



March 2021

**Gambling Disorder Screening Day
March 9, 2021**

A Guide for Behavioral Health Providers



*The Maryland Center of Excellence
on Problem Gambling*



Introduction and Overview

Problem Gambling Awareness Month (PGAM), held each March, is a grassroots public awareness and outreach campaign created and sponsored by the National Council on Problem Gambling (NCPG) to educate the general public and healthcare professionals on problem gambling. The focus is to elicit discussions and to “*Have the Conversation*” about the risks of gambling, the signs of problem gambling, and the resources available nationally and here in Maryland to provide help, hope and recovery for individuals and their families.

MARCH 9, 2021 Gambling Disorder Screening Day, an annual one-day event on the second Tuesday in March, was developed by NCPG and the Cambridge Health Alliance Division on Addiction to educate and support health care providers in screening for Gambling Disorder. Screening, although not a diagnosis, helps to identify individuals who should seek further assessment for potential gambling-related problems.

This guide was developed to encourage healthcare providers to screen clients for problem gambling. The Guide provides the tools and resources to integrate the screening of Problem Gambling/Gambling Disorder into your agency’s current processes and protocols.

This March, we invite you to join us in promoting **AWARENESS** of problem gambling and taking **ACTION** to **SCREEN** for Gambling Disorder providing help and hope to Maryland residents who struggle with this hidden addiction.

Included in this Guide:

- ✓ How to Integrate
- ✓ How to Screen
- ✓ How to Engage
- ✓ Resources
- ✓ DSM 5 Handout
- ✓ Brief Screen Handout
- ✓ PG Reimbursement Program Handout
- ✓ Case Consultation Calls Handout
- ✓ Peer Support Program Handout
- ✓ Awareness Materials Order Form

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ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the National Council on Problem Gambling (NCPG), The Cambridge Health Alliance Division on Addiction, other national and local agencies, and The Center.



INTEGRATE Problem Gambling/Gambling Disorder into Current Protocols

The Center is committed to increasing the capacity of mental health/behavioral health care treatment and prevention programs to address gambling, problem gambling and gambling disorder through enhanced screening, assessment, awareness, intervention, recovery and health promotion strategies, and to make the impact of gambling behaviors on recovery, health and well-being a relevant topic of conversation within communities and organizations.

GAMBLING: the act of risking something of value, including money and property, on an activity that has an uncertain outcome.

Defining Gambling Clinical Terms:

Recreational Gambler: Someone who is able to maintain control over amounts of time and money spent gambling and who does not experience any adverse effects from gambling.

At Risk Gambler: Someone who is at risk for becoming a problem or pathological gambler because:

- a. they evidence some adverse consequence(s) from gambling but no symptoms of loss of control; OR
- b. they evidence some symptoms of loss of control but no adverse consequences: OR
- c. they evidence some adverse consequences and loss of control, but not at a level sufficient to meet criteria for problem or pathological gambling; OR
- d. they have a gambling frequency and/or expenditure that is significantly above average (especially in the context of their employment status, income, and debt).

Problem Gambling: Characterized by difficulties in limiting money and/or time spent on gambling (impaired control) which leads to adverse consequences for the gambler, others, or for the community. (Neal, 2005). This has never been an official diagnostic category.

Gambling Disorder: Current DSM-V diagnosis. (*DSM-V description included in this Guide*).

Pathological Gambling: DMS-IV diagnosis.

Compulsive Gambling: Terminology used in Gamblers Anonymous and commonly in non-clinical settings and contexts.

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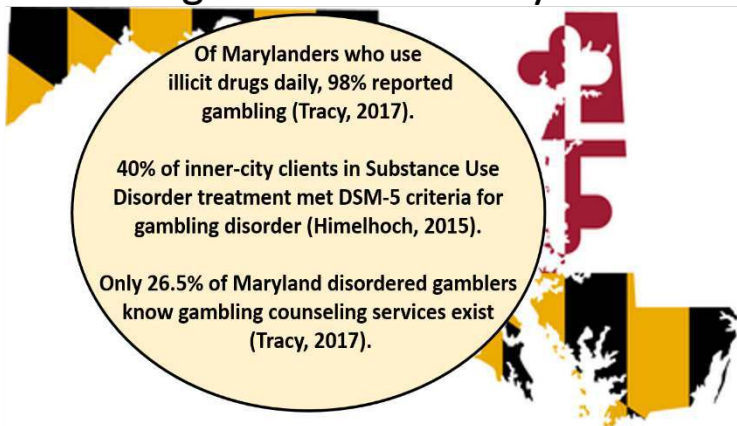
250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396
HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.com ~ helpmygamblingproblem.org



Why address Gambling Behavior in Substance Use and Mental Health Programs?

1. Individuals with Substance use and mental health disorders are at **higher risk** for having a gambling problem.
2. Gambling (even at moderate levels) may have an **adverse impact** on health and treatment outcomes.
3. Unaddressed gambling and gambling problems are likely to add to **treatment costs and service utilization**.
4. Gambling may become an **addiction** for individuals recovering from substance use disorder.
5. Gambling can be a **relapse risk factor**.
6. Gambling and problem gambling may **exacerbate psychiatric symptoms**.
7. **Relationship violence and child abuse** are correlated with problem gambling and severely aggravated if substance use is involved.

Gambling Disorder in Maryland



Types of Gambling:

- ✓ Bingo
- ✓ Card/table games
- ✓ Horse betting
- ✓ Internet gambling (poker/bingo sites)
- ✓ Lottery games, scratch offs
- ✓ Other games (betting on pool, bowling)
- ✓ Raffle tickets
- ✓ Slot machines/VLT's
- ✓ Sports Betting
- ✓ Stock market speculation

[CLICK HERE](#) to Access Online Training Modules – Part I and Part II
Integrating Problem Gambling into Substance Use Disorder and Mental Health Treatment

This on-demand training is designed for counselors, educators, prevention specialists, and other health care and social service providers to address problem gambling. **Part I** focuses on **strategies for screening for gambling problems** and initiating conversations regarding the impact of gambling and problem gambling on recovery, health, and well-being. **Part II** focuses on making gambling and problem gambling relevant topics of conversation within Substance Use Disorder and Mental Health treatment settings.

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SCREEN for Problem Gambling/Gambling Disorder

Why Screen:

- ✓ Problem Gambling/Gambling Disorder can lead to financial, emotional, social, occupational, and physical harms.
- ✓ An individual struggling with issues due to problematic gambling will affect 7-10 people in their immediate circle.
- ✓ Continual problem gambling may lead to criminal activity to compensate for losses.

Goals of Screening:

- ✓ Open the conversation about gambling.
- ✓ Increase curiosity.
- ✓ Begin to make connections between gambling and other major life areas.

MARCH 9, 2021 – National Problem Gambling Screening Day

Prepare for Screening Day:

1. Promote screening day through Social Media posts. (See Flyer provided in this Guide.)
2. Plan for screening day by engaging your staff.

On Screening Day:

1. Begin with a conversation about gambling.
2. Screen every client with the **Brief Biosocial Gambling Screen** (provided on the next page).
3. Discuss the results.
4. Provide additional resources, such as referrals to a “No Cost” treatment provider; Peer Recovery Support; or other referrals such as Gamblers Anonymous.

The Center’s Clinical Manager can provide your organization technical assistance to implement strategies for screening, assessment, and treatment.

Contact:

Kristen Beall, LCSW-C, CAC-AD

Clinical Manager

krbeall@som.umaryland.edu

Direct Office: (667) 214-2123

Is a client hesitant to complete the Screen? Visit helpmygamblingproblem.org for an online Self- Assessment designed to help individuals seek forms of support and assistance if they wish.

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Brief Biosocial Gambling Screen

1. Have you ever gambled at least 5 times in any one year of your life?
☐ YES ☐ NO
2. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
☐ YES ☐ NO
3. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
☐ YES ☐ NO
4. 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?
☐ YES ☐ NO

Low Risk: An individual has answered “no” to all questions.

- Provide individuals with their score, give feedback on their risk level and give literature regarding Gambling Disorder in case their behavior worsens or they have affected family/friends with whom they want to share.

Moderate Risk: An individual has responded, “yes,” to question 1, but have said “no” to all other questions.

- Give the low risk intervention. Additionally, the clinician should discuss with the participant the continuum of gambling behaviors (e.g., recreational, at risk, problem, disorder), risk factors associated with moderate and problem gambling (e.g., medical issues), and guidelines to reduce risk for gambling problems.

High Risk: An individual has responded, “yes” to question 1 *and* has said, “yes” to at least *one* other question.

- Combine low and moderate risk intervention. Additionally, review risk factors for problem gambling and options for further assistance including self-help materials, referral for further evaluation and referral to Gambler’s Anonymous or a recovery support specialist.

www.ncrg.org

1-800-GAMBLER

www.divisononaddiction.org

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ENGAGE and Educate Your Staff

Promote Screening Day and March Problem Gambling Awareness Month:

- ✓ Post Screening Day Flyer (Provided in this Guide.) and utilize your Social Media.
- ✓ Visit Mdproblemgambling.com for more information and a copy of the **March Problem Gambling Awareness Guide**.

Enroll in the Problem Gambling Reimbursement Program:

- ✓ Offer “no cost treatment” in your community and be listed on the Problem Gambling Provider Referral Directory. (See Flyer in this Guide.)
- ✓ **Contact Kristen Beall**, the Center’s Clinical Manager for additional assistance. (krbeall@som.umaryland.edu; 667-214-2123)

Participate in Problem Gambling Training Programs:

- ✓ All training programs are provided free of charge and offer Continuing Education Units (CEUs). (See Flyer provided in this Guide).
- ✓ Request an in-service training or presentation for your staff. Contact Donna Gaspar, Communications Manager for more information. (dgaspar@som.umaryland.edu, 667-214-2124).
- ✓ Visit the Training section on Mdproblemgambling.com for more information and resources.

Join Case Consultation Calls:

- ✓ Held four times a month as a resource to gain support and consultation in discussing any topics around problem gambling/gambling disorder. (See Flyer provided in this Guide).
- ✓ Visit Mdproblemgambling.com for more information, view the schedule and to register.

RESOURCES

- 🎗 **Maryland Helpline 1-800-GAMBLER** (1-800-426-2537) provides free, confidential 24/7 support and referrals.
- 🎗 A dedicated help seeker website – www.helpmygamblingproblem.org.
- 🎗 The Center’s **Peer Recovery Support Specialists** can support your clients to help stop, control, or limit their gambling, and provide presentations to recovery groups within your organization. (See Flyer provided in this Guide.)
- 🎗 **Maryland Coalition of Families** provides additional Peer support to families who are affected by gambling disorder.
- 🎗 **Gamblers Anonymous (GA)** – www.gamblersanonymous.org and local GA meetings-www.dmvgmablinghelp.org.
- 🎗 **Gam-Anon** support for families of problem gamblers - www.gamanon.org.
- 🎗 **Maryland 211**, press 1: for crises

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DSM 5 The Gambling Disorder
Non-Substance-Related Disorder

Diagnostic Criteria: 312.31 (F63.0)

- A. Persistent and recurrent gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 2. Is restless or irritable when attempting to cut down or stop gambling.
 3. Has made repeated unsuccessful efforts to control, cut back or stop gambling.
 4. 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).
 5. Often gambles when feeling distressed (e.g. helpless, guilty, anxious depressed).
 6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
 7. Lies to conceal the extent of involvement with gambling.
 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 9. 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: met 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.

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.

Current Severity: MILD: 4-5 criteria met.

MODERATE: 6-7 criteria met.

SEVERE: 8-9 criteria met.

SCORE: 0= No problem 1-3 = "at risk" Mild= 4-5 Moderate= 6-7 Severe= 8-9

Individuals presenting for treatment of gambling disorder typically have moderate to severe forms of the disorder. Up to half of the individuals in treatment for gambling disorder have suicidal ideation, and about 17% have attempted suicide.

March 9, 2021

Gambling Disorder Screening Day

Gambling problems
often go undetected.

A problem gambler will
affect 7-10 people
in their immediate circle.

People can be addicted
to gambling.

Recovery from gambling
problems is possible.



SCREENING for problem gambling/gambling disorder can open the conversation about gambling and provide a direct connection to helpful resources, such as “no cost” counseling for Maryland residents.

If you or someone you know is struggling with problems due to gambling behaviors, call, text or chat TODAY!

1-800-GAMBLER - helpmygamblingproblem.org



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PROBLEM GAMBLING
AWARENESS MONTH
→ AWARENESS • ACTION

Providers / Private Practitioners Can Be Reimbursed for Problem Gambling Services

The Maryland Department of Health Behavioral Health Administration, in collaboration with Optum Maryland, will reimburse providers and private practitioners for providing problem gambling services to Maryland residents in support of screening, assessment and individual/group therapy for individuals and their loved ones struggling with problem gambling and gambling disorder.

Current Medicaid Providers & Private Practitioners

If you are an eligible provider or private practitioner that is currently enrolled with Medicaid through Optum and are providing gambling services, you can provide those services with applicable coding and be reimbursed directly through Medicaid or through the Problem Gambling Fund.

[CLICK HERE](#) to learn more.

Non-Medicaid Providers & Private Practitioners

If you are a non-Medicaid provider or private practitioner, you are also eligible to be reimbursed for problem gambling services. You can apply by completing the online application with the information requested. Once the application is completed and submitted online, the Center will review the application and forward the approved application to Optum for including in the program.

**[CLICK HERE](#) to access the
online Non-Medicaid Application.**

Maryland Problem Gambling Provider Referral Network

As a participant in the problem gambling services reimbursement initiative, you can also be listed on the **Maryland Problem Gambling Provider Referral Network Directory**. This list is used by the Maryland Helpline as a referral to help seekers. In addition, this list is posted online on the Center's website and the Maryland Alliance for Responsible Gambling website. **[CLICK HERE](#) to access the online form.**

Peer Recovery Support Specialists

The Maryland Center of Excellence on Problem Gambling (the Center) offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. The Center's Peers have lived experience with addiction and have been in recovery a minimum of two years. They are trained in how to assist those seeking help with gambling behaviors by providing access to treatment, connecting them to resources, and supporting them with encouragement during the recovery process.

The Center's Peer Recovery Support Program for problem gambling can assist your organization by:

- Connecting with existing peer support specialists located within your treatment delivery system; and
- Offering assistance with resources for those identified as a problem gambler.

Eastern Shore

Kenneth (Kenny) Crawford, CPRS, CRC, Certified Peer Recovery Support Specialist

Office: 667-214-2135; Cell: 443-717-1137; Email: kenneth.crawford@som.umaryland.edu

Baltimore City

Carrie Jenkins, CPRS, ICRC, RPS, Certified Peer Recovery Support Specialist

Office: 667-214-2134; Cell: 410-299-1791; Email: carrie.jenkins@som.umaryland.edu

Northeast Central Maryland

Kenneth (Ken) Wolfson, CPRS, CRC, RPS, Certified Peer Recovery Support Specialist

Office: 667-214-2133; Cell: 443-690-9811; Email: kwolfson@som.umaryland.edu

Southern Maryland

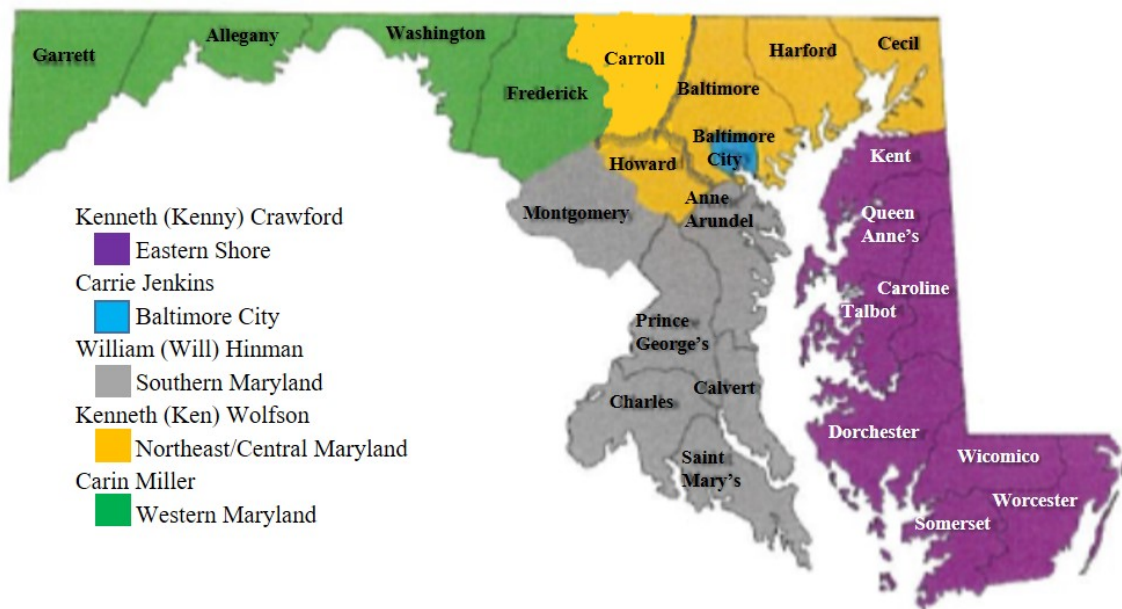
William (Will) Hinman, CPRS, CRC, Certified Peer Recovery Support Specialist

Office: 667-214-2136; Cell: 443-717-2439; Email: whinman@som.umaryland.edu

Western Maryland

Carin Miller, CPRS, CRC, Certified Peer Recovery Support Specialist

Office: 667-214-2126; Cell: 410-299-1308; Email: carin.miller@som.umaryland.edu



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FY21 FREE PROBLEM GAMBLING TRAINING FREE CEUs

The Maryland Center of Excellence on Problem Gambling (The Center) is committed to build the capacity of mental health, substance use and other health care and prevention providers through training and education to address the issue of problem gambling. The Center offers Problem Gambling Training on a variety of topics and all training is offered free of charge. Continuing Education Units (CEU's) are awarded for Maryland licensed psychologists, social workers, counselors and therapists, and alcohol and drug addiction counselors.

Webinars

We invite you to join us for a series of free webinars designed to provide additional problem gambling training on a variety of topics. All webinars are held on Friday once a month for one hour, 12:00-1:00 PM EDT, and one CEU awarded for each webinar (unless otherwise noted). [CLICK HERE](#) for more information on the FY21 Webinar Series

Virtual Clinical Training

Basic and Advanced Virtual Clinical Workshops further expand the capability of clinicians to screen, assess and treatment individuals and families for problem gambling and disordered gambling. These workshops provide at least three CEUs per program and are conducted over multiple days. [CLICK HERE](#) for more information on these training programs.

Online, On-Demand Training

The Center offers two on-demand training programs, each program awarding one CEU:

- Part I: Strategies for screening for gambling problems and initiating conversations regarding the impact of gambling and problem gambling on recovery health and well-being.
- Part II: Making gambling and problem gambling relevant topics of conversation within Substance Abuse Disorder and Mental Health treatment settings.

[CLICK HERE](#) to access the on-demand training

Clinical Case Consultation Calls

The Center offers Clinical Case Consultation Calls four times a month as a resource for any and all clinicians who would like to gain support and consultation on any aspect of providing disordered gambling screening, assessment and/or treatment services.

[CLICK HERE](#) for more information and to register.

For more information on the Center's training programs visit:

mdproblemgambling.com

or contact Donna Gaspar at 667-214-2120

dgaspar@som.umaryland.edu



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Clinical Case Consultation Calls FY21 (September 2020-June 2021)

The Center offers Clinical Case Consultation Calls as a resource for any and all clinicians who would like to gain support and consultation on any aspect of providing disordered gambling screening, assessment and/or treatment services.

You do not have to currently be seeing any clients specifically for a gambling disorder in order to participate on calls. Calls can be used to discuss any topics around gambling disorder you would like more information about: ask questions; listen to case discussions; or present specific cases for discussion.

Calls are interactive and designed to foster a synergistic learning community around the topic of problem gambling counseling.

Any counselor can participate in the Clinical Case Consultation Calls. The Calls are scheduled four times a month, and participation is by registration.

- 1st Monday – 12:00 PM EST
- 2nd Thursday – 3:00 PM EST
- 3rd Tuesday – 12:00 PM EST
- 4th Monday – 12:00 PM EST

(NOTE: Call date may be altered to accommodate holidays).

**[CLICK HERE](#) for a complete schedule
of Case Consultation Calls
and to register to participate in a call.
And visit the TRAINING section
on the [Center's Website](#) for all
training programs offered FREE.**



The Maryland Center of Excellence on Problem Gambling offers a wide variety of materials at no cost for your organization and community to promote: awareness of gambling risks; responsible gambling practices; signs of problem gambling/gambling addiction; and resources for treatment and recovery.

Please download and complete the following order form, and submit the completed form by email (dgaspar@som.umaryland.edu) or by fax (410-799-4396). Materials will be mailed within 5-7 business days.

For additional questions on the Center's Awareness initiatives, please contact: Donna Gaspar, Communications Manager at 667-214-2120 or dgaspar@som.umaryland.edu.



Public Awareness Materials – Order Form

Mailing Address:

ATTN: (Name)			
Email:			
Phone Number:			
Agency Name:			
Address 1:			
Address 2:			
City, State:		Zip	

Materials Requested:

Quantity	Item:
	Rack Card – Gambling and The Family
	Rack Card – Signs
	Rack Card – If you think Gambling is a Solution
	Rack Card – Peer Support, Individuals side one/Families side two
	Tri-Fold Brochure - Resources/Recovery
	Tri-Fold Brochure – Gambling Peer Recovery Support Specialist
	Small Card - Have the Conversation
	Small Card - Recovery Card
	Small Turtle Low Risk-High Risk Cards Recovery Cards

Documentary DVDs:

	Understanding Joy: The Devastation of Gambling Addiction
	Glenn's Gamble: A Marine's Battle for Gambling Addiction Recovery
	Opiate Use and Gambling

Mdproblemgambling.com