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

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.
• 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*_
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\(^1\), \(^2\)

\begin{itemize}
\item Substance Use Disorders: 20,800,000
\item Gambling Disorders: 5,450,000
\end{itemize}

2016 Public Funds Invested into Treatment\(^3\), \(^4\)

\begin{itemize}
\item Substance Use Disorders: 24,400,000,000
\item Gambling Disorders: 73,000,000
\end{itemize}

\(^1\) (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 at 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
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
• 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.
Why address gambling problems in SUD and MH programs?

- 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
# Massachusetts Gambling Screen (MAGS)

Please circle the response that best represents your answer.

## Questions

<table>
<thead>
<tr>
<th>Question</th>
<th>Responses</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. Have you ever gambled (for example, bet money on the lottery, bingo, sporting events, casino games, cards, racing or other games of chance)?</td>
<td>Yes</td>
</tr>
<tr>
<td>2. Have you ever experienced social, psychological or financial pressure to start gambling or increase how much you gamble?</td>
<td>Yes</td>
</tr>
<tr>
<td>3. How much do you usually gamble compared with most other people?</td>
<td>Yes</td>
</tr>
<tr>
<td>4. Do you feel that the amount or frequency of your gambling is &quot;normal&quot;?</td>
<td>Yes</td>
</tr>
<tr>
<td>5. Do friends or relatives think of you as a &quot;normal&quot; gambler?</td>
<td>Yes</td>
</tr>
<tr>
<td>6. Do you ever feel pressure to gamble when you do not gamble?</td>
<td>Yes</td>
</tr>
<tr>
<td>7. Do you ever feel guilty about your gambling?</td>
<td>Yes</td>
</tr>
<tr>
<td>8. Does any member of your family ever worry or complain about your gambling?</td>
<td>Yes</td>
</tr>
<tr>
<td>9. Have you ever thought that you should reduce or stop gambling?</td>
<td>Yes</td>
</tr>
<tr>
<td>10. Are you always able to stop gambling when you want?</td>
<td>Yes</td>
</tr>
<tr>
<td>11. Has your gambling ever created problems between you and any member of your family or friends?</td>
<td>Yes</td>
</tr>
<tr>
<td>12. Have you ever gotten into trouble at work or school because of your gambling?</td>
<td>Yes</td>
</tr>
<tr>
<td>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?</td>
<td>Yes</td>
</tr>
<tr>
<td>14. Have you ever gone to anyone for help about your gambling?</td>
<td>Yes</td>
</tr>
<tr>
<td>15. Have you ever been arrested for a gambling related activity?</td>
<td>Yes</td>
</tr>
<tr>
<td>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)?</td>
<td>Yes</td>
</tr>
<tr>
<td>17. During the past 12 months, have you gambled increasingly larger amounts of money to experience your desired level of gambling excitement?</td>
<td>Yes</td>
</tr>
<tr>
<td>18. During the past 12 months, did you find that the same amount of gambling had less effect on you than before?</td>
<td>Yes</td>
</tr>
<tr>
<td>19. Has stopping gambling or cutting down how much you gamble made you feel restless or irritable during the past 12 months?</td>
<td>Yes</td>
</tr>
</tbody>
</table>

If you never have gambled, please skip to question #29 now.
**South Oaks Gambling Screen**

**SOUTH OAKS GAMBLING SCREEN [SOGS]**

<table>
<thead>
<tr>
<th>Name:</th>
<th>Date:</th>
</tr>
</thead>
</table>

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.”

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

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

- [ ] Never gambled
- [ ] $1.00 or less
- [ ] More than $1.00 up to $10.00
- [ ] More than $10.00 up to $100.00
- [ ] More than $100.00 up to $1,000.00
- [ ] More than $1,000.00 up to $10,000.00
- [ ] More than $10,000.00
- [ ] More than $100,000.00
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.

<table>
<thead>
<tr>
<th>Question</th>
<th>YES</th>
<th>NO</th>
</tr>
</thead>
<tbody>
<tr>
<td>1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?</td>
<td></td>
<td></td>
</tr>
<tr>
<td>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?</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
### NODS CLiP
(Toce-Gerstein, Gerstein, & Volberg, 2009)

<table>
<thead>
<tr>
<th>Loss of Control</th>
<th>Have you ever tried to stop, cut down, or control your gambling?</th>
</tr>
</thead>
<tbody>
<tr>
<td>Lying</td>
<td>Have you ever lied to family members, friends or others about how much you gamble or how much money you lost on gambling?</td>
</tr>
<tr>
<td>Preoccupation</td>
<td>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?</td>
</tr>
</tbody>
</table>
# The NODS-PERC (Volberg, Munck, & Petry, 2008)

<table>
<thead>
<tr>
<th>NODS 1</th>
<th>NODS 8</th>
<th>NODS 10</th>
<th>NODS 14</th>
</tr>
</thead>
<tbody>
<tr>
<td>Have there ever</td>
<td>Have you ever gambled as a</td>
<td>Has there ever been a period when, if you lost</td>
<td>Has your gambling ever caused</td>
</tr>
<tr>
<td>been periods</td>
<td>way to escape from personal</td>
<td>money gambling one day, you would return</td>
<td>serious or repeated problems in</td>
</tr>
<tr>
<td>lasting 2 weeks or</td>
<td>problems?</td>
<td>another day to get even?</td>
<td>your relationships with your</td>
</tr>
<tr>
<td>longer when you</td>
<td></td>
<td></td>
<td>family members or friends?</td>
</tr>
<tr>
<td>spent a lot of time</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>thinking about your</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>gambling experiences</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>or planning out</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>future gambling</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>ventures or bets?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Problem Gambling Severity Index (PGSI)  
(Ferris & Wynne, 2001)

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 months, 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.
What is SBIRT?

Screening
• Application of a simple test to determine if 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?

<table>
<thead>
<tr>
<th>Screening Questionnaire</th>
<th>Brief Intervention</th>
<th>Referral to Treatment</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Short</td>
<td>• Acceptable</td>
<td>• Specialty treatment available</td>
</tr>
<tr>
<td>• Reliable</td>
<td>• Implementable</td>
<td></td>
</tr>
<tr>
<td>• Valid</td>
<td></td>
<td></td>
</tr>
<tr>
<td>• Interpretable</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
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

**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.
Assessment Components

- Gambling history/severity
- Strengths
- Psychopathology/distress
- Personality traits
- Coping skills
- Dissociation
- Cognitive
- Family environment
- Spirituality
- Financial
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

- 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

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

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

• 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

- 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)

ASSESSMENTS AND ASSESSMENT TOOLS

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)  
(Cunningham-Williams, Cottler, & Books, 2001)
Canadian Problem Gambling Index (CPGI) (Ferris & Wynne, 2001)

ASSESSMENTS AND ASSESSMENT TOOLS
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.

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

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...”**

<table>
<thead>
<tr>
<th>Statement</th>
<th>Strongly Disagree</th>
<th>Disagree</th>
<th>Neutral</th>
<th>Agree</th>
<th>Strongly Agree</th>
</tr>
</thead>
<tbody>
<tr>
<td>15. I often felt panicky.</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>16. I often felt tense and nervous.</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
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<td>[ ]</td>
</tr>
<tr>
<td>17. I worried a lot.</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
<tr>
<td>18. I often felt sad and down for periods of time (lasting at least two weeks).</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
<td>[ ]</td>
</tr>
</tbody>
</table>
Inventory of Gambling Situations (IGS) (Littman-Sharp, Turner, & Toneatto, 2009)

Available as an app or as a PDF to print
IGS Subscale Scores / Client Profile

Notes:

Asterisks and Red Bar Graph indicate a high score on an IGS Subscale.
IGS Subscale Scores / Client Profile

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 Debt 40
10 | Negative Emotions 33

Extra Items

<table>
<thead>
<tr>
<th>Score</th>
<th>Item</th>
</tr>
</thead>
<tbody>
<tr>
<td>4</td>
<td>When I was drinking/using drugs.</td>
</tr>
<tr>
<td>3</td>
<td>When I was able to gamble without anyone knowing.</td>
</tr>
</tbody>
</table>

The items above are not part of any subscale, 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

<table>
<thead>
<tr>
<th>Question</th>
<th>Your Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>When I was happy.</td>
<td>4</td>
</tr>
<tr>
<td>When I felt confident and relaxed.</td>
<td>3</td>
</tr>
<tr>
<td>When everything was going well.</td>
<td>4</td>
</tr>
<tr>
<td>When I felt content with my life.</td>
<td>3</td>
</tr>
<tr>
<td>When I wanted to celebrate.</td>
<td>3</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Question</th>
<th>Your Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>When I almost won and felt that I would win very soon.</td>
<td>4</td>
</tr>
<tr>
<td>When I was winning and wanted to keep on winning.</td>
<td>4</td>
</tr>
<tr>
<td>When I felt that I had gone too far to go back.</td>
<td>4</td>
</tr>
<tr>
<td>When I saw signs that my luck was with me.</td>
<td>4</td>
</tr>
</tbody>
</table>

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

**Top Four IGS Subscale Scores**

**3. Confidence in Skill**  
**Score 67**

<table>
<thead>
<tr>
<th>Question</th>
<th>Your Answer</th>
</tr>
</thead>
<tbody>
<tr>
<td>When I decided that this time I would use good gambling strategies.</td>
<td>3</td>
</tr>
<tr>
<td>When I saw a good opportunity that I hated to pass up.</td>
<td>3</td>
</tr>
<tr>
<td>When I felt confident about my gambling skills.</td>
<td>4</td>
</tr>
<tr>
<td>When I felt that I could profit from careful gambling.</td>
<td>3</td>
</tr>
</tbody>
</table>

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**

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

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.
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

TREATMENT PLANNING, GOAL SETTING, AND LEVELS OF CARE
Goal Setting

- Follows from strength-based assessment
- Process of collaboration and partnering
- Prioritize a few key areas
SMART Goals

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?
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.

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

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

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

How have you been coping?

Save on food and medicine. Go to the casino.

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

Go to the casino; it’s the only thing that quiets the “volcano.”
Goal Planner

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

- Have enough money to help the children.
- Give son money for his wedding.
- Feeling lonely and bored.
- Wishing had someone to share life with.
- Getting angry with people and then feeling badly.
- Want to run away to casino.

What specifically would you like to change or improve?

- Control gambling; stick to limits.
- Save money.
- Schedule time on weekends.
- Check granddaughter’s game schedule. Golf with son?
- 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 can give money to my son; pay back for college fund
I will have something to do over the weekend
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

TREATMENT PLANNING, GOAL SETTING, AND LEVELS OF CARE
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
Be flexible
American Society of Addiction Medicine Criteria
ASAM Criteria for Problem Gambling (Mee-Lee, 2013)

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

TREATMENT PLANNING, GOAL SETTING, AND LEVELS OF CARE

QUESTIONS LIKE:
• What is best care?
• Who provides best care?
• What are acceptable outcomes?
Problem Gambling & Recovery Planning: ASAM Criteria

Treat the person not the reimbursement.

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.

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

## SIX DIMENSIONS (+1)

<table>
<thead>
<tr>
<th>Dimension</th>
</tr>
</thead>
<tbody>
<tr>
<td>Acute intoxication/withdrawal potential</td>
</tr>
<tr>
<td>Biomedical conditions and complications</td>
</tr>
<tr>
<td>Emotional, behavioral or cognitive conditions and complications</td>
</tr>
<tr>
<td>Readiness to change</td>
</tr>
<tr>
<td>Relapse, continued use or continued problem potential</td>
</tr>
<tr>
<td>Recovery/living environment</td>
</tr>
<tr>
<td>Financial (added for disordered gambling)</td>
</tr>
</tbody>
</table>
# Levels of Care & Triage Dimensions

<table>
<thead>
<tr>
<th></th>
<th>Early (Brief) Intervention</th>
<th>Standard Outpatient</th>
<th>IOP/Partial Hospitalization</th>
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<th>Inpatient</th>
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<tr>
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<tr>
<td>Relapse/Continuing Gambling Potential</td>
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<tr>
<td>Financial</td>
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</tbody>
</table>
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

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Thank You

Anthony S. Parente, MA, LCPC, NCC, MAC, ICGC II, BACC
Raleigh Burch Jr. NCC, LCPC, LCADC, MAC, SAP ICGC-II, BACC