Youth Gambling a Gateway to Substance Abuse

Risks in Adolescence: Youth Problem Gambling and Substance Abuse
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Tell me what you think?

Where does gambling fit in the life of Hoosiers?
True or False

Betting on a soda with someone on who will win a basketball game is gambling.
True!

Gambling is any behavior that involves risking money or things of value on a game, contest, or any other event.
A coin comes up “heads” 5 times in a row. On the next flip of the coin, on which side is the coin more likely to land?

A. Heads
B. Tails
C. Either
On the next flip, the coin is more likely to land...

C. Either -- a coin flip is completely random!
A. There is **less** risk of alcohol or drug abuse among problem gamblers

B. Gambling is not a safe alternative for people with alcohol or drug problems

C. Problem gambling doesn’t have as serious of consequences as other addictions
B. Gambling is **not** a safe alternative for people with alcohol or drug problems

*Drug, alcohol, and gambling problems go hand-in-hand!*
Name at least one typical consequence that a problem gambler may have due to their gambling problem.
Most Common Effects of Problem Gambling

- Debt
- Crime
- Depression/Suicide
- Relationship problems
- Employment problems
- Alcohol and/or drug problems
- Academic Issues

What’s considered the most “addictive” type of gambling?

- Sports bets
- Lottery tickets
- Video & online
- Bingo & raffles
the most “addictive” type of gambling:

Video lottery & online gambling
True or False?

The average problem gambler in gambling treatment owes $4,000 in gambling-related debts.
The average problem gambler in gambling
treatment owes $26,000 in
gambling-related debts.
Highlights US History

• 1950 Nevada Casinos
• 1957 Gamblers Anonymous founded
• 1972 First gambling treatment program (Virginia)
• 1972 National Council on Problem Gambling founded
• 1975 First National Prevalence Study
• 1980 Pathological Gambling in the DSM III
• 1988 Indian Gaming Regulatory Act
• 1999 National Gambling Impact Study
• 2006 Unlawful Internet Gambling Enforcement Act becomes law
• 2015 revise gambling definition in DSM V
Progression of Gambling in Indiana

- 1995: Off Track Betting parlors open in 5 cities in Indiana
- 1995: First casino opens in Indiana
  - Indiana currently has 13
- 2004: Voluntary Exclusion Program (VEP) began
  - 5598 Indiana Residents enrolled in the VEP as of February, 2017
- 2007: Legislation passed allowing slots at Race Tracks
- 2008: Pull Tabs allowed at bars
Other Gaming in Indiana

- **Legal**
  - Charity gaming for non-profit organizations
    - Bingo, punch cards, raffles
  - State Lottery
  - Casinos/ Racinos/ Off track betting
- **Illegal**
  - Video Poker
  - Cherry Master
  - Internet Gambling
  - Book Making
Indiana Gambling Facts 101

- 85% of US adults have gambled at least once in their life, 80% in the last year.
- Compulsive gambling affects almost 5 million Americans.
- Indiana has 13 casinos, 2 Racinos, as well as Off-Track Betting (OTB) venues, charitable gaming, pull tabs and thousands of lottery outlets.
- 2-3% of the US population will have a gambling problem in any given year.
- Compulsive gambling among people with substance use disorders is at a minimum 4-5% higher than in the general population.
- Problem gamblers can be any age, sex, race or background.
Indiana Dollars in Gambling

- As Generated by 13 Casinos/Racinos (2016)**:  
  ~2.23 Billion gross revenues = could purchase over 3 Lucas Oil Stadiums!!

U.S. Ranking in Gross Revenues

- Nevada $ 11.01 Billion
- Pennsylvania $ 3.06 Billion
- New Jersey $ 2.74 Billion
- Indiana $ 2.23 Billion
- Mississippi $ 2.07 Billion

Data from American Gaming Association, ranks among 19 states with legalized casinos and/or racino’s.
Gambling

To risk money or something of value on the outcome of an unpredictable event or contest.
What is Gambling?

• You are gambling whenever you take the chance of losing money or belongings, and when winning or losing is decided mostly by chance.

• There are many different ways to gamble, including:
  • Casino games
  • Bingo
  • Keno
  • Slot machines
  • Lottery tickets
  • Scratch or pull-tab tickets
  • Betting on card games or dominoes
  • Betting on sports, such as NCAA, NFL, horse racing, etc.
  • Betting on games of skill, such as golf or pool
  • Internet gambling
  • Stock market speculation, day trading
What about???

- Bingo
- NCAA Pools
- Super Bowl Pools
- Due Date Pools
- Stock Market
- Raffles
- Euchre Games
- Golf Shots
- Take a Spin and Win Games
Scope of Gambling

• All but two states have some form of legalized gambling.
• Racetrack betting in 40 states.
• Lotteries in 37 states
• 28 States have legalized casinos
• 100’S riverboat / dockside casinos
DSM V

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 12month period:

• a. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
• b. Is restless or irritable when attempting to cut down or stop gambling.
• c. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
• d. 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).
• e. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
• f. After losing money gambling, often returns another day to get even (“chasing” one’s losses).
• g. Lies to conceal the extent of involvement with gambling.
• h. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
• i. 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.
  
  Specify if:

  Episodic: Meeting diagnostic criteria at more than one time point, with symptoms subsiding between periods of gambling disorder for at least several months.

  Persistent: Experiencing continuous symptoms, to meet diagnostic criteria for multiple years.

  Specify if:

  In early remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met for at least 3 months but for less than 12 months.

  In sustained remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met during a period of 12 months or longer.

  Specify current severity:

  • Mild: 4–5 criteria met.
  • Moderate: 6–7 criteria met.
  • Severe: 8–9 criteria met.

• From the Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (section 312.31).
Severity Levels

- Mild 4-5 criteria
- Moderate 6-7 criteria
- Severe 8-9 criteria

All levels of severity should be treated...levels help plan a course of treatment based on extent of problem
Problem (Disordered) Gamblers

• Exceeds limits (time and money)
• Losing causes financial problems
• Affects relationships, work or your mood
• Hiding the amount of gambling and losses
• Constantly thinking about gambling
• Gambling to win back previous losses
• Borrowing money for gambling
• Gambling until all your money is gone
• Feeling ashamed about your gambling
• Desperation: “I deserve a win, I need a win.”
Consequences of Problem Gambling

- Job Loss
- Employment write up
- Divorce
- Breakup
- Family will no longer speak to you
- Loss of friendships
- Financial devastation
- Bankruptcy
- Breaking promises to be people you care about
- Owing money that you cannot pay back
- Breaking the law
- Criminal charges
- Loss of Freedom
Real Odds

• Winning one million dollars
• Killed in a car accident
• Choking to death
• Struck by lightning
• Odds of winning the daily lottery -- 4 digit

• 1 in 14,000,000 to 1 in 88 million
• 1 in 53,000
• 1 in 68,000
• 1 in 2,000,000
• 1 in 10,000
Who goes to casinos nationwide...

- Median Income is $53,204
- Median Age is 48
- 45% Bachelors Degree
  - 28% some college, 19% no college, 8% post bachelors
- 44% White Collar
  - 25% Blue Collar, 17% Retired 13% other

- Source: Lane County Prevention
  http://www.preventionlane.org/prevention-topics/problem-gambling-prevention
Exposure to Gambling

- Texas Hold ‘em games for Game Players
- Texas Hold’em Yahtzee
- Bunko
- Cards with Characters
- Hand Held Games-Blackjack, Roulette
- Raffles
- Casino Night After Proms (often billed as a Drug-Free Event)
Social Influences
Socially Acceptable Gambling

Hammond High's Annual Las Vegas Night
Hammond Civic Center
6826 South Avenue, Hammond, Indiana
Saturday, February 26, 2006 7:00PM
- Food Served 7:00 - 9:00PM
- Games
- Bingo
- Drinks
- Prizes
- Must Be 21 to Attend
$8.00 Donation
- Sponsored By: Hammond High School Booster Club

United Way Charity Bingo 7-10PM
Come One, Come All! Help raise funds for the United Way.

Hamilton School PSA
Charity No. 1123073

Summer Fair Prize Draw
1st Prize: £100
2nd Prize: £50
3rd Prize: Beach Hut for a Weekend (25th & 26th July)
Many other prizes to be won

Promoter: Kim Lane, c/o Hamilton Primary School, Registered under the Lotteries & Amusements Act 1976 with Colchester Borough Council. Reg No. 016539
Printed by All Thing Print. Tel: 01206 579954

Grand Prize: Win a Brand New 2008 Toyota Prius valued at over $28,000
- First Prize: $1,000
- Second Prize: $500
- Only 1,000 tickets will be sold
- Tickets are $100 each or 6 tickets for $500
Problems associated with Problem Gambling

- Potential Crime
- School or work issues
- Family and Spouse Issues
- Relationship issues-co workers, friends
- Legal and money issues
- Suicide
- Increased Risk for ATOD Addiction
What do gamblers have in common?

- Family History
  - Youth with parents who gamble are 2X more likely to gamble
- Conflict at home
- Low self-esteem
- Peers who gamble
- Gamble for thrill/competition
- Gamble as a means to escape pressures
How does Substance Use Disorders Contrast to Disordered Gambling?

The rate of co-occurrence of disordered gambling among people with substance abuse disorders has been reported as ranging from 9-30% (Tip 42). Among disordered gamblers, alcohol has been found to be the most common substance (Tip 42).
The Similarities

- Progressive in nature
- Characterized by a loss of control
- Pre-occupation
- Irrational thinking
- Continue despite negative consequences
- Craving -- action/ high feeling/ rush
- Develop tolerance
- Twelve Step support is available for gambler and family
- Individual, group, and family counseling is available
- Denial is a trademark of the illness, the person spends a great deal of time thinking that they DO NOT have a problem
- Recovery is possible
The Differences

• Harder to diagnose the compulsive gambler
• It can take years to develop a gambling problem unlike addiction to chemicals which can occur in a very short period of time
• Fewer 12 step Gamblers Anonymous (GA) meetings are available around the state than Alcoholics Anonymous (AA) or Narcotics Anonymous (NA)
• Cannot overdose
• Cannot use a drug screen to detect “active” addiction
• Financial devastation is often greater
• Financial management and rebuilding is a significant component of recovery
It is estimated that:

- 73.2% of those meeting DMSV criteria for disordered gambling had an alcohol use disorder
- 38.1% had a drug use disorder
- 60.4% had nicotine dependence
- 49.6% has a mood disorder
- 41.3% has an anxiety disorder
- 60.8% has a personality disorder
Teen Gambling

• Lifetime--Nationally about 90% of adolescents have gambled for money

In Indiana we have seen that...

• 42% gambled at least once
  • 2.3% felt bad about the amount they bet
  • 1.4% would like to stop, but could not stop
## 2016 INYS Indiana Adolescent Gambling Behavior

<table>
<thead>
<tr>
<th>Activity</th>
<th>7</th>
<th>8</th>
<th>9</th>
<th>10</th>
<th>11</th>
<th>12</th>
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<tbody>
<tr>
<td>Card Games</td>
<td>13.1</td>
<td>15.2</td>
<td>15.6</td>
<td>14.8</td>
<td>15.7</td>
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<td>Personal Games of Skill</td>
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<td>23.9</td>
<td>21.7</td>
<td>20.2</td>
<td>18.8</td>
<td>19.6</td>
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<td>Sports</td>
<td>17.8</td>
<td>19.3</td>
<td>17.8</td>
<td>17.9</td>
<td>16.5</td>
<td>17.7</td>
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<td>Lottery</td>
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<td>11.3</td>
<td>10.9</td>
<td>10.8</td>
<td>11.3</td>
<td>25.9</td>
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<td>Bingo</td>
<td>10.8</td>
<td>9.9</td>
<td>8.0</td>
<td>7.1</td>
<td>5.8</td>
<td>7.1</td>
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<td>On line gaming</td>
<td>4.0</td>
<td>5.2</td>
<td>4.7</td>
<td>4.7</td>
<td>4.4</td>
<td>22.0</td>
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<td>Other</td>
<td>10.9</td>
<td>14.1</td>
<td>12.9</td>
<td>12.6</td>
<td>12.9</td>
<td>13.6</td>
</tr>
</tbody>
</table>
### 2016 data

#### Gambling prevalence rates between counties with and without gambling facilities

<table>
<thead>
<tr>
<th>Activity</th>
<th>Counties without gambling facilities</th>
<th>Counties with gambling facilities</th>
</tr>
</thead>
<tbody>
<tr>
<td>Played cards</td>
<td>NO</td>
<td>85.1 85.0</td>
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<tr>
<td></td>
<td>YES</td>
<td>14.9 15.0</td>
</tr>
<tr>
<td>Bet on games</td>
<td>NO</td>
<td>84.9 83.6</td>
</tr>
<tr>
<td></td>
<td>YES</td>
<td>15.1 16.4</td>
</tr>
<tr>
<td>Bet on sports</td>
<td>NO</td>
<td>85.9 82.2</td>
</tr>
<tr>
<td></td>
<td>YES</td>
<td>14.1 17.8</td>
</tr>
<tr>
<td>Bought lottery tickets</td>
<td>NO</td>
<td>83.1 84.0</td>
</tr>
<tr>
<td></td>
<td>YES</td>
<td>16.9 16.0</td>
</tr>
<tr>
<td>Gambled in a casino</td>
<td>NO</td>
<td>98.9 99.0</td>
</tr>
<tr>
<td></td>
<td>YES</td>
<td>1.1 1.0</td>
</tr>
<tr>
<td>Played online</td>
<td>NO</td>
<td>92.7 91.5</td>
</tr>
<tr>
<td></td>
<td>YES</td>
<td>7.3 8.5</td>
</tr>
</tbody>
</table>

Differences between these two columns are statistically significant except for played cards.
# Prevalence of Gambling Behavior

*Source: 2010 IPRC Indiana Survey*

<table>
<thead>
<tr>
<th>Gambling behavior by Indiana adolescents in the past year, percentages</th>
<th>6th</th>
<th>7th</th>
<th>8th</th>
<th>9th</th>
<th>10th</th>
<th>11th</th>
<th>12th</th>
</tr>
</thead>
<tbody>
<tr>
<td>Played cards for money</td>
<td>14.5</td>
<td>18.8</td>
<td>22.4</td>
<td>22.4</td>
<td>23.4</td>
<td>22.8</td>
<td>24.9</td>
</tr>
<tr>
<td>Bet money on games of personal skill like pool, golf, bowling</td>
<td>14.9</td>
<td>19.2</td>
<td>22.9</td>
<td>22.9</td>
<td>23.9</td>
<td>23.1</td>
<td>24.3</td>
</tr>
<tr>
<td>Bet money on sports teams</td>
<td>13.2</td>
<td>16.1</td>
<td>19.7</td>
<td>18.1</td>
<td>18.6</td>
<td>16.5</td>
<td>16.5</td>
</tr>
<tr>
<td>Bought lottery tickets or scratch offs</td>
<td>13.6</td>
<td>15.6</td>
<td>17.7</td>
<td>16.1</td>
<td>16.1</td>
<td>15.6</td>
<td>29.4</td>
</tr>
<tr>
<td>Gambled in a casino</td>
<td>0.8</td>
<td>0.8</td>
<td>1.3</td>
<td>1.3</td>
<td>1.5</td>
<td>1.6</td>
<td>2.7</td>
</tr>
<tr>
<td>Played online for money</td>
<td>8.3</td>
<td>9.3</td>
<td>10.1</td>
<td>9.3</td>
<td>9.4</td>
<td>8.0</td>
<td>8.2</td>
</tr>
</tbody>
</table>
Correlation between Annual Cigarette Use and Gambling Behavior from past IYS surveys

Gambling Behavior

None

Heavy Use

Annual Cigarette Use

None

None

Often

r = .153 (p<.001)

r = .209 (p<.001)

r = .204 (p<.001)

r = .152 (p<.001)

r = .179 (p<.001)
Correlation between Annual Alcohol Use and Gambling Behavior from past IYS surveys

- Cards: $r = .228$ (p<.001)
- Games: $r = .293$ (p<.001)
- Sports: $r = .225$ (p<.001)
- Lottery: $r = .259$ (p<.001)
- Casino: $r = .105$ (p<.001)
Correlation between Annual Marijuana Use and Gambling Behavior from past IYS surveys

- $r = .105 (p<.001)$
- $r = .158 (p<.001)$
- $r = .198 (p<.001)$
- $r = .156 (p<.001)$
What we have seen from IYS results

- Male students were more likely to gamble.
- Older students were more likely to gamble.
- Cigarette, alcohol, and/or marijuana users were more likely to gamble.
- Students who believed that substance use was less harmful were more likely to gamble.
- Students who perceived that their peers were more approving of substance use were more likely to gamble.
- Students who did not participate in after-school activities were more likely to gamble.
Teen problem gamblers have higher rates of:

- Alcohol & binge drinking (Student Wellness Survey, 2010)
- Drug use, including marijuana (Student Wellness Survey, 2010)
- Suicidal thoughts and attempts (Student Wellness Survey, 2010)
- School problems (e.g., lower grades, truancy, behavior issues; Student Wellness Survey, 2010)
- Violent behavior (Oregon Healthy Teens, 2009)
- Risky sexual behavior (Oregon Healthy Teens, 2009)
- Family problems (e.g., withdrawal, behavior issues)
- Peer relationship problems
- Legal and money troubles
- Depression
- Dissociative, "escape" behaviors
- Risk for other addiction(s), including alcohol and substance abuse
More on Youth

• 75% of youth report gambling in their own home
• 85% of parents don’t object to gambling
• Gambling seen as a “safe” alternative
• Males more likely to gamble
Prevalence of Gambling Among College Students

• 12.5% of Males and 2.2% of female college students play cards weekly
• The rate for those not in school was 6.6% for males and 2.0% for females
• Students in the Midwest and South played at higher rates than those in the Northeast or West.
Indiana College Students

• Lottery is the most common form of gambling among college students in Indiana (28.9%)
• Cards at home (14.0%)
• Casinos (12.7%)

• Feeling bad about gambling is most commonly reported consequences (3.5%)
Risk and Protective Factors Defined

• Risk factors ~ Precursors or correlates of ATOD use
• Protective factors ~ Factors that moderate exposure to risk
Adol. Problem Gambling Risk Factors

Community
• Availability
• Community Laws & Norms

Family
• Family History (both gambling & problem gambling)
• Family Conflict (competition)
• Parental Attitudes/Involvement
Adol. Problem Gambling Risk Factors

School
• Anti-Social Behavior

Individual /Peer
• Peer Involvement
• Favorable Attitudes
• Early Initiation

Social Development Model

• Incorporates risk/protective factors into a model describing the driving force of behavior as the formation of social bonds that result in the internalization of values and standards of behavior held by the socializing agent(s)

• In short, this model describes how we can decrease risk factors and increase protective factors by promoting bonding with prosocial others
Risk and Protection

**Risk Factors**
- Family History
- Exposure when young
- Emphasis on money
- Emphasis on competition
- Early “big” win
- Other addiction issues

**Protective Factors**
- Supportive Environment
- Positive outlook
- Clear Boundaries
- Good Problem Solving
Common risk factors for youth problem gambling:

- Single-parent household
- Gambling on card games and sports
- Being male, older adolescent
- Household income below median
- Playing sports for school (competition)
- Having lost more than $50 in a single month
- Started gambling before 8th grade (early initiation)
- Parents who gamble (favorable parental attitudes/behaviors)
- Youth are twice as likely to be at-risk gamblers & four times as likely to be problem gamblers
Warning Signs

• Preoccupied with gambling
• Brags or exaggerates winnings, hides loses
• Irritable when not able to gamble
• Borrows money
• Gambles to win money back
• Unexplained absences
• Jeopardizing jobs, schools and relationships
Gambling Disorder vs. Substance Abuse

**Similarities**
- Withdrawal symptoms
- Tolerance
- Self Help Groups
- Loss of Control
- Preoccupation
- Negative impact on life

**Differences**
- Gambling not self limiting
- Unpredictable outcome
- Fantasies of success
- Easier to hide
- Greater Financial issues
- Greater anger from family and friends
- Less community awareness
Substance Use and Problem Gambling

- 59% of problem gamblers frequently used alcohol and illicit drugs
- The age of first use for gambling is found to be about 11.2, lower than for smoking tobacco, marijuana use, and alcohol use (11.3, 11.6, and 13.2 years of age, respectively).

**WHY MIGHT THIS OCCUR???

- In Georgia, students reporting weekly/daily use of drugs were 3.8 times more likely to report weekly/daily gambling than those who used drugs less frequently (or not at all).
Mixed Messages

• If not drinking and driving it must be ok?
• What is a little cash lost over getting arrested for weed?
• I always played cards with my family for money when I was younger?
• But would you ever say, it was only a six pack?
Things to think about

• Youth don’t always have the best decision making skills
• Gambling problem are easy to hide
• Problem Gambling can develop over several years
• The early you being gambling as with other drugs your chances of developing a problem increases
• It is not legal for those under 18 and/or 21
Gambling and Video Games

- Video Games and Gambling are similar
  - Random activities
  - Intermittent Reward Schedules
  - Rewards for success
  - Reinforcements

- Video games provide reinforcements and chances machines allow for little skill development

- Source: Lane County Prevention
  http://www.preventionlane.org/prevention-topics/problem-gambling-prevention
Video Games/Gambling

- Frequent video game players have a greater sense of skill being involved in gambling than non players (86% say some skill is involved)
- Video Game players took more risks with money in gambling simulation activities
- Gamblers in study found video games more exciting than non-gamblers (47% compared to 10%)

- Source: Lane County Prevention http://www.preventionlane.org/prevention-topics/problem-gambling-prevention
"ALMOST WINNING": dopamine is activated the same as ACTUALLY winning.

People play LONGER when machines give them NEAR MISSES.

Problem gamblers are more likely to see their near misses as "NEAR WINS"
E Sports and Money
Source: Lane County Prevention http://www.preventionlane.org/prevention-topics/problem-gambling-prevention

Source: "Competitive video gaming will be a $1.5 billion industry by 2020, researchers say," Jeff Dunn / Business Insider / 3/27/17
Video Games as a spectator sport

Source: Lane County Prevention http://www.preventionlane.org/prevention-topics/problem-gambling-prevention

GROWING SPECTATOR SPORT

2016 Finals Competitions, Viewership in Millions

Data source: “eSports goes from gaming to big money league” (April 24, 2017)
Are you gambling when you play video games?
“Gambling addiction is a real thing. People get sucked in by the lure of easy money, and can quickly lose more than they had to begin with. The National Council on Problem Gambling has an interesting survey, the 2013 National Survey of Problem Gambling Services discusses how much money is spent on gambling addiction services across the U.S. The App Store lets consumers link credit cards to IAP. By offering bottomless IAP, these titles are effectively allowed to shake out the wallets of vulnerable consumers to an extent they cannot financially bear.”
So what?!!?
MAGICAL THINKING

• Compulsive gambling is a silent epidemic usually affecting only the gambler and their immediate family
• Compulsive gambling is not perceived as being life threatening
• There is a taboo about money
• Lack of sympathy for people who lose or appear to squander their money
New Studies Show Brain Effects Similar to Substance Abuse

- **Similar to Meth**
  

- **Similar to Cocaine**
  

Source: Lane County Prevention http://www.preventionlane.org/prevention-topics/problem-gambling-prevention
This is your brain

Source: Lane County Prevention http://www.preventionlane.org/prevention-topics/problem-gambling-prevention
This is your brain on adolescences

**Age 12**
During adolescence, the brain is undergoing a lot of changes. Gray matter diminishes as neural connections are pruned.

**Age 16**
Because the brain is still developing, it is more sensitive to drugs.

**Age 20**
The changes drugs cause are more likely to ‘stick’ and become hardwired as addiction by adulthood.
What can we do?

- Provide info for teens and their parents
- Help teens assess their own risk
- Influence school and program policy
- Use the new state penalties for teens gambling in casinos and card rooms

Source: Lane County Prevention http://www.preventionlane.org/prevention-topics/problem-gambling-prevention
School Approach

- School-based prevention programs are an important component of problem gambling prevention, but empirically effective programs are lacking.
- Stacked Deck is a set of 5–6 interactive lessons that teach about the history of gambling; the true odds and "house edge"; gambling fallacies; signs, risk factors, and causes of problem gambling; and skills for good decision making and problem solving.
- An overriding theme of the program is to approach life as a "smart gambler" by determining the odds and weighing the pros versus cons of your actions.
Activities at Universities

• Poker tournaments in Residence Halls, Fraternities and Student Unions
• School and Student Organization Sponsored events
• Tournaments at local bars
• On-line Contests
• Internet Gambling by Students
• Sports Betting
Local Issues

- Internet Poker
- Local Poker Games
  - According to the Indiana Dept. of Revenue, playing for money is illegal (felony) unless at a casino or at a registered not for profit
- Increasing concern for school administrators
- Increasing credit card debt
- *Most schools do not have a formal written policy regarding gambling*—state and local laws prevail
School Policy Thoughts

- Facts and Risks
- Know where gambling occurs
- Penalties
- Tolerance
- How similar to smoking and drug policy
Help is Available (Indiana Specific)

The following web sites can provide valuable information, encouragement and support.

Indiana Council on Problem Gambling, Inc
http://www.indianaproblemgambling.org/

Gamblers Anonymous and GA Meetings in Indiana
http://www.gamblersanonymous.org/

GAM-ANON (for families) Meetings in Indiana
http://www.gam-anon.org/

National Council on Problem Gambling
http://www.ncpgambling.org/

The State of Indiana Voluntary Exclusion Program
http://www.in.gov/igc/2331.htm