

STARTING THE CONVERSATION

Evidenced-Based Gambling Screening and Tips for Assessment

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The Maryland Center of Excellence
on Problem Gambling



Housekeeping Notes

- Due to the number of attendees on today's training the audience will remain muted.
 - We do encourage your participation and interaction. Use the "Question" function in the control box to the right!
- An automatic link will be sent to your email in approximately one-hour after the webinar concludes.
- Once you complete the Evaluation Quiz, the Certificate of Attendance will be emailed to you from the Center within 15 business days.
- NO partial CEUs will be awarded for this program:
 - Please stay logged onto your computer or mobile device for the full length of the webinar.
- We invite you to join us for our next webinar: **Friday, February 9th**
"Working Together to Promote March Problem Gambling Awareness Month in Maryland"
- Please email Davene Hinton at Training@mdproblemgambling.com if you have any questions regarding the Center's training programs.

Mission Statement

The Maryland Center of Excellence on Problem Gambling promotes **healthy and informed choices** regarding gambling and problem gambling through various key initiatives and partnerships.

The Center works closely with appropriate state stakeholders and brings together experts from a variety of disciplines including psychiatry, medicine, epidemiology, social work, and law.

Key Initiatives and Resources

- **Public Awareness:** Campaigns through social media, TV, radio, public service announcements, community outreach, public awareness materials and lending library
- **Prevention Programs:** Targeted to the full age continuum and to diverse populations and at-risk groups
- **Public Policy:** To provide information regarding strategies to address the impact of gambling on Public Health within Maryland
- **Research:** To provide evidence-based data on public health aspects of gambling disorders and evaluate and develop evidence-based strategies for prevention and intervention

Key Initiatives and Resources

- **Free Training:** On problem gambling awareness, prevention and intervention strategies with CEUs
- **Provider Referral Directory:** To provide technical assistance to the health care and behavioral health care providers in Maryland to enhance capacity to address the issue of problem gambling amongst Maryland residents at No Cost.
- **Peer Recovery Support:** To assist individuals dealing with at risk and problem gambling connect with recovery resources within Maryland and to remove any barriers to recovery
- **Helpline:** Maryland Problem Gambling Helpline **1-800-GAMBLER**

A field of grey umbrellas with one yellow umbrella standing out. The umbrellas are arranged in a dense, overlapping pattern, creating a sense of depth and repetition. The yellow umbrella is positioned in the lower right quadrant, drawing the viewer's eye. The overall tone is muted and somber, with the yellow providing a stark contrast.

Why Screen for Gambling?

*You may already know
someone that gambles*

Why Screen for Gambling?

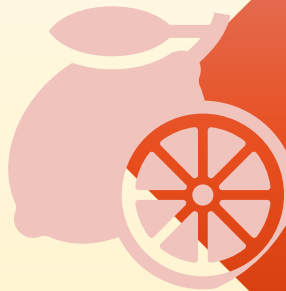
You may already know someone that gambles



Approximately 85% of U.S. adults have gambled at least once in their lives; 60% in the past year.



An estimated 6% of American college students struggle with gambling related problems.



The likelihood of developing gambling disorder increases 23 times for people affected by alcohol use disorders.



Nationally about 1% of the population has an identified gambling disorder.

Another 2-6% reports that gambling is having a negative impact on their life.

Disordered gambling can affect 7-10 people in the person's immediate circle.

2022 Maryland Gambling Prevalence Study

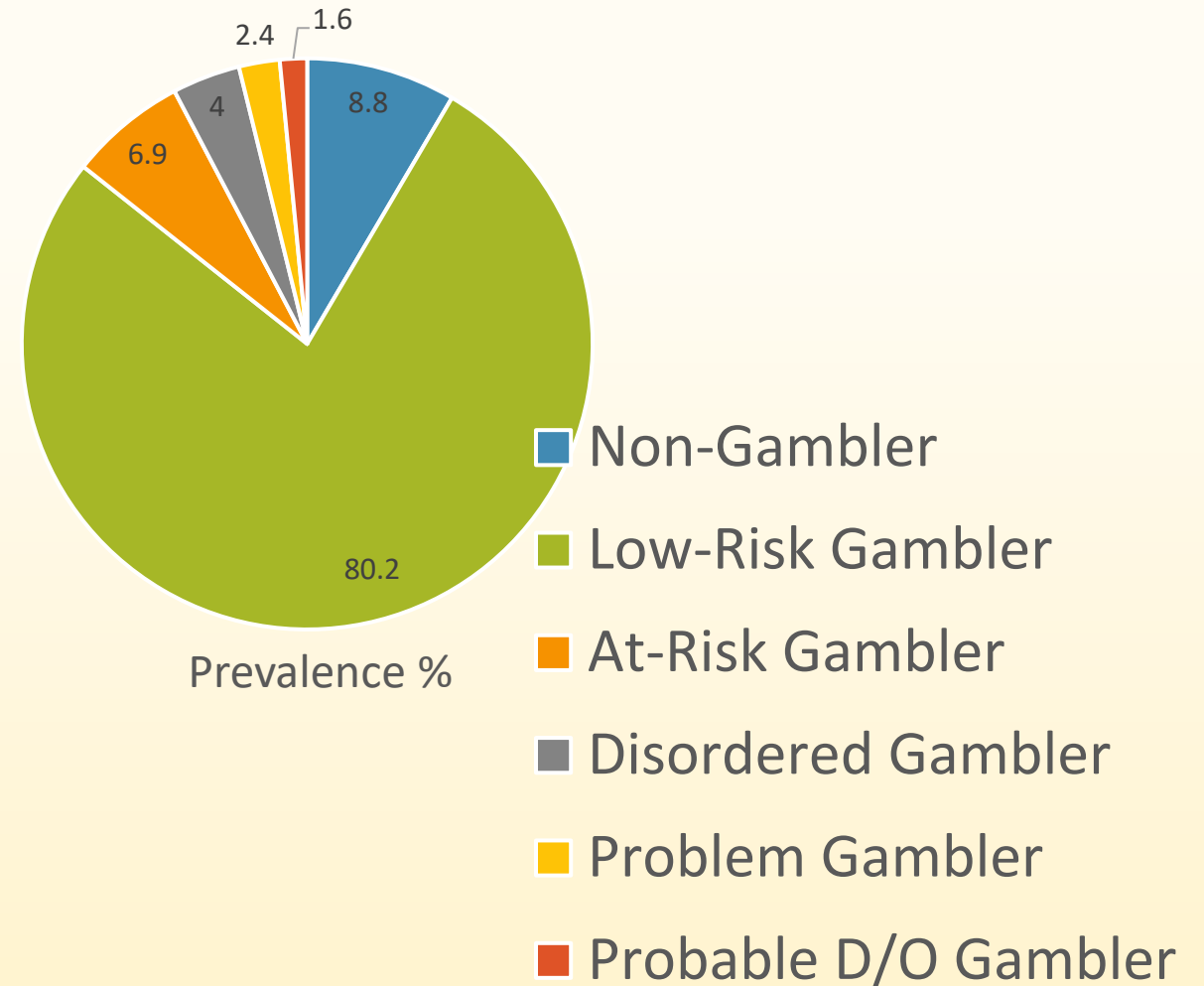
Prevalence Study – What Changed?

- Data collection occurred from April-July 2022 during the period of transition from remaining COVID-19 pandemic restrictions to minimal or no restrictions.
- Restrictions on gathering indoors or the need to continue wearing a face covering may have impacted gambling behaviors in the 12 months prior to this study.
- Sample size was smaller than the previous surveys, so it is possible that the respondents were not fully representative of the state's population.
- Young adults (18-24 years old) were particularly underrepresented.
- This survey was conducted after in-person sports gambling became available in Maryland (December 2021) but before mobile/on-line sports gambling was available (November 2022).

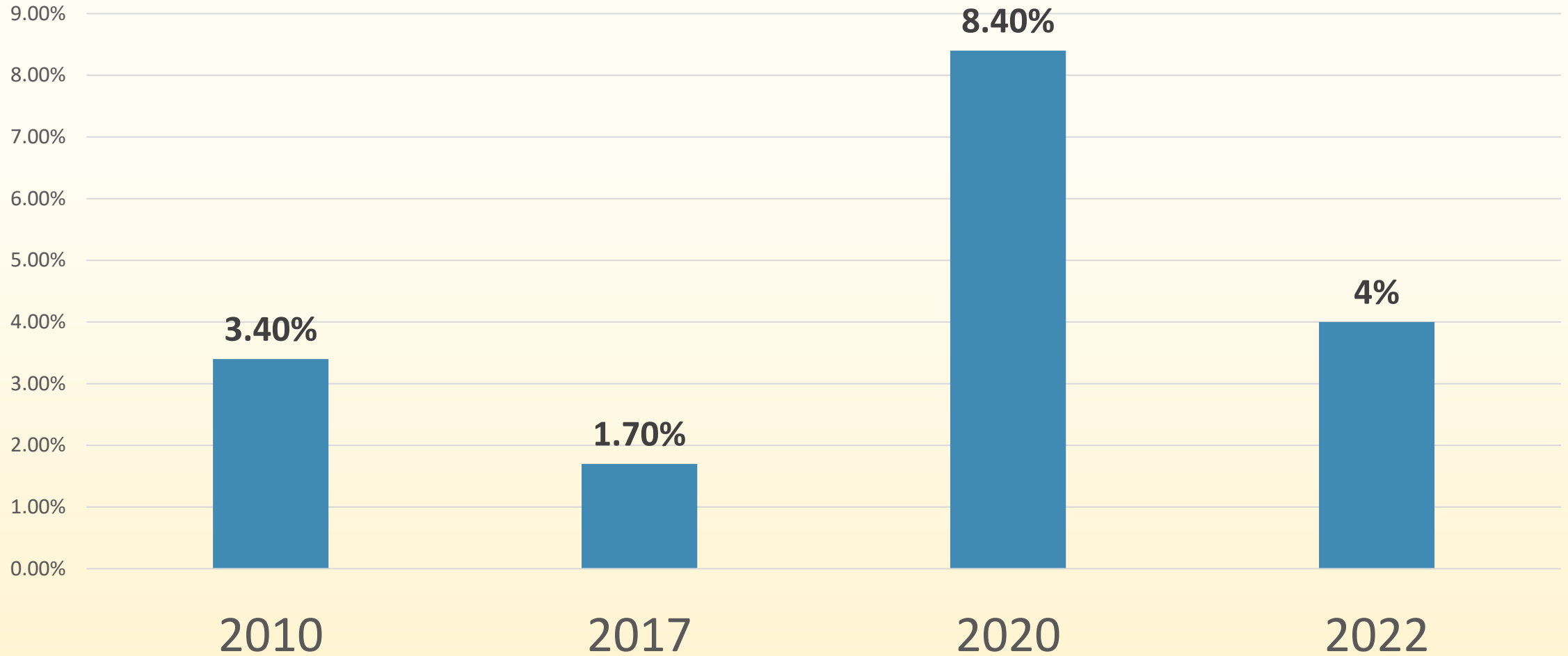
Gambling in Maryland: 2022 Survey of Maryland Adults (18+)

Weighted prevalence and population estimates (95% Confidence Interval) for all gambling risk categories

- Low-risk: NODS score 0: 80.2%
- At-risk: NODS score 1 to 2: 6.9%
- Disordered gambler: 4%
- Problem gambler (NODS score 3 to 4)
- Probable disordered gambler (NODS score 5 or higher) combined



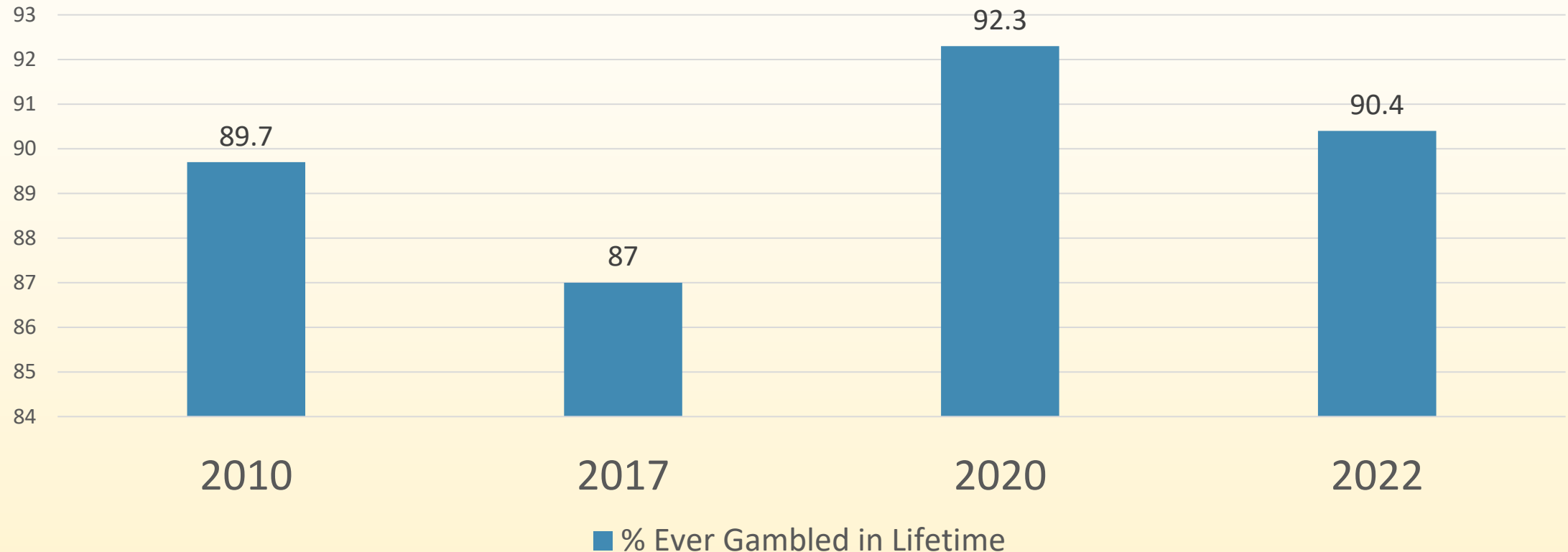
Gambling in Maryland: Survey of Maryland Adults (18+) Percentage of Disordered Gamblers Over the Years



Gambling in Maryland: 2022 Survey of Maryland Adults (18+)

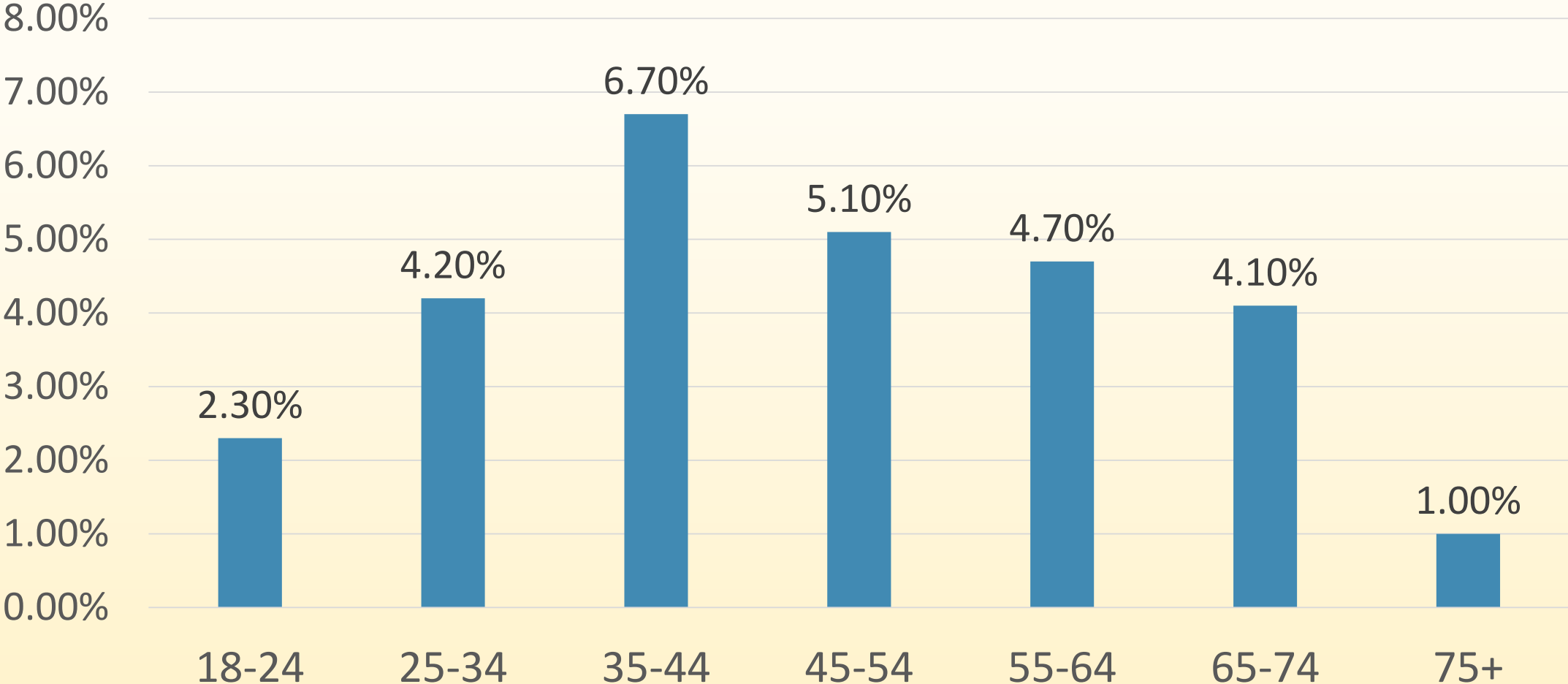
Weighted prevalence of lifetime gambling across survey years

Question: *Have ever gambled in lifetime*



Gambling in Maryland: 2022 Survey of Maryland Adults (18+)

Weighted sociodemographic of disordered gamblers by Age



Gambling in Maryland: 2022 Survey of Maryland Adults (18+)

Weighted sociodemographic characteristics
of gamblers who *wagered on sports* (N = 1,185)

Gender

- Male: 34.6%
- Female: 21.6%

Marital Status:

- Married: 30.6%
- Not married: 23.5%

Age (in years)*

- 18-24: 20.9%
- 25-34: 28.1%
- 35-44: 30.4%
- 45-54: 31.4%
- 55-64: 27.3%
- 65-74: 24.2%
- 75+: 21.5%

Gambling in Maryland: 2022 Survey of Maryland Adults (18+)

Weighted sociodemographic characteristics
of gamblers who **wagered on sports** (N = 1,185)

- Of the Maryland residents who had gambled on sports:
 - 50.1% had done so in the past 12 months
 - *Of those 12.0% had done so online or on a mobile platform.*
 - 48.7% had wagered on yearly fantasy sports
 - 28.3% had wagered on daily fantasy sports.
- Online sports gambling and fantasy sports were more commonly reported among younger age groups.
- Sports gamblers appeared to suffer from gambling disorder at higher rates than other Marylanders.
- The group with the highest proportion of disordered gamblers were those who had placed traditional ***sports bets online***, **of whom 20.8% had gambling disorder.**

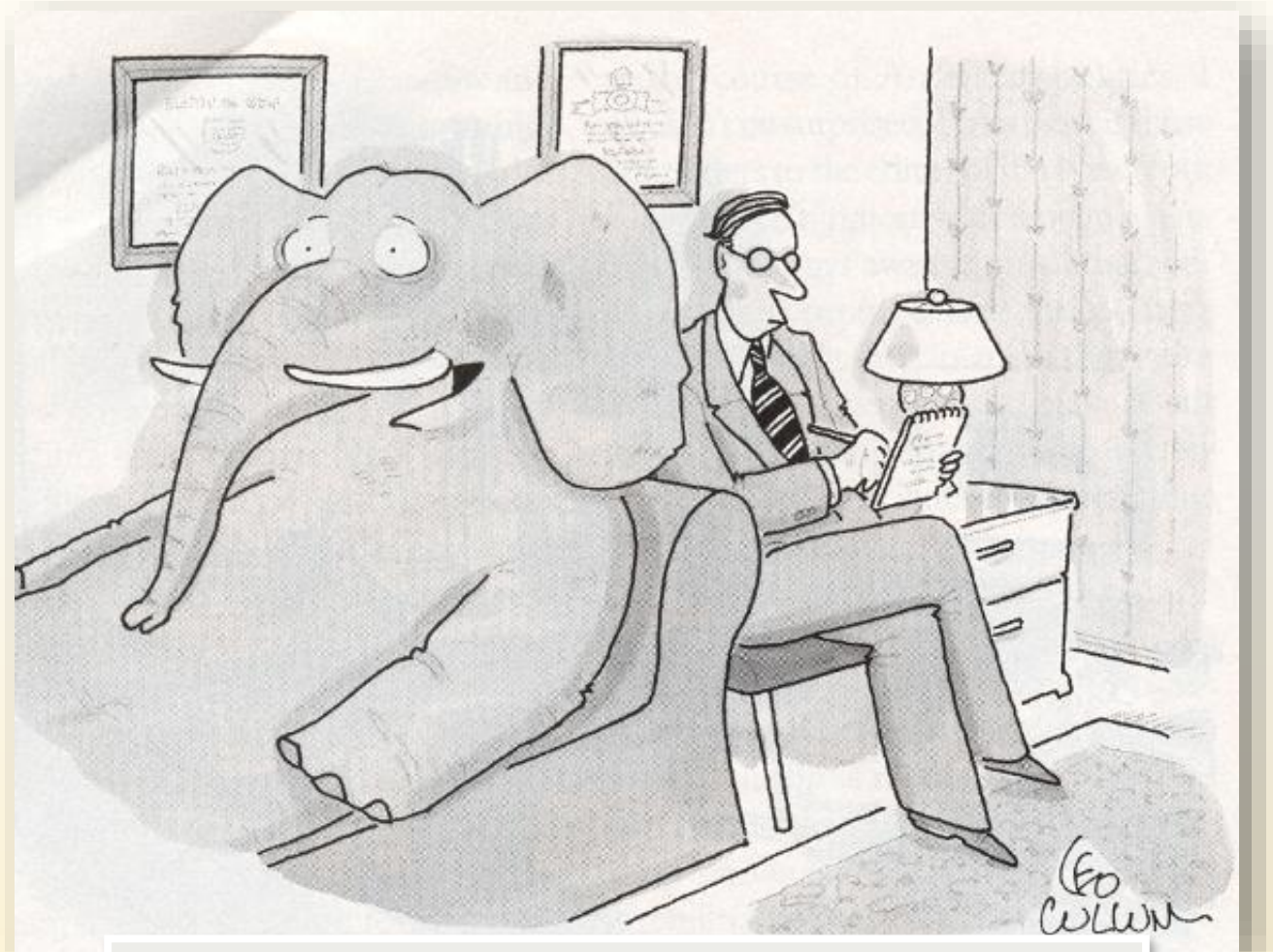
As sports betting expands, the risk of gambling related harms does as well.

- Between 2018 and 2021, NCPG estimates that the risk of gambling addiction grew by 30%.
- NCPG has also seen significant increases in calls, texts and chats to the National Problem Gambling Helpline; ***roughly a 45% increase in calls between 2021 and 2022.***



Why Screen for Gambling?

Screening can help identify individuals who need further assessment, are impacted financially, and/or are struggling with thoughts of suicide.



“I’m right there in the room, and no one even acknowledges me.”



Gambling Screening

Question for the Audience:

Do you regularly screen for gambling in your practice?

- a) Yes
- b) No
- c) Sometimes
- d) Unsure



Barriers for Integrating Gambling Screening

Healthcare or helping professionals may be unfamiliar with Gambling as a potential problem

Underrecognized as an Addictive Disorder that impacts major life areas

Limited research on Gambling Disorder

Financial discussions with clients can be difficult

Lack of understanding of what is included as a gambling activity

Individual is not ready to give up gambling

Barriers for Integrating Gambling Screening

Statements from Providers

- “Gambling is not a problem for our clients”
- “We already ask clients if they gamble, most say no”
- “We do not want to add another form”
- “If they have a gambling problem, they will tell us”
- “I will mention it to the other counselors”
- “I find gambling enjoyable, it is not dangerous”
- “Our clients can not afford to gamble”

Screening Best Practices



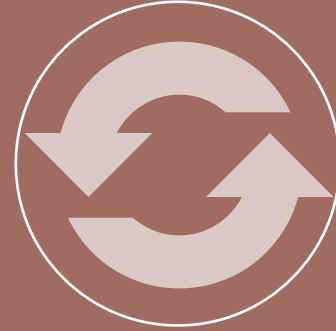
Include brief screen on intake, reduce stigma



Incorporate subtle questions about gambling activities



Be creative – normalize the conversation



Repeat screening after relationship and trust is established.



Provide psychoeducation and understand the impact gambling may have on recovery

Gambling Screening: What Often Happens

I can save time on these Gambling questions... That's not why they're here anyway

You don't gamble, do you?

No, that's not a problem

Phew!
Nobody cares about gambling here!



Gambling Screening: What Ideally Happens

How often do you gamble?
For example, buy lottery tickets, go to the casino, play cards with friends for money?

I don't really gamble, but I do buy lottery tickets a few times a week and my friends and I go to the casino to celebrate our birthdays.



Before you Screen: *Define Gambling*



Have you ever risked something of value, including money, on an unknown outcome?



Have you ever placed bets with friends or at an establishment?

Give examples of the *Types of Gambling*:

- Lottery or Scratch offs
- Bingo
- Raffle
- Keno
- Pull Tabs
- Fantasy Sports
- Day Trading or Digital Currency
- Casino (slot machines, table games)
- Card or Dice games, played for money
- *Can you think of other forms of gambling?*

Evidenced Based Gambling Screening Tools

Lie/Bet

SOGS and SOGS-RA:

- South Oaks Gambling Screen (and Revised Adolescent)

BBGS:

- Brief Biopsychosocial Gambling Screen

PGSI:

- Problem Gambling Severity Index

NODS:

- National Opinion Research Center – Diagnostic Screen for Gambling
 - NODS-CLIP
 - NODS-PERC

Evidenced Based Gambling Screening Tools

Brief screens can help individuals decide whether to seek formal evaluation or help for gambling behaviors.

Examples:

- Lie/Bet
- BBGS
- PGSI



Lie-Bet Screening Tool

- 1) Have you ever felt the need to *bet* more and more money?
- 2) Have you ever had to *lie* to people important to you about how much you gambled?

SCORE: Yes, to one or more of the questions, further assessment is recommended

https://www.ncpgambling.org/files/NPGAW/Lie_Bet_Tool.PDF

Brief Biosocial Gambling Screen - BBGS

Scoring: A “yes” response to any single item indicates potential gambling-related problems and the need for additional evaluation.

1. During the past 12 months, have you become restless irritable or anxious when trying to stop/cut down on gambling? Yes No
2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled? Yes No
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? Yes No

www.icrg.org | www.divisiononaddiction.org

Problem Gambling Severity Index

Thinking about the last 12 months, answer the following questions with the response:

0 Never. 1 Sometimes. 2 Most of the time. 3 Almost always.

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?

Problem Gambling Severity Index

TOTAL SCORE

Score of 0 = Non-problem gambling.

Score of 1 or 2 = **Low Risk:** with few problems or no identified negative consequences.

Score of 3 to 7 = **Moderate Risk:** problems leading to some negative consequences.

Score of 8 or more = **High Risk:** problems gambling with negative consequences and a possible loss of control.

Ferris, J., & Wynne, H. (2001). The Canadian problem gambling index: Canadian Centre on Substance Abuse.

Question for the Audience:

Do you incorporate gambling related topics and conversations when working with others?

- a) Yes
- b) No
- c) When the individual initiates



Gambling Screening and Assessment

Goals & Tasks

- Crisis Intervention/Assess for Safety
- Assess Severity and Strengths
- Engage and Motivate
- Universal, reducing stigma
- Permission to talk about gambling
- Make connections between gambling and other major life areas
- Provide hope for change
- Not diagnostic, repeat as rapport builds



**Start the
Conversation!**

Ways to Increase Conversations about Gambling

Integrate gambling into current psychoeducation groups.

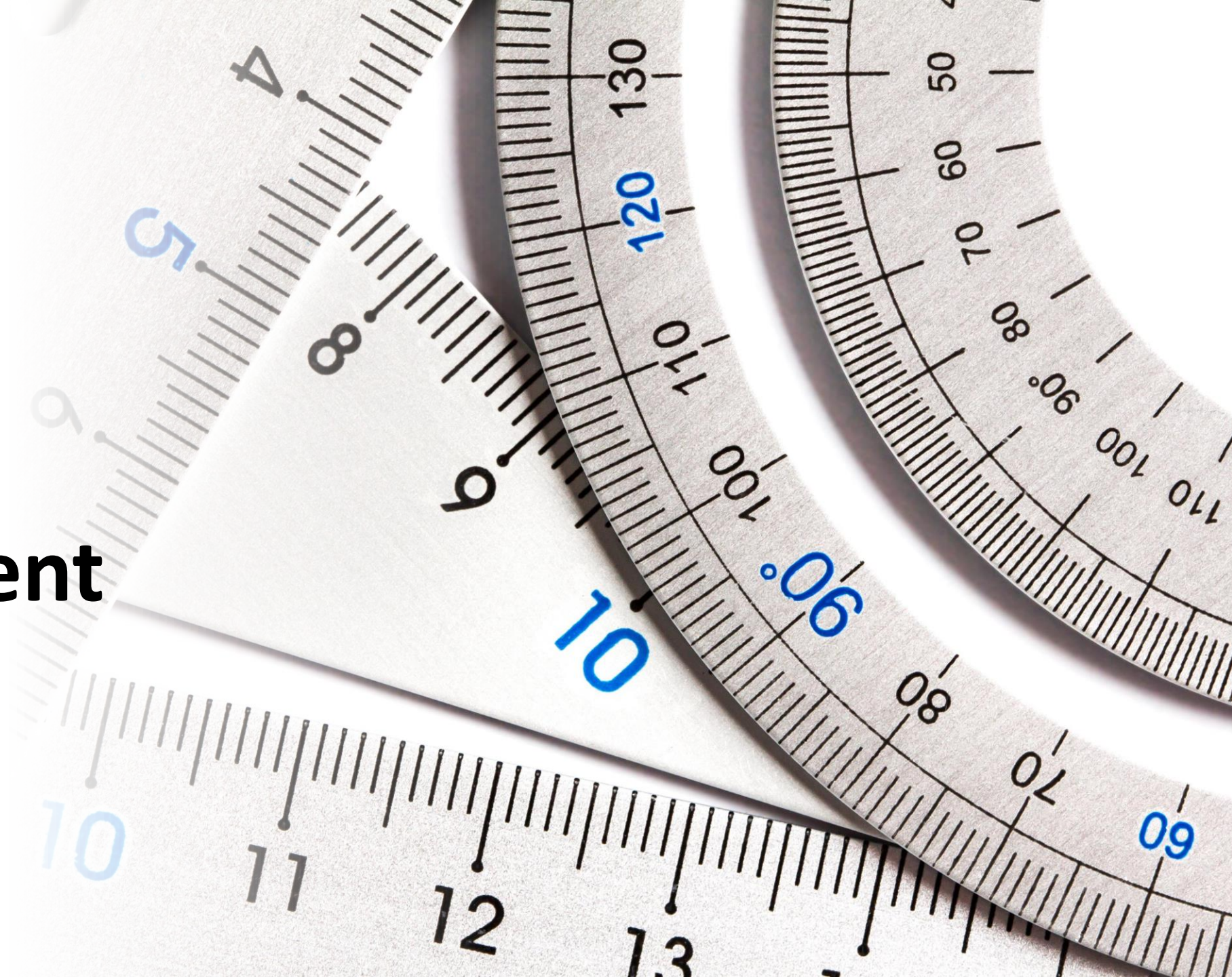
Recognize the dangerous of gambling as it relates to suicidal ideations/ attempts.

Residential Programs might find that recreational activities can attract gambling.

Medical Professionals may have less awareness the impact harmful gambling has on the healthcare system.

Engage in clinical supervision or case consultation with *The Center* and other providers.

Assessment



BIOPSYCHOSOCIAL ASSESSMENT



Medical



Legal



Family History & Cultural Traditions



Employment & Education



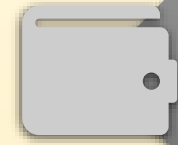
Support System



Gambling, Substance Use & Mental Health



Living Situation



Financial

Biopsychosocial Assessments: Medical



- People with gambling-related problems are more likely to smoke, consume excessive amounts of caffeine, have more emergency department visits, and be obese.
- Gamblers may not be taking medications as prescribed or able to afford their medications.

<https://www.divisiononaddiction.org/outreach-resources/gdsd/toolkit/why-screen-for-gambling-disorder>

Biopsychosocial Assessments:

Medical

- No proven medication to treat Gambling Disorder
- As many as 1 in 7 patients who take dopamine agonists experience psychological side effects like a decrease in impulse control related to gambling
- Dopamine agonists may lead to process addictions such as Gambling
 - most often used to treat Parkinson's disease (Mirapex) and Restless Legs Syndrome (Requip) but are also prescribed for other conditions.
 - Abilify, a dopamine agonist used to treat schizophrenia has also been found to increase compulsive behavior related to gambling

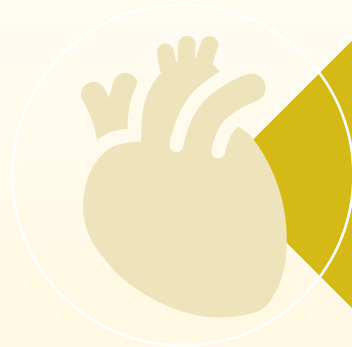
Biopsychosocial Assessments: Medical

Associated Health Issues with Problematic Gambling



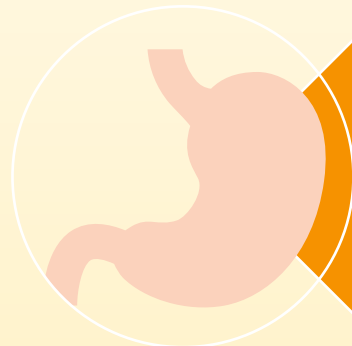
Sleep Disorders

- Linked to depression, stress, headaches, insomnia, and anxiety



Heart Disease

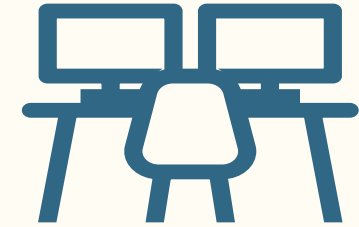
- Presenting symptoms of heart disease, high blood pressure, angina, and tachycardia



Digestive Ailments

- Malnutrition, obesity, heartburn, dehydration, and ulcers

Biopsychosocial Assessments: Employment & Education



- History of work and school performance.
- Athletic or sports involvement/
Competitiveness
- Accomplishments and successes
- Hobbies and leisure activities
- Friendships at work and school
- Employment and Military history
 - Ever in Combat?
- Have you ever missed work or school to engage in gambling activities?
- Have you ever been reprimanded at work or school for missing deadlines?
 - Appearing distracted
 - Unable to complete tasks on time
 - Often on their phone or on desktop checking statistics/odds/stock market
- Have you ever borrowed money with the intention to use it for work or school related expenses and found yourself instead, placing bets with that money?

Biopsychosocial Assessments: Legal



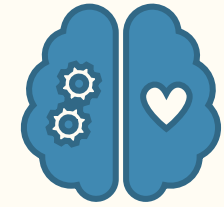
- Nearly 25% of those who gambled problematically had committed at least one illegal act, such as writing bad checks, stealing, or unauthorized use of credit cards.
 - U.S. Department of Justice has found that inmates are three to five times more likely to develop gambling problems.
- Ever been arrested for:
- Theft
 - Embezzlement
 - Domestic Violence
 - Assaults
 - VEP violation
 - Illegal bookmaking/gambling

Biopsychosocial Assessments:

Common Comorbidities



Biopsychosocial Assessments: Mental Health & Substance Use



- Family history of MH, SUD, or Gambling disorders
- Trauma history
 - Any traumatic experiences? (physical, sexual, emotional, environmental)
 - Level of awareness of trauma
 - Permission to work on trauma
- Personal history
 - Treatment attempts?
 - Ever attend a 12-step meeting?
 - Personality disorders (cluster B)
 - Suicidal ideation/ attempts?
- Stress factors
 - Coping Skills
 - Social supports

Biopsychosocial Assessments: Gambling History



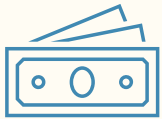
- First remembered bet?
- Largest bet/most in one day?
- When do you gamble?
- Types of gambling?
- Last bet?
- How did you learn about gambling?
- What part has gambling played in your life?
- How do you feel while gambling?
 - Before? After?
- What do you gain from gambling?
- What have you lost from gambling?
 - Financial
 - Legal
 - Family/relationship
 - Employment
 - Physical/medical
 - Mental/cognitive
 - Emotional
 - Shame and guilt

Biopsychosocial Assessments: Family & Culture



- Did gambling activities occur in your childhood household?
- Do you know of a family member that had a problem with gambling?
- Did/Do gambling activities occur in your community?
- Are there familial superstitions or beliefs pertaining to lucky numbers, colors, days of the week etc.?
- Family culture and Traditions
- Generational culture
- Neighborhood culture
- Ethnic culture
- Casinos vs. terminals vs. sports
- Culture-specific gambling games
- Feelings of community connectedness

Biopsychosocial Assessments: Financial, Support System, Living Situation



- Who managed the money in your childhood household?
- What were you taught about money during your childhood, adolescences and adulthood?



- Taken out cash advances
- Behind on bills or ignore call from creditors



- Borrowed against retirement or life insurance policies
- Borrowed against college fund or student loans

- Filed bankruptcy
- Bailouts from family/friends
- Asked for loans/ to borrow money
- Gambled to pay bills
- Become homeless
- Cannot afford to live alone
- **Money issues are the most common reason people seek treatment**
 - ✓ *Addressing financial problems should be an integral part of treatment.*

Gambling Disorder: DSM 5

Persistent and recurrent gambling behavior leading to **clinically significant impairment or distress** exhibited by **4 or more of the following in a 12-month** period and *not better explained by a manic episode*.

- Lies to conceal the extent of involvement with gambling.
- Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- Relies on others to provide money to relieve desperate financial situations caused by gambling.
- Often gambles when feeling distressed.
- Is often preoccupied with gambling.
- Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- Is restless or irritable when attempting to cut down or stop gambling.
- Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- After losing money gambling, often returns another day to get even ("chasing" one's losses).

Gambling Treatment



Gambling and Treatment

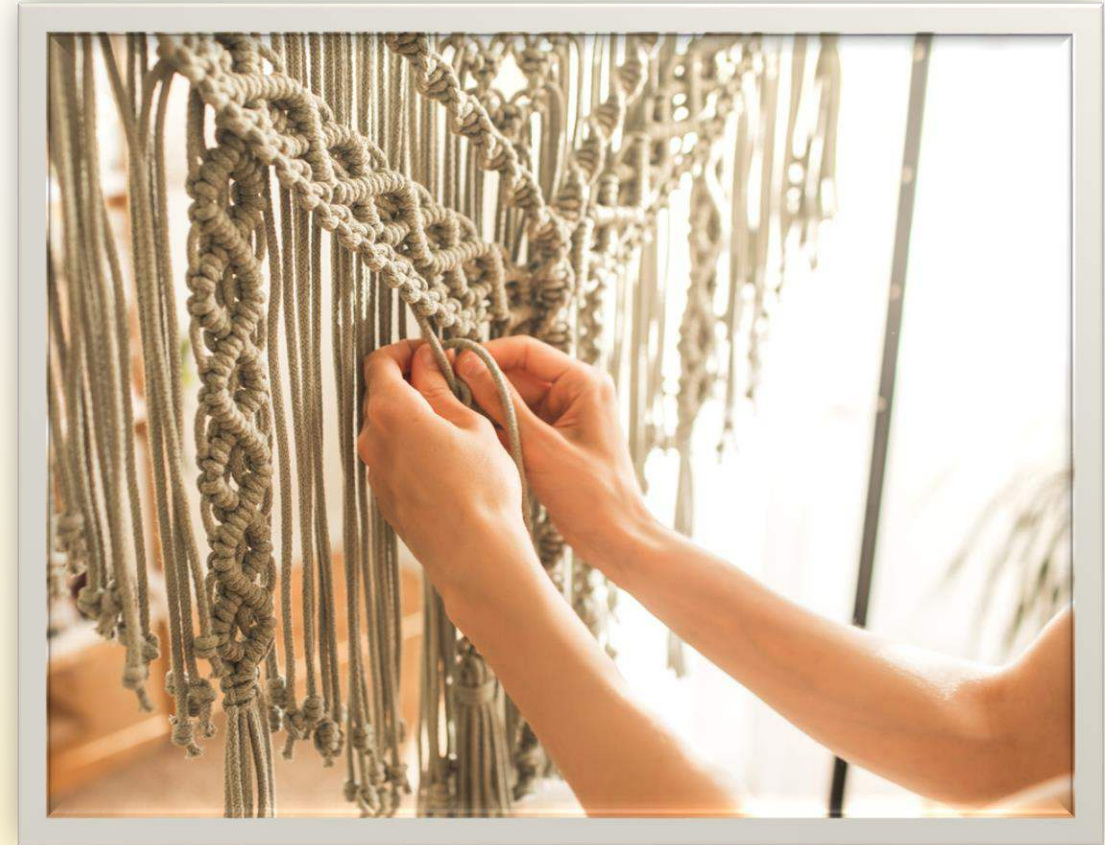
- Many gamblers never seek professional treatment, with a recent survey reporting that only 7–12% of persons with gambling disorder have ever sought treatment.
- Evidence suggests that treatment-seeking samples generally display *more severe gambling symptoms* and may be more likely to present with comorbid conditions.



Lorains, F.K., Cowlshaw and Thomas (2011)

Incorporation of Gambling into Care

- Addressing gambling and gambling problems for individuals presenting with a primary concern of a substance use or mental health disorder is ***not*** just about making a diagnosis or finding cases of problematic gambling.
- Rather this approach involves assuring that the impact of gambling on mental health and substance use recovery is ***an ongoing topic of conversation in treatment, recovery and prevention settings.***



Treatment Integration

- ✓ Cohesive treatment program
- ✓ Multidisciplinary approach
- ✓ Collaborative, concurrent SUD or MH treatment with gambling

Example:

- *Primary SUD or MH treatment with complementary and/or intermittent gambling treatment*
 - *Primary gambling treatment with adjunctive SUD or MH treatment followed by primary SUD or MH treatment*
- ✓ Avoid Ping-Pong Treatment



Treatment Guidelines

- Assume that clients are the experts on their own trauma and life experiences.
- No matter how much training or expertise you have, the client always knows what they have been through better than anyone.
- Create opportunities to listen and learn from their wisdom whenever possible.



Models Utilized for Gambling Treatment

- ✓ Transtheoretical Model
- ✓ Motivational Interviewing
- ✓ Cognitive Behavioral Therapy
- ✓ Solution Focused Brief Therapy
- ✓ Narrative Therapy
- ✓ Reality Therapy
- ✓ Mindfulness Based Interventions
- ✓ Self-Help Interventions
- ✓ Family Interventions



Weighted Analysis



- Benefits of Gambling

- I have fun when I gamble.
- I love the feeling of excitement when I gamble.

- Benefits of Not Gambling

- I would have more money for other things.
- I would have more time to spend with people I care about.

- Costs of Gambling

- I am heavily in debt.
- I am depressed and anxious.

- Costs of Not Gambling

- I will have to face responsibility.
- I will have to somehow fill my time.

Promote Responsible Play: Strategies for Harm Reduction

<https://responsibleplay.org/>

❖ Money

- Never borrow money to gamble.
- Don't gamble money you can't afford to lose.

❖ Know the Game

- Make sure you understand the odds and house edge.

❖ Team Up

- Consider teaming up with a friend to help each other stick to your personal betting plan.

❖ Make a Plan

- Know how much you're willing to lose and how long you want to play – *set limits of time and money.*
- Set a timer on your phone to keep track of time spent betting.

❖ Promote Exclusion Programs

❖ Mobile Bettors:

- Set deposit limits, loss limits, and wager limits on daily, weekly, monthly maximum amounts.

Find ways to connect with your community and Help Yourself!

- Volunteer
- Take a class, Learn something new
- Spiritual, Faith or Religious Groups
- Find Local Events:
 - MeetUp: <https://www.meetup.com>
 - EventBrite: <https://www.eventbrite.com>
 - Facebook Groups/ Events
 - Web Search: “Things To Do”

Maryland's No Cost Treatment

If you or any member of your family is struggling with gambling addiction, help and counseling is available for Maryland residents at no cost regardless of insurance coverage or ability to pay.

<https://www.mdproblemgambling.com/find-a-counselor>

The Maryland Department of Health Behavioral Health Administration, in collaboration with Optum Maryland, will reimburse providers and private practitioners for providing therapeutic gambling services to Maryland individuals and their loved ones struggling with gambling disorder.

<https://www.mdproblemgambling.com/provider-referral-network>



GAMBLING RESOURCES

GAMBLING HELPLINE: **1-800-GAMBLER**

Gam-Ban

<https://gamban.com/>

Bet Blocker:

<https://betblocker.org/>

True Link:

<https://www.truelinkfinancial.com/>

National Suicide Prevention Lifeline:

<https://988lifeline.org/>

1-800-273-8255 or **988**

National Council on Problem Gambling

<https://www.ncpgambling.org/>

Gamblers Anonymous

<https://www.gamblersanonymous.org/ga/locations>

Gam-Anon

<https://gam-anon.org/>

SMART Recovery

<https://www.smartrecovery.org/gambling-addiction/>



The Maryland Center of Excellence
on Problem Gambling

MARYLAND RESOURCES

Gambling Helpline: 1-800-GAMBLER



Maryland Center of Excellence on Problem Gambling:

- mdproblemgambling.com
- helpmygamblingproblem.org
- asiangamblingsos.org
- militarygamblesafe.org

Maryland Coalition of Families:

<https://www.mdcoalition.org/who-we-help/problem-gambling>

Local GA Meetings:

<http://dmvgamblinghelp.org>

Maryland 211, press 1: Crisis Hotline

Maryland Legal Aid:

<https://www.mdlab.org>

Maryland Volunteer Lawyers Service

<https://mvlslaw.org/>

Consumer Credit Counseling Services of Maryland:

www.cccsmd.org

CASH Campaign of Maryland

(Creating Assets, Savings and Hope):

<https://cashmd.org>

Ways the Center Provides you Support



Free!

- Free Gambling Related Trainings with CEUs
- Free Case Consultation Calls 4xs a month on Zoom
- Free Peer Support: 1:1 and Group Presentations
- Free Treatment for Maryland Residents
- Free Awareness Materials for your lobby or offices
- Free 24/7 Confidential Helpline: **1-800-GAMBLER**

Quotes

“A wise man changes his mind;
a fool never does” ~ Proverb

“Any change, even a change for
the better, is always accompanied
by discomfort” ~ Arnold Bennett

“The great aim of education is not
knowledge, **but action**”
~ Herbert Spencer



Problem Gambling Screening Guide

Guidelines for Integrating Gambling Screening
and Assessment into Current Practice

A Toolkit for Behavioral Health
Providers and Medical Professionals

1-800-GAMBLER

CALL/TEXT/CHAT 24-7
FREE AND CONFIDENTIAL

Thank
You

Kristen Beall
LCSW-C, ICGC-I, CAC-AD
Clinical Manager
Pronouns: she/her



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References

- <https://www.divisiononaddiction.org/outreach-resources/gdsd/toolkit/why-screen-for-gambling-disorder/>
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- <https://www.healthline.com/health-news/parkinsons-drugs-may-lead-to-compulsive-gambling-102014#The-Tip-of-the-Iceberg>
- <https://responsibleplay.org/>
- <https://www.samhsa.gov/sbirt>
- <https://www.addictions.com/gambling/5-alarming-gambling-addiction-statistics/>
- <https://health.gov/healthypeople/priority-areas/social-determinants-health>
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