

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

***June 23, 2023***

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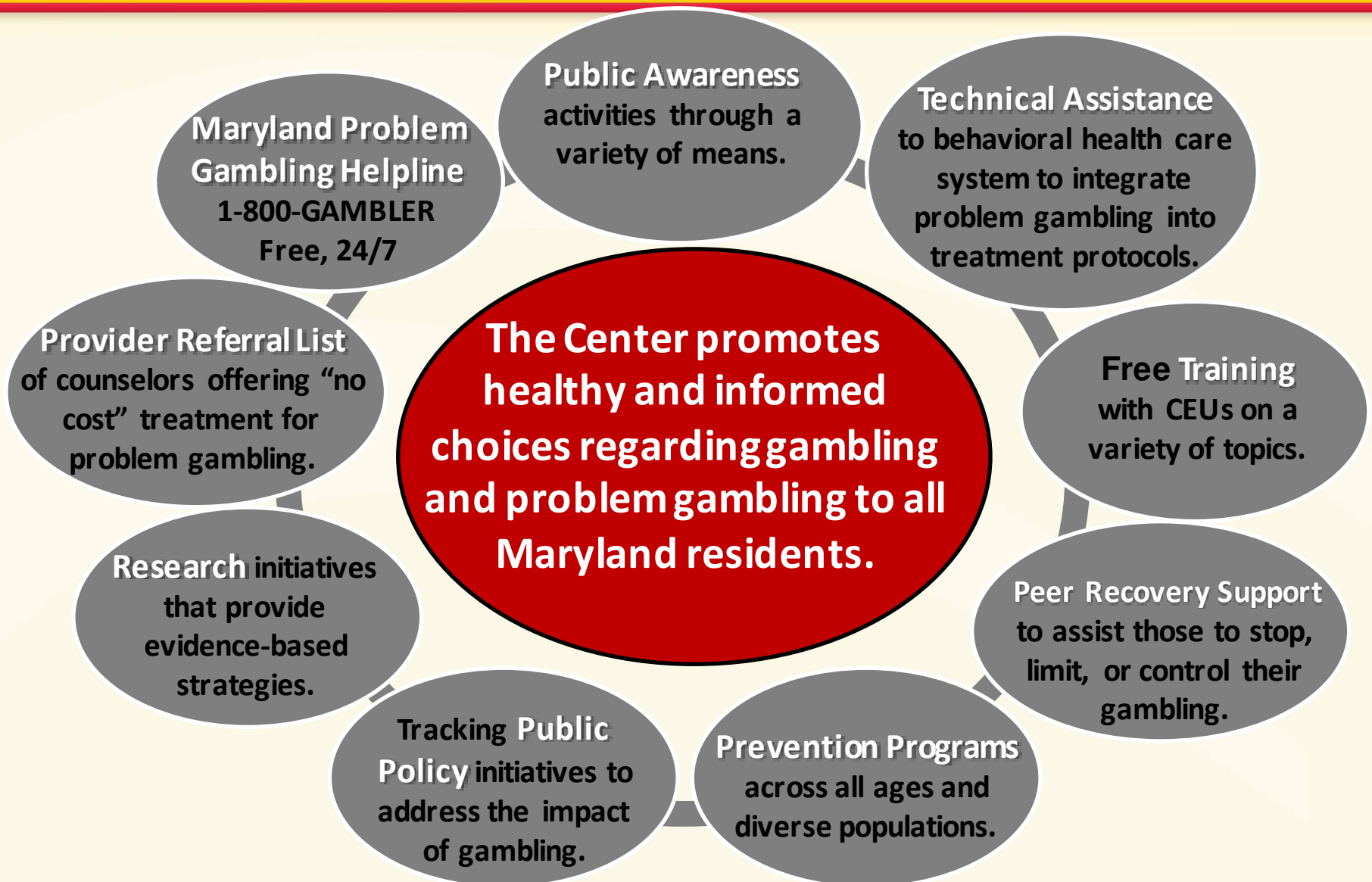
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Nationally, 1-3% of the population are disordered gamblers.

## **Gambling in Maryland**

### 2020 Survey of Maryland Adults (18+)

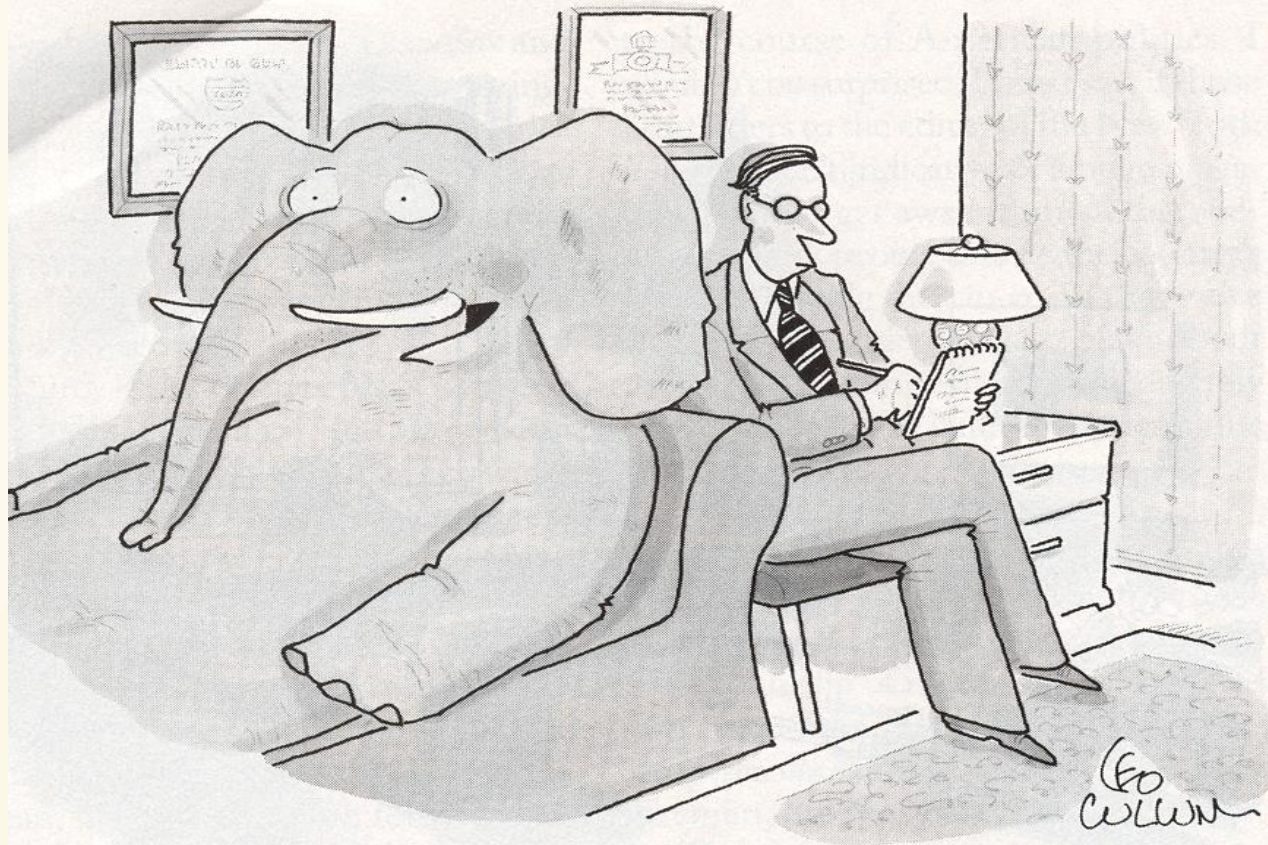
- 95% of Marylanders have gambled in their lifetime.
- 5% of Maryland residents are disordered gamblers and an additional 3% are problem gamblers.
- 1% of females and 6% of males in Maryland are disordered gamblers.

## 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

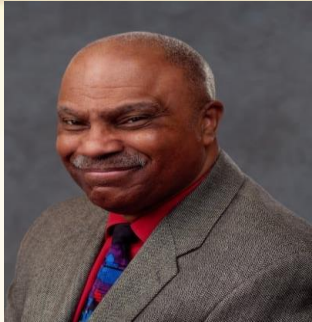


Gambling  
Disorder:  
The  
Hidden  
Addiction

*"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, Sports Betting and/or the 13 Bingo Halls (Instant Bingo Machines at Instant Bingo Facilities with 10 or more machines).
- The individual will also be removed from all direct marketing mailing lists within 45 days of the voluntary exclusion.



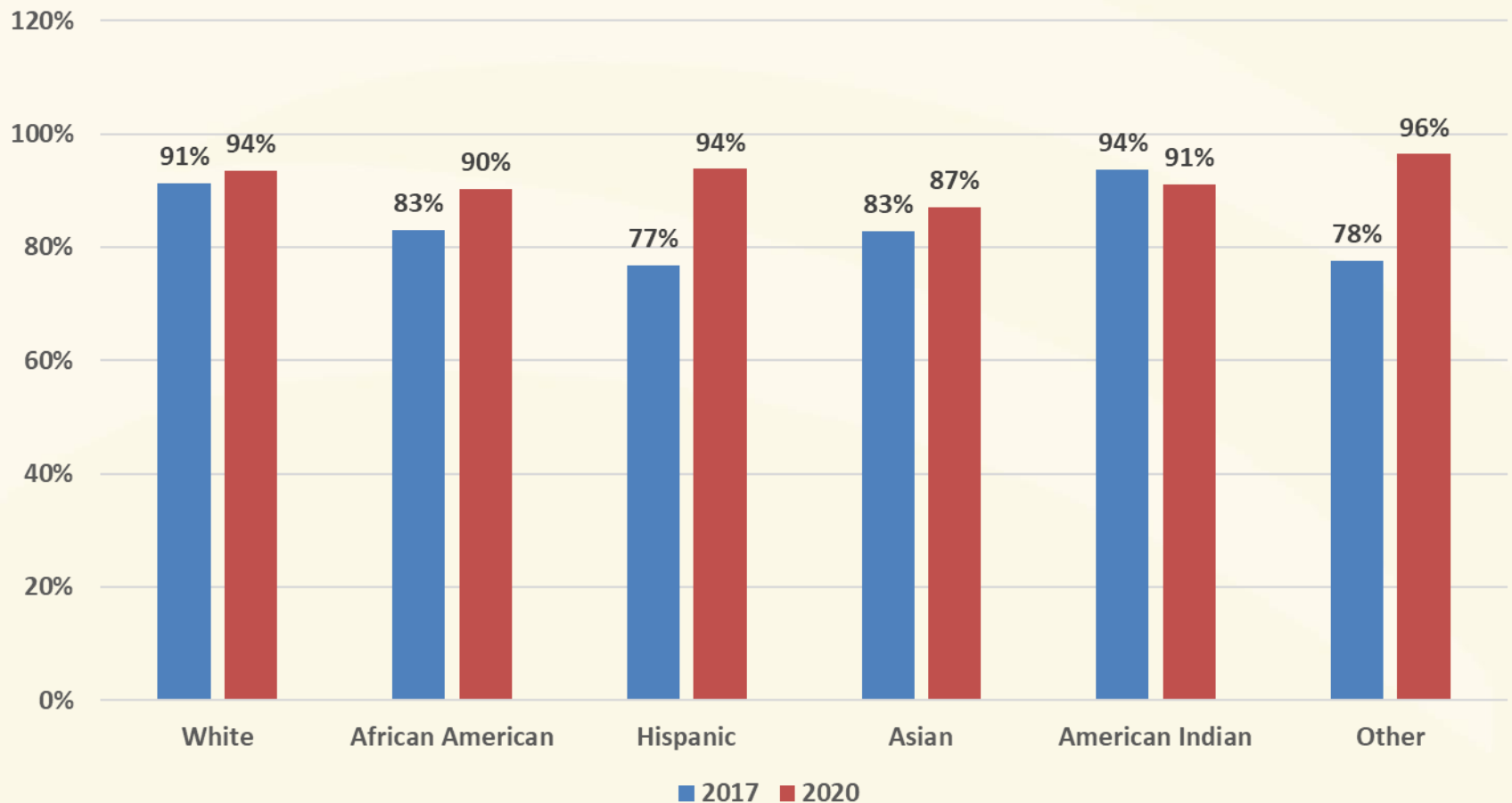
James (Jim) Nowlin  
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# Insights of Peer Support in Baltimore City

## **REGIONAL DATA HIGHLIGHTS:**

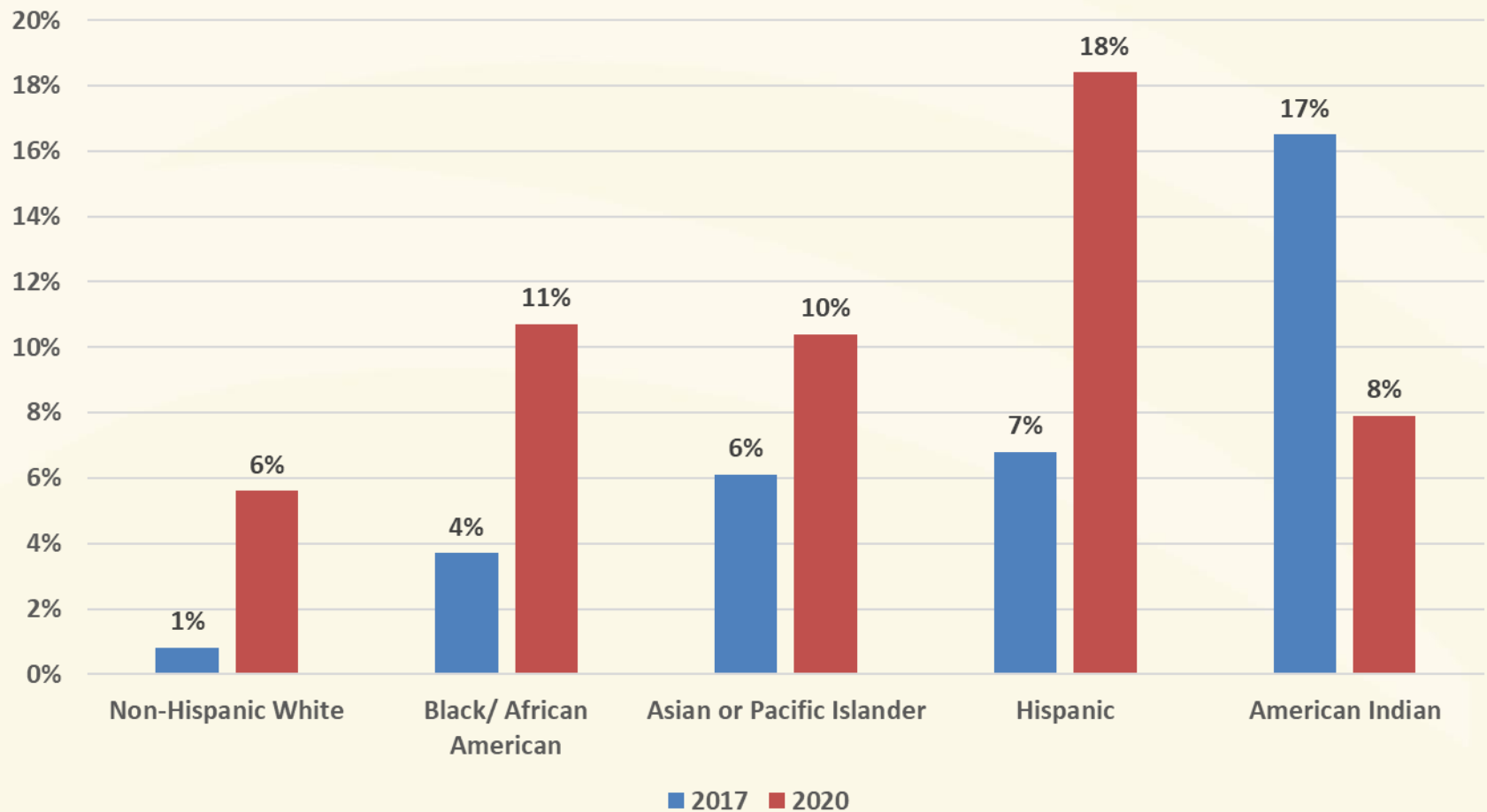
- ✓ Baltimore City has the second highest number of lottery retailers per population at 110 per 100,000 population. (Maryland Lottery and Gaming Control Agency Annual Financial Report, 2019)
- ✓ In FY21 (July 2020-June 2021), help seeker calls into the Maryland Helpline from Baltimore City represented the highest percentage (11%) of calls received in a single jurisdiction. (LACG)
- ✓ 123 Baltimore City residents have been assisted by a peer recovery support specialist from March 2019 – March 2022. (the Center)

Maryland Residents Reporting Ever Gambling by Race/ Ethnicity  
(Tracy et al., 2017,2020)

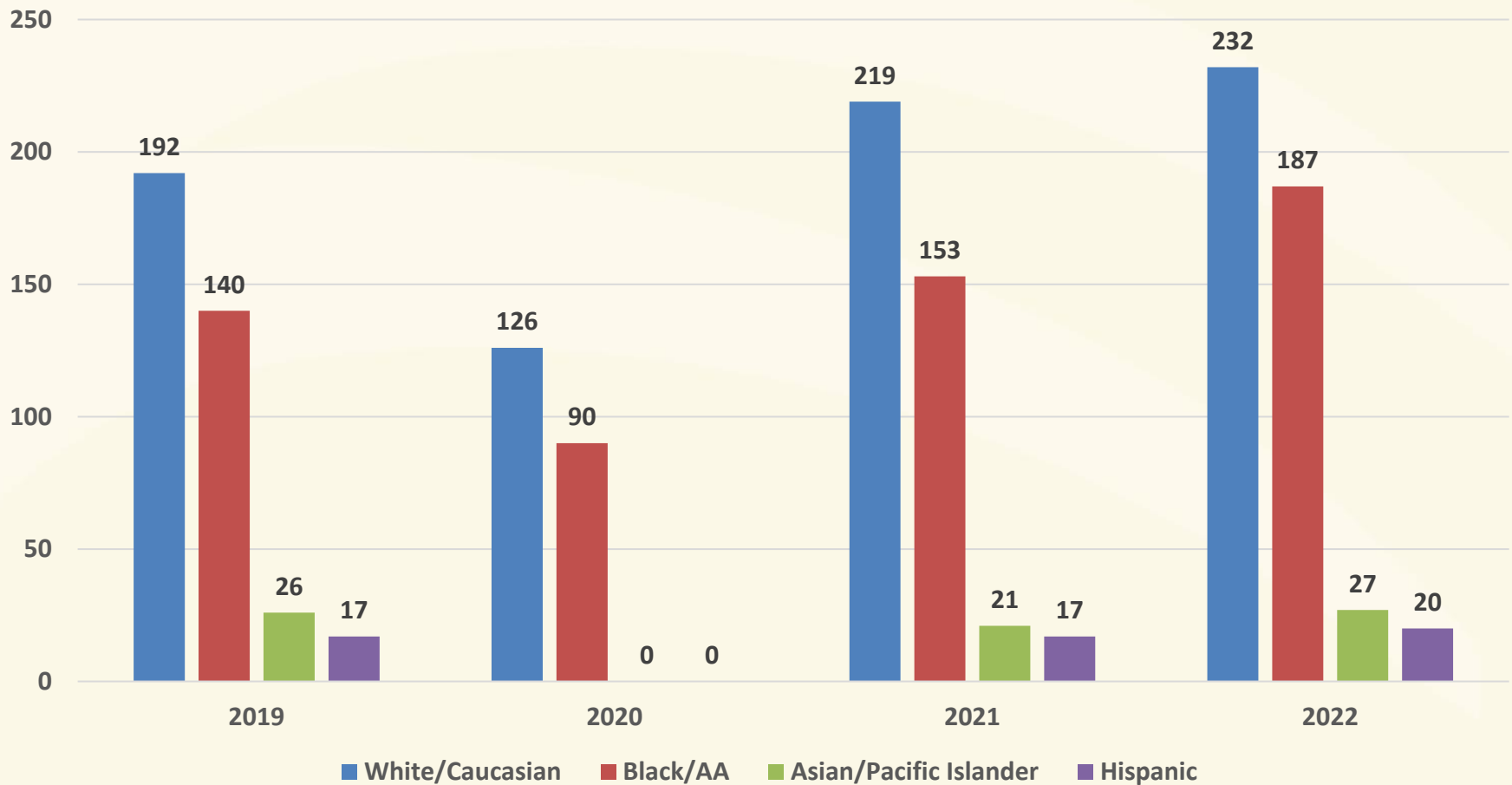




Maryland Disordered Gamblers by Race/Ethnicity  
(Tracy et al., 2017,2020)



Helpline Caller Race/Ethnicity  
FY2019-FY2022



## 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 likely 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)

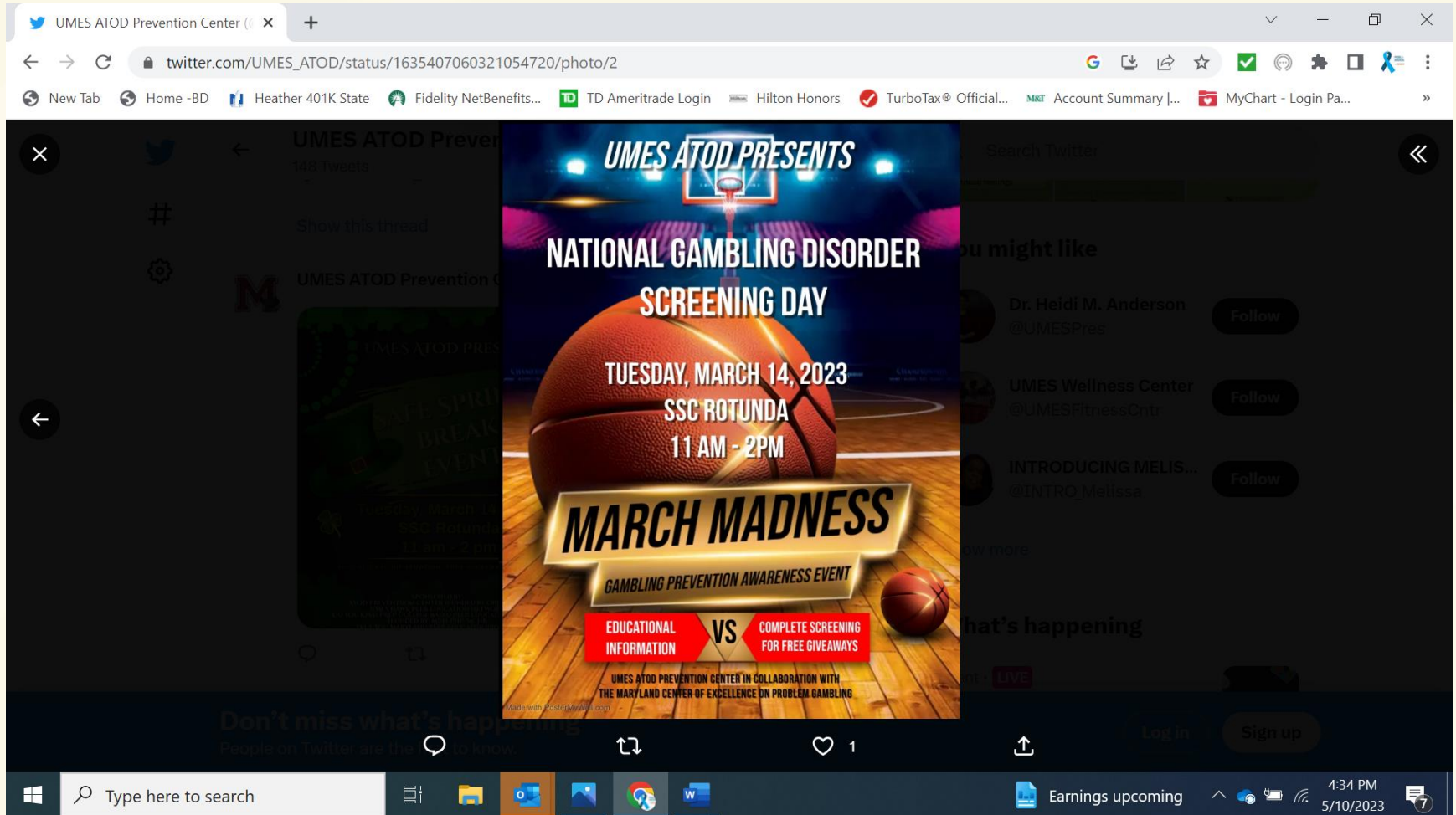
- New Jersey sample of 2,000 people: Hispanics greatest risk of PG, substance abuse, and mental health problems compared to whites, Asians and African Americans.
- Of all minority races, problem gamblers were more like to:
  - Have friends that gamble
  - Gamble on-line only
  - Play instant scratch-offs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

## Prevention Grants to Historically Black Colleges and Universities (HBCUs)

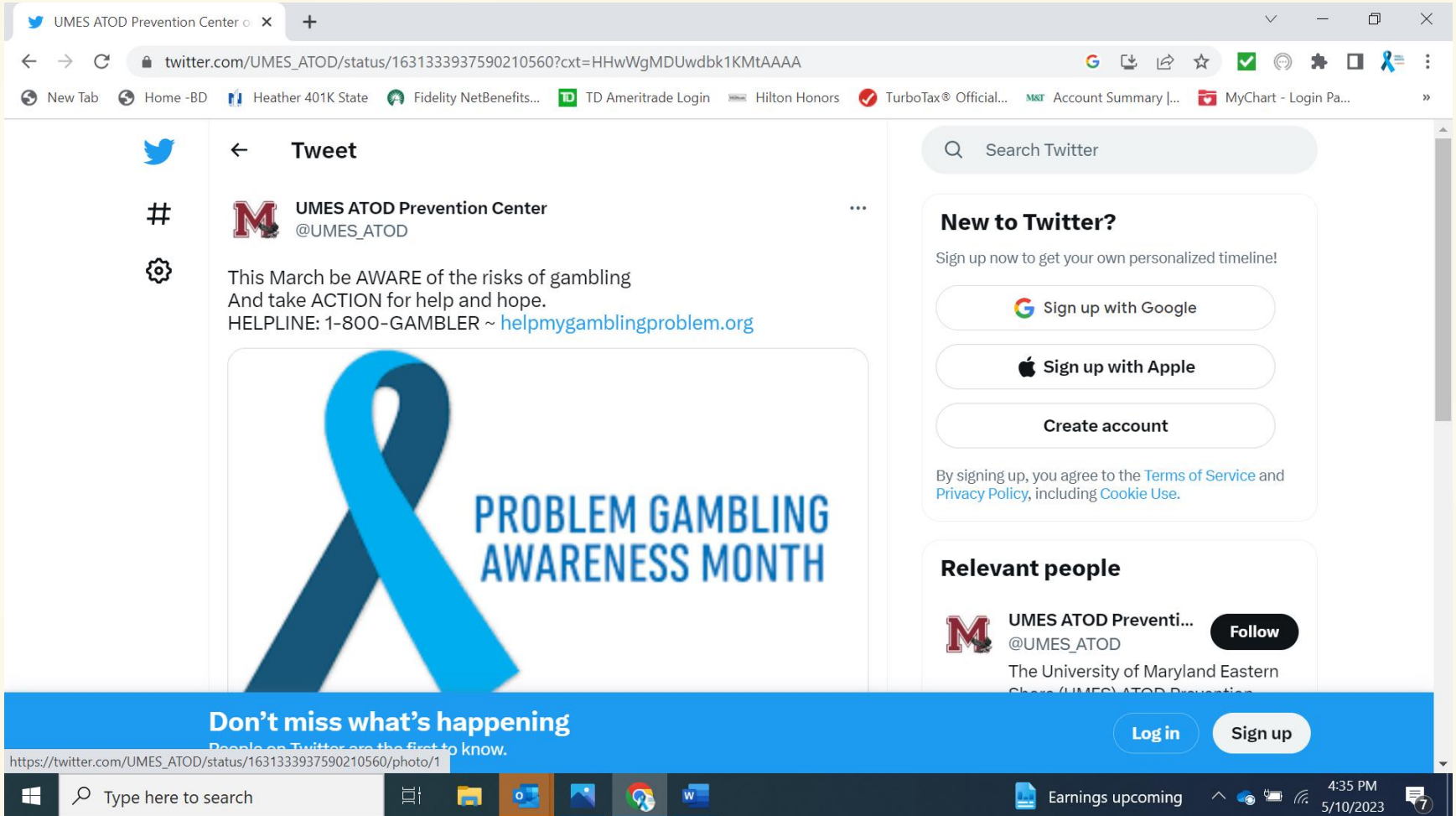
- Began in FY 2023
- Why HBCUs?
- Outreach to the Universities and established contact
- All will continue in FY 2024

## University of Maryland Eastern Shore

- Distributed electronic and printed materials on problem gambling for use on social media, weekly announcements, and in residents halls.
- Promoted Problem Gambling Awareness Month.
- Promoted problem gambling screening and self-assessment.



The image is a screenshot of a Twitter post from the account 'UMES ATOD Prevention Center'. The browser address bar shows the URL 'twitter.com/UMES\_ATOD/status/1635407060321054720/photo/2'. The tweet content is a promotional poster for 'NATIONAL GAMBLING DISORDER SCREENING DAY'. The poster features a basketball court background with a basketball in the foreground. The text on the poster includes: 'UMES ATOD PRESENTS', 'NATIONAL GAMBLING DISORDER SCREENING DAY', 'TUESDAY, MARCH 14, 2023', 'SSC ROTUNDA', '11 AM - 2PM', 'MARCH MADNESS', and 'GAMBLING PREVENTION AWARENESS EVENT'. At the bottom, it lists 'EDUCATIONAL INFORMATION VS COMPLETE SCREENING FOR FREE GIVEAWAYS' and 'UMES ATOD PREVENTION CENTER IN COLLABORATION WITH THE MARYLAND CENTER OF EXCELLENCE ON PROBLEM GAMBLING'. The Twitter interface shows 144 tweets, a search bar, and a list of suggested accounts including 'Dr. Heidi M. Anderson @UMESPres', 'UMES Wellness Center @UMESFitnessCntr', and 'INTRODUCING MELIS... @INTRO\_Melissa'. The Windows taskbar at the bottom shows the time as 4:34 PM on 5/10/2023.





The screenshot shows a web browser window displaying a tweet from the UMES ATOD Prevention Center (@UMES\_ATOD). The tweet is dated March 10, 2023, and contains the following text: "This March be AWARE of the risks of gambling And take ACTION for help and hope. HELPLINE: 1-800-GAMBLER ~ [helpmygamblingproblem.org](https://helpmygamblingproblem.org)". Below the text is a graphic featuring a blue ribbon and the text "PROBLEM GAMBLING AWARENESS MONTH". The browser's address bar shows the tweet's URL. The Windows taskbar at the bottom indicates the time is 4:35 PM on 5/10/2023.

UMES ATOD Prevention Center o x +


twitter.com/UMES\_ATOD/status/1631333937590210560?ctx=HHwWgMDUwdbk1KMtAAAA

New Tab Home -BD Heather 401K State Fidelity NetBenefits... TD Ameritrade Login Hilton Honors TurboTax® Official... M&T Account Summary [...] MyChart - Login Pa...

 Tweet

#  **UMES ATOD Prevention Center**  
@UMES\_ATOD

This March be AWARE of the risks of gambling  
And take ACTION for help and hope.  
HELPLINE: 1-800-GAMBLER ~ [helpmygamblingproblem.org](https://helpmygamblingproblem.org)





Don't miss what's happening  
People on Twitter are the first to know.

[https://twitter.com/UMES\\_ATOD/status/1631333937590210560/photo/1](https://twitter.com/UMES_ATOD/status/1631333937590210560/photo/1)

Search Twitter

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Create account

By signing up, you agree to the [Terms of Service](#) and [Privacy Policy](#), including Cookie Use.

**Relevant people**

 **UMES ATOD Preventi...**  
@UMES\_ATOD [Follow](#)

The University of Maryland Eastern Shore (UMES) ATOD Prevention

Log in Sign up

Type here to search

Earnings upcoming

4:35 PM  
5/10/2023



## Morgan State University


- Displayed problem gambling materials at community events, health fairs, and counseling office.
- Promoted Problem Gambling Awareness Month.
- Attended annual conference and webinars for training.
- Developing plan to coordinate on research.

Morgan State University Esports | x +

pl-pl.facebook.com/MSUBearsEsports/

facebook


Adres e-mail lub numer  Hasło  **Zaloguj się** Nie pamiętasz nazwy konta?

 **Morgan State University Esports** ...


[linktr.ee/MSUBearsSports](https://linktr.ee/MSUBearsSports)

★ Jeszcze nie oceniono (0 opinii) i

**Zdjęcia** [Zobacz wszystkie zdjęcia](#)



<https://docs.google.com/forms/d/e...> [Zobacz więcej](#)



**Połącz się na Facebooku z Morgan State University Esports**

**Zaloguj się** lub **Utwórz nowe konto**

Type here to search

73°F Sunny 4:53 PM 5/10/2023

## Bowie State University

- Producing a problem gambling prevention video to be shown on campus.
- Counseling students received training on problem gambling
- Will host student forum on problem gambling, substance misuse, suicide, and violence.
- Design a problem gambling prevention game to use at campus events.
- Working with the Center for Data Analytics and Sports Gaming to collaborate on training and research.

## Coppin State University

- Just met with leadership 3 months ago.
- Will meet to establish problem gambling prevention strategies for FY 24.

## 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



MCPG

Maryland Council on Problem Gambling

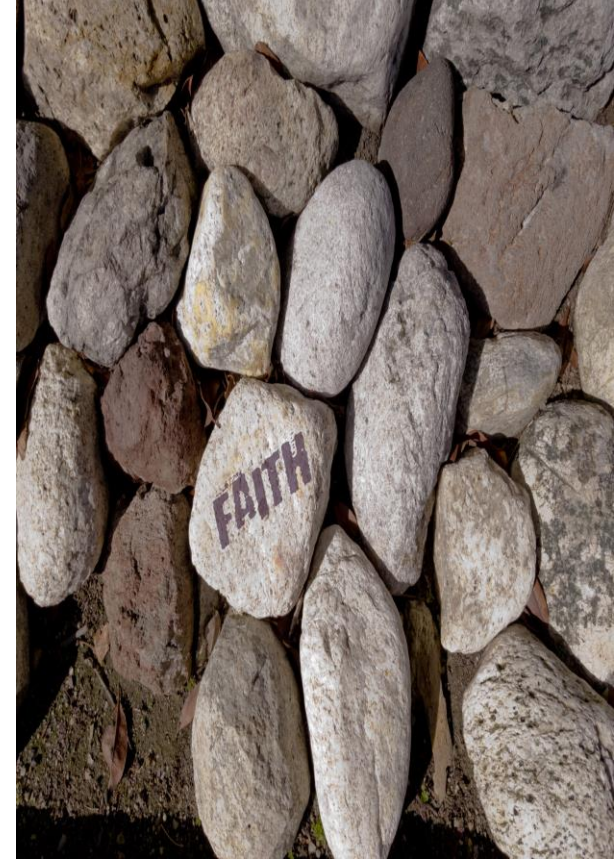
# Advocacy, Awareness, Assistance

Shandra Parks, PhD, LMSW, CCGSO

MCPG Board President

CEO/Wellness Consultant Uzima Wellness Group, LLC

# Faith Based Initiative



72% Americans consider religion as important to them

<https://news.gallup.com/poll/245651/religion-considered-important-americans>



IGCCB Preferred Provider



# Clergy/Lay Ministers Training

12 Hour Virtual  
Training (Non CEU)

CCGSO Certification

Fall/Spring

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



# Benefits of Spiritual Health on Psychological Wellbeing

Survey of 989 adults in the US

64% believe engaging in religious or spiritual practices improved their mental health

60% believe spiritual or religious beliefs help them cope with mental health symptoms

48% believe their mental health symptoms would not improve until they were religiously and spiritually

Healthy

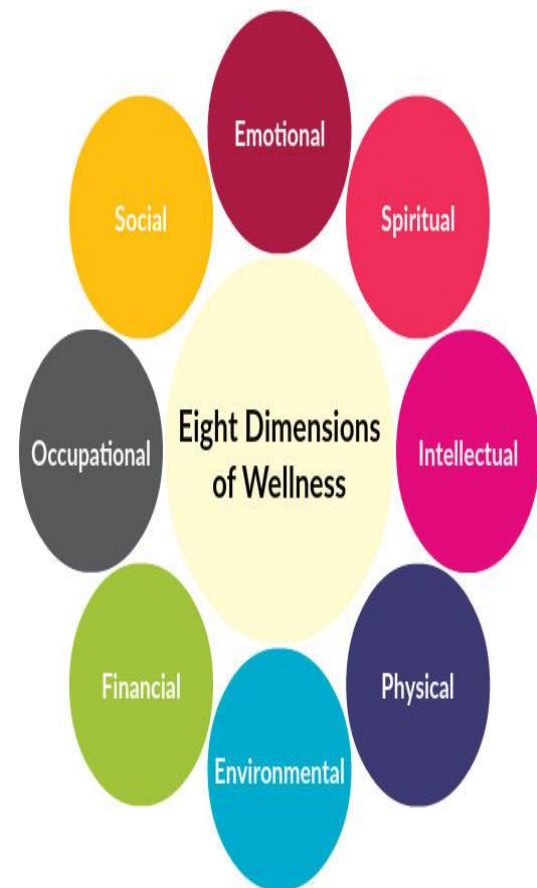
The relevance of religion and spirituality to mental health: A national survey of current clients' views. *Social Work* 66, pp. 254-264



MCPG Community Wellness Initiative



# Targeting 10 health equity concerns....



Problem Gambling

Men's Health

Substance Abuse

Trauma

Grief and Loss

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)

Financial Wellness

Anxiety

Depression

Adverse Childhood Experiences (ACEs)

Stress



## Gambling Trends: Strategies to Help

### **OBJECTIVES**

- 1) *What is considered gambling?*
- 2) *The most common method of gambling in MD & US*
- 3) *Risk Factors associated with problem gambling*
- 4) *Help for those struggling with gambling*

**hosted by Naomi C. Durand-Kabasela., LCPC, ICGC-I**

Wednesday November 2, 2022  
7pm-8pm  
**Zoom link:**  
**<https://us02web.zoom.us/j/87400461975>**

## Addressing Health Disparities and Building Equity for Priority Populations

Presented by Victor Ortiz,  
MSW, LADC I, CADC II

This webinar will take place on March 9th from 6:30 to 7:30pm



# How you can get involved with increasing health equity and problem gambling/Resources

**Recognize** that at the root of problem gambling, substance abuse, and mental health challenges are health inequities.

**Begin:** Identify 1-2 communities in your service delivery (or catchment) area that experience health inequities.

**Commit:** Begin establishing a relationship with community elders/ambassadors/leaders (i.e., faith/spiritual, indigenous healers) and let them know you are committed to the community. Nurture this relationship. You are a “guest...;” reframe from being the “expert” about their community. They are the experts.

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We must leave our offices...”meet them where they are!”

“People are doing group therapy in their communities Dr. Deborah Haskins (2022)”





# Resources

Gambler Anonymous

<https://www.gamblersanonymous.org>

Maryland Council for Problem Gambling

<https://www.marylandproblemgambling.org>

1-800-GAMBLER

Maryland Center for Excellence on Problem Gambling

<https://www.mdproblemgambling.com>

Cash Campaign of Maryland

<https://cashmd.org>



# Resources

If you or someone you know is having thoughts of suicide or experiencing a mental health or substance use crisis, 988 provides 24/7 connection to confidential support. There is Hope. Just call or text 988 or chat [988lifeline.org](https://988lifeline.org) #988Lifeline



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