

**Celebrating Asian American and Pacific Islander  
Heritage Month: Focusing on Gambling Behaviors  
Among Maryland's Asian Population and Strategies  
to Prevent Problem Gambling**

**April 21, 2023**

**Presenters:**

**Kenneth Crawford, CPRS, CRS, Certified Peer Recovery Specialist**

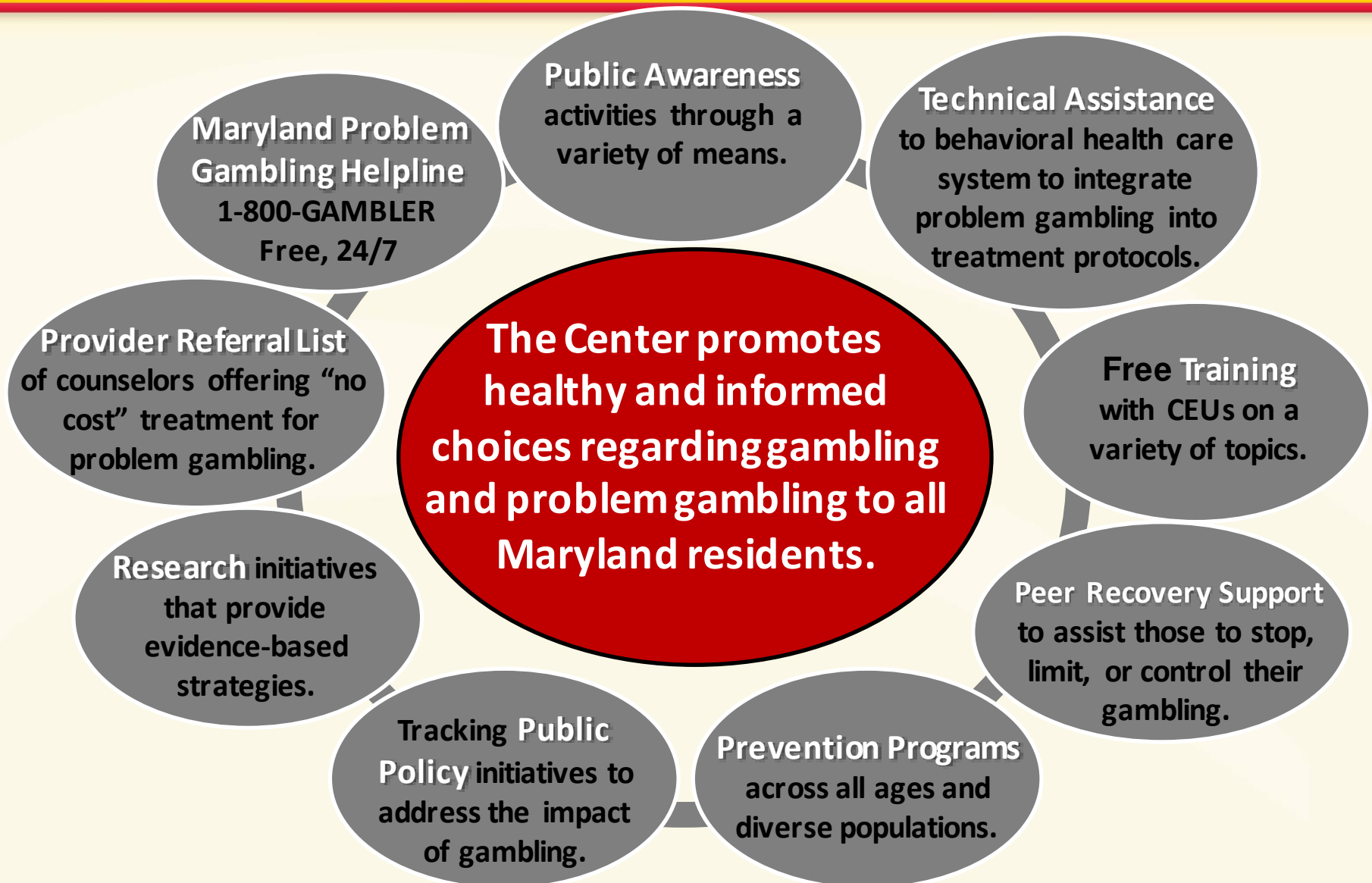
**Kenneth.Crawford@som.umaryland.edu**

**Chong (Taylor) Yi, President/CEO, My Life Foundation**

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**Heather Eshleman, MPH, Prevention Manager, Maryland Center of Excellence  
on Problem Gambling**

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## Objectives

- Hear a peer's perspective on problem gambling and resources for help.
- Learn about problem gambling prevention strategies targeting the Korean community implemented in collaboration with My Life Foundation.
- Learn the most recent data on Asian gambling and why this population may be at greater risk of problem gambling
- Learn easy and low-cost public awareness and prevention strategies to promote responsible gambling among the Asian population.



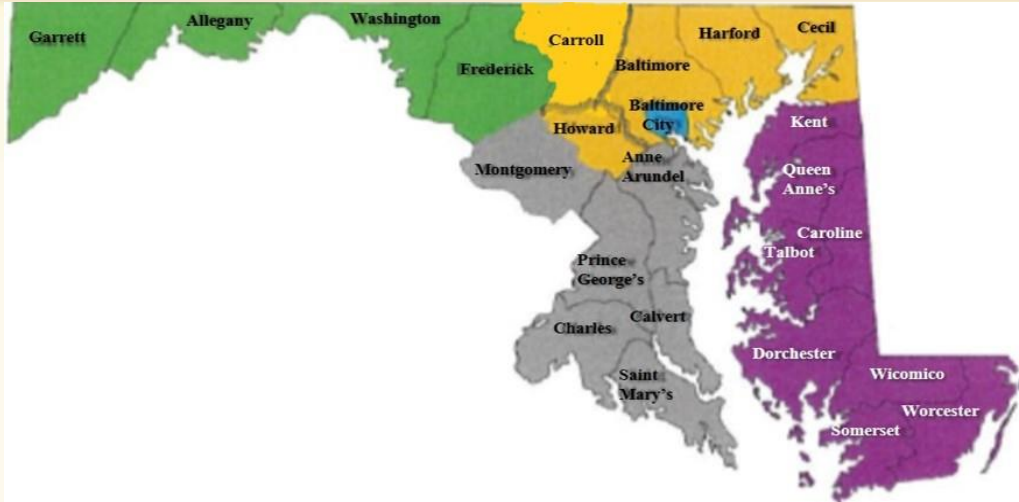
# Peer Support in the Eastern Shore

Caroline, Dorchester, Kent, Queen Anne's, Somerset,  
Talbot, Wicomico and Worcester Counties

Kenneth (Kenny) Crawford, CPRS, CRC  
Kenneth.Crawford@som.umaryland.edu  
Mobile: 443-717-1137

## REGIONAL DATA HIGHLIGHTS:

- ✓ Worcester County has the highest number of lottery retailers in the state at 187 per 100,000 population. (Maryland Lottery and Gaming Control Agency Annual Financial Report, 2019)
- ✓ In FY20 (July 2019-June 2020), help seeker calls into the Maryland Helpline from this region increased 3% over the prior year. (LACG)
- ✓ 3% of Eastern Shore Residents are disordered gamblers. (Tracy et al., 2017)



## ENGAGE the Center's Peers

### Western Maryland

**Carin Miller, CPRS**

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### Southern Maryland

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# Peer Support for Problem Gambling /Disordered Gambling

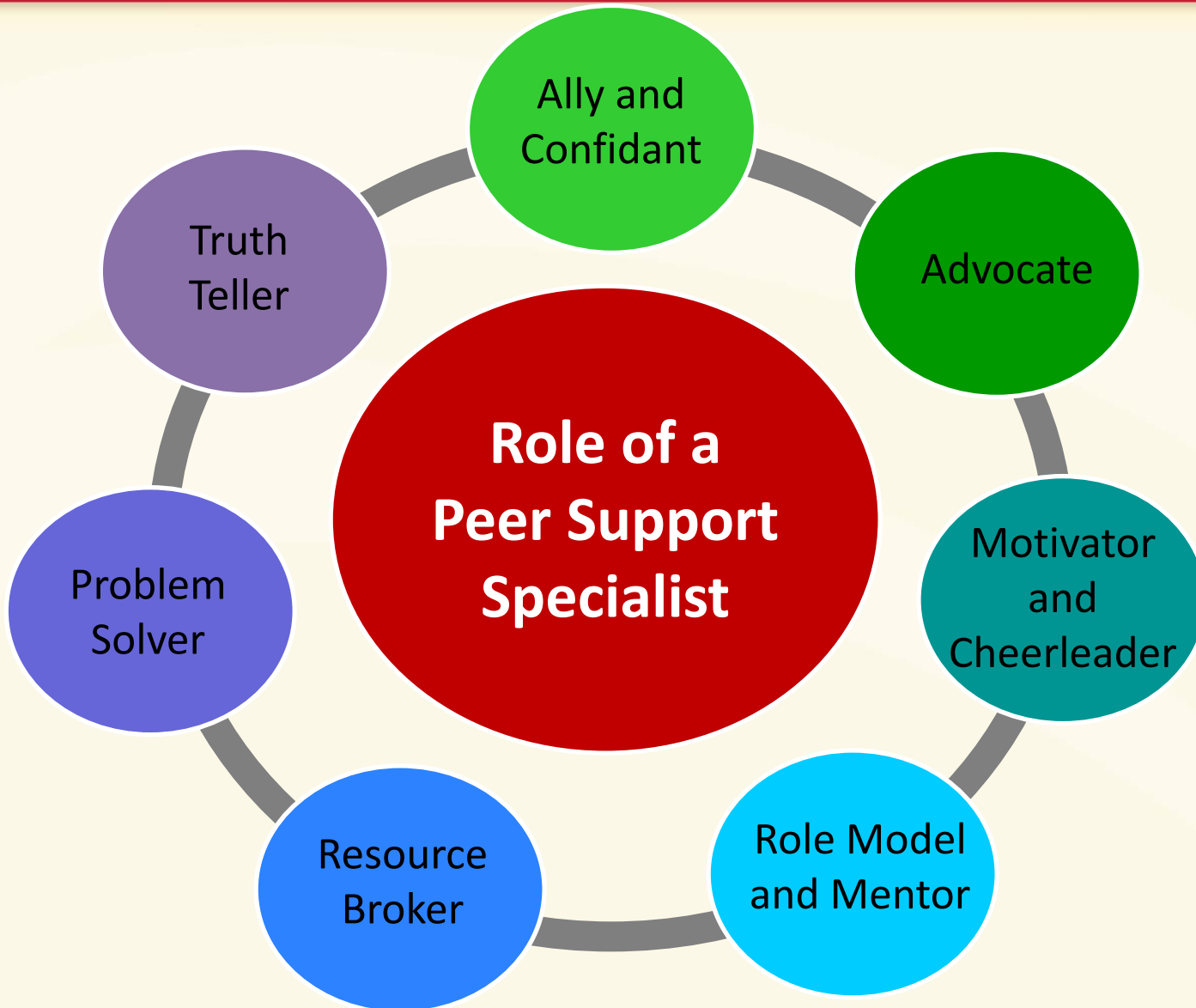
Help individuals limit, control, or stop gambling

Help access “no cost treatment”

Assist in connecting to resources for additional support, such as Gamblers Anonymous (GA), credit counseling, food, housing.

Offer support and encouragement to continue to work toward recovery goals and assist in removing any barriers to recovery





# My Story

**Thru The Eyes of a Child**



Godori  
Poker card  
games





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## My Life Foundation, Inc.

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### Contact Information:



443-996-2273



[info@mlfmd.org](mailto:info@mlfmd.org)



[www.mlfmd.org](http://www.mlfmd.org)



1404 N. Rolling Rd.  
Catonsville, MD 21228

# Asian Culture & Gambling

Asian cultures often do not recognize gambling as a behavioral addiction.

Justify the practice of gambling for many reasons

Cultural belief/superstition - playing cards or other gambling methods when feeling lucky.

View gambling as a social activity

# Why is gambling a problem?

Many Asians with gambling addictions are unwilling to get the support they need.

- Gambling addiction has extreme stigma in Asian cultures.
- Common belief that can stop whenever – leading to lower help seeking.
- Shame is also a huge barrier to seeking help for gambling addiction.
- Gambling problems for parents or families are widely overlooked and have devastating consequences on their children.

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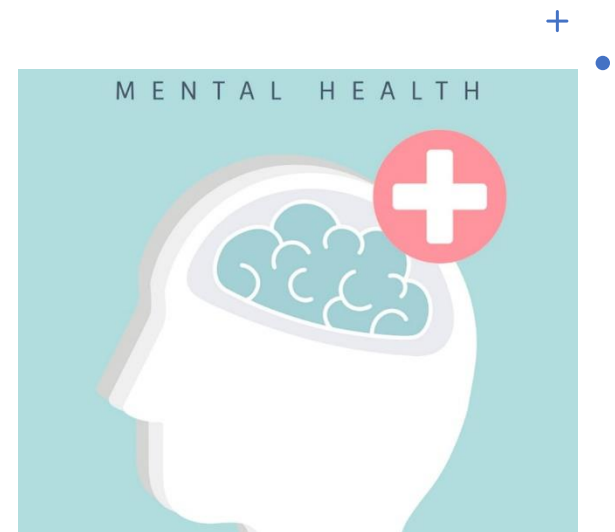
# Education Programs

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My Life Foundation offers evidence-based education programs to Asian Americans residing in Maryland to promote and improve health and well-being.

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➔ Gambling education is going to be integrated into our many related classes in order to make this topic most applicable and be wide reaching



# Education Programs

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graph TD; A[Education Programs] --- B[Youth & Adult Mental Health First Aid]; A --- C[Guiding Good Choice (Parent w/ children 9 to 14)]; A --- D[Suicide Prevention (QPR Gatekeeper)]; A --- E[Gambling Prevention]; A --- F[Alcohol & Substance Abuse prevention & awareness];
```

Youth & Adult  
Mental Health First  
Aid

Guiding Good  
Choice (Parent w/  
children 9 to 14)

Suicide Prevention  
(QPR Gatekeeper)

Gambling Prevention

Alcohol & Substance  
Abuse prevention &  
awareness

# Education Programs

Chronic pain  
self-management

Opioid misuse  
class

Chronic disease  
self-  
management

Diabetes self-  
management

Alcohol &  
mental health  
awareness



# Classes Held in 2021

CLASS	# OF CLASS	# OF PART.
Guiding Good Choice	3	23
QPR Gatekeeper (Suicide Prevention)	3	84
Adult Mental Health First Aid	2	12
Youth Mental Health First Aid	3	24
Depression & Anxiety (Mental Health Awareness) class	2	96
Depression & Anxiety (Mental Health Awareness) class	9	299
Opioid Misuse Class	3	91
<b>Total:</b>	<b>25</b>	<b>629</b>

## Community Outreach & Partnerships

<u>Organization</u>	<u>Status</u>
Heavenly Vision Community Church in MD	Partner
Church of Philippi	Partner
Korean American Senior Asso. In AA Co.	Partner
The Everlasting love United Methodist Church	Support
Morning Light Korean Baptist Church	Support
Good Friend Church	Support
Gloria Korean Presbyterian Church	Support
MGH Medical Daycare Center	Support



# Other Projects

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Health Ambassador Project

Certified Community Health Worker Class

Food & Basic Needs Distribution

Youth Mental Health Awareness Poster Contest

# Upcoming Events for 2022!

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Asian American & Pacific  
Islander Heritage Festival

1 May

Korean Festival

31 July

17 Sep. and 18  
Sep.

30 Sep.

Golf Tournament  
Fundraising

Suicide Prevention  
Walkathon

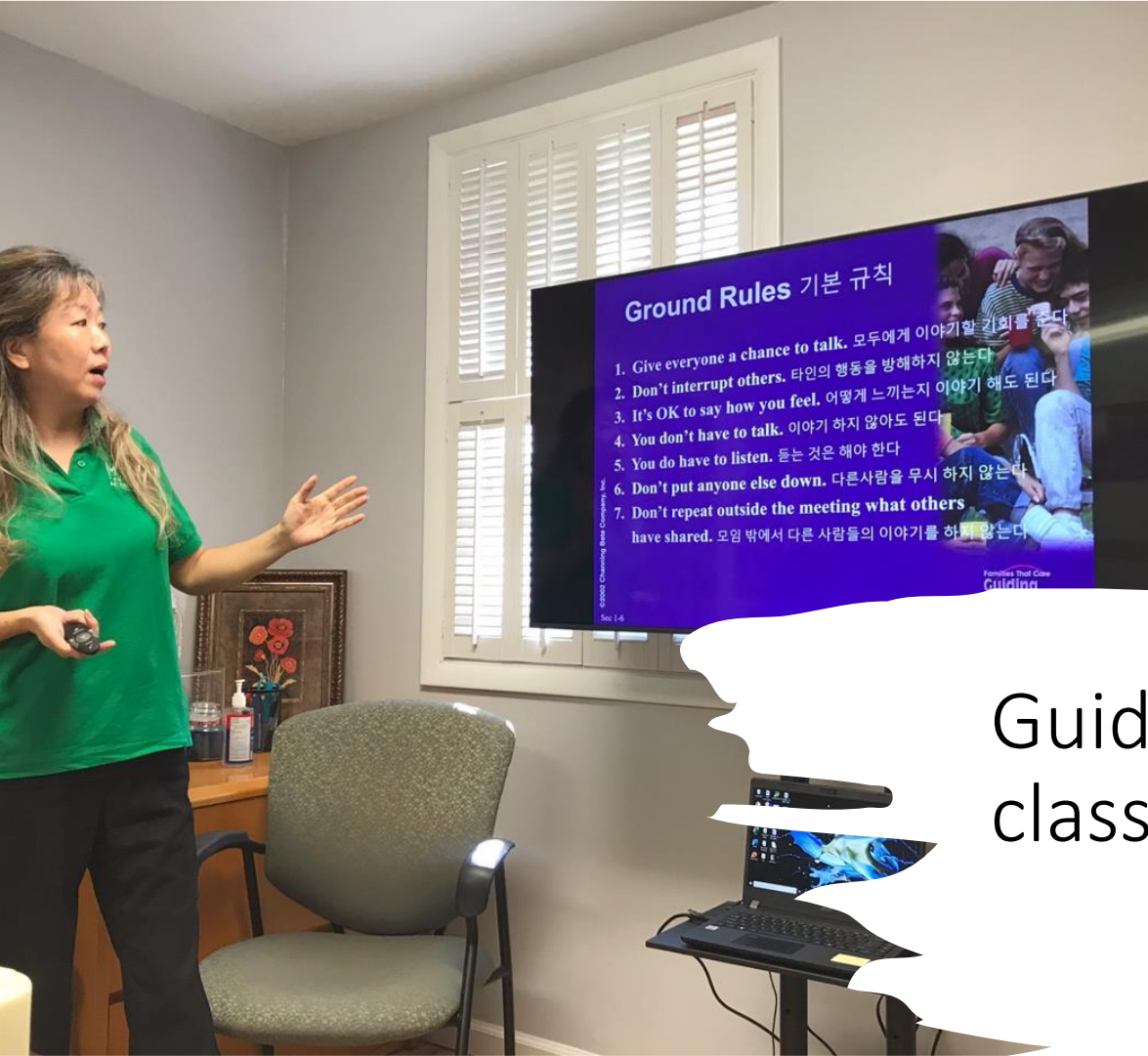


Suicide Prevention class  
11/2021





Opioid Misuse class  
11/2021



# Guiding Good Choice class 10/21





“만성통증 참으면 우울증 유발” 마이라이프재단, 자살예방 및

이프재단(회장 이정숙, MLF)이  
: 대상으로 자살예방 및 만성  
질환을 열었다.

가문델 카운티 소재 브룩클린  
어센터에서 진행된 워크샵에  
이 참석했다.

서 애나 박 강사가 만성통증  
및 자살 징후와 단서, 자살예  
해 자세히 설명했다. 또 만성  
운동도 실시했다.

는 “만성통증자의 30%가 우  
고 있다며 “정신적, 육체적, 질  
에 크게 영향을 끼치는 우울  
살 충동 등 여러 심각한 장애  
수 있다고 말했다. 박 강사



는 “우울증은 예방이 중요하고, 만성통 이 도움이 된다”고  
증을 해소하기 위해서는 스트레칭 운동

# Chronic Pain Self Management 10/2021



마이라이프재단의 애나 박 디렉터가 12일 온라인을 통해 지역 보건 요원 자격증 교육을 수강하고 있다.

## 전문 서비스 위한 지도자 육성



# 지역 보건 요원 교육 과정 수강생 모집

## Community Health Worker Training Class

마이라이프 재단에서 지역 보건 요원(Community Health Worker) 자격증 교육을 내년 1월 10일 시작합니다. 지역 보건 요원 자격증을 취득할 경우 관련 기관이나 업체에 취업할 수 있습니다. 교육은 줌(Zoom)을 통한 온라인으로 진행됩니다.

**교육기간** 2022년 1월 10일~2월 7일

**교육시간** 매주 월~목요일 (주 4일, 12시간)  
오전 9시 30분~오후 12시 30분  
\* 주 13시간 개인과 그룹 프로젝트

**모집인원** 선착순 5명

**비용** \$1,000 (마이라이프 재단에서 참가자들에게 \$600을 지원하므로, 참가자들은 \$400과 책값(\$80)만 부담하시면 됩니다.

**문의** 410-320-1291 / 462-765-9969

The participants of the program will acquire the Core CHW competencies:

- Advocacy and community capacity building skills
- Effective oral and written communication skills
- Cultural competency
- Understanding of ethics and confidentiality issues
- Knowledge of local resources and system navigation
- Care coordination support skills
- Teaching skills to promote health behavior changes
- Outreach methods and strategies
- Understanding of public health concepts and health literacy



# Community Health Worker Training Class (Zoom) 1/2022





# Fall Festival – Health Ambassador Project

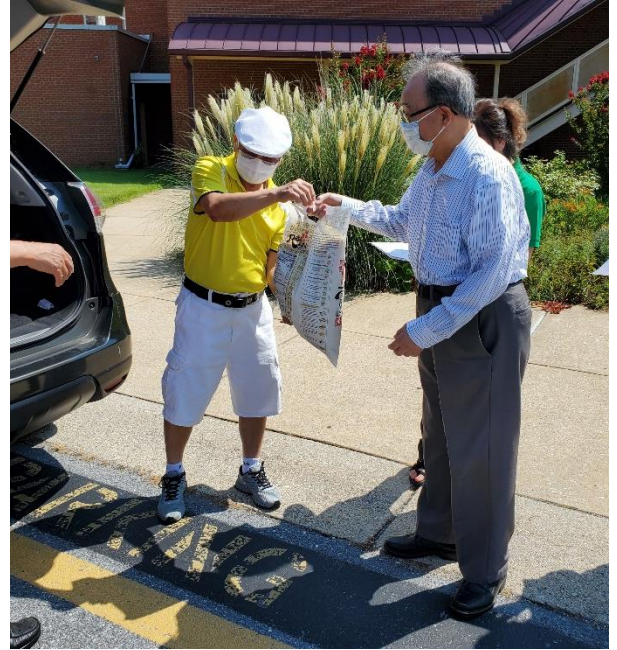






## Food Distribution - Community Members





# Food Distribution to the Seniors

# Plan for 2022 - 2023

## Continuing & Expanding our services of:

- Prevention Education
- Community Engagement
- Education Materials
- Promotion
- Collaboration
- Referral Service
- Special Projects



# Thank you!

Please contact us with any questions

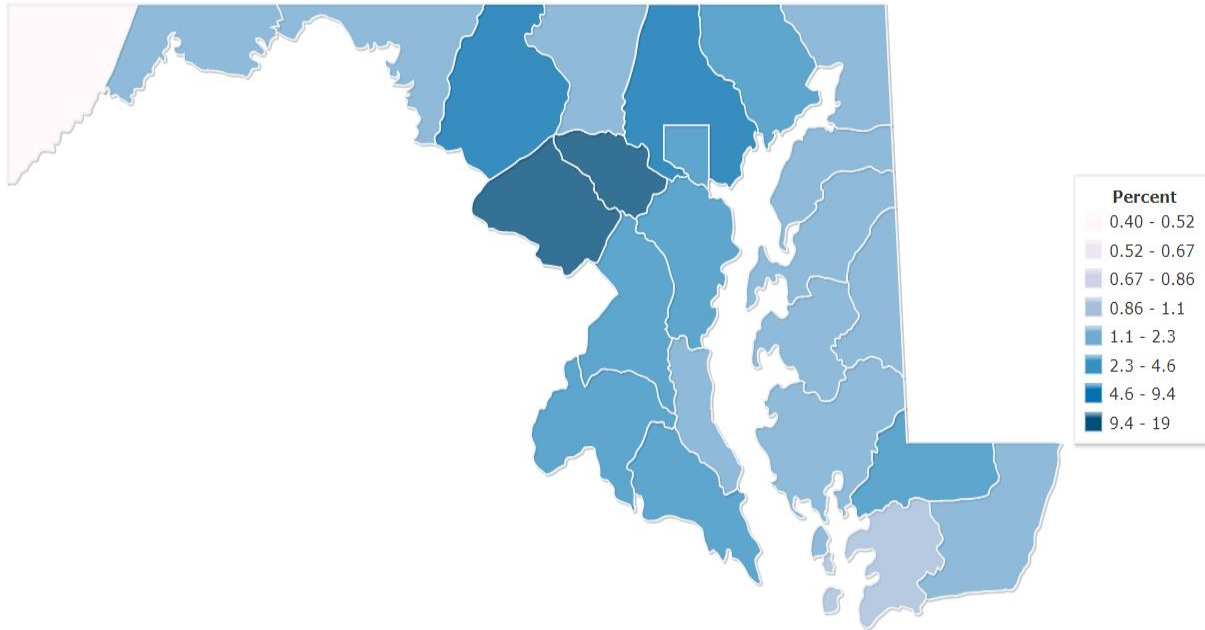
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Phone: 443-996-2273  
e-mail: [info@mlfmd.org](mailto:info@mlfmd.org)  
website: [www.mlfmd.org](http://www.mlfmd.org)



## Problem Gambling Among Asians

- Maryland and other data related to problem gambling.
- Recommended problem gambling prevention strategies for the Asian population.
- The Center's collaborations and resources



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[Preview](#)

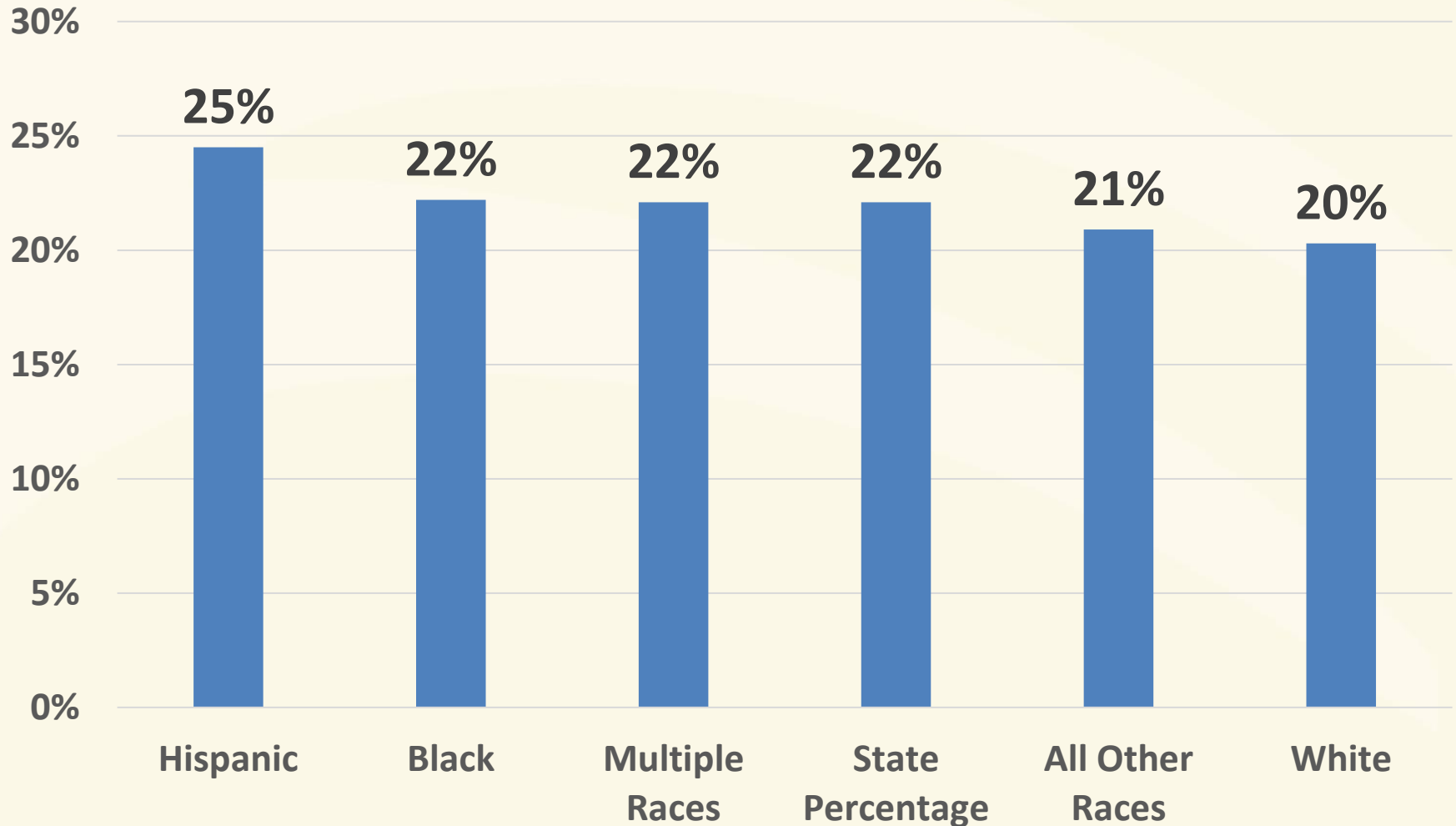
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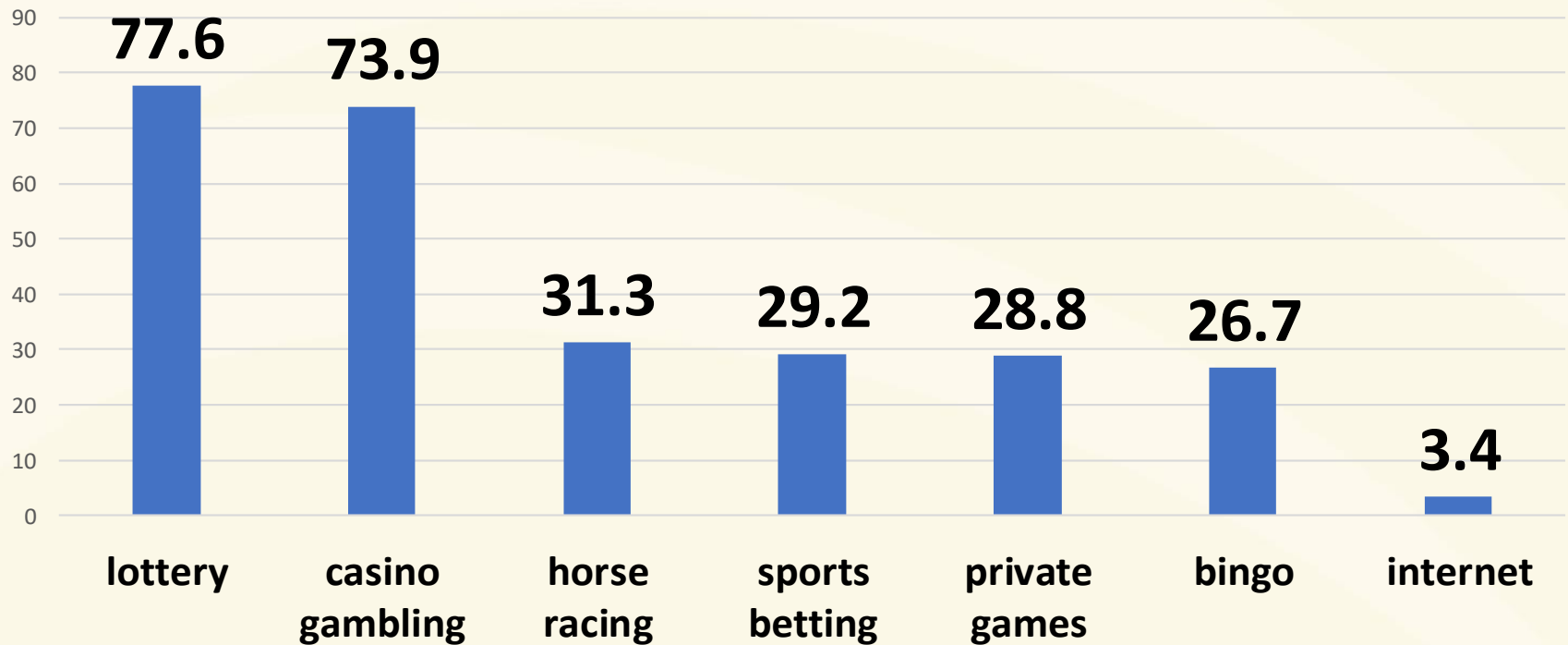
**About this application:** This application provides summary profiles showing frequently requested data items from various US Census Bureau programs. Profiles are available for the nation, states, and counties.



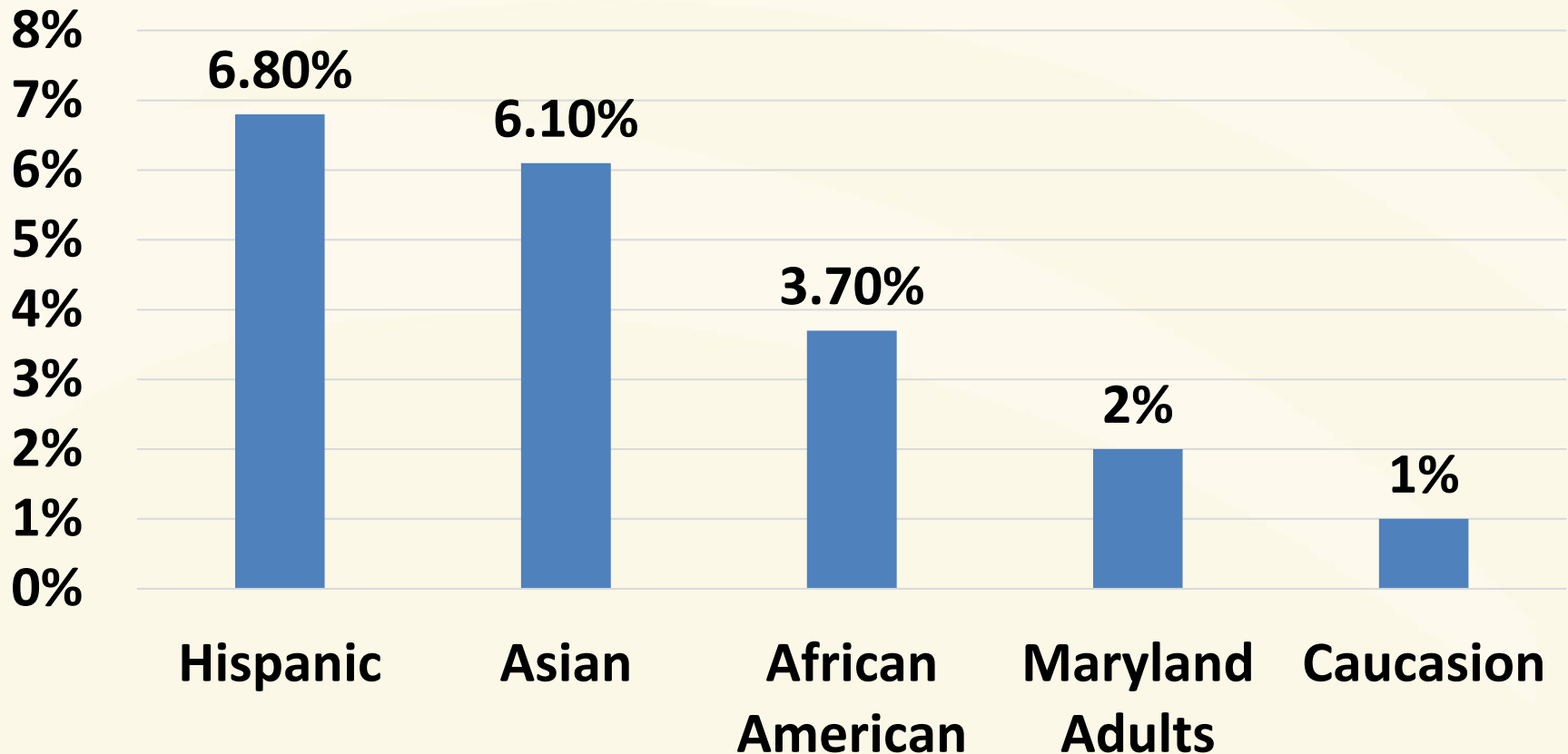
### Percentage of Maryland High School Students Reporting Gambling in the Last Year by Race (YRBS, 2018)



## Type of Gambling Activities of Maryland Adults (Tracy, 2017)



## Problem Gamblers by Race 2017 Maryland Prevalence Study



## Asian College Students and Gambling

- Large study conducted on California college campus (Chan, et al. 2016)
- Found Asian and white students gambled about same amount but Asian students more likely to be problem gamblers
- Asian student less likely to have mental health and other addiction problems compared to whites.
- Asian students more likely to:
  - Claim they won when they lost
  - Gambled more than intended
  - Felt bad about gambling
  - Hide gambling behaviors

## Asian CARES Research Report Sept 2021: Massachusetts Gaming Commission (Chinese)

- Some believe it is a quick and easy way to earn money
- Gamble due to cultural loss due to immigration (boredom, no activities in own language) so go to casino.
- Social isolation- gamble due to loneliness
- Gambling is social activity- go with friends
- Gambling to relieve stress (work pressure)
- Gambling to escape reality (distraction from real life)



## Asian CARES Research Report Sept 2021: Massachusetts Gaming Commission (Chinese)

Negative impacts they see:

- Financial stress
- Deteriorating family life
- Domestic violence
- Damage trust
- Damage parent/child relationship
- Child neglect
- Seniors gamble because lack of places to have fun, decreased mobility, and family responsibility (no intergenerational households)

## Asian CARES Research Report Sept 2021: Massachusetts Gaming Commission (Chinese)

Impacts on mental health:

- Gambler, family, or both deteriorate
- Death due to suicide
- Challenge: problem gambling not discussed

Types of gambling:

Casino 78%

Lottery 43%

Mahjong 35% (tile-based game originating in China in 19<sup>th</sup> Century)

Sports Betting 30%

\* On-line gambling not popular

## Promotion to Asians by Casinos

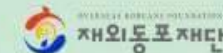
- Local and Maryland
- National



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Route 40 in Catonsville Billboard, for Howard County Korean Festival 2019





Asian bus trips to casinos

## Maryland Casinos

- Maryland Live: Asian restaurant, Lunar New Year Festival in January (dancing, celebration, drawings), hosted Asian American Beauty Pageant in 2014.
- Horseshoe Casino: Asian restaurant, Lion dances for Lunar New Year celebration

## Asian CARES Research Report Sept 2021: Massachusetts Gaming Commission (Chinese)

- Provide buses from Asian communities to the casino
- VIP treatment
- Incentives
- Ads
- Employees speak Asian languages



# Underage and Problem Gambling Prevention Strategies and Resources for Help for the Asian Population

## Asian College Students and Gambling

(Chan, et. al, 2016)

- Primary prevention decreasing perceived benefits of gambling
- Suggest alternative activities for fun and thrills
- Safe gambling strategies taught to those that are legal age or already gambling

## Asian CARES Research Report Sept 2021: Massachusetts Gaming Commission (Chinese)

- Grants to Asian organizations to prevent problem gambling
- Invest in neighborhoods where immigrants live
- Provide English classes

## For the Asian Population, the Center has:

- 1-800-GAMBLER Helpline language line
- The Center has a language line 667-214-2120
- [Asiangamblingsos.org](http://Asiangamblingsos.org) in English, Chinese, Hindi, Japanese, Korean, Urdu, Vietnamese
- [Mdproblemgambling.com](http://Mdproblemgambling.com) and [helpmygamblingproblem.org](http://helpmygamblingproblem.org) will translate to Asian languages
- Soon printed materials in Korean
- List of counselors with a language line

## 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)

## Special Population Grants FY 2021 and FY 2022

- My Life Foundation, Inc.
- Asian American Center of Frederick  
Elizabeth Chung, Executive Director
- Feedback on changes to website, distribution of materials, and promotion on website.



## Presentations to Asian Leadership:

- Governor's Commission on Asian and Pacific American Affairs, Henry Sangtai Kim, Chair  
November 2, 2021
- Governor's Commission on South Asian American Affairs, Chanhok Jasdip "Jessie" Singh, Chair  
December 1, 2021

Christina Poy, Administrative Director

## Any Questions?

### Presenters:

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**Chong (Taylor) Yi, President/CEO, My Life Foundation**  
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