



'Tis the Season for Gifting Responsibly

Avoid Underage Lottery Play and Engage in Responsible Gambling

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mdproblemgambling.com



LEARNING OBJECTIVES



Understand how underage lottery play can affect future gambling behaviors in children.



Recognize and implement tips for responsible gambling and problem gambling prevention during this season of “giving.”



2020 Holiday Awareness Campaign For Responsible Gambling and Problem Gambling Prevention

A Guide for Behavioral Health Providers and Preventionists

Utilize resources and tools for awareness within the **2020 Holiday Awareness Guide.**

RESPONSIBLE GAMBLING HOLIDAY LOTTERY CAMPAIGN

GIFT RESPONSIBLY.
LOTTERY TICKETS AREN'T CHILD'S PLAY.



- ❄️ Began in 2007, a collaboration between International Centre for Youth Gambling Problems and High-Risk Behaviors and National Council on Problem Gambling
- ❄️ Since 2018, 100% of US and Canadian Lotteries have participated
- ❄️ Participants in this annual Campaign now include International Lotteries and other Organizations worldwide.



LET'S POLL

Be honest – We're not judging

1

Have you ever given a Lottery Ticket as a holiday gift?

2

Have you ever given a Lottery Ticket as a holiday gift/stocking stuffer to a child under 18?

WHY FOCUS ON YOUTH GAMBLING?



- ❄️ Lottery is the most widespread form of gambling in the US
- ❄️ Lottery sales are illegal for minors in all states, law varies
- ❄️ Youth report first gambling experience between 9 and 11 years old
- ❄️ Those who gamble by age 12, including the use of lottery tickets, are 4 times more likely to become problem gamblers (Felsher, et al., 2010)

WHY FOCUS ON YOUTH GAMBLING?



- ❄️ Lottery scratch tickets have been shown to present a possible gateway to other gambling
- ❄️ Males and minority youth at greater risk
- ❄️ 2% of Maryland adults are problem gamblers, percentage of youth greater than 2%



MARYLAND YOUTH GAMBLING FACTS

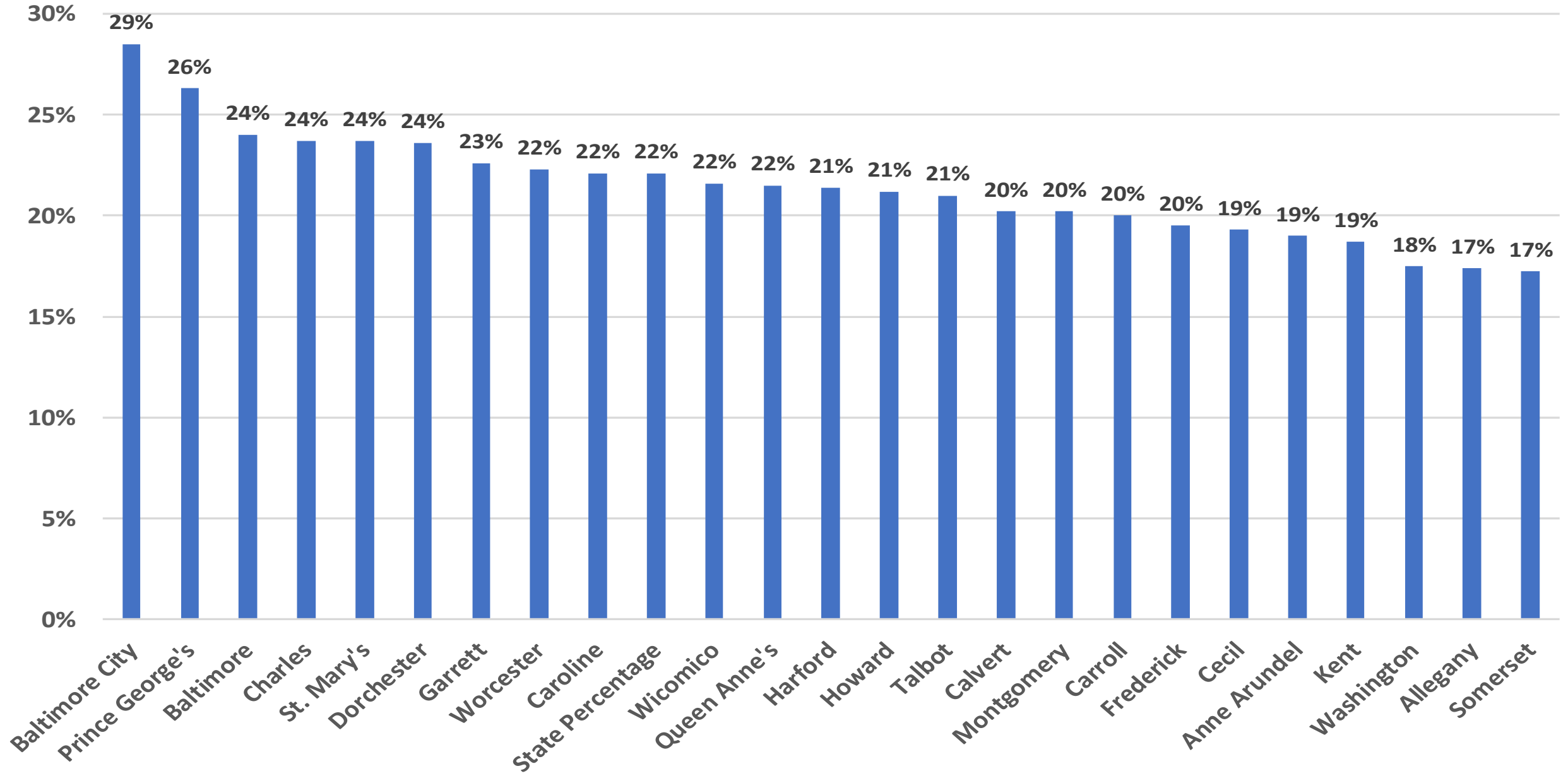
- ❄️ You must be 21 to enter a casino. Fine up to \$5,000 for casino. \$100-\$1,000 for youth.
- ❄️ You must be 18 to bet on horse races. Fine up to \$2,500 to track.
- ❄️ You must be 18 to buy a lottery ticket. Merchant can be fined \$2,500 for selling to a minor. No charge for parents purchasing.
-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

MARYLAND LOTTERY FACTS



- ❄️ There are 4,321 lottery retailers in Maryland
- ❄️ Lotteries have the lowest probability of winning and lowest payout rates of all forms of gambling
 - ❄️ Powerball: odds of jackpot 1 in 292,201,338; or small prize of \$4, 1 in 38
 - ❄️ Mega Millions: odds of jackpot 1 in 302,575,350; or small prize \$2, 1 in 37
 - ❄️ Scratch Offs: depends on value of ticket; \$20 ticket top prize \$1,000,000, probability of 1 in 3 of winning small prize, designated number of top prizes
 - ❄️ Pick 3/ Pick 4: top prize 1 in 1,000 for win of \$250 or \$500

Percentage of Maryland High School Students Reporting Gambling in the Last Year by County (YRBS, 2018)





NEGATIVE CONSEQUENCES OF YOUTH GAMBLING

- ❄️ 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 GAMBLING AFFECTS YOUTH 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



TIPS FOR YOUTH

- ❄️ Focus on school
- ❄️ Make friends with those who don't gamble or use alcohol or drugs
- ❄️ Develop positive ways to cope with stress such as exercise, mindfulness, prayer, talking to friends and parents
- ❄️ Get enough sleep
- ❄️ Eat healthy
- ❄️ Participate in sports, art, music, and other positive hobbies



TIPS FOR PARENTS

- ❄️ Talk to your children about the risks of gambling, similar to conversations about alcohol and drugs
- ❄️ Teach your children about budgeting money and odds of winning when people gamble
- ❄️ Be a good role model
- ❄️ Encourage wellness for your children including healthy eating, sleeping, and exercise



SAFE GAMBLING TIPS 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 problems
- ❄️ Don't borrow money to gamble
- ❄️ Have a plan for the money you win
- ❄️ Don't use drugs or drink alcohol while gambling



RESOURCES FOR HELP

- ❄️ Helpline: 1-800-GAMBLER
- ❄️ Help Seeker Website: helpmygamblingproblem.org
- ❄️ Center's Main Website: 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
- ❄️ Gamblers Anonymous – www.gamblersanonymous.org



RESOURCES ON PROBLEM GAMBLING

- ❄️ Maryland Coalition of Families: Support for families of problem gamblers, 410-730-8267 or info@mdcoalition.org
- ❄️ Gam-Anon www.gamanon.org: Support group for family members
- ❄️ Voluntary Exclusion Program: Jasmine Countess, jasmine.countess@Maryland.gov or 410-230-8798
- ❄️ Maryland 211, press 1: for crises

HOW YOU CAN PARTICIPATE IN THE RESPONSIBLE GAMBLING WORLDWIDE HOLIDAY CAMPAIGN

GIFT RESPONSIBLY.
LOTTERY TICKETS AREN'T CHILD'S PLAY.



Sign up **TODAY** as a **Non-Lottery Participant** and access the complete **Tool Kit**.

❄️ www.ncpgambling.org/holiday



HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY



**2020 Holiday
Awareness Campaign
For Responsible
Gambling and
Problem Gambling
Prevention**

**A Guide for
Behavioral Health Providers and
Preventionists**



The Maryland Center of Excellence
on Problem Gambling

Funded By:



To print: this guide was designed to be printed double sided, long edge.

ACKNOWLEDGMENTS
This Guide is a compilation of information provided by the National Council on Problem Gambling (NCPG), NCPG Affiliates, and other Organizations across the country, and the Center.

**The 2020 Holiday
Awareness Campaign Guide
will be emailed to you
with the Certificate of Attendance.**

HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY

Post Flyers and Posters:

This holiday season start and stay on the road to **Gambling Recovery**



If you or any one you know is gambling problematically or struggling with gambling addiction, help is a phone call away with someone who "has been there."

Holiday Triggers:

- Financial Issues
- Loneliness
- Family Conflicts
- Loss of Loved One
- Celebrations

A **Peer Recovery Support Specialist** can help those seeking to limit, control or stop their gambling, and connect them with the most useful resources in their communities so they continue to work toward their goals in dealing with any gambling problems.

Call or Text – 1-800-GAMBLER (1-800-426-2537) helpmygamblingproblem.org

 UNIVERSITY of MARYLAND SCHOOL OF MEDICINE
The Maryland Center of Excellence on Problem Gambling

 Maryland DEPARTMENT OF HEALTH

GIFT RESPONSIBLY.
LOTTERY TICKETS AREN'T CHILD'S PLAY.



This holiday, give a child a gift, not a ticket – and have the conversation with your family about the risks of gambling.

If you or someone you know is struggling with problems due to gambling behavior, call, text or chat today – WE CAN HELP.
1-800-GAMBLER (1-800-426-2537) helpmygamblingproblem.org

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GIFT RESPONSIBLY.
LOTTERY TICKETS AREN'T CHILD'S PLAY.



This holiday, give a child a gift, not a ticket – and have the conversation with your family about the risks of gambling.

Children who gamble by age 12 are 4x more likely to become problem gamblers

Percentage of Maryland youth problem gamblers is greater than the 2% average for Adults

Call the Maryland Helpline if you or someone you know is struggling with gambling problems.

1-800-GAMBLER (1-800-426-2537) helpmygamblingproblem.org

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Give Yourself the Gift of Holiday Wellness

This holiday, take the stress out of the season. Here are a few holiday coping skills to keep your holiday festive:

- **TAKE A BREAK** – when you wake, and during the day, stop and take a few deep breaths, be in the moment.
- **STAY IN MOTION** – exercise, whether indoors or out, provides the energy boosts you need.
- **GET PLENTY OF REST** – dreams of sugar plums are optional.
- **LIMIT CONSUMPTION OF HOLIDAY FOOD AND ALCOHOL** – overindulgence can cause sluggishness and depression.

If you gamble as part of your holiday festivities (visit a casino or buy lottery tickets as gifts), PLAY IT SAFE:

- View gambling as entertainment and not as a way to make money.
- Set a money and time limit and stick with it
- Don't try to win back losses by more gambling
- Balance gambling with other recreational activities
- Don't mix drinking and/or taking drugs and gambling

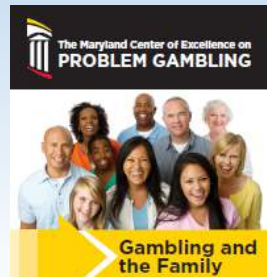
If you or someone you know is struggling with problems due to gambling behavior, call, text or chat today –
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HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY

Order Awareness Materials from the Center



Problem gambling is not just an individual problem, but can disrupt entire families. Help is available and recovery is possible for families who are dealing with a gambling addiction.

Warning signs there may be a problem:

- Preoccupation with gambling
- Unexplained debt or other financial problem
- Unaccounted for mood changes
- Isolation and withdrawal from family and friends
- Secrecy about bills, bank statements and other financial data
- Missing personal items such as phones, keys or valuables
- Borrowing of money from family friends or employer.

If any of these statements sound someone you know, we can help!

Call 1-800-GAMBLER
IT'S FREE AND CONFIDENTIAL 24/7.

Low Risk Gambling Is Done:
As a form of recreation, not to make money or make up for previous losses. With limits on time, frequency, and duration. In a social setting with others, not alone. With money you can afford to lose.



High Risk Gambling – Situations When You Are:
Coping with grief, loneliness, anger or depression. Under financial pressure and stress. Recovering from mental health or substance use disorders. Using alcohol or other drugs. Under legal age to gamble.

Maryland Problem Gambling Helpline – 1-800-GAMBLER



Counseling for gambling problems at no cost to Maryland residents is now available for anyone seeking help regardless of insurance coverage, financial status, or ability to pay.

Working through the Problem Gambling Fund managed by the Maryland Department of Health's Behavioral Health Administration supports this effort to remove the barriers to treatment for anyone with a gambling disorder.

You can receive help for a gambling problem without adding any additional financial burden to your life.

Call, text or chat today for a list of counselors approved to provide no cost treatment for you or someone you know.

If you or any one you know is gambling problematically or struggling with gambling addiction, call, text or chat **1-800-GAMBLER** (1-800-426-2537) or visit www.helpmygamblingproblem.org



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

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



HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY

Create Banners/posts and links on your organizations' website



- ❄️ helpmygamblingproblem.org
- ❄️ Maryland Problem Gambling Helpline
1-800-GAMBLER



HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY

Engage in Social Media Posts



❄️ Sample blog posts included in the 2020 Holiday Awareness Guide



THANK YOU! HAPPY HOLIDAYS!



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