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Guess Who's Coming to Problem Gambling
Treatment, Prevention, and Community
Wellness? What's On Your Menu?©

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For


**University of Maryland Center of
Excellence on Problem Gambling**

May 20, 2022



Objectives

- Identify “old” menu barriers to culturally accessible gambling disorders treatment, prevention, and community wellness.
- Highlight the benefit of adopting a health equity and social justice lens to expand problem gambling awareness and advocacy among culturally diverse communities.
- Provide “new menu” tips for developing community wellness.

A still from the movie 'Guess Who's Coming to Dinner' showing Sidney Poitier and a woman sitting at a table outdoors. The background shows trees and a body of water.

Remember “Guess Who’s Coming to Dinner?” (Sidney Poitier)

- **Sidney Poitier was an African American doctor engaged to a White/European-Descent woman. When they traveled to her parent’s home to meet them for the first time and “get their blessing,” you can imagine their shock when they opened the door....**
- **Reflection: What Diversity Equity Inclusion and Belonging strategies are we using to welcome our “guests” to services we provide?**



How are gamblers/affected others/communities greeted when they meet us?....



DIVERSITY

of people,
perspectives



EQUITY

in policy, practice
& position



INCLUSION

via power, voice &
organizational culture



JUSTICE

with equal rights &
equitable
opportunities



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Diversity – Equity - Inclusion

Diversity

Range Of Human Differences

- Race
- Ethnicity
- Gender
- Age
- Social status
- Religious
- Political

Equity

- Fair
- Impartial
- Equal rights for all
- Law

Inclusion

- Human right
- Equal access
- Respect
- Feeling a part of



Petals of Prosperity

CHINESE NEW YEAR SET MENU
13 January - 11 February 2017

Question is? What is on your Menu? Is advocacy, prevention, treatment and wellness reflecting changing communities?

Wealth
RM1738.00

三星下凡喜洋洋
Yee Sang with Salmon

大鹏展翅成伟业
Braised Seafood Soup with Crab Roe

凤凰齐鸣显富贵
Roasted Chicken Tossed with Thai Chili Sauce

凤调雨顺有盛余
Steamed Red Garoupa with Preserved Vegetables

喜哈洋洋合家圆
Fried Grass Prawn with Dried Shrimp and Curry Leaves in Brown Sauce

升官发财好事连
Braised Dried Seafood, Power Mushroom and Sea Moss with Superior Oyster Sauce

金银满仓福临门
Steamed Rice with Fried Yam, Preserved Sliced Duck and Sausage in Claypot

步步高升身力健
Steamed Coconut "Nian Gao"

红运当头喜双连
Chilled Red Date Soup with Snow Fungus and Peach Gum

Health
RM1988.00

三羊开泰显高就
Yee Sang with Sweet Turnip and Crispy Whitebait

新春家贺迎太子
Braised Eight Treasures Soup with Fish Lip

喜鹊展鸣迎新春
Steamed Village Chicken with Chinese Herb

鱼跃龙门显富贵
Steamed Dragon Garoupa with Superior Soy Sauce "Hong Kong" Style

金丝银龙藏满屋
Wok Fried Grass Prawn with Dried Shrimp and Curry Leaves in Brown Sauce

四喜临门倍欢喜
Braised Abalone, Sea Cucumber, Sea Moss and Seasonal Vegetable with Superior Oyster Sauce

金银满仓福临门
Steamed Rice with Fried Yam, Preserved Sliced Duck and Sausage in Claypot

步步高升身力健
Steamed Coconut "Nian Gao"

延年益寿贺新岁
Dried Pear Soup with Red Date, Snow Fungus, Snow Lotus Seed and Peach Gum

Peace
RM2218.00

喜羊贺岁庆团圆
Yee Sang with Fruits and Shredded Abalone

金玉满堂堆漫屋
Deluxe Braised Sea Treasures Soup with "Song Rong" Mushroom

龙凤齐祥映双辉
BBQ Roasted Chicken and Duck Platter

年年有余合家欢
Steamed Star Garoupa with Superior Soy Sauce and Golden Garlic

满载而归喜哈哈
Wok Fried Sea Prawn Coated with Bread Crumbs and Golden Garlic

包罗万有迎新禧
Deluxe Braised Dried Seafood and Sea Moss with Superior Oyster Sauce

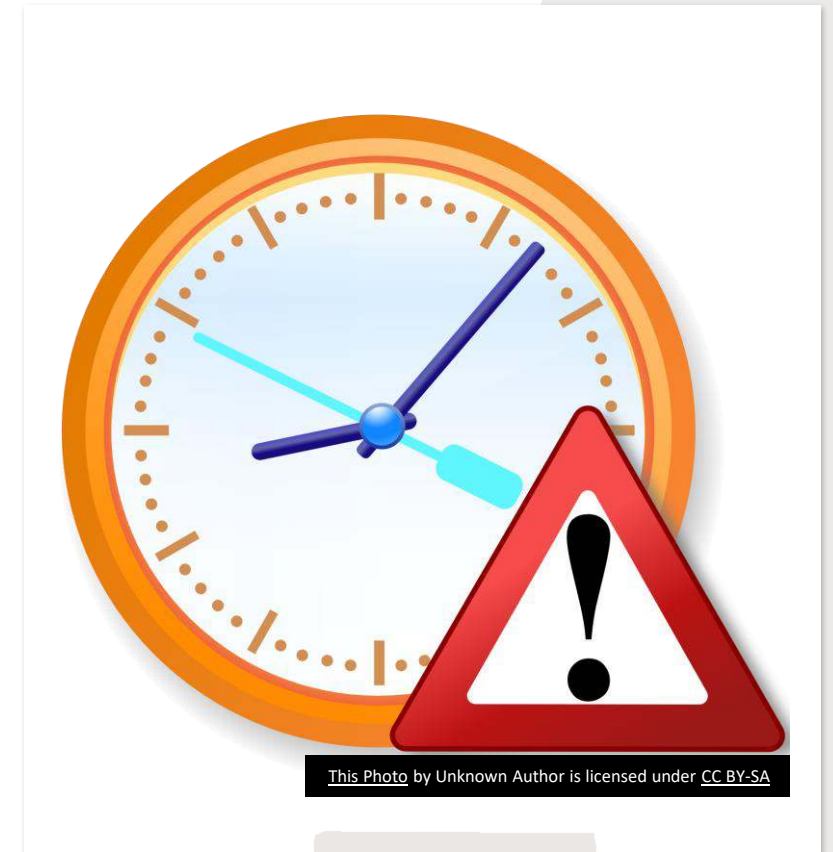
金银满仓福临门
Steamed Rice with Fried Yam, Preserved Sliced Duck and Sausage in Claypot

步步高升身力健
Steamed Coconut "Nian Gao"

横财就手欢喜临
Hot Almond Puree with Hasma

Old Menu Items...according to Haskins

- **Boards of Director members** that do not reflect the communities we serve and support
- **Mission and Vision Statements** that do not reflect DEI, updates, innovations, current issues/needs
- **Staffing** that do not reflect the diversity of consumers and communities supported
- **Organizational policies and procedures** that do not include the lived realities of communities services (i.e., inaccessible, time, structure of services “marginalize” vs. empower)
- **Theoretical models and techniques** that are not a “goodness-of-fit” with communities serviced
- **Reliance on Western healthcare models** that emphasize individualistic treatment-seeking (i.e. Internal Control, Internal Responsibility, Rotter, 1966)
- **European-descent values** that dominate service delivery
- **Absence of cultural representation** in prevention campaigns
- **Lack of “inclusion”** in decision-making
- **“Entree” focus services vs. Menu Options** to appeal to different needs of communities served (i.e., you have to sign up for treatment but there are limited recovery services for persons who are not interested in this primary treatment focus)



~~Problem~~ Solution

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The reality is gambling is the solution,
not the problem....(Haskins, In Press)

Let's look at updates in research to guide new menu options..

Research on telehealth with
gambling

Telephone-based interventions

Practical Treatments Considering
Role of Sociocultural Factors on PG

Community Wellness

Health-equity and Social Justice
Problem Gambling Public Health



Social Media

Tweets (Glowacki,
Wilcox, &
Glowacki, 2020)

- Additional topics included affordable telehealth services research from France on relationship between nicotine and COVID-19 concerns about gambling addiction, and changing patterns in substance misuse as drug availability varies.
- Take away: We can **“text mine”** to address **timely health topics** and use to generate recommendations for larger public (i.e., public awareness) and inform policy.

New Menu Options: Have someone tasked to address “text-mined” health topics on a regular basis; offer new community wellness services focused on these topics



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**MEN'S HEALTH AND WELLNESS:
A CONNECTION OF BODY & MIND**

*Learn the important link between physical and
mental health with Mr. Anthony Parente*

June 10 | 6:30-7:30 PM

bwcumc.org/mens-health

**See Me, I Am Here:
Men of Color Mental Health**



This webinar will help participants understand
barriers that overtly and covertly deny men of color
access to quality mental health support and services.

With Mr. Kevin Mason | June 18, 7-8 PM

bwcumc.org/see-me

**For example...my consultation with BWCUMC Abundant Health
Ministries**

Utilization of Telehealth Technology in Addiction Treatment in Colorado

- Telehealth generally equal in effectiveness to traditional forms of RX especially for persons with SUD
- Unfortunately, telehealth is underutilized with addiction treatment services
- *A Telehealth Survey* (29 items) completed by 125 members of Colorado Association of Addiction Professionals
- 65% reported they do not currently use telehealth technologies
- Actual use varied by ethnicity, age group, type of organization, and service location

The problem of reluctance is
commitment, not negativity.

Reluctance To Use Telehealth/2

Related to:

- Concerns with training
- Confidentiality
- Clinician/staff acceptance
- Reimbursement

Takeaway: qualitative/quantitative research
needed to further explore both the challenges and
solutions to **promote telehealth use as well as
methods to expand relevancy and awareness.**

Telehealth
increased
accessibility

..



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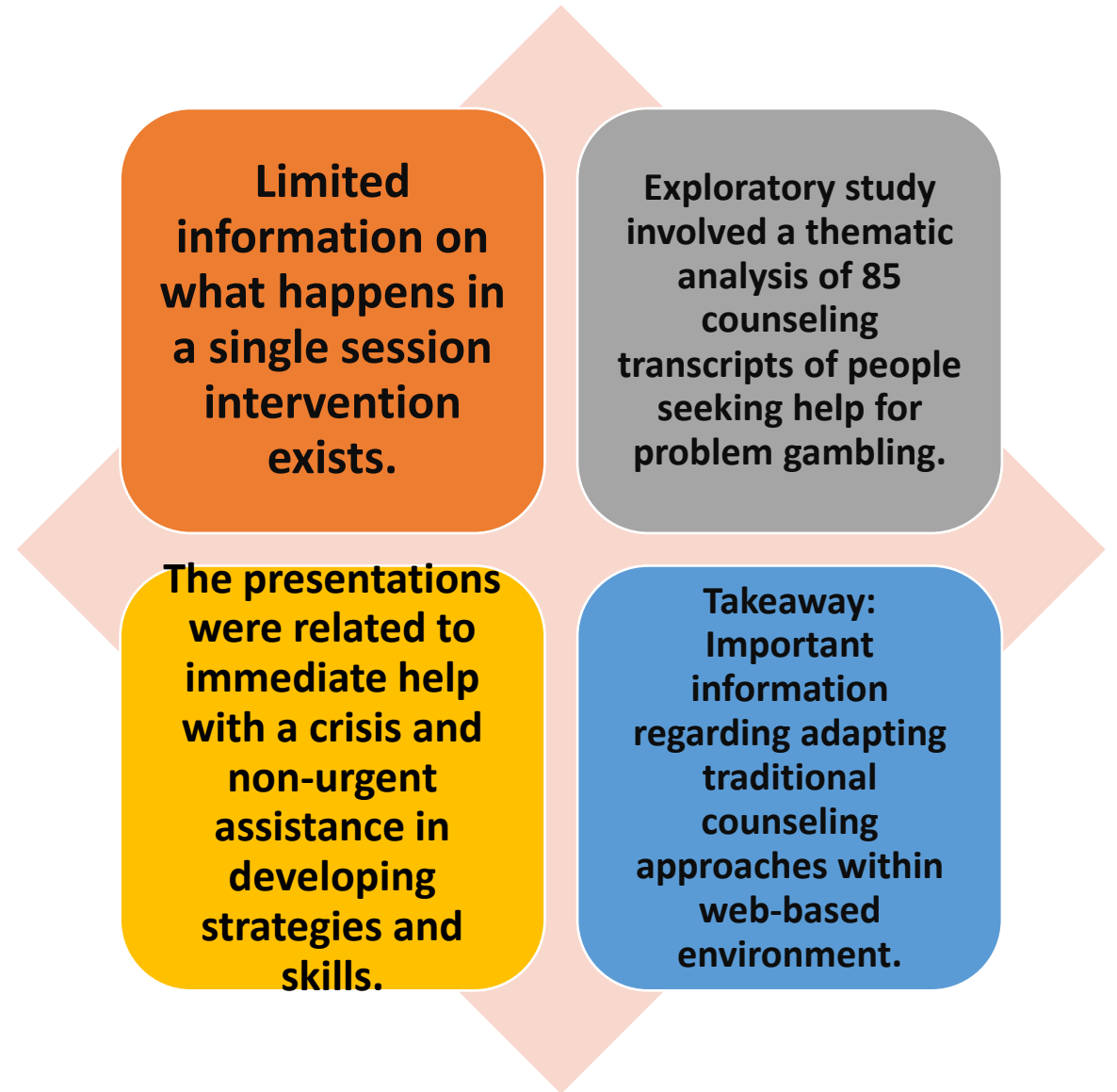


What's happening in COVID-19?

[Full article: Gambling behaviors during COVID-19: a narrative review \(tandfonline.com\)](https://tandfonline.com)

Single-session web-based counseling

(Rodda, et al., 2014)

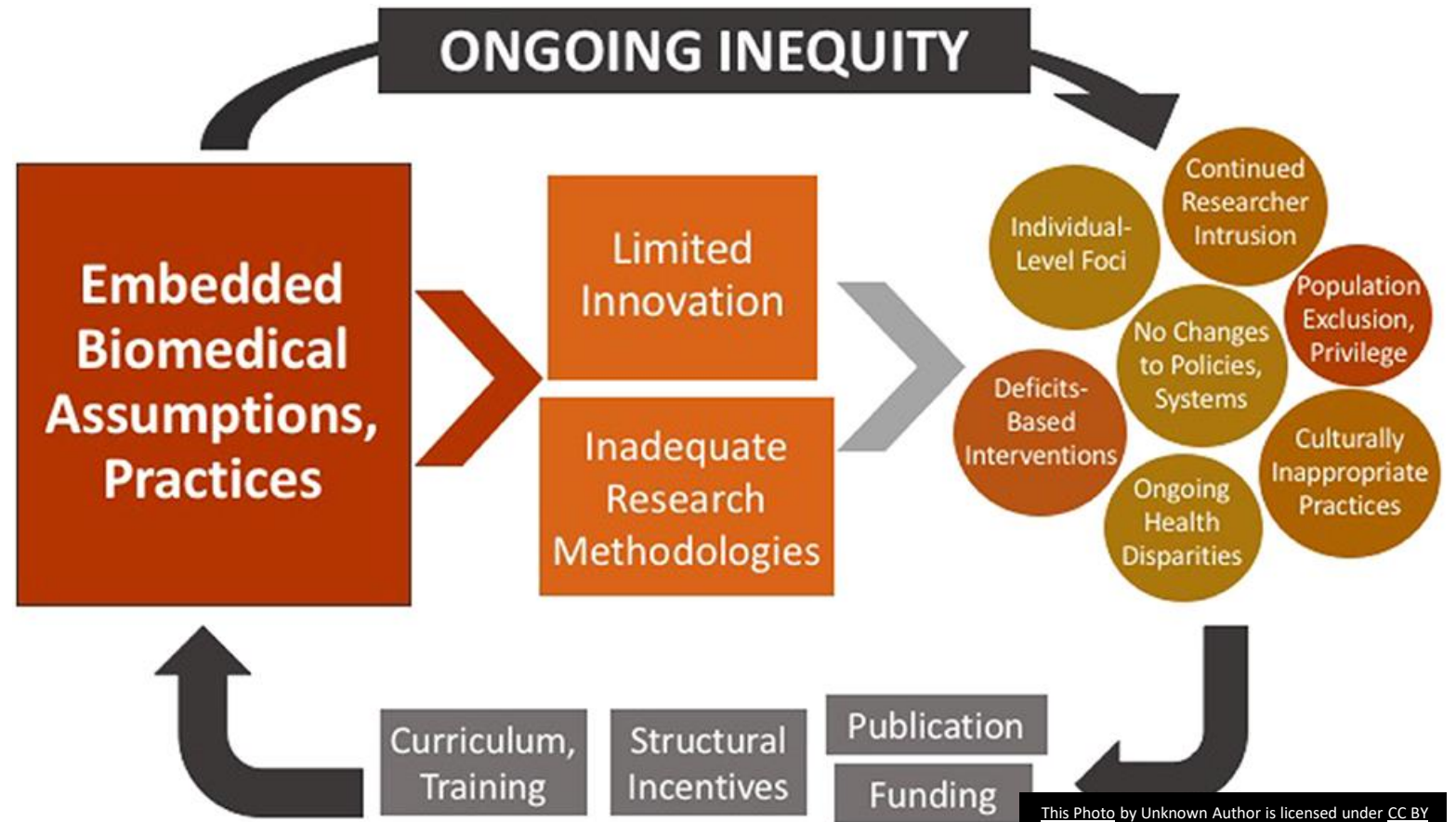




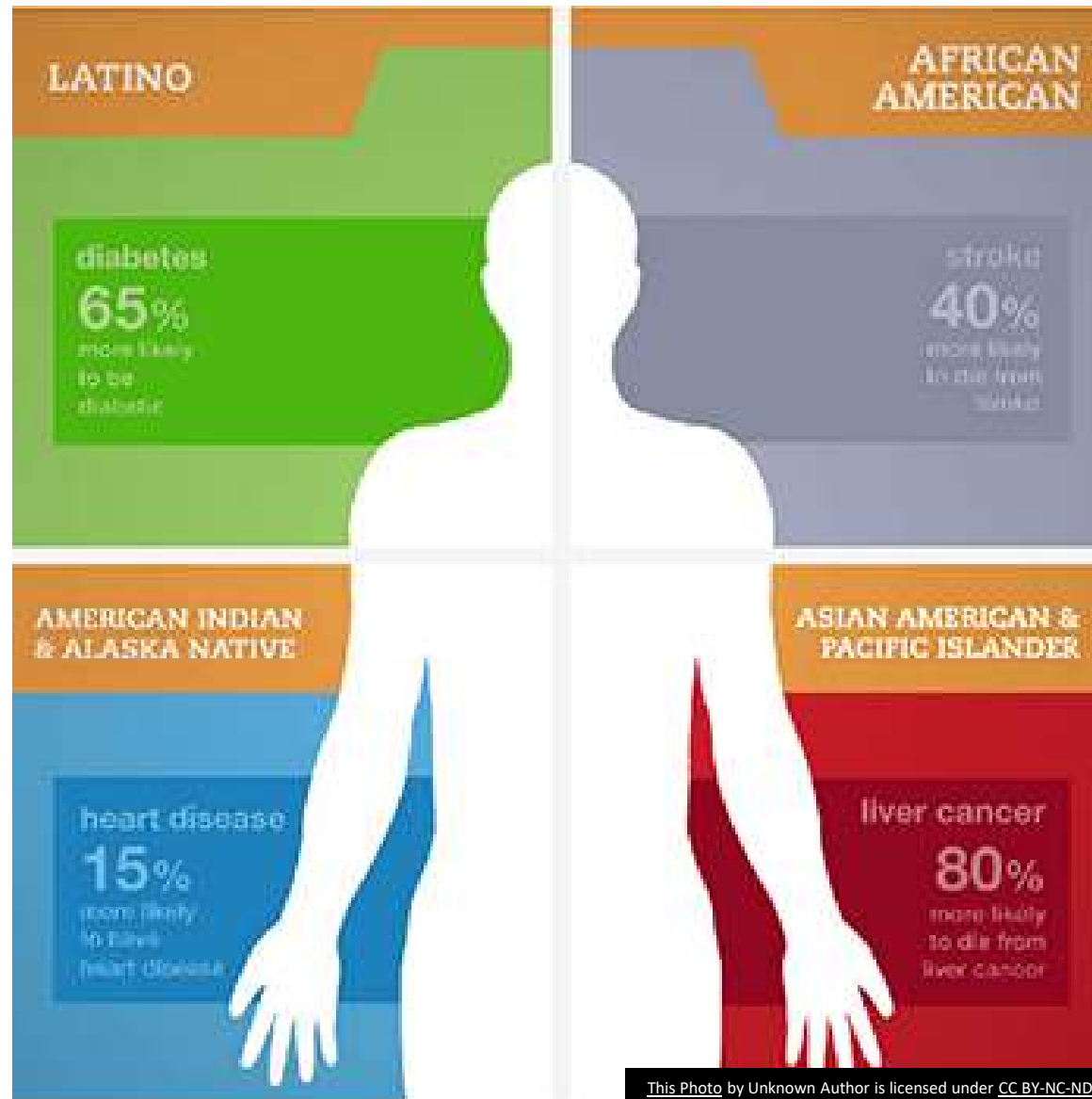
Telephonic-based GD support: A Case Study (Toneatto, Pillai, & Kosky, 2017)

- Innovative approach offering manual-guided tele-counseling
- This case study reports on the progress of one individual who was treated.
- Client referred to address problem gambling with assistance of a therapist whom she never met for reasons of privacy and anonymity.
- 10 weeks of tele-counseling treatment with 6 treatment modules were delivered.
- Problems of access, privacy and anonymity were overcome with this method and client reduced gambling behavior significantly with the therapeutic gains maintained at the 6-month follow-up.

Last but not least Menu
change: Reduce
Inequities and Use Health
Equity and Social Justice
Problem Gambling Public
Health Framework
(Ortiz et al., 2021)



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If a liquor store
is on every
corner.....



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Strategy 1: Adopt a Health Equity and Social Justice Framework



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People Start to Heal the Moment They Feel Heard (Cheryl Richardson)



Context is everything

CONTEXT

Indigenous Peoples

- Casinos help tribal members receive increases in housing, median income, employment, house ownership, and reduction in poverty (Gonzales, 2007)
- Therapists need to be aware of this dichotomy of negative consequences of PG but positive outcomes; show respect towards positive views of gambling they may have....

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Asian

- Gambling is customary pastime.
- Less likely to seek help/fear of shame to family/community
- Consider acculturative stress (i.e., language) and gambling may be escape from isolation and relocation stress
- PREVENTION, PREVENTION
PREVENTION! (Dr. Yen, Personal Communication, 2012)



Clinical Example....

- Sandy is a 44-year old African-descent female who calls for help as she has depression. She states, “I am becoming more depressed and I relapsed...I feel ashamed...I went through gambling disorders treatment, attended GA prior to the pandemic, and now I am working remotely and caring for my granddaughter while supervising her pandemic education. I started online gambling...I feel ashamed...”
- Dr. Haskins: I applaud you for reaching out for help. You are doing great and already started recovery...not easy for folks and Black Americans...Did you share with your Sponsor (no)....Have you considered the Voluntary Exclusion Program? (“I told my girlfriend and she said why would you want to do that!!”); discussed the “Strong Black Woman Resiliency Model/Myth/Dialectical Tension); linked her to Peer Recovery Staff at MCOE).

TAKE AWAY: Learn and understand unique racial and cultural context challenges.

Practical Treatment Considerations



- Motivational Interviewing
- Brief therapy that can be used in 1 therapy session (Rash & Petry, 2014)
- Brief interventions are useful for positive RX outcomes; culturally diverse gamblers often have lower median incomes; RX needs to be effective w/o costing significant amt of time/resources—briefer and succinct interventions ideal to treat PG in diverse clients

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Black/Latino/Latinx/Hispanic

- Consider context of environmental and individual circumstances
Median U.S. White income is 20 times greater than Blacks/18 times greater than Latino/Hispanics (Taylor, et al., 2011)
- Lower SES persons, especially BIPOC, lack stability in getting finances due to environment (Andrade & Petry, 2014)
- Job security is an issue/salaries
- Clinicians should accommodate any PG treatment with impulse control therapy which can be incorporated into CBT and MI techniques to help these racialized and ethnic communities; provide tools to interrupt impulses to adverse gambling behaviors but—

UNDERSTAND HEALTH AND SOCIAL JUSTICE CONTEXTS REQUIRE INTERVENTIONS—RESPONSIBLE GAMBLING ALONE IS NOT ENOUGH



Our Voices Matter....Community Ambassadors reached more than 4000 community members... (Ortiz, et al., 2021)

- [Our Voices Matter: Using Lived Experience to Promote Equity in Problem Gambling Prevention | SpringerLink](#)





If our services do not
acknowledge the
underlying dis-eases....it
is not only about being
responsible gamblers....

Make the Change....



Strategy #2: Engage in Reflection and Strategic Planning—Precursor to Adopting Menu Choices

We have a range of treatment meals to support your needs.



Strategy #3: Help the 95% who are not seeking treatment!!!!—COMMUNITY WELLNESS!!! Our new “Strive to Thrive” Community Wellness!!!

Sneak peak....

Focus: Using a Strengths-based Community Public Awareness Address Trauma, Health Inequities, and Cultural Contexts before they develop GD

- Problem Gambling
- Substance Use
- Depression
- Anxiety
- Trauma
- Grief and Loss
- Men's Health
- Adverse Childhood Experiences
- Financial Wellness
- Stress Management

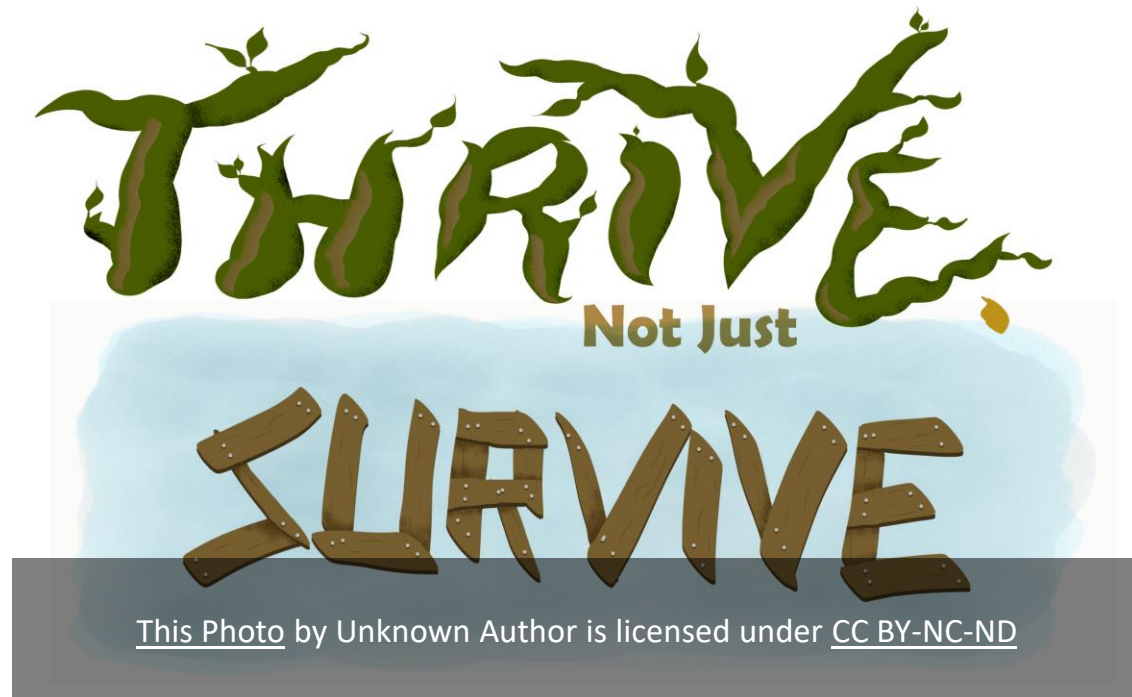
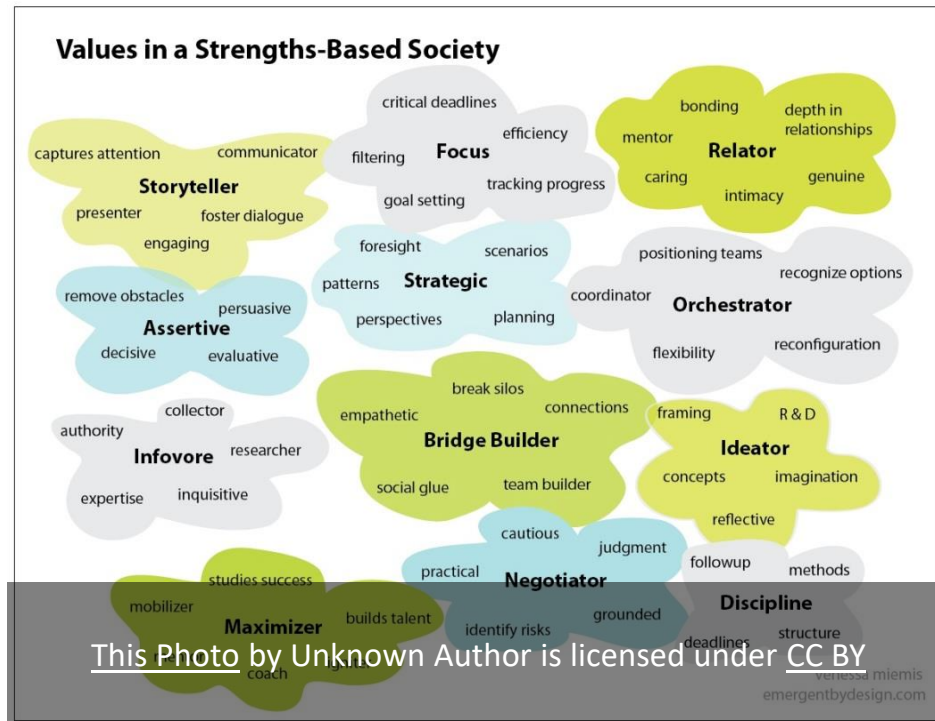
WHY?—these are normal human growth and development experiences



Developed 15 min prerecorded community wellness that will be distributed to community stakeholders throughout MD

- https://drive.google.com/file/d/1cizBvbaER3f2zB2-Kr69JA8p9hACKJfk/view?usp=drive_web
- **If interested in getting a zipfile with all 10 videos, please email MarylandCouncilPG@yahoo.com to request the Strive To Thrive Community Wellness Series and share with your community stakeholders – Thank you!!!!**

What can we do to make radical menu overhauls to help clients/affected others/communities...



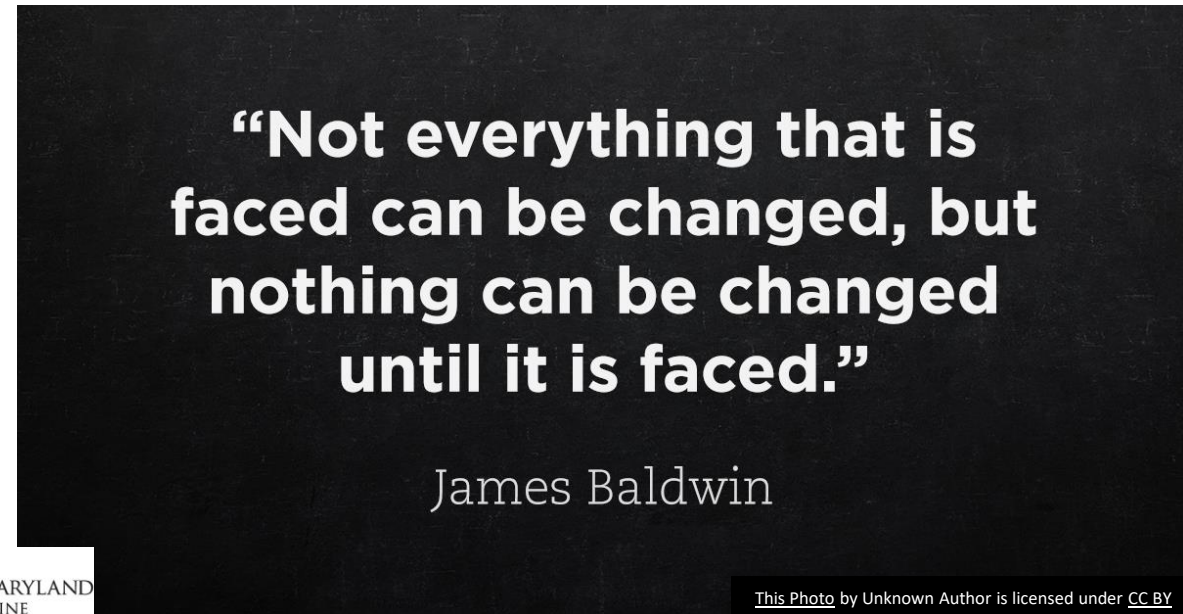
Change....



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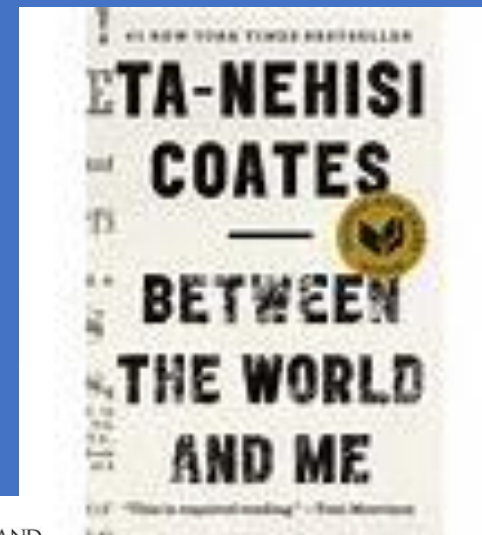
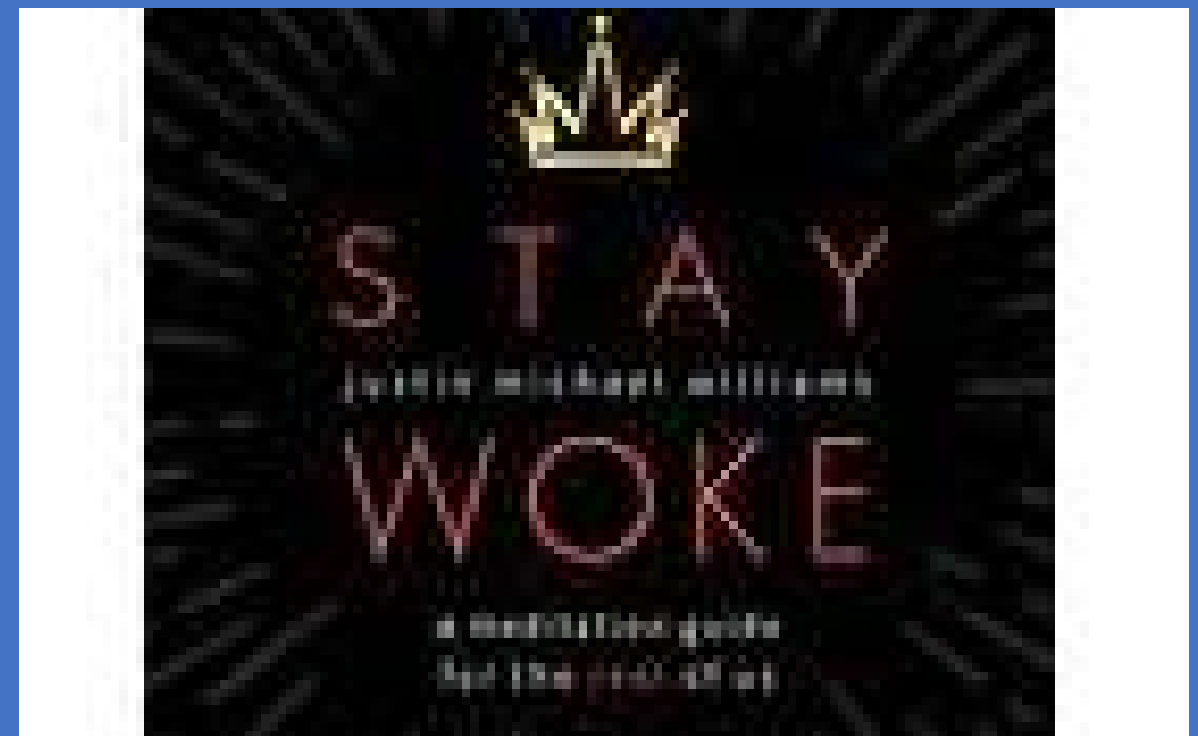
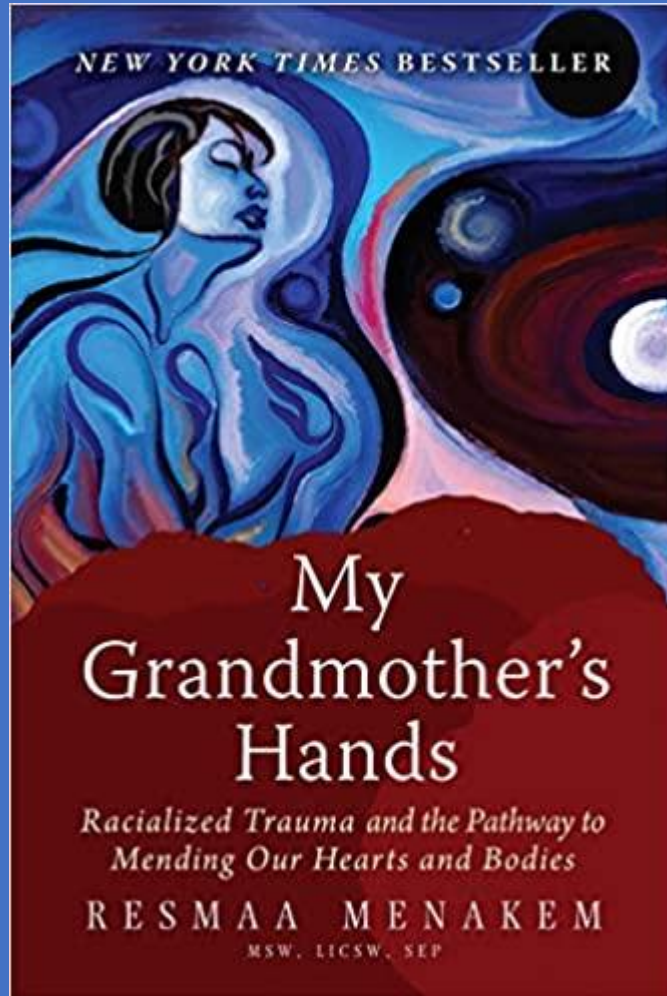


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Resources



The Color of My Mind: Mental Health Narratives From People of Color by Dior Vargas

- A photo essay based on the viral online photo series. The project started as a result of Dior noticing an unfortunate trend of the homogenization and misrepresentation of mental health conditions and the people affected by them. Now this photo essay highlights the diversity in the mental health community and depicts the experiences of 34 individuals as they discuss their struggles, strengths, and lessons learned while living as a person of color with mental illness.





Healing

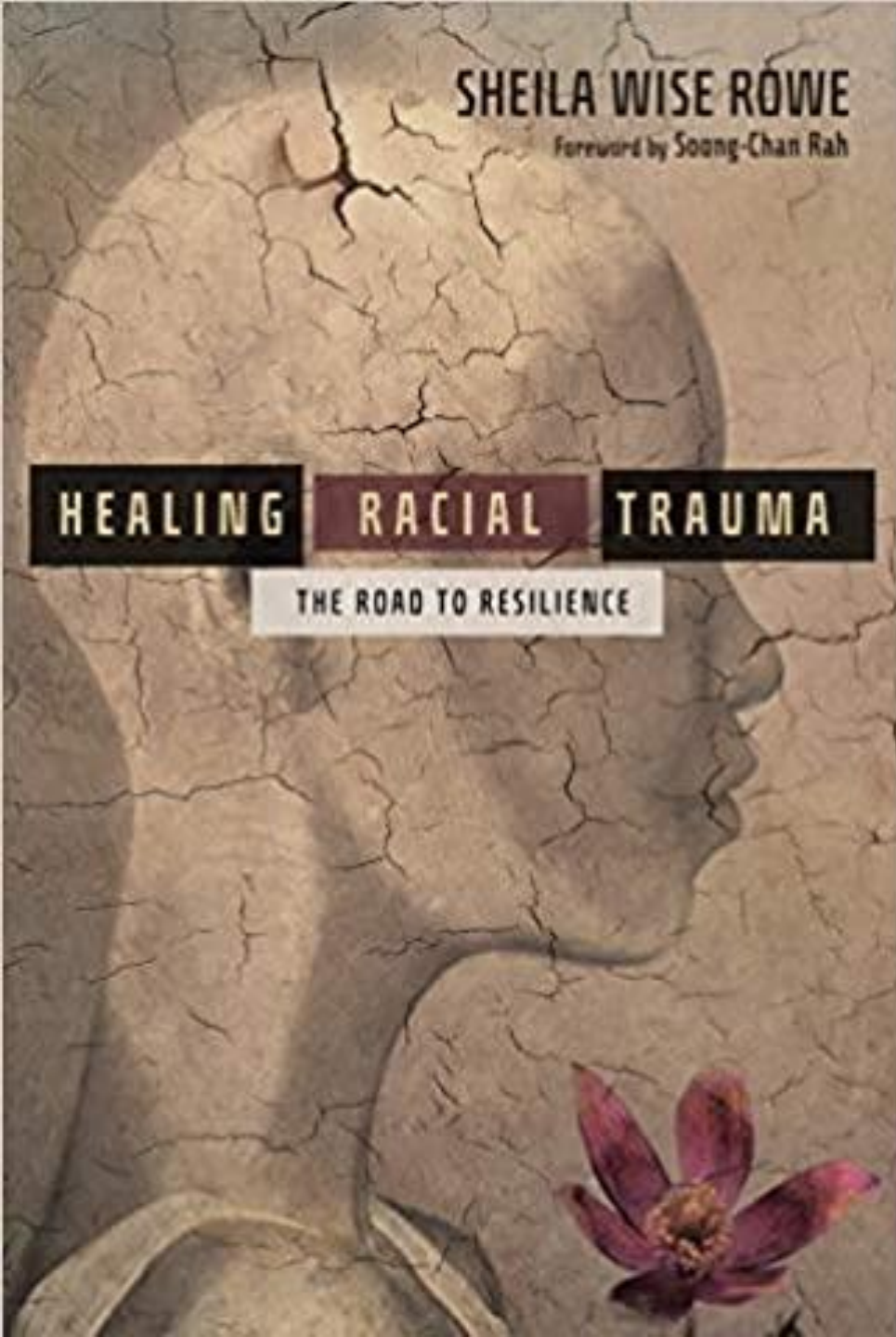
and Mental Health for
Native Americans

Speaking in Red

Edited by
Ethan Nebelkopf
and Mary Phillips

Native American Healing and Mental Health

- Substance abuse, mental illness, and violence are a self-perpetuating vicious cycle in many Native American communities. In this book, the authors highlight the importance of eliminating health disparities and increasing the access of Native Americans to critical substance abuse and mental health services. Dedicated educators, resources, and clinicians in the Native community demonstrate how practitioners can work within both the walls of western medicine and the circles of traditional healers, and promote healing through the changes in the way we treat our sick—spiritually, traditionally, ceremonially, and scientifically...whether in rural areas or in cities...

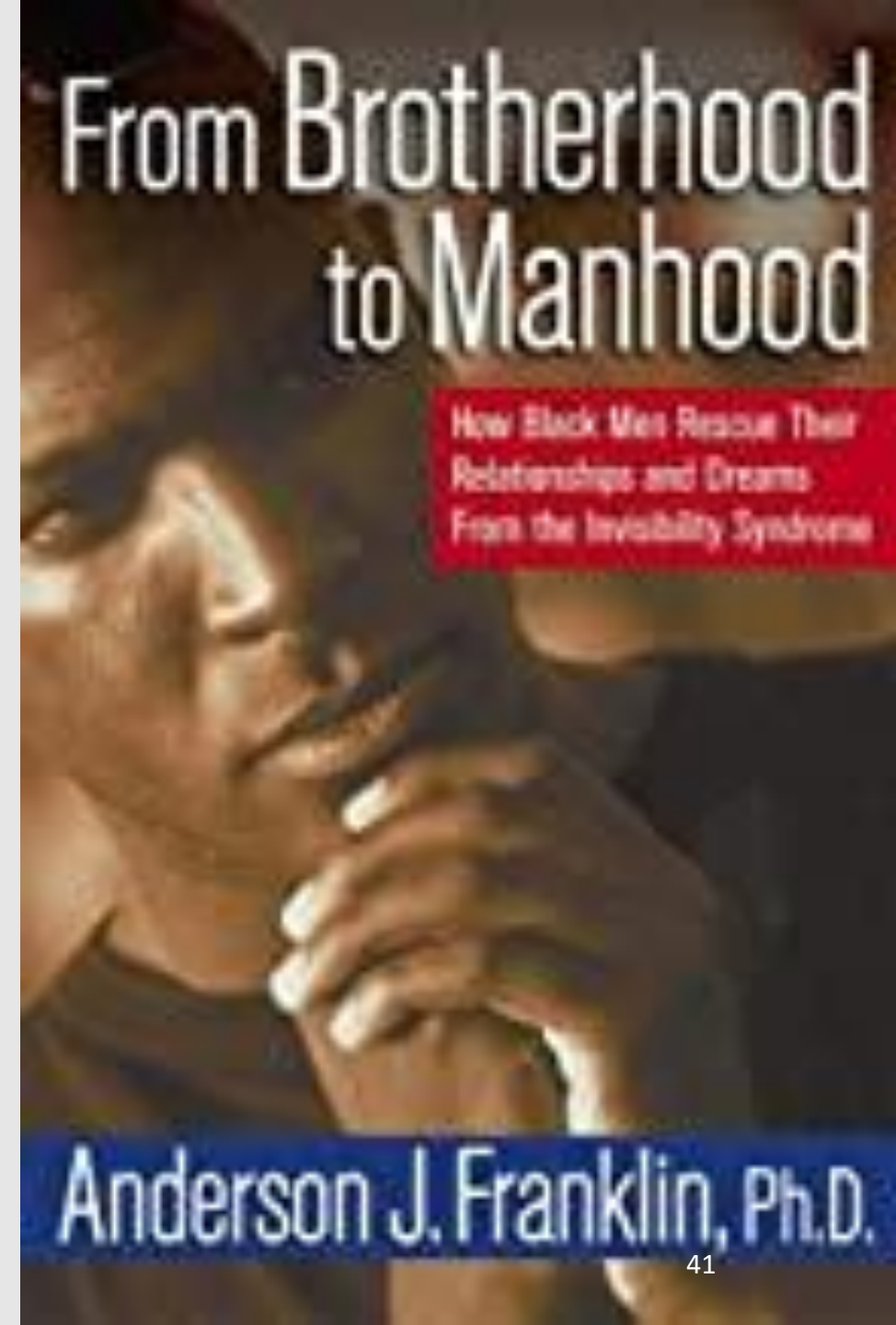


Excellent Guide for Practitioners...

- **“People of Color have endured traumatic histories and almost daily assaults on our dignity. We have prayed about racism, been in denial, or acted out of anger, but we have not known how to individually or collectively pursue healing from the trauma” (Amazon.com)**

Excellent Book

- While dated, this is an excellent book on the invisibility syndrome among African-American males and sheds light on the impact of systematic racism and effects on African American males and impact on mental health.
- Updated scholarship by Dr. Lillian Comas-Dias and scholars on the psychological effects of racism as trauma should be assessed too.



Thank you for learning...

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5/23/2022

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