Use tobacco
 - Use alcohol
 - Use illegal drugs
 - DUI
 - Low GPA
- Compared to non-gambling counterparts, students who gambled had higher rates of:
 - Binge drinking
 - Marijuana use
 - Cigarette use
 - Illicit drug use
 - Unsafe sex



Gambling Among College Students – 2010 Study

75 percent gambled in past year

Gambling Activity	Percent
Lottery/numbers	43%
Card games	38%
Office pool, raffles, charitable small stakes	38%
Sports gambling	23%
Games of skill	20%
Casino gambling	15%
Bingo	13%
Slot machines, poker machines	10%
Internet gambling	3%



College Policies on Alcohol and Gambling

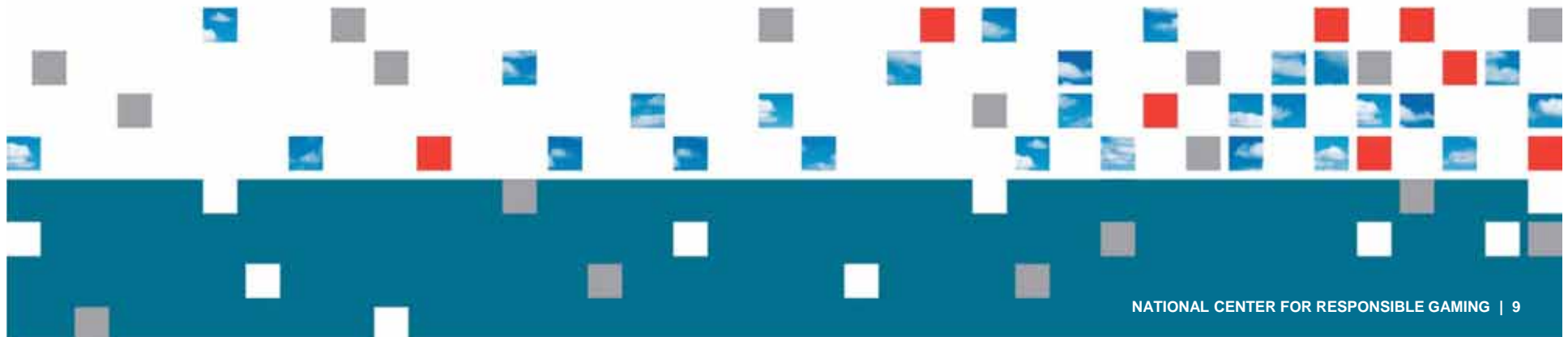




Prevalence of College Alcohol or Gambling Policies in U.S. Colleges and Universities

Alcohol: 100%
Gambling: 22%

Shaffer et al., 2005





Study Authors' Conclusions

Lack of college policies on gambling and recovery signify missed opportunities to:

- Inform students about the risks of excessive gambling
- Provide recovery-oriented measures designed to support student persistence

Shaffer et al., 2005



NATIONAL CENTER FOR RESPONSIBLE GAMING

Task Force on College Gambling Policies

A project of the Division on Addictions at Cambridge Health Alliance, a teaching affiliate of Harvard Medical School
and
The National Center for Responsible Gaming





Schools Represented on Task Force

- Bridgewater State University
- George Fox University
- Harvard University
- Lehigh University
- Mississippi State University
- Oregon State University
- University of Alabama
- University of Denver
- University of Missouri
- University of Nevada, Las Vegas
- University of Nevada, Reno
- Villanova University



A Call to Action

Addressing College Gambling: Recommendations for Science-based Policies and Programs





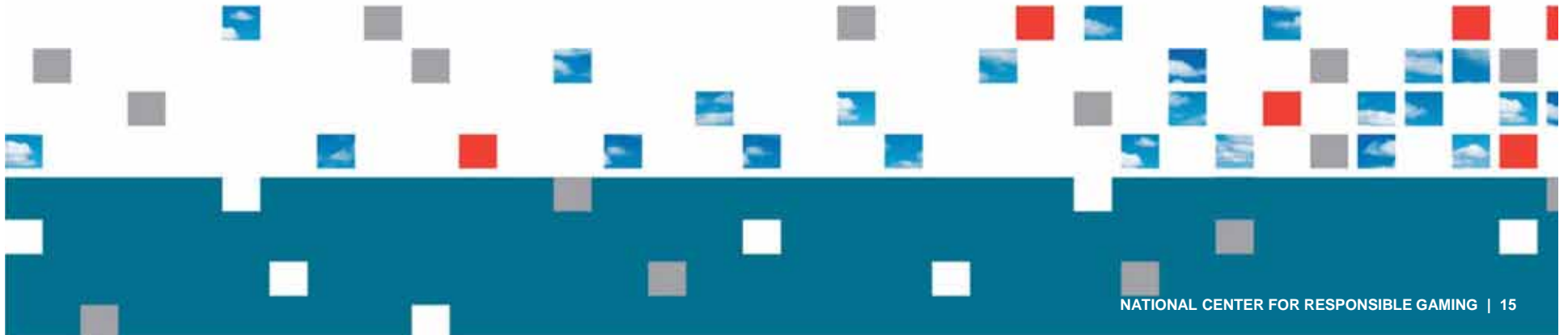
Task Force Recommendations

- 1. Establish a campus-wide committee to develop and monitor a comprehensive policy on gambling.**
 - Alternative: Add gambling to agenda of existing committees focused on alcohol.
- 2. Ensure that college policies are consistent with local, state, and federal laws.**
 - Examine current policies
 - Disseminate information campus-wide on laws affecting gambling
 - Encourage campus security to collaborate with local law enforcement



Task Force Recommendations

- 3. Strive for consistency and universal application with prohibitions and restrictions on gambling and alcohol use at special events.**
 - Be prepared for conflicts of interest when attempting to restrict or prohibit gambling and alcohol use at on-campus events.
 - Consider the potential for sending mixed messages about alcohol and gambling.
 - Encourage organizations to use non-gambling themes for special events.





Task Force Recommendations

4. **Promote campus-community collaborations that focus on reducing problems with student drinking and gambling.**
 - Develop relationships with local gambling operators to encourage restrictions on advertising and ensure that laws on underage gambling are enforced.

5. **Encourage adjustments in disciplinary action** applied to violators of gambling rules if the student seeks assistance from health or counseling services.

Task Force Recommendations

6. Make reasonable accommodations for students focused on recovery from a problem with gambling or alcohol.

- Allow students who need time off to focus on recovery from a gambling or alcohol disorder to take a medical leave of absence.
- Make reasonable accommodations allowing students involved in off-campus treatment to continue in classes.
- Allow students who withdraw and are no longer eligible for a refund to appeal the process citing gambling or alcohol problems as an extenuating circumstance beyond the control of the student involved.



Task Force Recommendations

7. **Measure student attitudes, behaviors, and problems with gambling through campus surveys** or by incorporating such measures into existing campus health-related surveys.
8. **Promote campus-wide awareness** of (1) pathological gambling as a mental health disorder that has a high rate of comorbidity with alcohol use and other addictive disorders, and (2) responsible gaming principles.
9. **Employ evidence-based strategies** to identify and help students with gambling and alcohol problems.



Task Force Recommendations

10. Strengthen the capacity of counseling services to identify and treat gambling disorders.

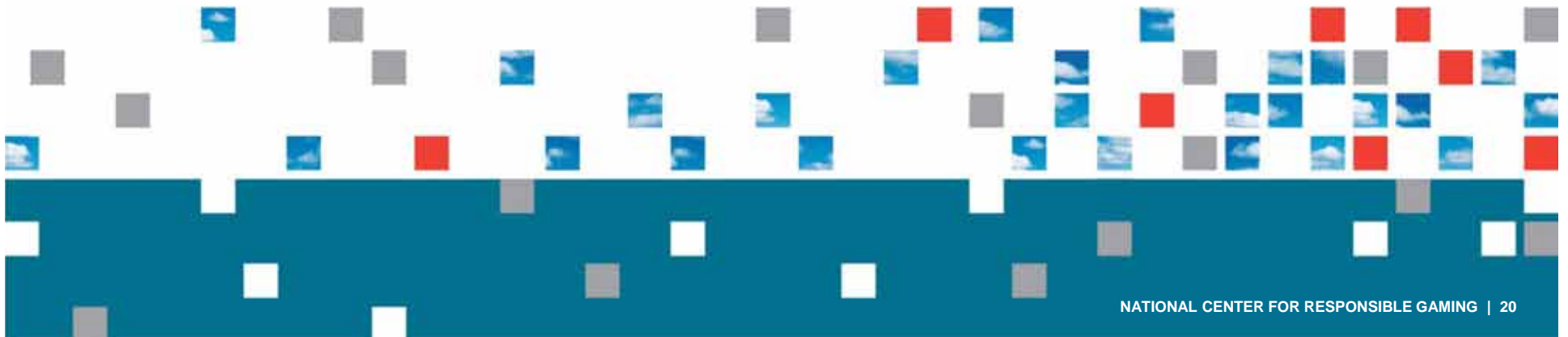
- Assess the ability of counseling staff to meet the needs of students with gambling problems and provide additional training if necessary.
- Encourage referrals to off-campus treatment providers who are certified specialists in the area of addiction treatment.
- Specify the availability of services and promote them to students through a wide variety of media.



A Call to Action

Addressing College Gambling: Recommendations for Science-based Policies and Programs

Available for free download at
www.ncrg.org





www.CollegeGambling.org

- Science-based resource
- Action-oriented
- Fills void – few schools have focus on gambling
- Developed with help of advisory committee of educators and scientists



Advisory Committee

- Patricia Ketcham, Ph.D., CHES, Oregon State University
- Keith J. Anderson, Ph.D., Rensselaer Polytechnic Institute
- Carlos Blanco, Ph.D., Columbia University
- William DeJong, Ph.D., Boston University School of Public Health
- Jeff Derevensky, Ph.D., McGill University
- Mary Anne Nagy, MBA, Monmouth University
- Ryan Travia, M.Ed., Harvard University

CollegeGambling.org

Facts and Stats | For Campus Administrators | For Campus Health Professionals | For Students | For Parents

Welcome to CollegeGambling.org

While gambling can be fun if you're of legal age, it's not a risk-free activity. For some college students, gambling for fun can turn into a serious problem and have a negative impact on their lives.

CollegeGambling.org was developed by the [National Center for Responsible Gaming](#) (NCRG) as a tool to help current and prospective students, campus administrators, campus health professionals and parents address gambling and gambling-related harms on campus. This site provides resources to help you learn more about this issue and how to get help if you need it.

CollegeGambling.org builds on the recommendations of the Task Force on College Gambling Policies, which can provide your school with a roadmap for reducing gambling among students and enabling those who are struggling with addiction to participate more fully in college life. View the [Task Force's "Call to Action" report](#).

facts and statistics

Approximately 75 percent of college students gambled during the past year (whether legally or illegally).



 [Get the facts!](#)



For Campus
Administrators



For Campus
Health Professionals



For Students



For Parents



www.CollegeGambling.org

- **Organized as follows:**
 - Facts and Stats
 - For Campus Administrators
 - For Campus Health Professionals
 - For Students
 - For Parents



CollegeGambling.org

[Facts and Stats](#) | [For Campus Administrators](#) | [For Campus Health Professionals](#) | [For Students](#) | [For Parents](#)

Facts and Stats

Some form of gambling occurs at virtually every college or university, but are you familiar with its impact on college students and what schools can do to help reduce gambling-related harms? Here you will find the latest "need-to-know" information, including facts about gambling and gambling disorders, relevant scientific studies and resources to assist in identifying and finding help for a problem.

Fact Sheets

What has research taught us about college gambling? How many people have a gambling disorder in the United States? Learn the facts about gambling disorders, gambling on college campuses and gambling disorders among college students.

External Resources

Are you looking for help? Do you want to learn more about gambling and gambling disorders? Here are some resources to provide you with additional information.

Supporting Research

Want to learn even more about gambling and gambling disorders? View a list of research studies that are available to help campus administrators and campus health professionals better understand the risks of excessive gambling and learn more about the science behind gambling and gambling disorders.

Concerned about your gambling?

[Resources for Help](#)

[Just the Facts](#)

[External Resources](#)

[Supporting Research](#)



[Download our free brochure](#)



[Take our interactive Quiz](#)

CollegeGambling.org

Facts and Stats | [For Campus Administrators](#) | [For Campus Health Professionals](#) | [For Students](#) | [For Parents](#)



For Campus Administrators

While 75 percent of college students gambled during the past year (whether legally or illegally), only 22 percent of U.S. colleges and universities have formal policies on gambling.

As a campus administrator, you can help implement policies and promote campus-wide awareness of college gambling. This section provides you with information and guidance to help you take action on your campus.

Why address gambling?

Learn about responsible gambling and gambling disorders and how problems with gambling can have a negative impact on a college student's life. Learn how you can help address the issue, how gambling disorders are related to other risky behaviors, and how gambling on campus could be a liability issue.

College Gambling Task Force Recommendations

Find information about ways to strengthen health promotion efforts on college campuses through policies that will (1) help raise awareness of gambling disorders among college

Concerned about your gambling?

 [Resources for Help](#)

[Why Address College Gambling?](#)

[Task Force on College Gambling Policies and Recommendations](#)

[Take Action on Your Campus](#)

[Frequently Asked Questions](#)

[Case Studies](#)

College Gambling
Play it Safe
A GUIDE FOR STUDENTS

[Download our free brochure](#)





For Campus Administrators

- Why address gambling?
- Task Force Recommendations
- Take Action
 - Toolkit
- Case studies



NATIONAL CENTER FOR RESPONSIBLE GAMING

CollegeGambling.org

[Facts and Stats](#) | [For Campus Administrators](#) | [For Campus Health Professionals](#) | [For Students](#) | [For Parents](#)

For Campus Health Professionals

While the vast majority of those old enough to legally gamble can do so responsibly, the most recent research estimates that 6 percent of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades. Students who admit to having a problem sometimes find a lack of support on campus.

In this section, campus health professionals can find information, guidance and materials to help identify and provide assistance to students struggling with gambling addiction, and to educate students of legal age to gamble about how to make responsible decisions.

Gambling & Campus Health

Review the latest facts on college gambling, including the health implications associated with gambling disorders among college students and co-occurring conditions associated with the problem.

Concerned about your gambling?

[Resources for Help](#)[Gambling & Campus Health](#)[Task Force on College Gambling Policies and Recommendations](#)[Educating Students](#)[Screening, Intervention and Treatment](#)[Continuing Education on Gambling Disorders](#)[Frequently Asked Questions](#)

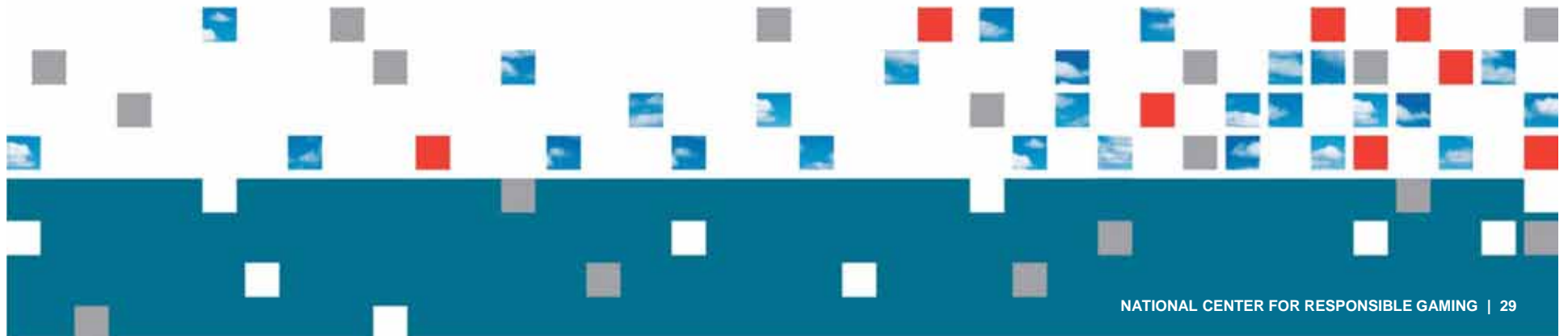
College Gambling
Play it Safe
A GUIDE FOR STUDENTS

[Download our free brochure](#)



For Campus Health Professionals

- **Educating Students**
 - Posters, brochure
- **Screening, Intervention and Treatment**
- **Continuing Education Opportunities**





NATIONAL CENTER FOR RESPONSIBLE GAMING

CollegeGambling.org

[Facts and Stats](#) | [For Campus Administrators](#) | [For Campus Health Professionals](#) | [For Students](#) | [For Parents](#)

For Students

While most college students make responsible decisions about gambling, the most recent research estimates that 6 percent of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades.

In this section, you can learn more about gambling and gambling disorders, the warning signs of a gambling problem, where to get help, and how to promote campus awareness of the issue.

Test Your Knowledge

Take a quiz to find out how much you know about college gambling and gambling disorders. Then, browse through the rest of the 'student' section to learn more.

College Gambling

Learn how gambling disorders can have a negative impact a college student's life, the warning signs of a gambling disorder and where to find information about gambling policies at your school. If you are of legal age to gamble, you can also learn how to make responsible

[Concerned about your gambling?](#)[Resources for Help](#)[Test Your Knowledge](#)[College Gambling](#)[Thinking About Changing your Gambling Behavior?](#)[Tools for Peer Educators and Resident Advisors](#)[College Athletes and Gambling](#)[Fraternities and Sororities](#)[Myth Buster: The Truth About Gambling](#)

College Gambling
Play it Safe
A GUIDE FOR STUDENTS

[Download our free brochure](#)



For Students

- Test your knowledge
- Thinking about Change?
- Peer educators and RA's
- College Athletes
- Greeks
- Myth Busters



Test Your Knowledge

- What percent of college students in the U.S. have a serious gambling problem
 - 1) 1%
 - 2) 6%
 - 3) 17%
 - 4) 33%





Test Your Knowledge

- Which of the following is a sign that someone may have a gambling problem?
 - 1) Continues betting to recover losses
 - 2) Seems irritable or restless when not gambling
 - 3) Borrows money to pay for gambling
 - 4) All of the above



Test Your Knowledge

- What is the legal gambling age in the United States?
 - 1) 16
 - 2) 18
 - 3) 21
 - 4) All of the above

Myth Buster

- MYTH:

- I have a feeling that today is my lucky day. I just know I'm going to win.

- REALITY:

- Hoping or wishing to win has no influence on the outcome of a game of chance. Likewise, superstitious behavior does not ensure favorable results.

Myth Buster

- MYTH:

- If I see a certain card coming up frequently in a poker game, I should bet on it because it will likely come up again very soon.

- REALITY:

- There are 2.6 million possible hands in a deck of 52 cards. Since each hand is independent of the last, the chance of one card coming up again once it has already appeared is no more – or less – likely than that of any other card.

BBGS

- During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling?
- During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- 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?

- www.divisiononaddictions.org

Your First Step to Change

DIVISION ON ADDICTIONS • MASSACHUSETTS COUNCIL ON COMPULSIVE GAMBLING

[HOME](#)


[Section 1: Facts About Gambling](#)

[Section 2: Understanding Your Gambling](#)

[Section 3: Thinking About Change](#)

The first step of your journey is to figure out if you need or want to change. Try to answer the following questions:

- | | | |
|---|---------------------------|--------------------------|
| 1. Have you often gambled longer than you had planned? | Yes <input type="radio"/> | No <input type="radio"/> |
| 2. Have you often gambled until your last dollar was gone? | Yes <input type="radio"/> | No <input type="radio"/> |
| 3. Have thoughts of gambling caused you to lose sleep? | Yes <input type="radio"/> | No <input type="radio"/> |
| 4. Have you used your income or savings to gamble while letting bills go unpaid? | Yes <input type="radio"/> | No <input type="radio"/> |
| 5. Have you made repeated, unsuccessful attempts to stop gambling? | Yes <input type="radio"/> | No <input type="radio"/> |
| 6. Have you broken the law or considered breaking the law to pay for your gambling? | Yes <input type="radio"/> | No <input type="radio"/> |
| 7. Have you borrowed money to pay for your gambling? | Yes <input type="radio"/> | No <input type="radio"/> |
| 8. Have you felt depressed or suicidal because of your gambling losses? | Yes <input type="radio"/> | No <input type="radio"/> |
| 9. Have you been remorseful after gambling? | Yes <input type="radio"/> | No <input type="radio"/> |
| 10. Have you ever gambled to get money to meet your financial obligations? | Yes <input type="radio"/> | No <input type="radio"/> |

 **NEXT >>**



NATIONAL CENTER FOR RESPONSIBLE GAMING

CollegeGambling.org

[Facts and Stats](#) | [For Campus Administrators](#) | [For Campus Health Professionals](#) | [For Students](#) | [For Parents](#)**Concerned about your gambling?**[Resources for Help](#)[College Gambling and Gambling Disorders](#)[Gambling Policies at Your Child's College](#)[Talking with Your College Student about Gambling](#)

For Parents

Seventy-five percent of college students gambled during the past year (whether legally or illegally, on campus or off). While the vast majority of those old enough to legally gamble can do so responsibly, the most recent research estimates that 6 percent of college students in the U.S. have a serious gambling problem that can result in psychological difficulties, unmanageable debt and failing grades.

As a parent, you are influential in how your son or daughter responds to risky activities, including gambling. In this section, you can learn about gambling and gambling disorders, the warning signs of a problem, and how to start a conversation about this issue. You will also find information about college gambling policies and how you can get involved to help address this issue on your son's or daughter's campus.

College Gambling and Gambling Disorders

Learn how gambling disorders can have a negative impact on a college student's life, the warning signs of a gambling disorder, and the connection between gambling disorders, psychological problems and other addictive disorders.

College Gambling
Play it Safe
A GUIDE FOR STUDENTS

[Download our free brochure](#)



For Parents

- Gambling Policies at your child's school
- Talking with your child about gambling





Save the Date for Free Webinar!

- Wednesday, August 24, 2011
- 2 – 3 p.m. ET
- Adolescent Brain Development: Implications for Understanding Youth Gambling
- Speaker: Ken C. Winters, Ph.D., University of Minnesota Medical School

Earn CEUS approved by NAADAC,
CFAAP, CBBS, NBCC and more

12th Annual NCRG Conference
on Gambling and Addiction

RISK or REWARD?

The Impact of Technology on Treatment, Research and Responsible Gaming

Oct. 2 – 4, 2011

The Sands Expo and Convention Center
at The Venetian Las Vegas

PRESENTED BY



NATIONAL CENTER FOR RESPONSIBLE GAMING

IN PARTNERSHIP WITH
The Centers for Excellence
in Gambling Research at
the University of Minnesota
and Yale University.

IN CONJUNCTION WITH





Resources

- National Center for Responsible Gaming
 - www.ncrg.org
- www.CollegeGambling.org
- BBGS: www.divisiononaddictions.org
- Your First Step to Change
 - www.basisonline.org
- Gambling Disorders 360° www.ncrg.org