

***We Talk to Our Kids About Drugs and Sex...
But What About Gaming and Gambling?***

September 25, 2020

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Problem Gambling Helpline: **1-800-GAMBLER (426-2537)**

Objectives:

1. Brief Overview: The Maryland Center of Excellence on Problem Gambling
2. Facts and Trends in Youth Gaming and Gambling
3. Gaming and Gambling Disorders Defined
4. Warning Signs of Youth Gaming and Gambling Disorder
5. How to Have a Conversation With Youth on Gaming and Gambling
6. Safe Tips for Youth Gaming and Safe Tips for Gambling for Those of Legal Age.
7. Individual and Environmental Prevention Strategies
8. Resources for Help

The **Maryland Center of Excellence on Problem Gambling (the Center)**, promotes healthy and informed choices for individuals and communities regarding gambling and problem gambling.

The Center strategies include:

- Public Awareness
- Prevention
- Training
- Treatment
- Peer Recovery Support
- Public Policy
- Research
- Provider Referral List
- Maryland Helpline Services 1-800-GAMBLER

Check Out our Website for
More Information:

www.mdproblemgambling.com

Facts and Trends in Youth Gaming and Gambling

Gaming

1. The action or practice of playing gambling games.
(Lottery, Casino, Bingo, other)
2. The action or practice of playing (video) games.
 - Non-video: sports, board games
 - Video: Game consoles (X-Box, PlayStation), personal computers, tablets, and cell phones.

(Oxford and Webster's Dictionary, 2020)

Top Ten Selling Video Games February 2020 (Source: NPD Group, Inc.)

1. Call of Duty, Modern Warfare 2019
 2. NBA 2k20
 3. Grand Theft Auto V
 4. Dragon Ball Z: Kakarot
 5. Tom Clancy's The Division 2
 6. Mario Kart 8
 7. Ring Fit Adventure
 8. Madden NFL 20
 9. Super Smash Bros. Ultimate
 10. Star Wars Jedi: Fallen Order
- Popular among pre-teens and young teens: Fortnite, Roblox, Minecraft

Video Game Benefits

1. Social/ ADHD
2. Educational
3. Fun/entertaining
4. Escape/ role playing



Gambling

The staking or risking of something of value upon the outcome of a contest, a sporting event, or a game subject to chance, upon an agreement or understanding that something of value will be received in the event of a certain outcome (Legal Information Institute, 2006)

Youth Gambling Scenarios

- Youth place a bet on pick up basketball game.
- Poker is played on weekends using coins.
- Credit cards or gift cards are used for internet gambling.
- Youth try to buy lottery tickets under age 18.
- Youth under 21 try to get into a casino



Maryland Safe and Secure Survey High School Students' Statistics

- 33% of Maryland high school students reported gambling in their lifetime.
- Of those who reported gambling in their lifetime, 31% experienced gambling problems (10% of those surveyed)

(Lee, Martins, 2014)



Maryland Youth Gambling Facts

- You must be 21 to enter a casino. Fine up to \$5,000 for casino. \$100-\$1,000 for youth.
- You must be 18 to bet on horse races. Fine up to \$2,500.
- You must be 18 to buy a lottery ticket. Merchant can be fined \$2,500 for selling to a minor. No charge for parents purchasing.
- 16 of 24 Maryland counties do not have school policies on gambling on school property.
- No gambling addiction education in school curriculums.

What is a Loot Box?

- Video games that encourage players to purchase chance-based items are called loot boxes.
- Spending a small sum of real money or virtual money on an uncertain outcome? Gambling?



Gaming and Gambling

- Similar features (slot machines, on-line) (Derevensky, 2019)
- Cross marketing of online gambling sites to social casino players (demo games)(Derevensky, 2019)
- State lotteries have incorporated games into scratch off tickets (Ravens, Monopoly, The Price is Right). (Derevensky, 2019)
- Lack of age restrictions on social casino games (simulated gambling), could be “gateway” to gambling (Roulette, Poker, slot machines). (King, 2019)(Derevensky, 2019)

Gaming and Gambling Continued

- Electronic sports (Esports). People wager on outcomes of video games.
- When gaming crosses over to gambling, the use of virtual items (skins) can be used to gamble on third party sites. (King, 2019)
- Easy to hide both behaviors as they are often played alone (King, 2019).

Do you think adults are aware of youth gaming and gambling behaviors? Why or why not?

Please put you answers in the chat box!

Internet Gaming and Gambling Disorders Defined

Internet Gaming Disorder

- In The Diagnostic and Statistical Manual of Mental Disorders (DSM-5) 5th Edition, in appendix listed diagnostic criteria, needs additional research.
- Second behavioral addiction (gambling was first).
- In late 2017, the World Health Organization (WHO) announced that in 11th edition of the International Classification of Diseases* (ICD), gaming disorder will be identified as a new disorder.

Proposed Criteria for DSM 5 Internet Gaming Disorder (5 or more of these in a year)

- Preoccupation with gaming
- Withdrawal symptoms when gaming is taken away or not possible (sadness, anxiety, irritability)
- Tolerance, the need to spend more time gaming to satisfy the urge
- Inability to reduce playing, unsuccessful attempts to quit gaming
- Giving up other activities, loss of interest in previously enjoyed activities due to gaming
- Continuing to game despite problems
- Deceiving family members or others about the amount of time spent on gaming
- The use of gaming to relieve negative moods, such as guilt or hopelessness
- Risk, having jeopardized or lost a job or relationship due to gaming

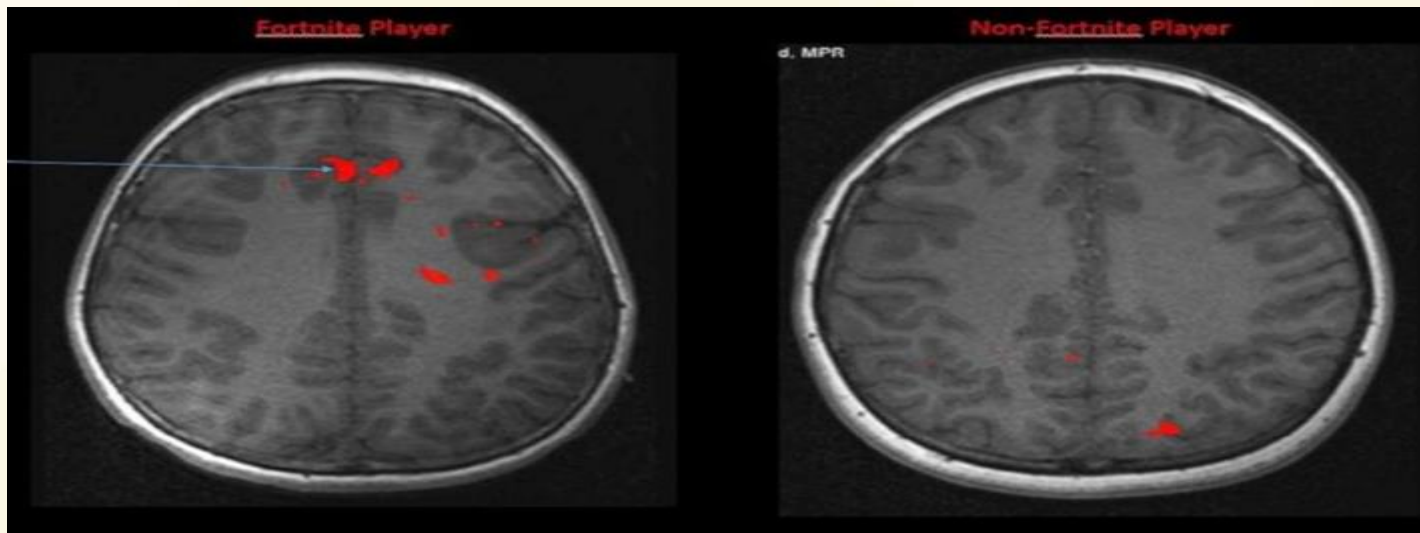
Why Controversial? Arguments Against

- Diagnosis criteria is disputed among professionals.
- Time: High engagement versus addiction?
- If no substance is consumed, how can it be an addiction?
- Is it really a disorder itself or is it coping for an underlying mental health disorder such as depression or anxiety?
- **One study showed 8% of Adolescents were disordered gamers.**

Sources: (Kuss, et. al., 2017) (Weinstein, 2017)(American Psychological Association, 2018)(Rogers, 2018)(Gentile, 2014)
(Young, et al., 2017)

Why Controversial? Arguments For

- Adolescent internet disordered gamers show differences in brain images similar to substance use disorders.



Sources: (Kuss, et. al., 2017) (Weinstein, 2017)(American Psychological Association, 2018)(Rogers, 2018)(Gentile, 2014)(Young, et al., 2017)

Michigan Teen Who Skipped School to Play Video Games Goes Through Treatment in the Wilderness

"I just can't take the regular schooling anymore," Josh said.

By

ERIC M. STRAUSS, DENISE MARTINEZ-RAMUNDO and ALEXA VALIENTE

May 19, 2017, 8:10 AM

By the time Al and Christine's son Josh was 14 years old, he was so consumed with playing [video games](#) that he stopped going to school.

"He just said, 'Hey, I'm dropping out,'" his father Al told ABC News "20/20."

Josh would stay up late to play well into the night and sleep in late the next day. His mother said he would often play for as many as 12 hours straight, for as much as 60 hours in a week. They tried to talk to him, Al said, but made little progress."

Definitions:

Problem Gambler: Someone who experiences negative consequences due to gambling behaviors.

Disordered Gambler: Person who has a diagnosed gambling disorder; new term for pathological gambler. Has four or more of the behaviors listed in the 5th edition of the American Psychiatric Association's Diagnostic and Statistical Manual of Mental Health Disorders (DSM).

Gambling Disorder: The term used in DSM to describe the most severe form of the disorder (American Psychiatric Association, 2013).

* In The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)(American Psychiatric Association), gambling is classified as "Addiction and Related Disorders" with substance use disorders.

What is a Gambling Disorder?

- According to the Diagnostic and Statistical Manual of Mental Disorders (2013) a diagnosis includes four or more of the following:
 - Preoccupied with gambling
 - Unable to cut back or control gambling
 - Irritable or restless when attempting to cut down or stop gambling
 - Risks more money to reach desired level of excitement
 - Gambles to escape problems or depressed mood
 - “chases” losses
 - Lies to family and others about gambling
 - Risk or loses relationships or job because of gambling
 - Relies on others for financial needs caused by gambling

What is a Gambling Disorder?

- A diagnosed mental health disorder (illness); common as co-occurring with substance misuse and/or other mental health disorders.
- Touches individuals, families, and our communities (relationship problems, mental health and suicide, loss of jobs, homes)
- Is a public health problem (increase in crime, incarceration, mental health services, social services, financial services)

Do you think internet gaming disorder should be made an official diagnosis? Why or why not?

Please put your answers in the chat box.

Warning Signs of Youth Gaming and Gambling Disorders

Signs of a Gaming Problem

- Preoccupation with video games.
- Withdrawal symptoms when gaming is taken away.
- Tolerance – the need to spend increasing amounts of time engaged in video games.
- Unsuccessful attempts to control participation in video games.
- Loss of interests in previous hobbies.
- Continued excessive use of games despite knowledge of psychosocial problems.
- Deception of family members, therapists, or others regarding gaming habits.
- Use of video games to escape or relieve a negative mood.
- Jeopardizing or loss of a significant relationship, job, educational, or career opportunity because of participation in video games.

Signs of a Gambling Problem

- Preoccupation with gambling.
- Secretive about gambling behavior/defensive when approached.
- Increasing betting amounts to achieve desired excitement.
- Unsuccessful in controlling, cutting back, or stopping gambling.
- Restless/irritable when not gambling.
- Gambling to escape problems.
- Chasing losses.
- Lying about gambling behavior.
- Relationship problems.
- Looking for bailout to resolve financial problems.

Gaming and Gambling Crosswalk

- 78.5% of video gamers reported gambling in the past year and 70.7% of gamblers reported playing video games (Sanders, 2019)
- Problem gamers and problem gamblers have similar demographic features as well as high rates of mental health problems and impulsivity (Sanders, 2019)
- 10.5% of problem gamblers were also problem video gamers and 24.1% of problem video gamers were also problem gamblers (Sanders, 2019)

How to Have a Conversation With Youth on Gaming and Gambling

Starting the Conversation

- Choose the right time
- Let the person know you are concerned for them in a caring manner
- Be specific about the behaviors you have seen
- Listen non-judgmentally to what the person is saying
- Let them know you are willing to help – getting them to support and counseling



Tips for Speaking

- Start middle school age or earlier, will be exposed to gambling on-line and through advertising.
- State the facts: 4-6% of teens develop a gambling problem.
- Adults should model healthy behaviors.
- Discuss that gambling is not risk-free.
- Discuss the earlier you start gambling, the more likely you will have a problem with it later in life.
- When talking about drugs and alcohol, discuss gambling as another addiction.

Tips for Speaking

- Have the conversation multiple times.
- Explain it is illegal and there are consequences.
- Discuss how gambling relates to finances, spending, and saving money.
- Casinos and lotteries are in business to make money.
- Sports and gambling do not have to go together.
- Teach youth odds of winning (1 in 13,983,816 for lottery, 8% for slots, and 2% chance of getting best hand in Poker).
- Use lottery or casino ad as teachable moment.

Discuss Possible Negative Consequences

- Losing things of value.
- Owing others.
- Getting into fights.
- Trouble with parents, police, people owed money.
- Declining grades.
- Feeling pressured to lie or steal.
- Not getting along with or hurting people you love.

How Will It Affect Your Mental Health?

- Loss of interest in activities.
- Not wanting to spend time with family and friends.
- Feeling that you can't control behavior.
- Feeling irritable when you can't gamble.
- Changes in mood such as feeling lonely, depressed, anxious, and/or stuck.
- Gambling addiction.

What other suggestions do you
have for discussing difficult
topics with youth?
Please put your answers in the
chat box!

Safe Tips for Youth Gaming and Gambling for Those of Legal Age

Tips for Safe Gaming and Gambling

- Parents monitor time youth spend on gaming. Gambling is not allowed.
- Follow rating system for games.
- No game systems in bedrooms
- Introduce kids to non-electronic options such as playing outside, exercise, sports, music, etc.
- Balance, balance, balance

Tips for Safe Gambling for Those of Legal Age

- Set a limit on spending.
- Play for fun, when it starts to worry you, stop.
- Avoid high stakes games for large amounts of money.
- Limit playing time.
- Don't gamble alone.
- Don't gamble if you are depressed or using it as a way to solve a problem.
- Don't borrow money to gamble.
- Have a plan for the money you win.
- Don't use drugs or drink alcohol while gambling.

What other tips do you have for
safe gaming and/or gambling?

Please put your answers in the
chat box!

Individual and Environmental Prevention Strategies

Individual Versus Environmental Prevention Strategy

- Individual Strategy: focus on changing individual behavior and attitudes. Focus on teaching young people refusal skills for risky behavior, health classes, health fairs, etc. (costly and difficult to implement community-wide)
- Environmental Strategy: strategies focused on changing the context around gambling. Focus on health and safety of the environment (policy change, reducing access, and availability of gambling, training for those that sell lottery tickets, enforcement of laws)

(source: community science, 2019)

Individual Strategies for Youth Underage and Problem Gambling Prevention

- Include gambling addiction education in substance abuse prevention and mental health promotion programming.
- Educate parents on how to talk to their kids about gambling.
- Screen for gambling behaviors for youth in mental health and substance misuse counseling.
- Educate high risk youth who have parents who gamble, those involved with juvenile services, and minority populations.
- Encourage peer to peer education on problem gambling.

Environmental Strategies for Youth Underage and Problem Gambling Prevention

- Support legislation that keeps youth safe from gambling risks.
- Encourage school policies prohibiting gambling on school property.
- Train those who work at casinos and those who sell lottery tickets the importance of enforcing gambling age restrictions.
- Work with substance misuse and mental health organizations to reduce the stigma of problem gambling and other mental health disorders.

What community partners
should be involved in youth
underage and problem gambling
prevention strategies?
Please put your answers in the
chat box!

Resources for Help

Resources for Gaming Problems

On-Line Gamers Anonymous

<https://www.olganon.org/home>



Cam Adair, Person in Recovery from Internet Gaming Disorder www.camerondare.com

<https://gamequitters.com/video-game-addiction/>

Resources on Problem Gambling

Helpline: 1-800-GAMBLER



1-800-GAMBLER

24/7 FREE & CONFIDENTIAL HELPLINE

[CLICK HERE TO LEARN MORE](#)

Website: helpmygamblingproblem.org
<https://www.mdproblemgambling.com/>

No Cost Treatment: Call 1-800-GAMBLER and ask for a referral to a provider

Peer Support: Call 1-800-GAMBLER and ask to speak to a peer.
“Have the Conversation With Someone Who Has Been There”

Gamblers Anonymous - www.gamblersanonymous.org

Resources on Problem Gambling

Maryland Coalition of Families: Support for family members who have a loved one who is a problem gambler, 410-730-8267 or info@mdcoalition.org

Gam-Anon - www.gamanon.org

Voluntary Exclusion Program: Jasmine Countess,
jasmine.countess@Maryland.gov or 410-230-8798

Maryland 211, press 1: for crises



Thank
You!

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