



Maryland Sports Betting is Here: Implications from a Policy, Prevention, and Treatment Perspective

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Learning Objectives:

1. Consider the sports betting policies in Maryland and their potential impact on the community
2. Understand problem gambling prevention strategies that can be implemented to encourage responsible gambling in Maryland.
3. Understand the evidenced-based screening tools and treatment strategies relevant to problem gambling and gambling disorder.

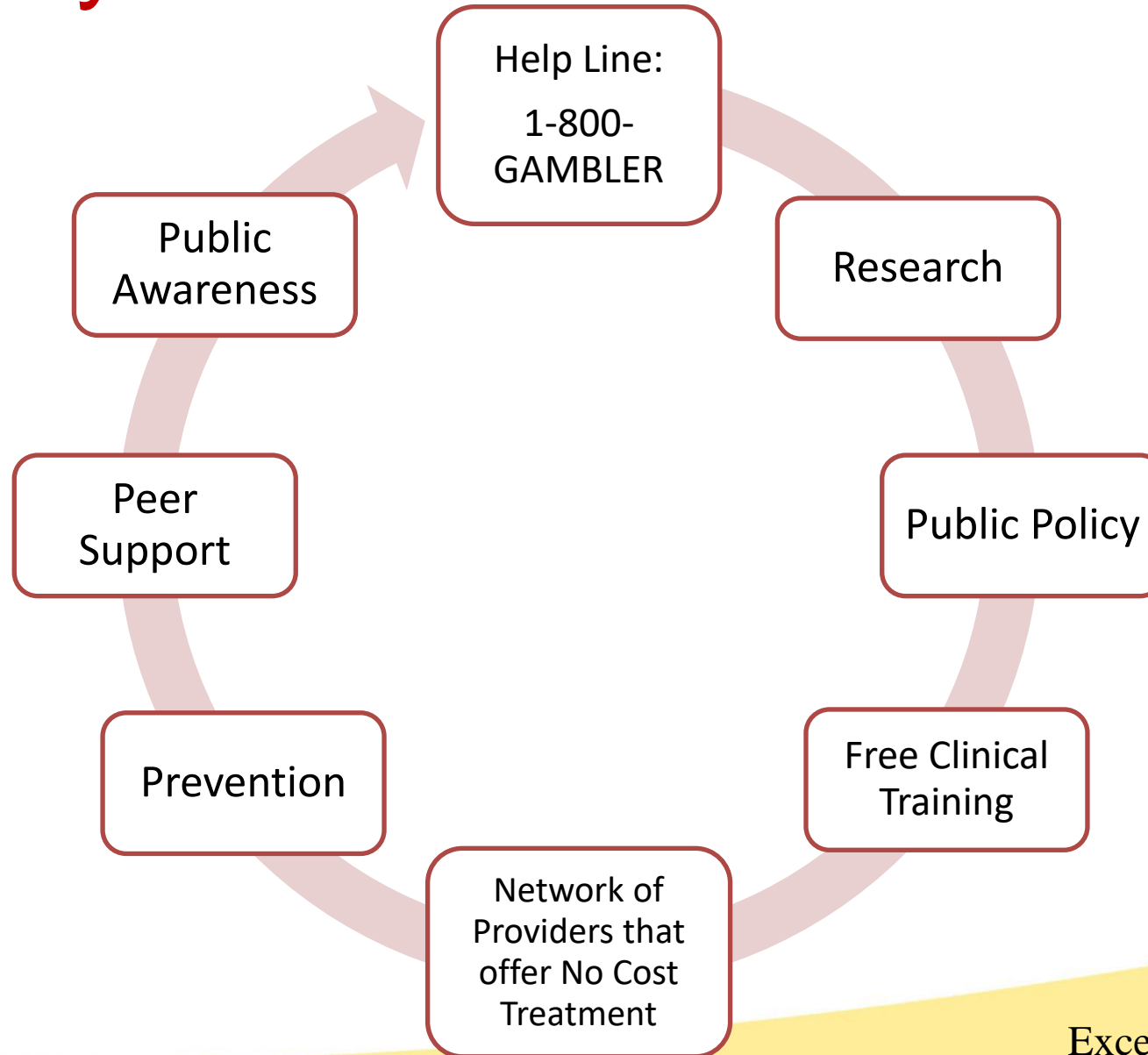


Mission Statement

The Maryland Center of Excellence on Problem Gambling promotes **healthy and informed choices** regarding gambling and problem gambling through various key initiatives and partnerships.

The Center works closely with appropriate state stakeholders and brings together experts from a variety of disciplines including psychiatry, medicine, epidemiology, social work, and law.

Key Initiatives and Resources



The Maryland Center of
Excellence on Problem Gambling

Problem Gambling and Public Health





Senate Bill 4 (2020)

(a) Subject to subsection (b) of this section, the General Assembly may authorize, by law, the State Lottery and Gaming Control Commission to issue a license to offer sports and event wagering in the State.

(b) Legislation enacted by the General Assembly to implement the provisions of this Act shall include the criteria for eligible applications for a licensee and specifications of the permissible forms, means of conduct, and premises of wagering.

SECTION 2. AND BE IT FURTHER ENACTED, That, if the voters of this State adopt a referendum that authorizes sports and event wagering in the State, the State's share of revenues generated by sports and event wagering shall primarily be used for the funding of public education.

NCPG Responsible Gaming Principles for Sports Gambling Legislation

- Require sports betting operators to implement responsible gaming programs
- Assign a regulatory agency to enforce the regulations and requirements that are enacted
- Conduct surveys of the prevalence of gambling addiction prior to expansion and at regular periods thereafter
- Include dedicated funds to prevent and treat gambling addiction



House Bill 940 (2021)

(C) A WINNING WAGER ON A SPORTING EVENT THAT IS NOT CLAIMED BY THE WINNER WITHIN 182 DAYS AFTER THE WAGER IS WON SHALL:

(1) BECOME THE PROPERTY OF THE STATE; AND

(2) BE DISTRIBUTED TO ~~THE BLUEPRINT FOR MARYLAND'S FUTURE FUND ESTABLISHED UNDER § 5-219 OF THE EDUCATION ARTICLE~~ THE PROBLEM GAMBLING FUND ESTABLISHED UNDER § 9-1A-33 OF THIS TITLE.

(D) IF A SPORTS WAGERING LICENSEE RETURNS TO SUCCESSFUL PLAYERS MORE THAN THE AMOUNT OF MONEY WAGERED ~~ON ANY DAY~~ IN ANY MONTH, THE LICENSEE MAY SUBTRACT THAT AMOUNT FROM THE PROCEEDS OF UP TO ~~90 FOLLOWING DAYS~~ THE THREE FOLLOWING MONTHS.



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Maryland Lottery & Gaming Control Commission's Voluntary Exclusion Program (VEP)

- A Program for individuals who wish to **ban themselves** from Maryland casinos, the Maryland Lottery, and/or the 13 Bingo Halls (*Instant Bingo Machines at Instant Bingo Facilities with 10 or more machines*).
- **Sports Betting is not far behind!**
- The individual will also be removed from all direct marketing mailing lists within 45 days of the voluntary exclusion

Maryland Lottery & Gaming Control Commission's Voluntary Exclusion Program (VEP)

Things to know about joining voluntary exclusion:

- Placement on the voluntary exclusion list is completely voluntary and your name cannot be added to the list by anyone but yourself.
- You must complete the form and submit it in person at Maryland Lottery and Gaming Headquarters office in Baltimore by appointment only, or at any casino in the state.
- You must not be under the influence of any alcohol or controlled substances during the application process, so you can make a sober and informed decision.

Maryland Lottery & Gaming Control Commission's Voluntary Exclusion Program (VEP)

Things to know about joining voluntary exclusion:

- You must present a government-issued photo ID for the application process. You may be required to wear a mask during the sign-up process.
- In addition to being banned from all Maryland casinos, Maryland casinos may ban or restrict you at their affiliated casinos in other states.
 - *Live Casino & Hotel (Cordish Company), Horseshoe Baltimore (Caesars Entertainment), Hollywood Casino Perryville (Penn National), and MGM National Harbor (MGM Resorts) currently do this at their affiliated properties.*
 - Before entering or booking lodging at any casino out of state, you should confirm with the casino, prior to going, that you are allowed to gamble and/or stay there, or any other restrictions they may have.

Maryland Lottery & Gaming Control Commission's Voluntary Exclusion Program (VEP)

Things to know about joining voluntary exclusion:

- You can elect to be on the list for your lifetime or have the option for an at least two-year ban.
- You must request removal from the list from the Gaming Commission in accordance with Code of Maryland Regulations 36.01.03.05.
- Maryland Lottery and Gaming makes the final decision as to whether or not to remove you from the voluntary exclusion program.

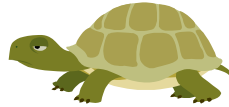


Benefits of Joining Voluntary Exclusion Program (VEP)

- Urges to gamble can be significantly reduced
- Perception of control increased
- Intensity of negative consequences from gambling decreased

Low Risk Gambling is Done:

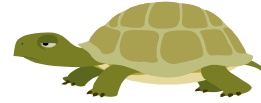
- ✓ As a form of recreation, not to make money or make up for previous losses.
 - ✓ With limits on time, frequency, and duration.
 - ✓ In a social setting with others not alone.
 - ✓ With money you can afford to lose.



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.

KEEP GAMBLING FUN AND PROBLEM FREE



Set a limit on how much time and money you will spend and stick to it

Learn how the games work and how much they cost to play

Balance gambling with other leisure activities

If you gamble and spend more time and money than you can afford, a good strategy is to take a break and look at your gambling. Consider seeking help if this is a concern.

Problem Gambling Helpline, Toll-Free, Confidential, 24/7

1-800-GAMBLER

or

www.helpmygamblingproblem.org

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Gambling Screening and Assessment



- Lie/Bet
- NODS-CLIP
- NODS-PERC
- SOGS
- SOGS-RA
- Brief Biosocial Gambling Screen
- Problem Gambling Severity Index
- Self Assessments:**
helpmygamblingproblem.org &
GA 20 Questions

<https://www.mdproblemgambling.com/treatment-providers/>



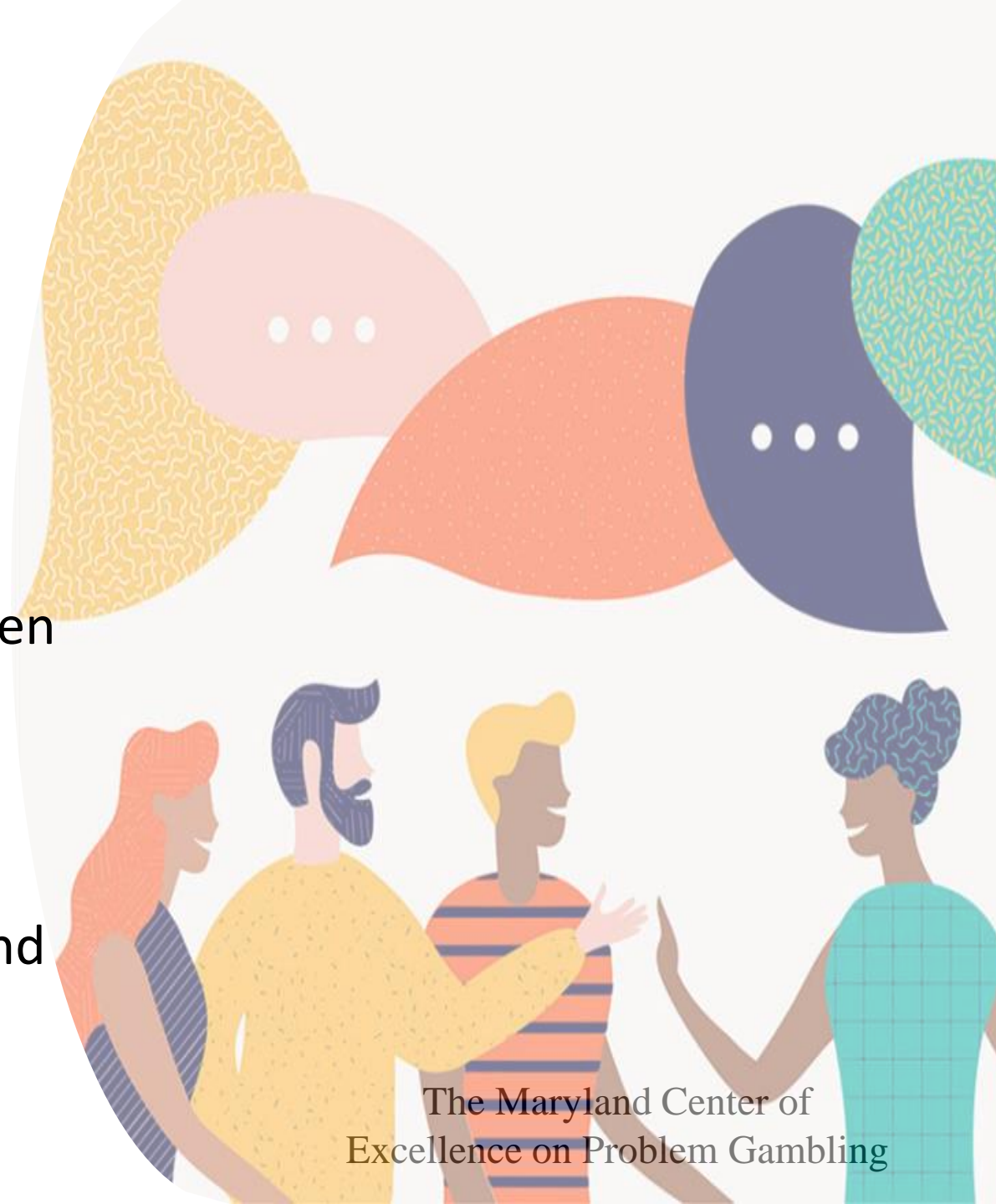
Start the Conversation

Define Gambling

Ask Permission!!! The following questions are about gambling, is it ok to ask you about that? By gambling, we mean when you bet or risk money or something of value so that you can win or gain money or something else of value. For example, buying lottery tickets or scratch-offs, gambling at a casino, playing bingo, shooting dice, **betting on sports**, or playing keno.

Start the Conversation

- Choose the right time - Open the Conversation
- Let the person know you are concerned for them in a caring manner
- Be specific about the behaviors you have seen
- Really listen non-judgmentally to what the person is saying
- Reassure them you are willing to help
- You want to help getting them to support and counseling





Start the Conversation

- Increase curiosity, reduce stigma
- Begin to move towards change
- Give permission to talk about gambling
- Begin to make connections between gambling and other major life areas
- May need to be more than one conversation

Maryland's No Cost Treatment

- The State provides Free Treatment services for problem gamblers and for individuals concerned about someone with a gambling disorder.
- Applies to Sports Betting – ages 18-35 most impacted
- Services can be accessed via the 1-800-GAMBLER, The Center (667-214-2120) or through an on-line Directory at: **Find a Counselor -**
<https://helpmygamblingproblem.org/>
- To join the Directory, visit the Center's website:
<https://www.mdproblemgambling.com/provider-referral-network/>



The Strategic Prevention Framework (SPF) Process



Assessment

Profile population needs, resources, and readiness to address needs and gaps

Capacity

Mobilize and/or build capacity to address needs

Planning

Develop a Comprehensive Strategic Plan

Implementation

Implement evidence-based prevention programs and activities

Evaluation

Monitor, evaluate, sustain, and improve or replace those that fail



Intervening Variables

- Retail Availability
- Social Availability
- Enforcement and Adjudication
- Social/Community Norms
- Promotion
- Pricing
- Low Perceived Risk

Retail Availability

Availability of gambling in your community

How easy are gambling activities to access through casinos/businesses?

- ID systems
- Cutting off problem gamblers
- Industry training for employees
- Signage, safe gambling messages, tracking data





Social Availability


Gambling/ sports betting activities available through families, friends, associates

- Parents allow sports betting at home?
- Can youth access sports betting on-line?
- College students drink alcohol or gamble at parties
- Gambling is promoted in the workplace



Enforcement and Adjudication

The impact of law enforcement practices and judicial processes on underage gambling and problem gambling and mental health.

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- Shortage of officers/ staffing to enforce laws around gambling
 - No consequences for minors who bet on sports
 - Gambling is not seen as a priority for law enforcement relative to other crimes
 - Judges sentence those with gambling disorders to jail instead of treatment – Do they even ask about the root cause?

Social and Community Norms

The acceptability or unacceptability of Gambling behaviors in a community.



- Gambling behaviors run in families.
- Youth gamble to feel grown up.
- The belief everyone gambles.
- Gambling can be accessed through the internet so it is acceptable.





Pricing

The cost of gambling and the extent to which changes affect behaviors.

- Sports betting costs are low. Often first bets are free.
- Free play at casinos, hotel rooms, etc.





Promotion



Attempts by gambling retailers and/or casinos to increase demand through marketing.

- Gambling ads, billboards, etc.
- Ads that appeal to youth.



Low Perceived Risk

Beliefs about the likelihood of receiving a gambling-related violation or penalty or being harmed as a result the gambling behavior.

- Low perceived risk of getting arrested.
- Youth don't believe courts will punish them.
- Parents have few rules around gambling activities.
- Some believe gambling is not addictive like alcohol and drugs



PENALTY



How do we prevent underage and problem sports betting?

Target communication campaigns and education to those at greater risk for disordered gambling

- Veterans
- Minority Populations:
 - African Americans
 - Hispanics
 - Asian/Pacific Islander
 - Native Americans
- Those at risk of suicide
- Those with poor health or lacking access to quality healthcare
- Males
- College students/ Youth
- Less than HS education
- Lower socioeconomic status
- Those who use actively drugs or alcohol
- Those with mental health disorders
- Those in recovery
- Those experiencing domestic violence or child maltreatment



Integrating Mental Health, Substance Use, and Gambling Strategies Common Themes

- Substance use disorders and gambling addictions run in families.
- Alcohol, substance misuse, and gambling addictions are sometimes used as maladaptive coping strategies for mental health disorders.
- Mental Health, alcohol, substance misuse, and gambling addictions often co-occur.
- Brain images of those with addictive disorders are similar regardless of the type of addiction.



Incorporate Sports Betting: The Center's Problem Gambling Prevention Strategies

- Public Awareness Campaigns: Holiday's - Gift Responsibly, March is Problem Gambling Awareness Month, and May is Mental Health Awareness Month.
- Increase the number of No Cost Treatment providers throughout the State to integrate screening and treatment for problem gamblers.
- Underage and Problem Gambling Prevention Special Population and Youth Grants (\$1,000-\$10,000)
- Work with the Maryland Lottery to promote underage and problem gambling prevention information to lottery retailers across the State.
- Conduct an underage and problem gambling prevention needs assessment for Maryland.



Sports Betting: Ways to Include Underage Gambling Prevention

- Promote why you must be 21 to bet on sports.
- Learn how age verification software works and see if prevention can be integrated.
- Emphasis on consequences of underage gambling: stop of play, account closure, forfeiture of winnings.
- Use of underage compliance checks.



Sports Betting: Ways to Include Problem Gambling Prevention

- Collaborate with licensees on responsible gambling training for employees.
- Include 1-800-GAMBLER at sports betting locations and pop-ups for on-line betting.
- Use of data to identify problem gambling betting behaviors.
- Use of data for research purposes.
- Use of compliance checks to assist those in distress from gambling.
- Refer VEP violators to treatment.
- Emphasize no impaired gambling.
- Work with licensees on complimentary incentives to encourage gambling.
- Do not accept credit cards, only cash, checks, and winnings.



Sports Betting: Promote the Following Responsible Play Tools

- ✓ Bettors can set deposit limit on daily, weekly, monthly max amounts.
- ✓ Bettors can set loss limits on daily, weekly, monthly amounts. Can't place new bet until a designated amount of time passes.
- ✓ Bettors can limit amount wagered daily, weekly, or monthly.
- ✓ Set limits on time spent gambling? Is timer available?
- ✓ Know the odds of winning. Do not bet more than you can afford to lose.
- ✓ Promote Voluntary Exclusion Program for Sports betting.



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Questions



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