



# **'Tis the Season for Gifting Responsibly**

**Avoid Underage Lottery Play and  
Engage in Responsible Gambling**

**Heather Eshleman, MPH, Prevention Manager**

**Jasmine Countess, ML&G, Responsible Gaming Director**



# 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.”



**2021 Gift Responsibly Campaign**  
For Responsible Gambling and Problem Gambling Prevention

Utilize resources and tools for awareness within the **2021 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.
- ❄️ Changing to a year-round promotion, limiting the use of the word “holiday”.





# 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)



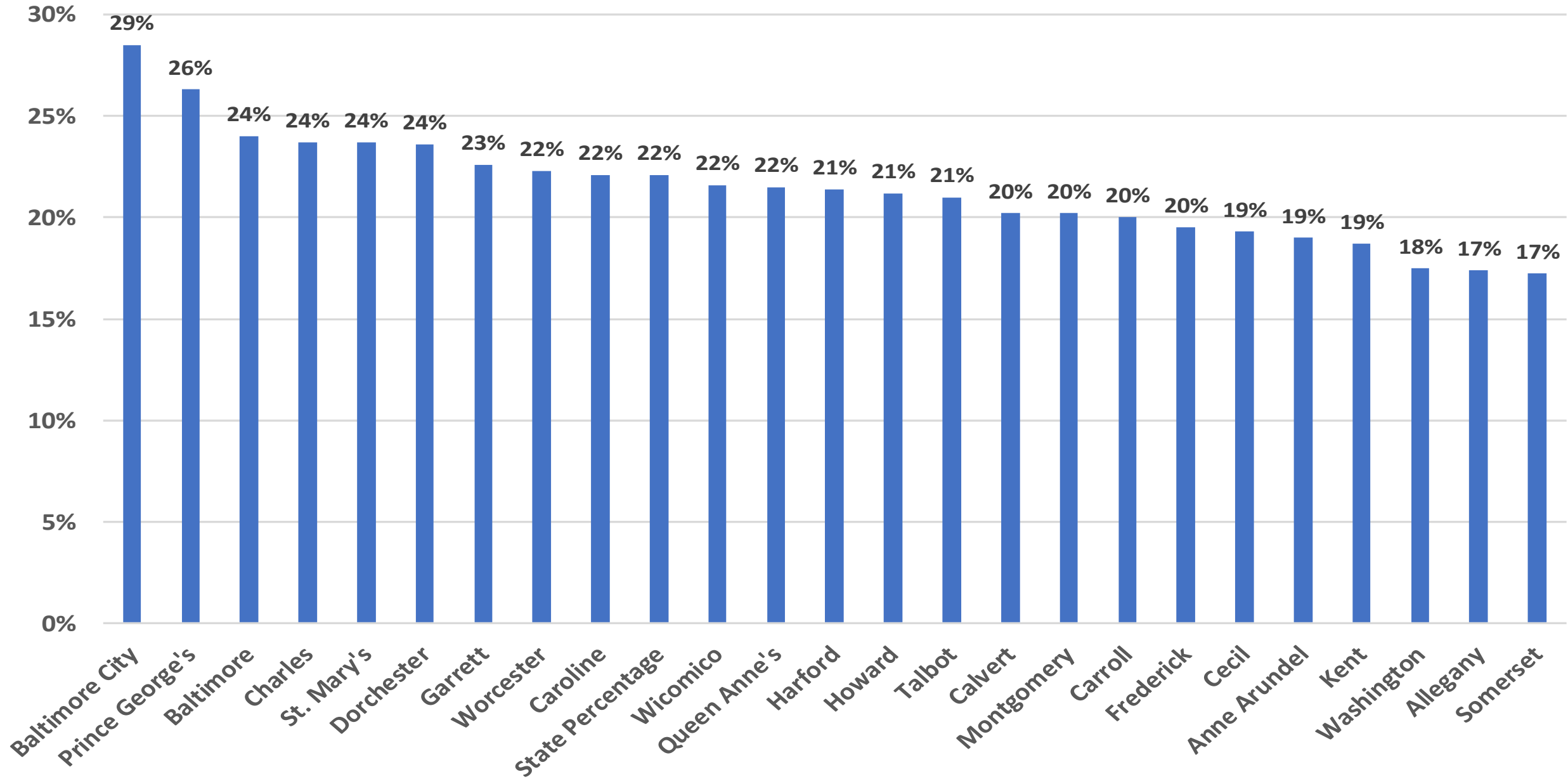


# WHY FOCUS ON YOUTH GAMBLING?



- ❄ 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%

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





# 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.





# Youth and Sports Betting

- ❄ Sports betting in Maryland will be for those 21 and over.
- ❄ No betting on high school sports.
- ❄ For on-line sports betting, use of age verification software.
- ❄ Promotion not to target youth or other vulnerable populations.
- ❄ Other States with sports betting have seen increase in calls for help and youth and young adult gambling.



# MARYLAND LOTTERY FACTS



❄️ There are 4,400 lottery retailers in Maryland

❄️ Here are the odds of some lottery games:

- ❄️ 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



# LET'S POLL

Be honest – We're not judging

1

Do you know of a youth in your life, either a family member or at work who has gambled?

2

Have you seen youth that gamble experience negative consequences?





# 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 YOUTH

- ❄️ Learn to earn or save money in positive ways
- ❄️ Develop a new skill that makes you feel good
- ❄️ Find outdoor activities
- ❄️ Spend quality time with loved ones
- ❄️ Reach out for help and support when you need it



# 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

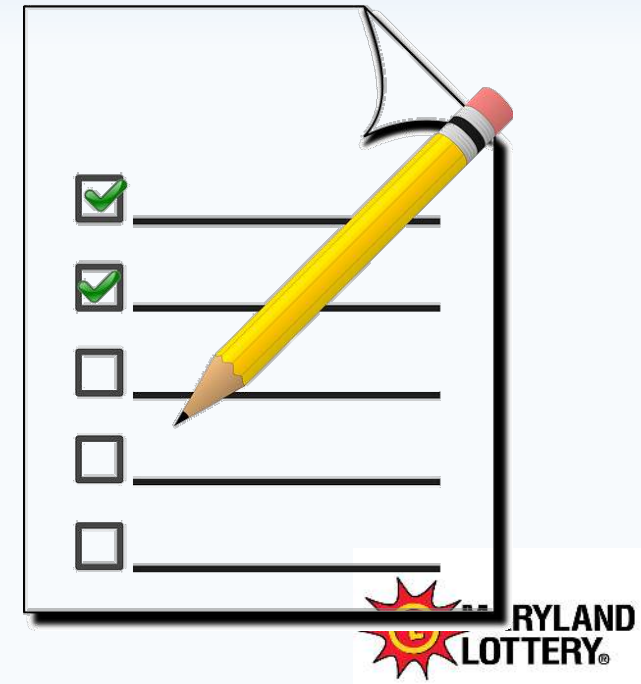




# Retailer Compliance

## Retailer Compliance Checks

- Are scrolling RG messages and/or brochures visible to patrons?
- Are retailers carding those who appear to be under the age of 18?
- Does the retailer know how to print the RG message from their terminals?
- Do retailers know how to view the RG training?





# Retailer Training

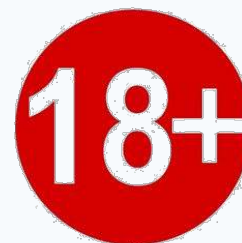
## ***Retailer training information includes:***

- ✓ Tips for keeping play fun and positive
- ✓ How to recognize the signs of problem gambling
- ✓ How to help someone exhibiting the signs of a gambling problem
  - ✓ Resources available for help

## Underage Gaming Prevention

Please also ensure your staff is **not** selling Lottery games to children under 18 years of age.

When in doubt, ask for identification. Remember, the earlier one begins to gamble, the more one is at risk for developing a gambling problem!



# Retailer Newsletter

## RESPONSIBLE GAMBLING



### PROMOTE RESPONSIBLE GIFTING OF LOTTERY GAMES

**O**ur holiday scratch-offs will soon arrive, making this a great time to remind your players that Lottery tickets aren't appropriate gifts for anyone under age 18. You'll find the "Play Responsibly" logo in all of our marketing materials, and there are more resources for your players on the **Responsible Play page** of our website. The Lottery carefully designs its advertising and marketing efforts to avoid appealing to children. Here are a few facts to consider:

- Lottery sales to minors are illegal in all states.
- In Maryland, retailers are subject to prosecution for selling Lottery tickets to minors.





# Lottery Employee Training

## ***Lottery employee training includes:***

- ✓ The signs of problem gambling
- ✓ How to help someone exhibiting signs of a gambling problem
  - ✓ Common gambling myths
- ✓ Tips for a positive playing experience
- ✓ Where to find resources for help

## **Response Building Blocks**

- ☐ Identify the primary issue
  - ☐ Express empathy
  - ☐ Emphasize positive play
- ☐ Offer information that has helped others
- ☐ If wanted, offer additional resources for further insight

<https://www.mdlottery.com/games/>

**Be polite and calm \* Gently dispel myths \* Never escalate a situation**



# The Maryland Alliance on Responsible Gambling



A committee of legislative, state, and local mental health entities who convene to further positive gambling initiatives in the state.

warning signs

self-assessment

fighting the urge to gamble

fact vs fiction

counselor search

[voluntary exclusion program](#)

# Play Responsibly Site



[Games](#) [Promotions](#) [Player Tools](#) [News](#) [Winners](#) [About Us](#)



Search

Translate

## Responsible Play

**There are lots of ways to celebrate your lottery wins, but only one way to play... responsibly.**

Playing Maryland Lottery games can be a fun and exciting form of entertainment. While most people play responsibly and within their means, some have trouble setting and maintaining limits. For those individuals, what starts out as entertainment can adversely impact their finances and their relationships with family and friends. If you believe that you or someone you know has a gambling problem, the Maryland Lottery wants you to know that help is available and only a phone call — or a click — away.

### Be a Low-Risk Player



**Remember, Lottery games are**

### 24-Hour Help

To connect individuals to services including counseling, treatment, self-help and support groups, **a 24-hour helpline can be reached at 1-800-426-2537**. You can also gather more information through the Maryland Alliance for Responsible Gambling at [mdgamblinghelp.org](http://mdgamblinghelp.org).

*Maryland residents are eligible for free problem gambling assessment and treatment through the Maryland Center of Excellence on Problem Gambling (667-214-2120; [helpmygamblingproblem.org](http://helpmygamblingproblem.org)).*

### Additional Resources

Maryland Alliance for Responsible Gambling – [mdgamblinghelp.org](http://mdgamblinghelp.org)

Maryland Center of Excellence on Problem Gambling – [mdproblemgambling.com](http://mdproblemgambling.com)





# RESOURCES FOR HELP

- ❄ Helpline: 1-800-GAMBLER
- ❄ Help Seeker Website: [helpmygamblingproblem.org](http://helpmygamblingproblem.org)
- ❄ Center's Main Website: [mdproblemgambling.com](http://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](http://www.gamblersanonymous.org)
- ❄ SMART Recovery – [www.smartrecovery.org](http://www.smartrecovery.org)





# RESOURCES ON PROBLEM GAMBLING

- ❄️ Maryland Coalition of Families: Support for families of problem gamblers, 410-730-8267 or [info@mdcoalition.org](mailto:info@mdcoalition.org)
- ❄️ Gam-Anon [www.gamanon.org](http://www.gamanon.org): Support group for family members
- ❄️ Voluntary Exclusion Program: Jasmine Countess, [responsible.gaming@Maryland.gov](mailto:responsible.gaming@Maryland.gov) or 410-230-8798
- ❄️ Maryland 211, press 1: for crises



# HOW YOU CAN PARTICIPATE IN THE RESPONSIBLE GAMBLING WORLDWIDE HOLIDAY CAMPAIGN

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

❄️ <https://www.ncpgambling.org/programs-resources/programs/gift-responsibly-campaign-2021/>





# HOW YOU CAN PARTICIPATE IN THE RESPONSIBLE GAMBLING WORLDWIDE HOLIDAY CAMPAIGN



# HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY



## A Guide for Behavioral Health Providers and Preventionists to Promote Responsible Gambling and Problem Gambling Prevention



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

**ACKNOWLEDGMENTS**  
This Guide is a compilation of information provided by the Maryland Lottery and Gaming Control Agency, the National Council on Problem Gambling (NCPG), NCPG Affiliates, additional Organizations across the country, and the Center.

### Introduction and Overview

**'Tis the season for festive celebrations, generosity and family gatherings.** It is also a season where excesses are more acceptable, mental stress can be heightened, and financial strain stretched to the limit. For those who are struggling with, and affected by, problems caused by gambling behaviors, actions and stress around the holidays can be magnified.

Each year at this time, the Center promotes and supports messaging around several campaigns that bring awareness of responsible gambling behaviors, overall wellness and resources available for those that may be struggling with problem gambling.

#### Gift Responsibly – Don't Gift Lottery Tickets to Children

Each year, the National Council on Problem Gambling (NCPG) and the International Centre for Youth Gambling Problems and High-Risk Behaviors at McGill University asks lotteries and other organizations in the United States and around the world to support the responsible gambling campaign and help raise awareness regarding the risks of underage lottery play during the holiday season as well as throughout the year.

The Center embraces this campaign to encourage adults to not give a lottery ticket to ANY child under the age of 18, and to have the conversation with family members of all ages about the risks of gambling.



Maryland Center of Excellence on Problem Gambling  
250 W. Pratt Street, Suite 1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396  
HELPLINE: 1-800-GAMBLER ~ www.mdproblemgambling.org ~ helpmygamblingproblem.org

The 2021 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:



**GIFT RESPONSIBLY**  
Lottery Tickets  
Aren't Child's Play.

**This holiday, gift responsibly – give a child a gift, not a ticket. And have the conversation with your whole 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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SCHOOL OF MEDICINE  
The Maryland Center of Excellence  
on Problem Gambling

**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.

**Have a Conversation with someone who has been there...**  
If gambling is causing problems in your life, talk to a **Peer Recovery Support Specialist** who can help you limit, control or stop or gambling, and provide additional support through the recovery process.

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on Problem Gambling

**Maryland Helpline**  
**1-800-GAMBLER**  
**(1-800-426-2537)**  
**helpmygamblingproblem.org**



**GIFT RESPONSIBLY**  
Lottery Tickets  
Aren't Child's Play.

**This holiday, gift responsibly - give a child a gift, not a ticket. And have the conversation with your whole 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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SCHOOL OF MEDICINE  
The Maryland Center of Excellence  
on Problem Gambling



**This holiday season, don't struggle with gambling problems alone – start and stay on the road to recovery with a Peer Recovery Support Specialist**

**Peer Support** can help those seeking to limit, control or stop their gambling, and connect them with the most useful resources in their communities.

**Holiday Triggers:**

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

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."

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

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The Maryland Center of Excellence  
on Problem Gambling



# HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY

## Order Awareness Materials from the Center

**The Maryland Center of Excellence on PROBLEM GAMBLING**



**Gambling and the Family**

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 problems
- Unaccounted for mood changes
- Isolation and withdrawal from family
- Secrecy about bills, bank statements, financial data
- Missing personal items such as phone or valuables
- Borrowing of money from family or employer

**If any of these statements someone you know, we can**

**Call 1-800-GAMBLER**  
IT'S FREE AND CONFIDENTIAL

**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

**No Cost Treatment Now Available for Anyone Wanting Help for a Gambling Problem**



**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.**

Funding 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](http://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](mailto: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](mailto:dgaspar@som.umaryland.edu).

**HAVE THE CONVERSATION**  
...and the risk of gambling addiction is less likely  
...your family  
...your friends  
...your community  
...your recovery

**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
<b>Documentary DVDs:</b>	
	Understanding Joy: The Devastation of Gambling Addiction
	Glen's Gamble: A Marine's Battle for Gambling Addiction Recovery
	Opiate Use and Gambling

[Mdproblemgambling.com](http://Mdproblemgambling.com)



# HOW YOU CAN PROMOTE RESPONSIBLE GAMBLING AWARENESS THIS HOLIDAY

Create Banners/posts and links on your organizations' website



- ❄️ [helpmygamblingproblem.org](https://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
- ❄️ Sample social media posts





# Questions?



# THANK YOU! HAPPY HOLIDAYS!



**Heather Eshleman, MPH, Prevention Manager**

[heshleman@som.umaryland.edu](mailto:heshleman@som.umaryland.edu) ~ (667) 214-2128

**Jasmine Countess, Responsible Gaming Director**

[Jasmine.countess@maryland.gov](mailto:Jasmine.countess@maryland.gov) ~ (410) 230-8798