

Screening, Assessment and Treatment Planning for Gambling Problems

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Learning Objectives

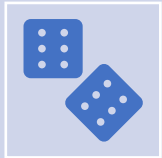
- Participants will be able to identify the need and rationale for screening for gambling problems in a variety of settings.
- Participants will be able to identify methods to assess problem gambling severity.
- Participants will be able to identify how to develop a problem gambling integrated intake.
- Participants will be able to understand how to use ASAM guidelines for developing a problem gambling treatment plan which incorporates financial issues into the plan.
- Participants will be able to utilize their knowledge, skills and experience to collaborate with clients to develop a meaningful specific plan to sustain their recovery.

Stigma of Gambling

PUBLIC PERCEPTIONS OF PROBLEM GAMBLING



Stigma is a big reason many people do not seek help for gambling-related problems.



When we talk about these problems, we want to focus on the behavior—excessive gambling with harmful consequences.



People have a problem, but they are not the problem. For example, calling someone a “problem gambler” can reduce them to one thing: a problem. Describing the situation rather than labeling the person — for example, “someone who has a gambling problem” or “someone affected by gambling disorder”—is less blaming and reduces stigma.

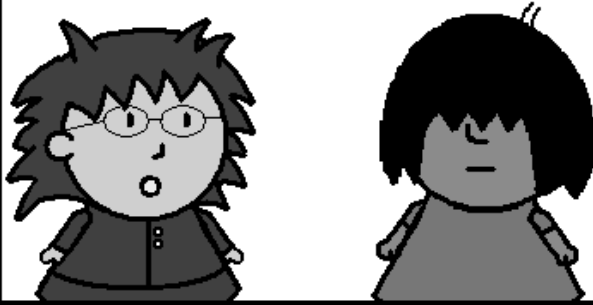
Q

- Will behavioral addictions always be considered “less than” because they’re more psychological?
- Is there a name for this bias?

*A Cognitive Bias –
Fundamental Attributional Error*

PUBLIC PERCEPTIONS OF PROBLEM GAMBLING

Gambling is so terrible.
People can lose all of their
money if they become addicted,
and it hurts families.



Actually, studies have shown that
compulsive gamblers are more
likely to be responsible with their
money because they understand
the risks better. And gambling can
help bring families together.



Wow, really?

Yeah, you can look
it up for yourself.

Um... sure...
I will...

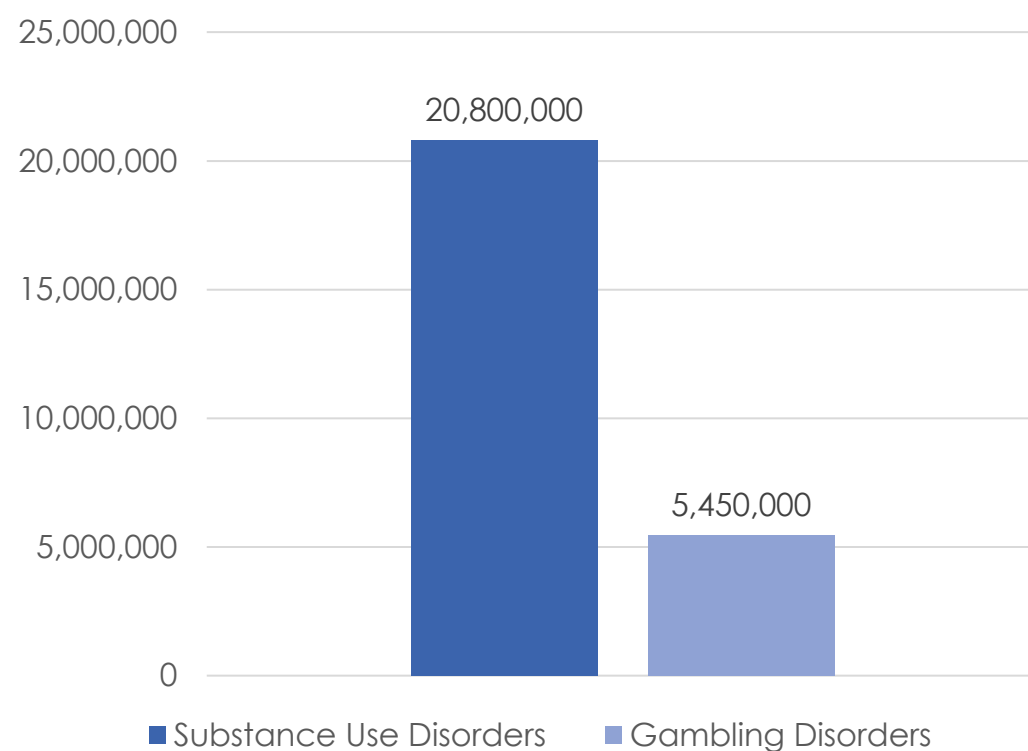


Debating got a lot easier when
I realized nobody ever looks
things up for themselves.

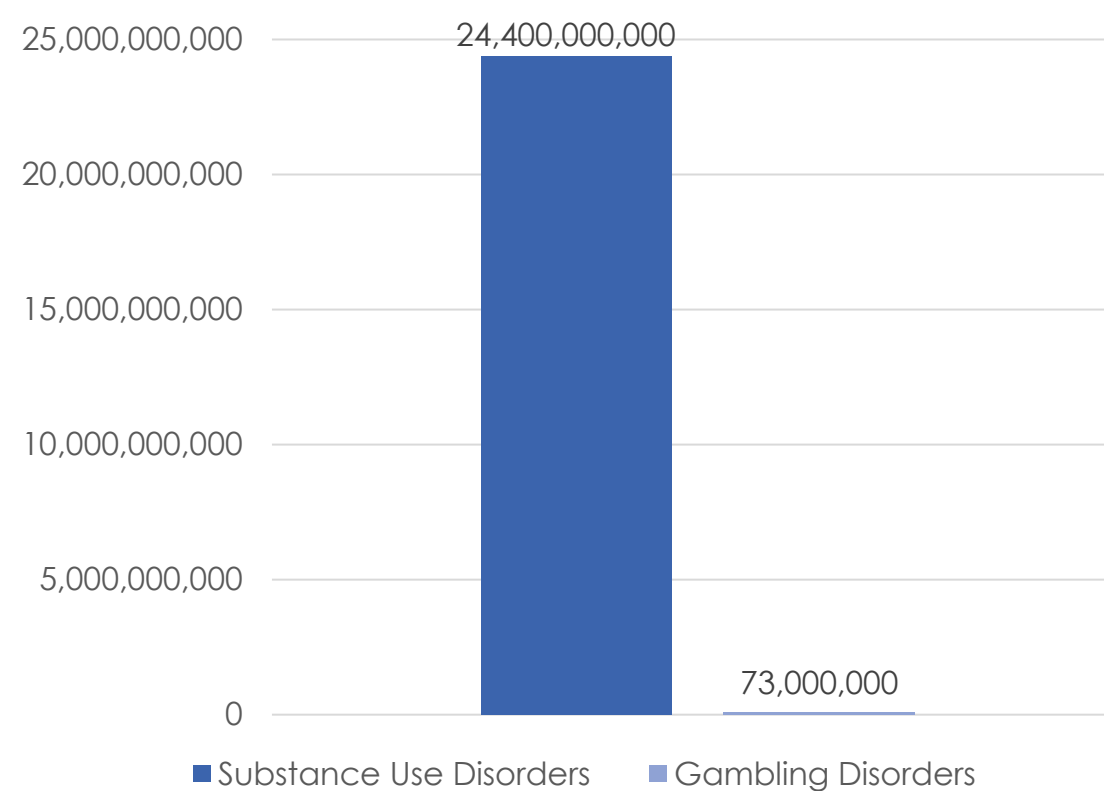


Substance Use Disorders and Gambling Disorders: Extent of Problem vs. Funding for Problem

US Population with Past Year
Problem^{1, 2}



2016 Public Funds Invested into
Treatment^{3, 4}



¹ (Substance Abuse and Mental Health Services Administration, 2016). Estimates based on ages 12+.

² (Williams, Volberg, & Stevens, 2012). Estimates based on ages 18+.

³ (Substance Abuse and Mental Health Services Administration, 2014).

⁴ (Marotta et al., 2017).

Studies Show Brain Effects Similar to Substance Abuse

SIMILAR TO METH

Those with a gambling problem demonstrate frontal lobe impairment consistent with that of methamphetamine-dependent individuals.

(Kalechstein, Fong, Rosenthal, Davis, Vanyo, & Newton, 2007)

SIMILAR TO COCAINE

Functional imaging of neural responses to expectancy and experience of monetary gains and losses.

(Breiter, Aharon, Kahneman, Dale, & Shizgal, 2001)

Similarities between Gambling Disorder and Substance Abuse Disorder

- loss of control
- preoccupation
- negative impact on major life areas
- tolerance
- withdrawal symptoms
- self-help groups
- biopsychosocial/spiritual disorders
- family involvement

Differences between Gambling Disorder and Substance Abuse Disorder

- Gambling is not self-limiting
- Behavior not attributable to intoxication
- No biological test
- More intense sense of shame and guilt
- Easier to hide
- Greater denial and stronger defenses
- Greater financial problems
- Intensity of family anger
- Less public awareness and acceptance
- Fantasies of success
- Unpredictable outcome

The **unique characteristics of gambling** may explain why gamblers don't quit the behavior when made aware of its harmful consequences and may even increase their gambling in spite or because of its harm.

- Secrecy
- Rapid progression
- Shame and guilt
- Depression
- Control of finances and other people
- Isolation
- Intellectualizing/rationalizing
- Deception in intentions
- Restless/irritable/agitated
- Financial/legal problems

Summary of Differences

- Importance of psychological factors, role of fantasy
- Meaning of winning and losing
- Can solve all one's problems through gambling
 - Big win, chasing, starting over
- Consequences not immediate, direct or predictable
- Debts and financial pressures when one stops, but with no hope or possibility of a quick fix
- Greater shame due to unpredictability/impaired control, absence of a substance or disease model
- GA more heterogeneous—different games, uneven (financial) consequences, lack of disease model

Q *This is the crux of the addiction dilemma: Why would somebody continue to engage in a behavior after they've come to realize how harmful it is?*

A The gambler may feel there's a greater good served by continuing. And, that there are either no consequences or that they won't apply to them. May see gambling as a way out.



Problem Gambling Screens

Q Why screen for gambling disorder?

- A
- Evidence of high-risk of gambling problems among individuals diagnosed with substance use and mental health disorders.
 - Gambling disorder may lead to financial, emotional, social, occupational, and physical harms.
 - As many as 10% of primary care patients report lifetime gambling disorder.
 - People with gambling-related problems are more likely to smoke, consume excessive amounts of caffeine, have more emergency department visits, and be obese.
 - Many cases of gambling disorder go undetected, because of limited assessment for this problem.

Early intervention and treatment work!

Barriers to Seeking Treatment

- Despite negative consequences, few with a gambling problem seek professional help—only 1 in 10 seek treatment.
 - Low awareness of professional help services
 - Denial of problem severity
 - Cultural barriers and lack of multicultural, low-cost services
 - Shame, stigma, reduced self-esteem
- According to the National Comorbidity Survey Replication, of individuals with a lifetime history of pathological gambling, 49% received treatment for a mental health or substance use disorder, but none receive any treatment for gambling problems. (Kessler & Merikangas, 2004)
- Ongoing education and promotion of help services required to increase awareness.

Q Why address gambling problems in SUD and MH programs?

- A
- Individuals with substance use and mental health disorders are at higher risk for having a gambling problem.
 - Gambling (even at moderate levels) may have an adverse impact on treatment outcome.
 - Unaddressed gambling and gambling problems are likely to add to treatment costs and service utilization.



Evidence-Based Brief Screens

Screening Tools

PROBLEM GAMBLING SCREENS

MAGS
Massachusetts
Gambling
Screen

SOGS
South Oaks
Gambling
Screen

Lie/Bet

BBGS
Brief
Biopsychoso-
cial
Gambling
Screen

NODS
National
Opinion
Research
Center
DSM-IV
Screen for
problem
gambling

PGSI
Problem
Gambling
Severity
Index

**NODS-
CLiP**

**NODS-
PERC**

Massachusetts Gambling Screen (MAGS)	
Please circle the response that best represents your answer.	
Questions	Responses
1. Have you ever gambled (for example, bet money on the lottery, bingo, sporting events, casino games, cards, racing or other games of chance)?	1. No Yes
2. Have you ever experienced social, psychological or financial pressure to start gambling or increase how much you gamble?	2. No Yes
3. How much do you usually gamble compared with most other people?	3. Less About the same More
4. Do you feel that the amount or frequency of your gambling is "normal"?	4. Yes No
5. Do friends or relatives think of you as a "normal" gambler?	5. Yes No
6. Do you ever feel pressure to gamble when you do not gamble?	6. No Yes
If you <i>never</i> have gambled, please skip to question #29 now.	
7. Do you ever feel guilty about your gambling	7. No Yes
8. Does any member of your family ever worry or complain about your gambling?	8. No Yes
9. Have you ever thought that you should reduce or stop gambling?	9. No Yes
10. Are you always able to stop gambling when you want?	10. Yes No
11. Has your gambling ever created problems between you and any member of your family or friends?	11. No Yes
12. Have you ever gotten into trouble at work or school because of your gambling?	12. No Yes
13. Have you ever neglected your obligations (e.g., family, work or school) for two or more days in a row because you were gambling?	13. No Yes
14. Have you ever gone to anyone for help about your gambling?	14. No Yes
15. Have you ever been arrested for a gambling related activity?..	15. No Yes
16. Have you been preoccupied during the past 12 months with thinking of ways to get money for gambling or reliving past gambling experiences (e.g., handicapping, selecting a number)?	16. No Yes
17. During the past 12 months, have you gambled increasingly larger amounts of money to experience your desired level of gambling excitement?	17. No Yes
18. During the past 12 months, did you find that the same amount of gambling had less effect on you than before?	18. No Yes
19. Has stopping gambling or cutting down how much you gamble made you feel restless or irritable during the past 12 months?	19. No Yes

Massachusetts Gambling Screen (MAGS)

SOUTH OAKS GAMBLING SCREEN [SOGS]

Name: _____ Date: _____

1. Please indicate which of the following types of gambling you have done in your lifetime. For each type, mark one answer: "Not at All," "Less than Once a Week," or "Once a Week or More."

PLEASE "✓" ONE ANSWER FOR EACH STATEMENT:	NOT AT ALL	LESS THAN ONCE A WEEK	ONCE A WEEK OR MORE
a. Played cards for money			
b. Bet on horses, dogs, or other animals (at OTB, the track or with a bookie)			
c. Bet on sport (parlay cards, with bookie at Jai Alai)			
d. Played dice games, including craps, over and under or other dice games			
e. Went to casinos (legal or otherwise)			
f. Played the numbers or bet on lotteries			
g. Played bingo			
h. Played the stock and/or commodities market			
i. Played slot machines, poker machines, or other gambling machines			
j. Bowled, shot pool, played golf, or some other game of skill for money			
k. Played pull tabs or "paper" games other than lotteries			
l. Some form of gambling not listed above (please specify: _____)			

2. What is the largest amount of money you have ever gambled with on any one-day?

_____ Never gambled	_____ More than \$100.00 up to \$1,000.00
_____ \$1.00 or less	_____ More than \$1,000.00 up to \$10,000.00
_____ More than \$1.00 up to \$10.00	_____ More than \$10,000.00
_____ More than \$10.00 up to \$100.00	

South Oaks Gambling Screen

Lie/Bet

(Johnson et al., 1997)

- Have you ever felt the need to bet more and more money?
- Have you ever had to lie to people important to you about how much you gambled?

Brief Biosocial Gambling Screen (Gebauer, LaBrie, & Shaffer, 2010)

- During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
- During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- 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?

Brief Biosocial Gambling Screen

A “yes” answer to any of the questions means the person is at risk for developing a gambling problem.

- | | | |
|--|--------------------------|--------------------------|
| 1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling? | YES | NO |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled? | YES | NO |
| | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. 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 |
| | <input type="checkbox"/> | <input type="checkbox"/> |

NODS CLiP

(Toce-Gerstein, Gerstein, & Volberg, 2009)

Loss of Control

Have you ever tried to stop, cut down, or control your gambling?

Lying

Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?

Preoccupation

Have there been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences, or planning out future gambling ventures or bets?

The NODS-PERC (Volberg, Munck, & Petry, 2008)

NODS 1

Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling ventures or bets?

NODS 8

Have you ever gambled as a way to escape from personal problems?

NODS 10

Has there ever been a period when, if you lost money gambling one day, you would return another day to get even?

NODS 14

Has your gambling ever caused serious or repeated problems in your relationships with any of your family members or friends?

Problem Gambling Severity Index (PGSI)

(Ferris & Wynne, 2001)

PROBLEM GAMBLING
SCREENS

Thinking about the last 12 months...

1. Have you bet more than you could really afford to lose?
2. Still thinking about the last 12 month, have you needed to gamble with larger amounts of money to get the same feeling of excitement?
3. When you gambled, did you go back another day to try to win back the money you lost?
4. Have you borrowed money or sold anything to get money to gamble?
5. Have you felt that you might have a problem with gambling?
6. Has gambling caused you any health problems, including stress or anxiety?
7. Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
8. Has your gambling caused any financial problems for you or your household?
9. Have you felt guilty about the way you gamble or what happens when you gamble?

Never = 0 Sometimes = 1 Most of the time = 2 Almost always = 3

Determine Prevalence of Problem Gambling and Pilot Use of BBGS

Study Sample

- 100 randomly selected patients in an urban primary care clinic

Gold Standard

- DSM-5 Diagnostic Criteria

Screening Instrument

- BBGS

Prevalence

(more than four DSM-5 criteria)

12%

Prevalence Study Conclusions

Gambling appears to be highly prevalent in this clinic sample

Predictors of gambling are associated with substance use and impulsivity

BBGS appears to be an effective screening tool



SBIRT

What is SBIRT?

Screening

- Application of a simple test to determine in a patient is at risk for or may have a gambling disorder

Brief Intervention

- Explanation of screening results
- Information on responsible gambling
- Assessment of readiness to change
- Advice on change

Referral to Treatment

- Patients with positive results on a screening may be referred to resources for further assessment and/or counseling or self-help resources

It is important to remember that a positive screen does not constitute a diagnosis, even if the screen suggests a high probability of problematic gambling behavior.

What are the key elements for a successful SBIRT intervention?

Screening Questionnaire

- Short
- Reliable
- Valid
- Interpretable

Brief Intervention

- Acceptable
- Implementable

Referral to Treatment

- Specialty treatment available

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

Risk Levels for Gambling Disorder and Brief Interventions

PROBLEM GAMBLING SCREENS

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 has 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 Gamblers Anonymous or a recovery support specialist.



Effective Screening Strategies

Differences between Performance of Brief Screens in Research Protocols vs. Actual Clinical Practice

Very **low positive rates** in clinical practice

Not wanting **another problem in record**

Lack of understanding of what included as a gambling activity

Not wanting to deal with **secondary/shameful behavior**

Not ready to give up gambling

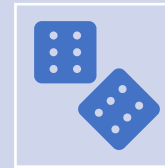
Viewing gambling as a **solution** not a problem

Clinician factors

Screening Best Practices



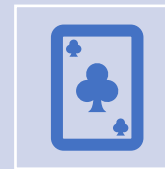
Include brief screen on intake
(and don't expect much).



Also use subtle questions
about gambling activities. Be
creative.



Repeat screen after
relationship and trust
established.
(At treatment plan updates?)



Conduct screen in conjunction
with psychoeducation on
impact of gambling on
recovery/problem gambling.

Assessments

Assessment Components

PROBLEM GAMBLING
SCREENS

gambling history/
severity

strengths

psychopathology/
distress

personality traits

copng skills

dissociation

cognitive

family environment

spirituality

financial

YLAN
E

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity

Issues

- First remembered bet
- Largest bet/most in one day
- Last bet
- Types of gambling
- How learned about gambling

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity

Issues

- What do you (did you) get out of gambling?
- What part has gambling played in your life?
- When do you gamble?
- How do you feel while gambling?
Before? After?
- Extent of involvement in
fantasy/dream world

Assessment Outline

Gambling History
Benefits of
Gambling

Strengths

Costs of Gambling
Medical Evaluation
Psychosocial History
Spiritual History
Cultural Identity
Issues

- What strengths/skills have you used to cope with gambling problems?
- Which have worked best?
- What strengths/skills have you used in other areas or times in your life?

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity

Issues

- Financial
- Legal
- Material
- Family/relationship
- Employment
- Physical/medical
- Mental/cognitive
- Emotional
- Shame and guilt issues

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity
Issues

HISTORY AND PHYSICAL

- Regular doctor check-ups
- Compliant with medications
- Sleep?
- Suicide ideation/past attempts
- Medical history
- List of medications

IMPACT OF GAMBLING ON:

- Sleep
- Nutrition
- Physical activity
- Stress-related health issues
- Medication compliance

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity

Issues

CO-OCCURRING DISORDERS

- Depression: mood disorder
- Anxiety
- Substance use disorder (past/present)
- PTSD
- ADD/ADHD

TRAUMA

- Any traumatic events? (physical, sexual, emotional, neglect)
- Level of awareness of trauma
- Permission to work on trauma

Assessment Outline

Gambling History

Benefits of

Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity

Issues

- School
 - Academic performance
 - Athletic/sports involvement
 - Other interests/activities
- Employment/military
- Friends
- Sexual relationships
- Lying
- Accomplishments/success
- Competitiveness
- Authority/legal problems
- Hobbies/leisure activities

Assessment Outline

Gambling History

Benefits of

Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity

Issues

- Involvement with formal religious groups/practices/beliefs
- Relationship with higher power or philosophy
- Value system
- Meaning in life
- Feelings of connection

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity
Issues

- **Family culture**
- **Generational culture**
- **Neighborhood culture**
- **Ethnic culture**
- **Casinos vs. terminals vs. sports**
- **Traditional vs. digital**
- **Culture-specific gambling games**
- **Feelings of community connectedness**

Assessment Outline

Gambling History

Benefits of
Gambling

Strengths

Costs of Gambling

Medical Evaluation

Psychosocial History

Spiritual History

Cultural Identity
Issues

FIRST GAMBLING EXPERIENCE

- First remembered bet
- Largest bet/most in one day
- Last bet
- Types of gambling
- How learned about gambling

FAMILY AND GAMBLING

- Attitudes toward gambling
- Role in family activities and traditions
- Marriage
- Children
- Support system

CULTURAL

- Forms of gambling
- Role in cultural traditions
- Cultural attitudes towards gambling
- Cultural views toward help and help-seeking

Assessment Tools

ASSESSMENTS AND
ASSESSMENT TOOLS

DSM-5 diagnostic
criteria

GAMTOMS
Gambling Treatment
Outcome Monitoring
System

GAM
Gambling
Assessment Module

CPGI
Canadian Problem
Gambling Index

GBI
Gambling Behavior
Interview

GPQ
Gambling Pathways
Questionnaire

IGS
Inventory of Gambling
Situations

GMQ
Gambling
Motives
Questionnaire

Gambling Treatment Outcome Monitoring System (GAMTOMS) (Stinchfield & Winters, 1996, 2001)

A multidimensional battery of
assessment tools that includes:

Gambling Treatment Admission
Questionnaire/Interview (GTAQ/GTAI)

Gambling Treatment Discharge
Questionnaire/Interview (GTDQ/GTDI)

Gambling Treatment Services
Questionnaire (GTSQ)

Gambling Treatment Follow-up
Questionnaire/Interview (GTFQ/GTFI)

GAMBLING ASSESSMENT MODULE (GAM)

The next few questions ask about your experiences with gambling, betting, and playing games for money or for something else of value. This could be at the casino, on the computer, at the track, on the street, at home, or any other place.

1. Have you gambled or bet more than 5 times in your life time? NO YES
☐ ☐

If you answered "NO" to question 1, please skip the rest of this section and go to STOP. Otherwise, please answer the questions below.

2. In your period of gambling the most, how frequently did you gamble? (Please mark an appropriate box below):

everyday 5 or 6 days 3 or 4 days 1 or 2 days 1 to 3 days less than once
a week a week a week a week a month a month
☐ ☐ ☐ ☐ ☐ ☐

3. How old were you when you first started gambling or betting this way? _____ years old

4. Please look at the activities below. Mark the box for the activities you have ever gambled or bet on in your lifetime and in the last 12 months.

	Ever in your life	In last 12 months
a. Played slot or fruit machines	<input type="checkbox"/>	<input type="checkbox"/>
b. Played any lottery or lottery games such as lotto, scratch-offs, powerball, video lottery, or the numbers	<input type="checkbox"/>	<input type="checkbox"/>
c. Played video poker, video blackjack, or any other video display terminals or VDTs	<input type="checkbox"/>	<input type="checkbox"/>
d. Bet on card games like blackjack, tunk, gin, pai gow, or poker	<input type="checkbox"/>	<input type="checkbox"/>
e. Played roulette, keno, or any other casino games	<input type="checkbox"/>	<input type="checkbox"/>
f. Shot dice like craps or poker dice	<input type="checkbox"/>	<input type="checkbox"/>
g. Played bingo for money or something else of value	<input type="checkbox"/>	<input type="checkbox"/>
h. Bet on pari-mutuels or the races such as jai-alai (HI-LIE) or horse or dog races, either on or off-track or with a bookie	<input type="checkbox"/>	<input type="checkbox"/>
i. Bet on sports like on high school, amateur, college, or professional sport-ing events	<input type="checkbox"/>	<input type="checkbox"/>
j. Bet on the stock, options, or commodities market	<input type="checkbox"/>	<input type="checkbox"/>
k. Gambled or bet on any other activities such as sweepstakes, animal fights, or your own games of skill or chance If yes, please specify which ones:	<input type="checkbox"/>	<input type="checkbox"/>

Gambling
Assessment Module
(GAM)
(Cunningham-Williams,
Cottler, & Books, 2001)

Canadian Problem Gambling Index

For each of the items in the CPGI questionnaire, respondents are asked to respond “in the past twelve (12) months.” This past-year time frame does not apply to the following questions: 18, 19, 20, 21, 22, and 23. The response scales for each of the questionnaire items are as follows:

Question 1 - yes; no

Question 2 - daily; 2-6 times/week; about once/week; 2-3 times/month; about once/month; between 6-11 times/year; between 1-5 times/year; never in the past year

Question 3 - record actual minutes and/or hours

Questions 4 & 5 - record actual dollar amount

Questions 5 to 17 - never; sometimes; most of the time; almost always

Questions 18 & 19 - strongly agree; agree; disagree; strongly disagree

Questions 20 to 33 - yes; no

DOMAIN	VARIABLES	INDICATORS	ITEMS AND QUESTION NUMBERS
Gambling Involvement	Type	Gambling activities	1. Have you bet or spent money on (list of gambling activities)?
	Frequency	Frequency of play	2. How often did you bet or spend money on (list activity: daily, weekly, monthly, yearly)?
	Duration	Time at play/type/session	3. When spending money on (list activity), how many minutes/hours do you normally spend each time?
	Expenditure	Money wagered monthly Largest amount wagered	4. How much money, not including winnings, did you spend on (list activity) in a typical month? 5. What is the largest amount of money you ever spent on (list activity) in any one day?
Problem Gambling Behavior	Loss of control	Bet more than could afford	6. How often have you bet more than you could really afford to lose?
		Bet or spent more than wanted to	7. How often have you bet or spent more money than you wanted to on gambling?
	Motivation	Increase wagers	8. How often have you needed to gamble with larger amounts of money to get the same feeling of excitement?
	Chasing	Returning to win back losses	9. How often have you gone back another day to try to win back the money you lost?
	Borrowing	Borrow money or sold anything	10. How often have you borrowed money or sold anything to get money to gamble?
	Lying	Lied to family members or others	11. How often have you lied to family members or others to hide your gambling?

Canadian Problem Gambling Index (CPGI) (Ferris & Wynne, 2001)

Gambling Behavior Interview (GBI) (Stinchfield, 2002, 2003)

A 112-item instrument assessing
gambling across eight domains:

gambling
attitudes

frequency of
different types
of gambling

time and money
spent gambling

gambling
frequency at
different venues

SOGS

DSM-IV

research
diagnostic items

demographics

Gambling Pathways Questionnaire (GPQ)

The following statements refer to your views about gambling and beliefs about yourself and your life.
Please check **ONE** box that best reflects how much you agree or disagree with each statement ☒.

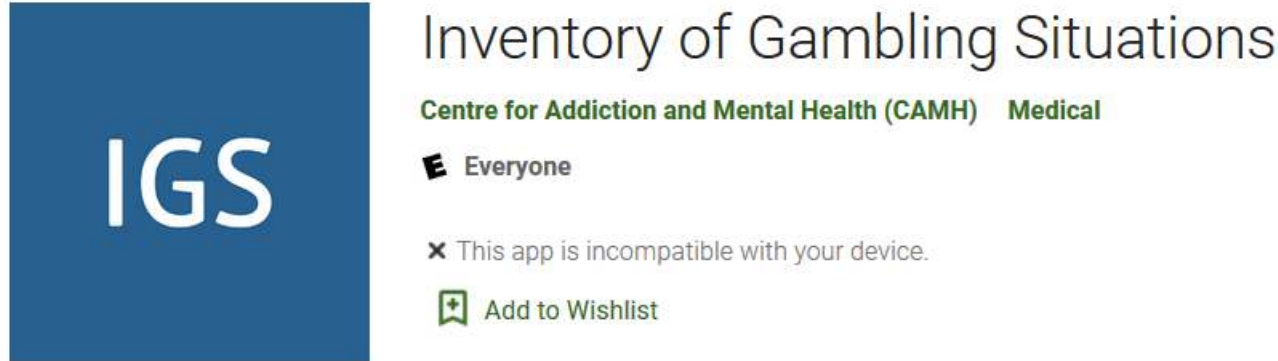
	Strongly DISAGREE					Strongly AGREE	
	1	2	3	4	5	6	
1. I gamble mainly to relieve tension, to "blow off steam."	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
2. I like doing or saying crazy things just to shock others.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
3. Gambling gives me purpose in life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
4. I often say mean and hurtful things when I'm angry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
5. When I gamble, I can forget my responsibilities for a while.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
6. If I want sex, I am willing to pay for it.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
7. A big win at gambling would give my life meaning.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
8. I'll often take a dare, even if it's dangerous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
9. I frequently buy things on impulse, even if I can't afford them.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
10. When I'm angry, I always feel better if I can hit or throw something.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
11. If I won at gambling, I wouldn't feel like such a failure.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
12. I am often impatient when standing in line or waiting for other people.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
13. I only follow the rules if I think I could get caught.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
14. I gamble mainly to cope with the stress and pressures of life.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

The next series of statements refer to feelings and behaviors you experienced *before* or *after* gambling became a problem for you. The questions will repeat, but you may have different answers, depending on the time frame. Please check **ONE** box for each statement ☒.

"BEFORE gambling became a problem for me..."

	Strongly DISAGREE					Strongly AGREE	
	1	2	3	4	5	6	
15. I often felt panicky.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
16. I often felt tense and nervous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
17. I worried a lot.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	
18. I often felt sad and down for periods of time (lasting at least two weeks).	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	

Gambling Pathways Questionnaire (GPQ) (Nower & Blaszczynski, 2016)



Inventory of Gambling Situations (IGS) (Littman-Sharp, Turner, & Toneatto, 2009) *Available as an app or as a PDF to print*

The image displays three screenshots of the IGS app. The first screenshot shows the 'Inventory of Gambling Situations' title and a list of 28 items. The second screenshot shows the 'Subscale Scores / Client Profile' section, which includes a bar chart for 'Negative affect situations' and 'Positive affect situations'. The third screenshot shows the 'Top Four Subscale Scores' section, which includes a bar chart for 'Urges and temptations', 'Negative emotions', 'Need for excitement', and 'Temptation situations'.

Inventory of Gambling Situations

Listed below are a number of situations or events in which some people gamble heavily. Read each item carefully and answer in terms of your own gambling over the past year. Please complete all items.

If you **NEVER** gambled heavily in that situation, click 'Never'.

If you **RARELY** gambled heavily in that situation, click 'Rarely'.

If you **FREQUENTLY** gambled heavily in that situation, click 'Frequently'.

If you **ALMOST ALWAYS** gambled heavily in that situation, click 'Always'.

"I GAMBLED HEAVILY WHEN..."

1. I almost won and felt that I would win very soon.

2. I was able to gamble without anyone knowing.

23. I had an argument with a friend.

24. I decided to try to limit my gambling.

25. I felt I wasn't getting what I was entitled to.

26. I was afraid of the people to whom I owed money.

27. I felt confident about my gambling skills.

28. Everything was going well.

Subscale Scores / Client Profile

Note: Red bar graphs indicate a high score (≥ 50%) on a subscale.

Negative affect situations

Negative emotions 43.33%

Conflict with others 38.1%

Positive affect situations

Pleasant emotions 20%

Social pressure 28.57%

Temptation situations

Top Four Subscale Scores

Urges and temptations:

A high score indicates that you are tempted to gamble excessively when gambling when events or circumstances of gambling. You may need to develop strategies and find new ways to limit your gambling triggers. For example, to money is a common trigger, helpful to limit your access to money.

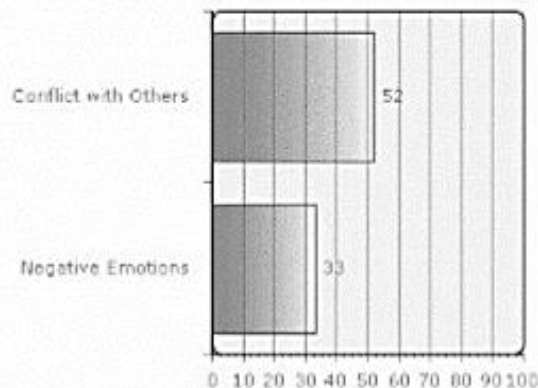
Negative emotions: 43.33%

A high score indicates that you are experiencing negative emotions excessively to escape from such as depression, loneliness, or boredom. You may need to learn to live with negative emotions without causing problems in your life. The negative feelings, you may need to find a positive way to resolve them.

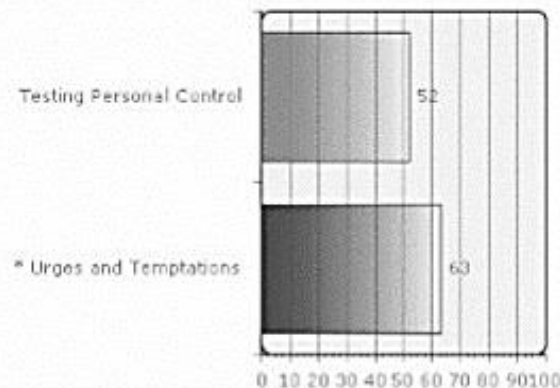
Need for excitement: 38.1%

A high score indicates that you are experiencing excitement excessively when you are gambling. You may need to find ways that are exciting or gambling without causing problems in your life.

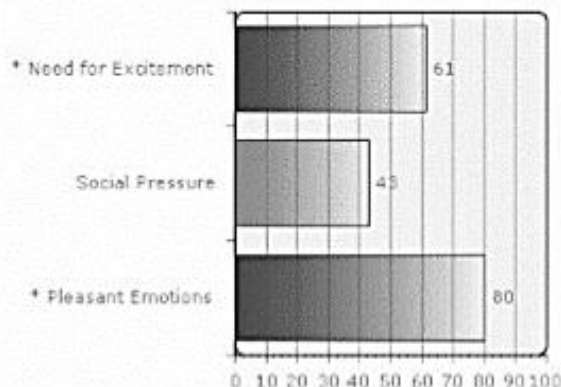
Negative Emotions



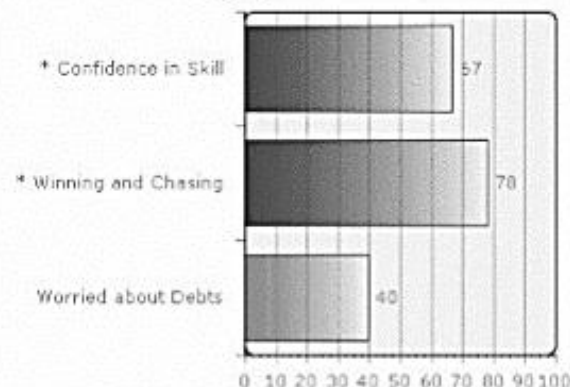
Temptation Situations



Positive Affect Situations



Gambling Cycle Situations



IGS Subscale Scores/Client Profile (Problem Gambling Institute of Ontario)

Notes:

Asterisks and Red Bar Graph indicate a high score on an IGS Subscale.

Rank	SubScale	Index Score
1	Pleasant Emotions	80
2	Winning and Chasing	78
3	Confidence in Skill	67
4	Urges and Temptations	63
5	Need for Excitement	61
6	Conflict with Others	52
7	Testing Personal Control	52
8	Social Pressure	43
9	Worried about Debts	40
10	Negative Emotions	33

Extra Items

When I was drinking/using drugs.

4

When I was able to gamble without anyone knowing.

3

The items above are not part of any sub scale, but are included individually because they may be useful in treatment and/or their content may need special attention.

Guidelines:

The following is provided as a guide to interpreting your scores.

0 to 25: you are rarely triggered by this situation

25 to 50: you sometimes are triggered by this situation

50 to 75: you are frequently triggered by this situation

75 to 100: you are very frequently triggered by this situation

A high score on an IGS scale indicates the type of situation in which you have often gambled heavily in the past. This information can be very valuable to a therapist and client in treatment planning. When you are aware of what particular situations trigger you, it will be easier to plan specific strategies that are targeted to the problem.

Please note that the IGS does not diagnose if a person has a problem. It only indicates which situations tend to be problematic. Scores for individual items are listed in front of each item. A score of 4 = always, 3 = frequently, 2 = rarely and 1 = never. Items with high scores (3 and 4) are situations in which you are most likely to gamble. Items with low scores (1 and 2) are situations in which you are less likely to gamble. If you are concerned about your scores on any of these scales, please talk to your therapist.

IGS Subscale Scores/Client Profile (Problem Gambling Institute of Ontario)

1. Pleasant Emotions Score 80

Question	Your Answer
When I was happy.	4
When I felt confident and relaxed.	3
When everything was going well.	4
When I felt content with my life.	3
When I wanted to celebrate.	3

A high score indicates that you may gamble excessively when you are feeling good. You may gamble impulsively without worrying about consequences. You may need to find new ways to enjoy yourself when you are feeling good, as well as ways to avoid getting carried away by the fun of gambling.

2. Winning and Chasing Score 78

Question	Your Answer
When I almost won and felt that I would win very soon.	4
When I was winning and wanted to keep on winning.	4
When I felt that I had gone too far to go back.	4
When I saw signs that my luck was with me.	4

A high score indicates that you may gamble excessively when you are winning, chasing losses or dreaming of winning. It is likely that you become caught up and gamble longer than you intended to. People who score high on this sub scale often believe that if they keep gambling they will recoup their losses. You may need to learn about the true odds of winning, and also about how to cope with the feelings that are raised by winning and chasing.

IGS Subscale Scores/Client Profile (Problem Gambling Institute of Ontario)

3. Confidence in Skill Score 67

Question	Your Answer
When I decided that this time I would use good gambling strategies.	3
When I saw a good opportunity that I hated to pass up.	3
When I felt confident about my gambling skills.	4
When I felt that I could profit from careful gambling.	3

A high score indicates that you may gamble excessively when you are confident about your skill or system. You may have some mistaken beliefs about how odds work. Even though some games seem to benefit from skills or knowledge, there is still too much randomness to assure wins over the long term. It is helpful to add up your wins and losses over time, rather than focusing on individual wins.

4. Urges and Temptations Score 63

Question	Your Answer
When I talked myself into gambling.	3
When I was in a situation in which I was in the habit of gambling.	3
When I suddenly had an urge to gamble.	3
When I saw something that reminded me of gambling.	3
When I felt like taking a risk.	4
When I had money in my pocket.	4
When gambling was easily available.	3

A high score indicates that you may gamble excessively when gambling is easily available, or when events or circumstances make you think of gambling. You may need to pinpoint the events or circumstances that trigger you. Then you can develop strategies to cope with cravings and find new ways to reduce or respond to gambling triggers. For example, since access to money is a common trigger, it is usually helpful to limit your access to cash or credit.

IGS Subscale Scores/Client Profile (Problem Gambling Institute of Ontario)

Gambling Motives Questionnaire (GMQ) (Stewart & Zack, 2008)

Directions: Below is a list of reasons why some people gamble. Please indicate how often you gamble for each of the following reasons, by circling whichever number applies:

- 1 (Almost Never/Never)
- 2 (Sometimes)
- 3 (Often)
- 4 (Almost Always)

1. As a way to celebrate.
2. To relax.
3. Because you like the feeling.
4. Because it's what most of your friends do when you get together.
5. To forget your worries.
6. Because it's exciting.
7. To be sociable.
8. Because you feel more self confident or sure of yourself.
9. To get a "high" feeling.
10. Because it is something I do on special occasions.
11. Because it helps when you are feeling nervous or depressed.
12. Because it's fun.
13. Because it makes a social gathering more enjoyable.
14. To cheer up when you're in a bad mood.
15. Because it makes you feel good.



Treatment Planning, Goal Setting and Levels of Care

Treatment Plan Mapping

Texas Institute of Behavioral Research (TCU 2007)

Develop collaborative understanding of client's concerns, hopes, aspirations

- How did you get to this point?
- Map of you today
- Current concerns and priorities
- What do you hope will be better/different as a result of counseling/recovery?

Prioritizing Recovery: Where to Begin

- **Immediate life threat and safety**
(crisis intervention vs. recovery planning)
- **Stabilization** and obstacles to psychosocial treatment

WHAT WILL ENGAGE AND MOTIVATE?

- Do we view the world through the client's eyes?
- What does the client want most?
- How can we help client to utilize strengths?

What is your goal for this session?

CLIENT

- Hope
- Answers
- Solutions
- Relief
- Pacify family

COUNSELOR

- Get intake completed
- Do initial treatment plan
- Get paperwork done
- Make diagnosis
- Get to know client
- Provide hope

Goal Setting



Follows from strength-based assessment



Process of collaboration and partnering



Prioritize a few key areas

Specific

- What exactly do you want to achieve?
- Use as much detail as possible.

Measurable

- How will you know when you have reached your goal?
- How will you measure your success?

Achievable

- List the resources needed and how or if you will attain them.

Realistic and Relevant

- What change are you hoping to effect by reaching your goal?
- What outcome should result from achieving your goal?

Timed

- When will each step be completed?

SMART Goals

Priorities

What do you see as your primary concern?

Not having enough money.

What immediate goal do you have (specific step)?

Play poker at casino; don't play slots

Specific

GENERAL GOAL

Pay off debt

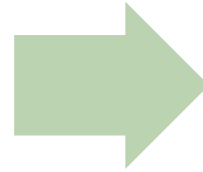


SPECIFIC GOAL

Pay off debt of \$30,000 in the next 2 years

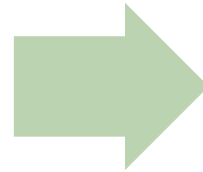
Things I Would Like to be Different

Describe the nature of the problem or difficulty.



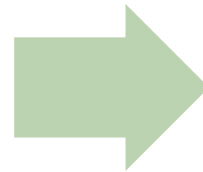
How have you been coping?

I feel guilty that I can't help the children financially.



Save on food and medicine.
Go to the casino.

I need someone to share life with.
I feel lonely and bored.



See lady friend. Play cards, bocci.
Go to the casino.

I get so angry at all the "idiots" in the world. I feel like a volcano.

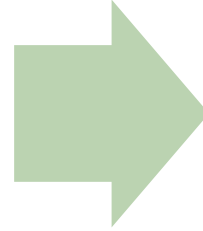


Go to the casino; it's the only thing that quiets the "volcano."

Goal Planner

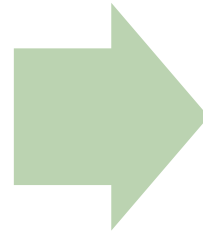
TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

Which difficulties or problems would you like to start working on?



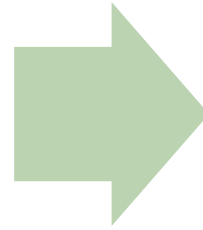
What specifically would you like to change or improve?

Have enough money to help the children.
Give son money for his wedding.



Control gambling; stick to limits.
Save money.

Feeling lonely and bored.
Wishing had someone to share life with.



Schedule time on weekends.
Check granddaughter's game schedule. Golf with son?

Getting angry with people and then feeling badly.
Want to run away to casino.



Learn to control my temper.
Go to "spa." Say a prayer.

Goal Exploration

Goals

- Control gambling, stick to limits
- Save money

Benefits of taking this action.
What difference will it make?

I can win money quickly

I will have
something to
do over the
weekend

I can give money
to my son; pay
back for college
fund

I won't feel lonely
and bored

Scott: Case Example

Scott is a 45-year-old, married, male, US post office mail carrier. He has no children. His wife works part-time out of their home as a beautician. Scott has enjoyed playing poker since he was a teenager and has always played at least weekly with a group of friends. Recently, he has been bored with friendly games and wants to play in casino tournaments that are more competitive and exciting. Has been entering tournaments and has lost a good bit of money but thinks he has been getting better. His wife is very upset about the gambling losses as well as his time spent gambling. She misses the fun they used to have together. They argue about his gambling and her spending.

Achievable and Realistic

What would you have to do to accomplish that goal?

- Does that fit into your budget?
- Do you know what your budget is?
- What role does your gambling play in this?

Keep It Simple

What is your goal for gambling in your life?

- Limit
- Control
- Reduce harm
- Stop

Be Specific and Realistic

SET SPECIFIC LIMITS AROUND GAMBLING

- I will only take \$200 each time I go to the casino
- I will only go to the casino on Thursday evening
- I will stay a maximum of 3 hours
- I will stop if I have won \$500
- I will only gamble on poker tournaments
- I will not take credit or debit card

Any new goals or modification of current goals?

- Money protection plan?
- Develop alternatives to feel challenged/competitive/have fun?
- Coping skills for dealing with frustration and anger
- Alternatives for debt repayment
 - Wife decreasing spending
 - Additional work

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

Be flexible





American Society of Addiction Medicine Criteria

ASAM Criteria for Problem Gambling (Mee-Lee, 2013)

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

We have moved away from one size fits all treatment.

All are part
providing care to
those with a
gambling problem
and their families.

- Total lifelong abstinence
- Reduced number of relapses
- Reduced negative consequences
- The use of harm reduction

QUESTIONS
LIKE:

- What is best care?
- Who provides best care?
- What are acceptable outcomes?

Problem Gambling & Recovery Planning: ASAM Criteria

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

Treat the person not the reimbursement.



```
graph TD; A[Treat the person not the reimbursement.] --> B[Is treatment at your agency about the program or the patient?]; B --> C[Assessment tools for individualized treatment.]; C --> D[Practice guidelines that direct placement and treatment: flexible, evidence-based, stage appropriate, culturally sensitive.];
```

Is treatment at your agency about the program or the patient?

Assessment tools for individualized treatment.

Practice guidelines that direct placement and treatment:
flexible, evidence-based, stage appropriate, culturally sensitive.

Problem Gambling & Recovery Planning: ASAM Criteria, 2013

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

ADULT LEVELS OF CARE

Level 0.5
Early Intervention

Level 1
Outpatient Services

Level 2.1
Intensive Outpatient
(IOP)

Level 2.5
Partial
Hospitalization (PHP)

Level 3.1
Clinically Managed Low-
Intensity Residential

Level 3.3
Clinically Managed
Population-Specific High-
Intensity Residential

Level 3.5
Clinically Managed High-
Intensity Residential

Level 3.7
Medically Monitored
Intensive Inpatient

Level 4
Medically Managed
Intensive Inpatient

OTP
Opioid Treatment
Program (Level 1)

Problem Gambling & Recovery Planning: ASAM Criteria

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

SIX DIMENSIONS (+1)

Acute intoxication/withdrawal potential

Biomedical conditions and complications

Emotional, behavioral or cognitive conditions and complications

Readiness to change

Relapse, continued use or continued problem potential

Recovery/living environment

Financial (added for disordered gambling)

Levels of Care & Triage Dimensions

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

	Early (Brief) Intervention	Standard Outpatient	IOP/Partial Hospitalization	Resident	Inpatient
Acute Intoxication/ Withdrawal					
Biomedical					
Emotional/Behavioral/ Cognitive					
Readiness to Change					
Relapse/Continuing Gambling Potential					
Financial					

Jerry

- 49-year-old divorced Caucasian male. 2 adult children. Referred from local hospital psychiatric department. Suicide attempt.
- Bi-polar disorder with psychotic episodes, and AUD in recovery for the past year. 28-day residential program more than a year ago for his alcohol use. Family history of SUD, AUD, Mental Illness.
- 20-year history of gambling. Casinos, lotto, pick 3, sports betting. Struggled to control the impulse to gamble for the last year. Betting daily. Used all the funds for daughter's wedding. Treasurer for a social club. Used money from club to support gambling. At first just "borrowed" with intent to repay.
- Full – time for employment for a bank in customer services. Part-time employed with a catering business.
- Many attempts to stop gambling on his own throughout his life. Many attempts in the last 4 months to stop.
- Started betting at an early age with friends. Worked Dad's poker games. Military service betting increased.
- Children will not speak with him. Social club threatening to press criminal charges.
- History of trauma. Physical and emotional abuse by family members. Witnessed physical abuse of mother by father.

Levels of Care & Triage Dimensions

TREATMENT PLANNING,
GOAL SETTING, AND
LEVELS OF CARE

	Early (Brief) Intervention	Standard Outpatient	IOP/Partial Hospitalization	Resident	Inpatient
Acute Intoxication/ Withdrawal					
Biomedical					
Emotional/Behavioral/ Cognitive					
Readiness to Change					
Relapse/Continuing Gambling Potential					
Financial					



Thank You

Anthony S. Parente, MA, LCPC, NCC,
MAC, ICGC II, BACC

Raleigh Burch Jr. NCC, LCPC, LCADC,
MAC, SAP ICGC-II, BACC

