

***Celebrating National Minority Mental Health
Awareness Month: Focusing on Health Equity in
Problem Gambling Prevention***

June 24, 2022

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President, Maryland Council on Problem Gambling

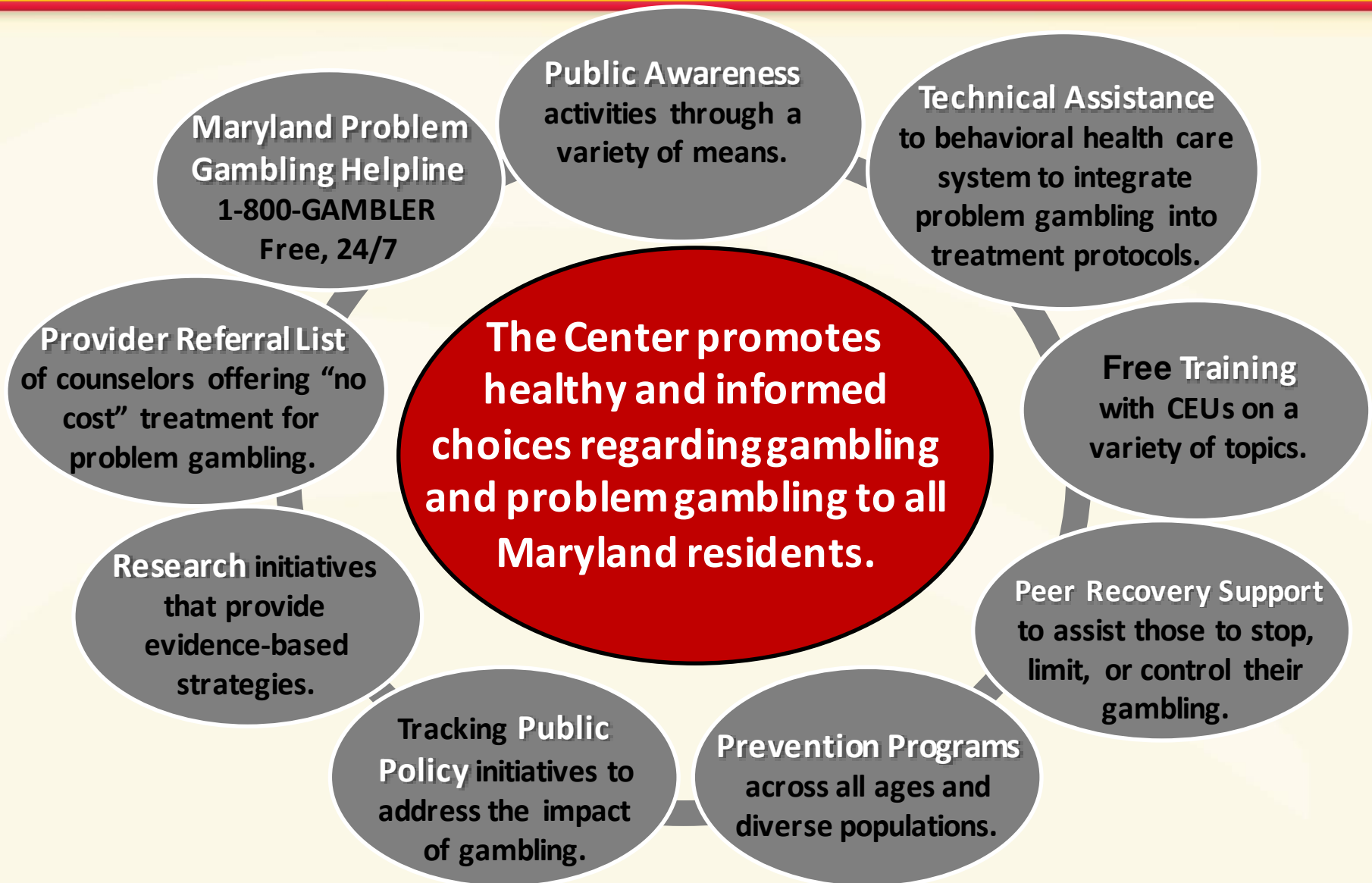
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Gambling in Maryland

2017 Survey of Maryland Adults (18+)

87% of Marylanders have gambled in their lifetime

Nationally about 1-3% of the population has a gambling disorder

In Maryland

Why People Gamble:

70.1% - To win money

55.8% - Fun and entertainment

Problem & Disordered Gamblers by Gender

Male 2.9%

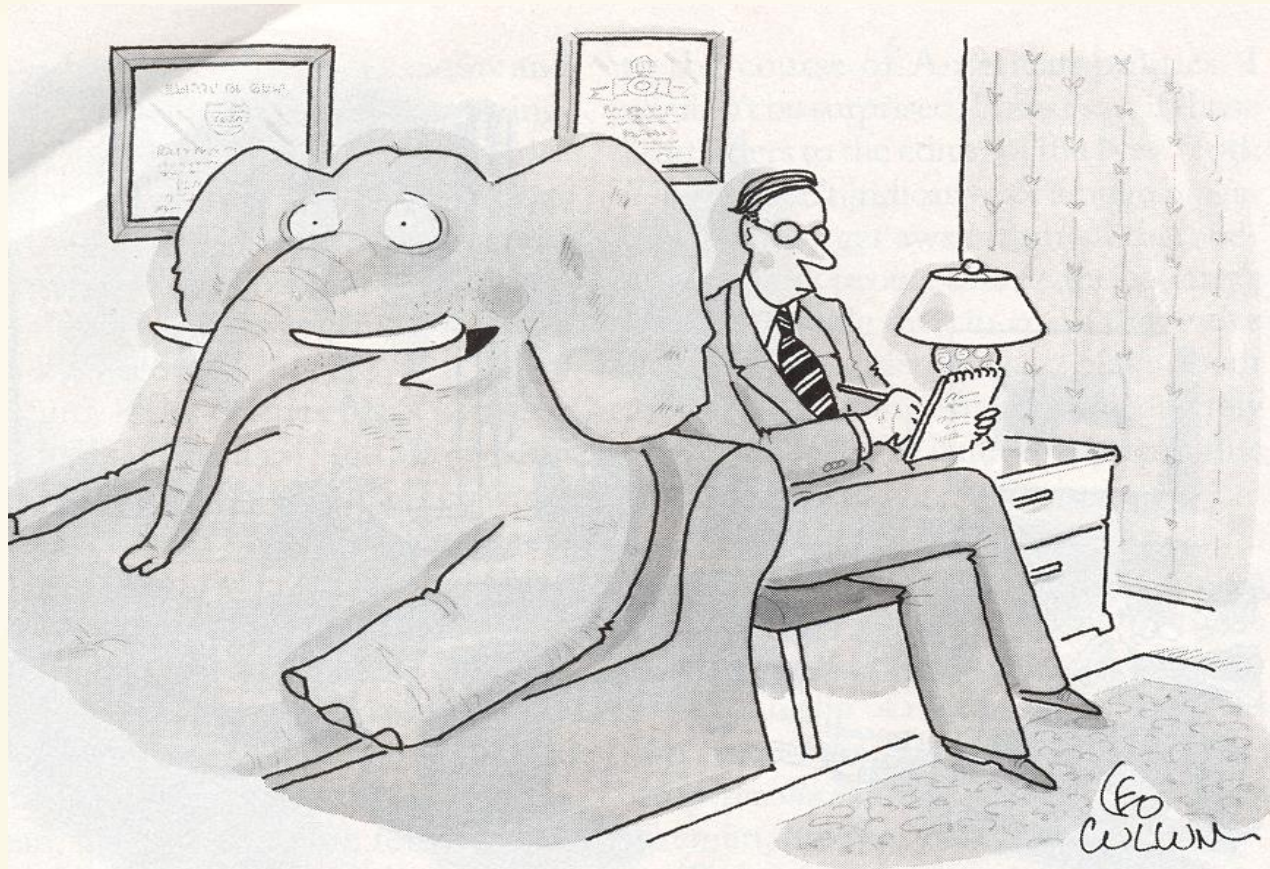
Female 1.2%

Definition of Gambling

Gambling is the act of risking something of value, including money and property, on an activity that has an uncertain outcome.

Any betting or wagering for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or 'skill,' constitutes gambling.

~ Gamblers Anonymous, 1994

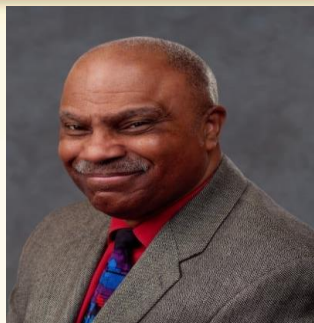


Gambling
Disorder:
The
Hidden
Addiction

"I'm right there in the room, and no one even acknowledges me."

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

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



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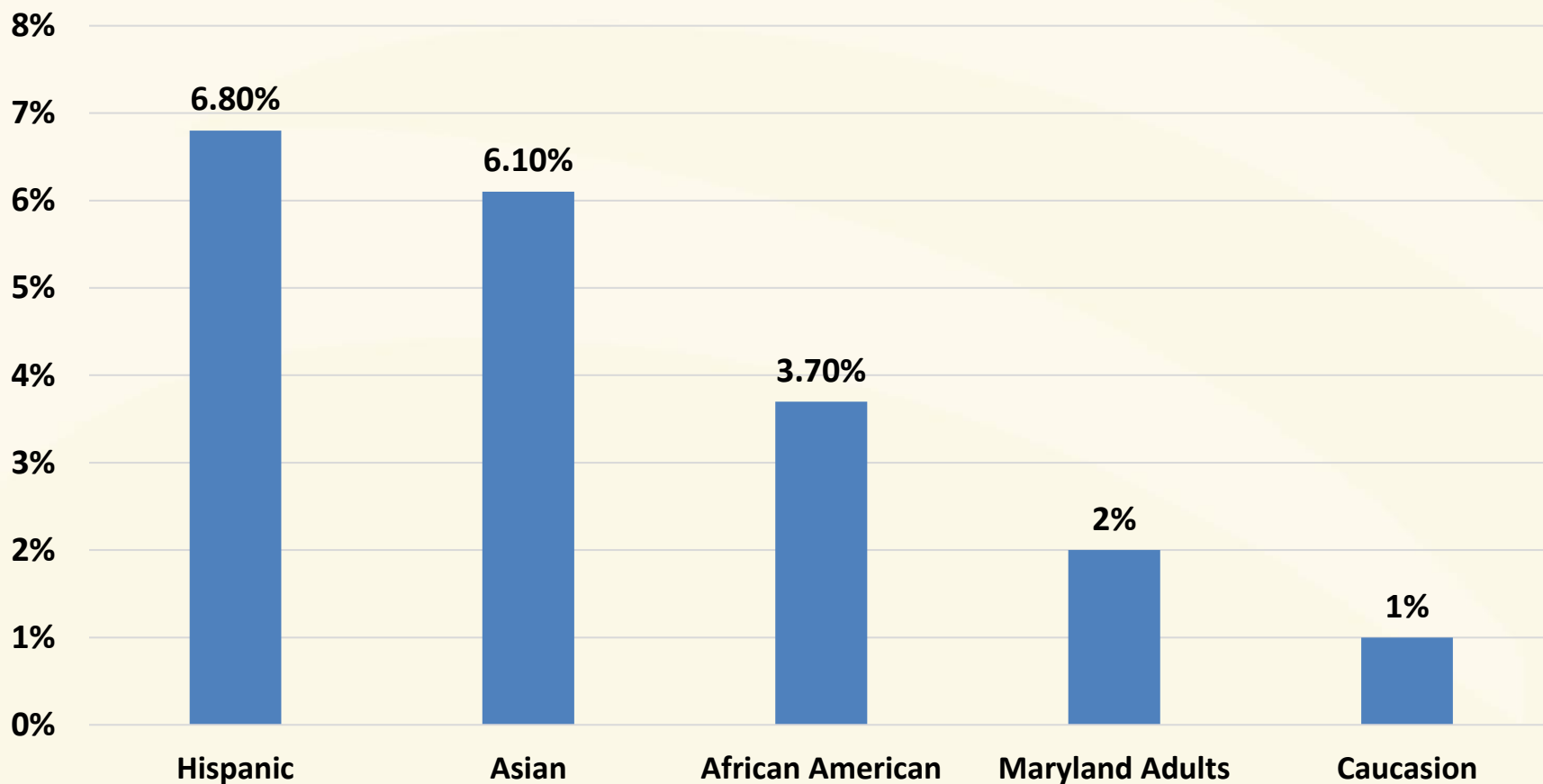
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Insights of Peer Support in Baltimore City

REGIONAL DATA HIGHLIGHTS:

- ✓ Baltimore City has the second highest number of lottery retailers per population at 110 per 100,000 population. (Maryland Lottery and Gaming Control Agency Annual Financial Report, 2019)
- ✓ In FY21 (July 2020-June 2021), help seeker calls into the Maryland Helpline from Baltimore City represented the highest percentage (11%) of calls received in a single jurisdiction. (LACG)
- ✓ 40% of male high school students in Baltimore City reported gambling in the last year, the highest percentage in the state. (YRBS, 2018)

Problem Gamblers by Race 2017 Maryland Prevalence Study



Gambling Disorder and Minority Populations: Prevalence and Risk Factors

(Okuda, M; Liu, W; Cisewski, J; Segura, L;
Storr, C; and Martins, S: July 2016, Current Addiction Report)

- Lack of research and increased prevalence of DG
- Minority populations more like to experience disparities in health and health services related to PG
- First generation immigrants less likely for PG compared to other generations and non-immigrants
- Racial minorities reported more: prior discrimination by mental health providers, negative beliefs about mental health, social stigma of mental health disorders, and distrust of mental health providers
- Barriers to care include lack of insurance, long waiting lists, and lack of services in preferred language.

Problem Gambling Among Ethnic Minorities: Results From an Epidemiological Study (Caler, K; Ricardo Vargas Garcia, J; Nower, L; Sept 2017, Asian Journal of Gambling Issues and Public Health)

- New Jersey sample of 2,000 people: Hispanics greatest risk of PG, substance abuse, and mental health problems compared to whites, Asians and African Americans.
- Of all minority races, problem gamblers were more like to:
 - Have friends that gamble
 - Gamble on-line only
 - Play instant scratch-offs and gaming machines
 - Those who gambled frequently.

Prevention Grants to Historically Black Colleges and Universities (HBCUs)

- University of Maryland Eastern Shore
- Morgan State University
- Bowie State University
- Coppin State University

The Center's Other Minority Grantees:

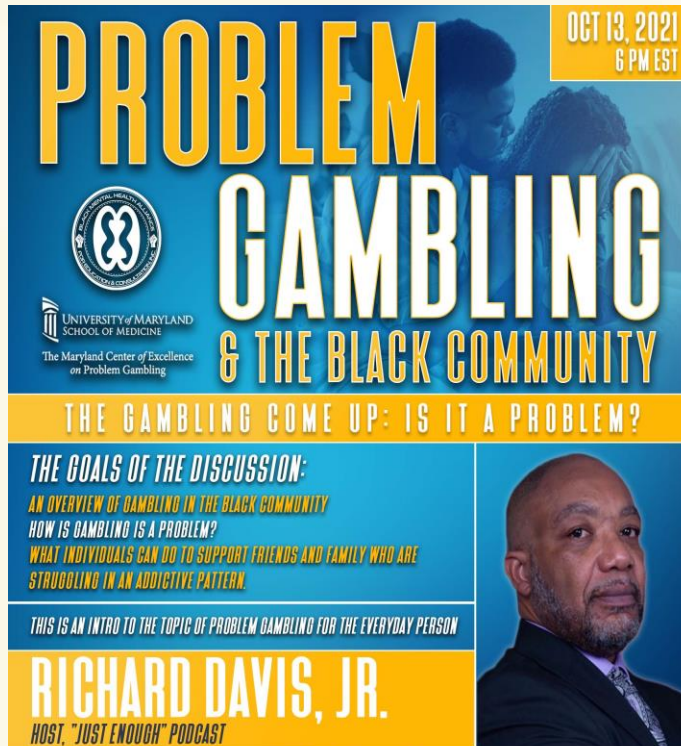


**Black
Mental Health
Alliance**



Black Mental Health Alliance

- Webinars
- Social media



PROBLEM GAMBLING & THE BLACK COMMUNITY

OCT 13, 2021
6 PM EST

UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE
The Maryland Center of Excellence
on Problem Gambling

THE GAMBLING COME UP: IS IT A PROBLEM?

THE GOALS OF THE DISCUSSION:
AN OVERVIEW OF GAMBLING IN THE BLACK COMMUNITY
HOW IS GAMBLING IS A PROBLEM?
WHAT INDIVIDUALS CAN DO TO SUPPORT FRIENDS AND FAMILY WHO ARE
STRUGGLING IN AN ADDICTIVE PATTERN.

THIS IS AN INTRO TO THE TOPIC OF PROBLEM GAMBLING FOR THE EVERYDAY PERSON

RICHARD DAVIS, JR.
HOST, "JUST ENOUGH" PODCAST

My Life Foundation, Inc.

- Integrate PG into substance misuse and mental health programming
- Social media



iLaunchiLand

- Youth video
- Community and school organizational events

Common Gambling Myths

“I’ll just play until I win everything back!”

“It’s just an individual problem.”

“Gambling is a way to make money.”

“Gambling is a healthy way to relax.”

“Lucky charms will help you.”

“Underage gambling is safe.”

Youth and Special Population Grants

- Youth peer to peer prevention education grants for middle school, high school and college age youth and young adults(\$1,000)
- Special population grants for organizations that serve those at greater risk of problem gambling (\$1,000-\$10,000)
- In need of schools and organizations serving the Hispanic population.

Ways to Decrease Health Disparities in Problem Gambling Among Those You Serve:

- Place emphasis on reaching this population
- Connect with community leaders
- Educate that the disparity exists
- Ask those of minority populations what would work for PG prevention and distribution of resources for help
- Advertising to minority populations, access to gambling in minority communities

Questions:

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Faith-based Initiative

Dr. Deborah G. Haskins, LCPC, Board Approved Supervisor (MD, MAC, ICGC-II, CCGSO, BACC, CGT

President, Maryland Council on Problem Gambling

Owner/Chief Clinical Consultant – MOSAIC Consulting & Counseling Services



Faith-based
Communities
Wellness
Grants
Initiative

PIRITUALIT

&

RECOVERY

Help!!!

- <https://youtu.be/n9Qd2rd1cuQ>
- 72% Americans consider religion as important to them

[Religion Considered Important to 72% of Americans \(gallup.com\)](#)

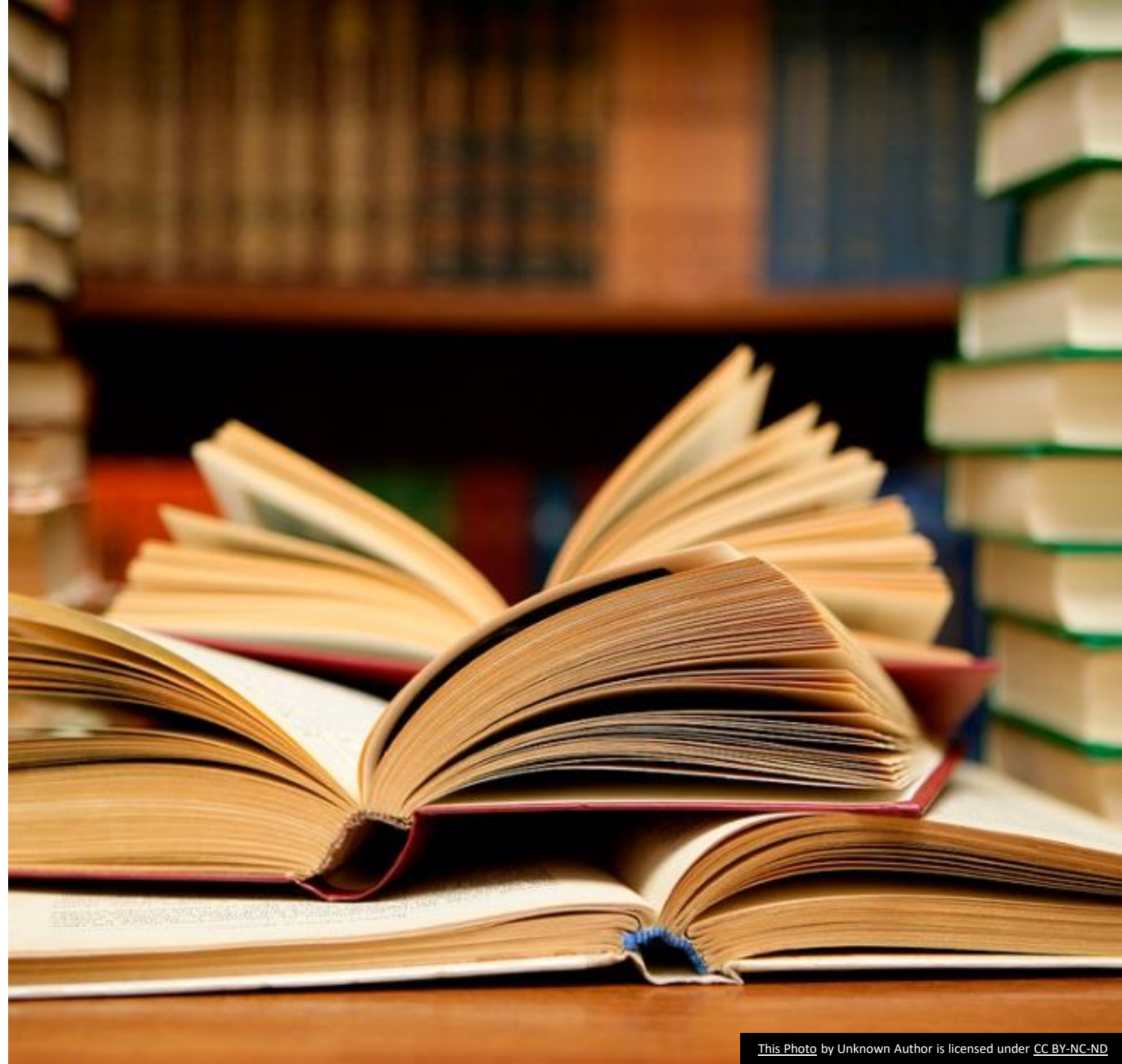
Trained over 180 faith,
spiritual and lay
leaders and supporters
(including a Buddhist)
since 2017



Recommended Reading...

Aten, J. D., & Leach, M. M. (2009). *Spirituality and the Therapeutic Process: A comprehensive resource from intake to termination*. Washington, DC: American Psychological Association.

Haskins, D. (2011). Congregational Support for Problem Gambling Ministries. Baylor University Christian Ethics Reflection Series. *The gambling culture*. Downloadable link: [144585.pdf \(baylor.edu\)](#)



Goal: To provide spiritual outreach grants \$1-\$3000 maximum (BHA and MCOE) on problem gambling

1

Step 1: The application is on the Maryland Center of Excellence website and is a very simple grant application.

2

Step 2: A MCPG Board member will contact you to schedule a time to discuss and review your problem gambling spiritual outreach activity for the identified community. We provide constructive feedback to make the delivery feasible.

3

Step 3: Provide any follow up specifics and project budget.

4

Step 4: We approve and provide technical assistance for implementation. You must **include evaluation of event/outreach (we provide evaluation form too).**

5

Step 5: Implement, send us the follow up email of completion, event promotion materials, pictures, etc.

Examples

Treating Anxiety During the Pandemic For Problem Gamblers

A workshop on traditional and non-traditional therapy options that have been shown effective in reducing anxiety, promoting healthier decision-making and improving the quality of life.

During this workshop we will:

- Examine the impact of the pandemic problem gamblers
- Explore Mind-Body Connection
- Explain the impact of stress on the body
- Identify traditional and non-traditional treatment options to address anxiety during the pandemic

**November 10, 2020 • 6pm
via Zoom**

<https://us02web.zoom.us/j/89319706485>


**Presented by
Dr. Paula S. Langford
LICSW, MAC**

 **MCPG**
Maryland Center for Problem Gambling

 **The Healing Institute of Baltimore**

 **Behavioral Health Administration**

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



Call, Text or Chat Today!

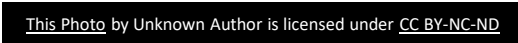
1-800-GAMBLER

helpmygamblingproblem.org



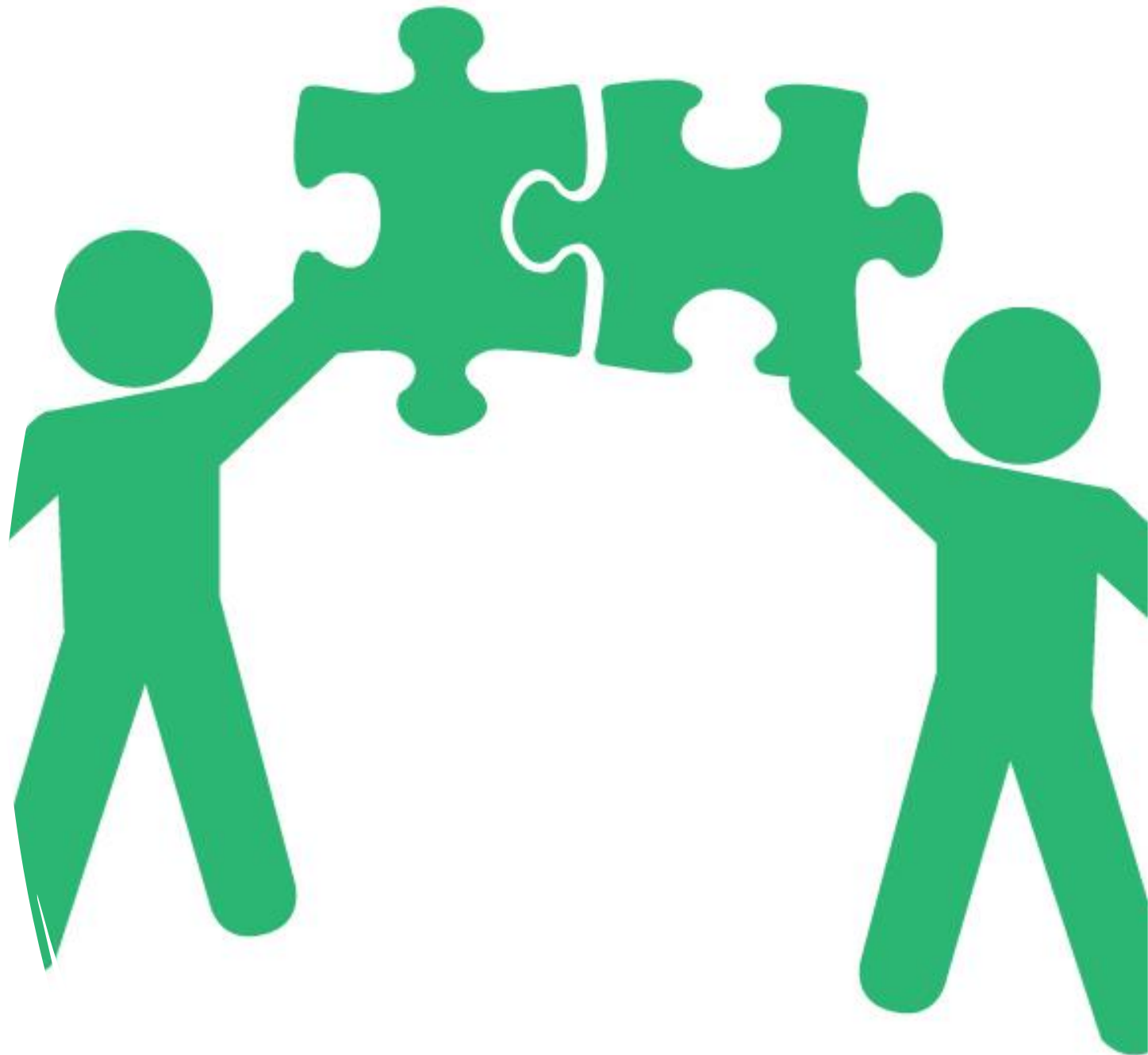
- **Recognize** that at the root of problem

- [illegible]



Collaborate

- **Ask: Can we partner together to an ongoing goal/strategy to target health inequity, problem gambling and co-occurring mental health challenges.**





Expand Strength-based Community Wellness – Give them help before developing risky behavior... (MCPG's Initiative)

Targeting 10 health equity concerns....



- Problem Gambling
- Men's Health
- Substance Abuse
- Trauma
- Grief and Loss

- Financial Wellness
- Anxiety
- Depression
- Adverse Childhood Experiences (ACEs)
- Stress

Early Preview:

Latinx: Marylin Marquez Beckley, LPC

https://drive.google.com/file/d/1znfbmgAGvLIWfx9KGLrQbSWVPA1yj43N/view?usp=drive_web

Email us at:
MarylandCouncilPG@yahoo.com and we will send you the 10 prerecorded videos for your use in the communities you serve and the 2 Latinx Spanish videos (Trauma and PG and Problem Gambling and SUD in the Latinx Community)

We must leave our offices..."meet them where they are!"
"People are doing group therapy in their communities – Dr. Deborah Haskins (2022)"





Resources

Resources

- Maryland Council on Problem Gambling

www.marylandproblemgambling.org

Email: MarylandCouncilPG@yahoo.com

Dr. Deborah G. Haskins (443-691-2536)

- Hot off the Presses: Harvard Addiction Center (rolled out 6/21/2022)

Ask the Experts <https://m-tac.org/courses/>
and Gambling Case Study: <https://m-tac.org/courses/>

***Dr. Haskins is in the Racial Equity course module**



Introduce Self-Management Resources

Podcasts



MiHealth Supports

- [Mobile Health \(apps, telehealth device supports, clinician resources\)](#)
- [mHealth – TTAC \(telehealthtechnology.org\)](http://telehealthtechnology.org)

Bibliotherapy

