



Women & Young People training programme

Workbook for participants

Contents:

Topic	Learning objective
GamCare and our services	Summarise the services GamCare can provide for problem gamblers and their affected others
The Gambling Continuum	Define at risk/problem gambling and understand the distinction between the two
Causes of problem gambling	Identify some of the risk factors and common beliefs that can lead to problem gambling
What problem gambling looks like	Understand how problem gambling can occur, manifest and impact a person's life
Gambling related harm: self	Understand how problem gambling impacts the gambler themselves
Gambling related harm: affected others	Understand the impact of gambling on affected others
Indicators and warning signs	Identify warning signs and/or indicators of problem gambling
Intervention: Brief Advice	Identify where to signpost to and give brief advice to a gambler
Signposting: gambling support services	Identify where to signpost to for problem gamblers and affected others
Case studies	Make an assessment of how to intervene in a particular case

GamCare and our services

GamCare is an independent charity. We are the leading provider of information, advice, support and free treatment for anyone affected by gambling-related harm across Great Britain. We provide both face-to-face, online and telephone support.



GamCare uses five guiding principles in all its work:

1. A Recovery Based Approach
2. Safe, Effective Services
3. Service User Choice
4. Evidence Based Practice
5. Stepped Care

Notes

What are your 'light bulb moments' from this session?

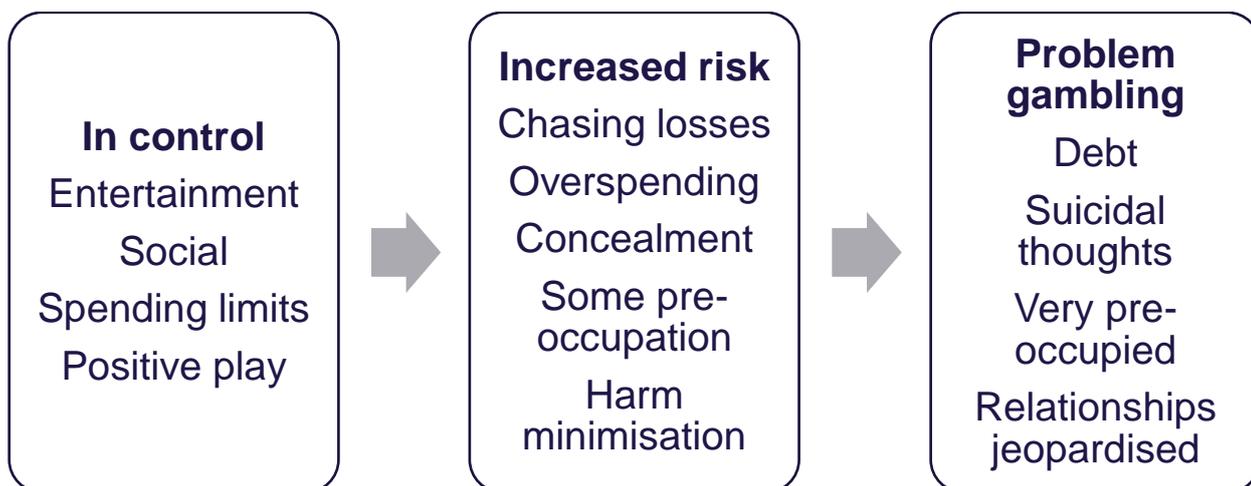


The Gambling Continuum

Definitions:

- **Gambling** is often a fun leisure pursuit, and involves playing games of chance for money or material goods.
- **Problem gambling** is an urge to gamble continuously despite harmful consequences or a desire to stop.

Under one percent of gamblers identify as problem gamblers (almost 600,000 people¹), with a further four percent identifying as low or moderate risk gamblers².



¹ <https://www.imperial.ac.uk/news/176745/gambling-addiction-triggers-same-brain-areas/>

² <http://live-gamblecom.cloud.contensis.com/PDF/survey-data/Gambling-participation-in-2017-behaviour-awareness-and-attitudes.pdf>

Notes

What are your 'light bulb moments' from this session?



What do we know about women and problem gambling?

'...many female gamblers in the UK never engage with counselling. Between 2013...and 2015, 208 initially applied for online counselling, but 74% dropped out before their assessment. However, once an assessment had been confirmed, 92% attended and 84% went into counselling'³

Only 41% of women who call the National Gambling Helpline are seeking support for their own gambling⁴

A larger proportion of men (51%) have participated in any form of gambling than women (41%)³

Online participation was higher among men (23%) than women (15%) during 2018⁵

A higher proportion of women gamble to win than men (49% and 42% respectively), and men are more likely than women to participate in gambling for fun and enjoyment (34% and 23% respectively)³

The majority of callers to the National Gambling Helpline and Netline were gamblers (76%), and the majority of gamblers who disclosed a gender were male (91%). This is a consistent trend over the previous five years. (GamCare 2018).

The majority of clients entering treatment were gamblers (90%), and the majority of gamblers who disclosed a gender were male (98%). This is a consistent trend over the last five years (GamCare 2018)⁶

34% of callers to the National Gambling Helpline between April-June 2019 who gave a gender were women²

³ Bowden-Jones, H and Prever, F. (2017) Gambling Disorder in Women, An international Female Perspective on Treatment and Research. Oxon, Routledge, p. 224

⁴ GamCare (2019)

⁵ Gambling Commission (2019) Gambling participation in 2018: behaviour, awareness and attitudes; Annual report

⁶ GamCare (2018) <https://www.gamcare.org.uk/app/uploads/2019/03/Briefing-Paper-GamCare-Annual-Statistics-2017-18.pdf>

What do we know about young people and problem gambling?



13% of young people surveyed have ever played online gambling style games.

- Fruit/slot machines
- Bingo
- Casino games
- Poker

Three quarters of young people surveyed who gambled online (inc. National lottery games) used a parent/guardian's account with their permission.

One quarter gambled WITHOUT permission.



40% of young people surveyed played online games first without money.
25% of them with money first. 36% never gambled for money.

39% of young people surveyed played online gambling style games using an app. 18% of them using Facebook and other social networking apps. 15% of them using Facebook and other social networking sites.



54% of young people surveyed are aware of paying money or using in game items to open loot boxes/crates to get other in game items with the game they are playing. 31% have ever used it.

15% of young people surveyed are aware of betting with in-game items on websites outside of the game/privately with friends. 3% have ever used it.



Causes of problem gambling

Problem gambling occurs for several reasons.

Firstly, there are certain risk factors that make an individual more prone to becoming a problem gambler. These include situational factors, such as problem gambling amongst peers or substance misuse issues, and also include historical factors such as inconsistent parental discipline and socioeconomic vulnerability.

Problem gambling can also be explained by common beliefs that occur in some people, making them less self-aware about their gambling and more prone to risky gambling behaviours. Common beliefs change the player's perception of their likelihood of winning and cause them to make irrational decisions about their gambling.

Problem gambling can be scientifically explained by the build-up of dopamine releases from excessive gambling. This makes the gambler learn to experience the pleasure that comes from a dopamine release. They can also experience withdrawal symptoms if they don't get their 'hit'.

Notes

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Gambling related harm: self

Problem gambling has huge negative impacts which affect the gambler and others in their lives. The impacts to the gambler can be:

- Financial – including loss of savings, borrowing money, and even stealing from family members
- Physical – including mood disorders, suicidal ideation, stress-related health problems
- Social – including violent or antisocial behaviour, loss of work, substance misuse

Notes

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Gambling related harm: affected others

It's not just gamblers who need support. Being affected by someone else's gambling problem can have a significant impact on quality of life.

The impact on affected others is wide-ranging and includes isolation, shame, loss of trust and financial problems. Gambling addiction can also impact children in a damaging way.

Data from Citizens Advice paper, 'Out of luck: an exploration of the causes and impacts of problem gambling' (2018):



Notes

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EXERCISE –video clip

How are the people's lives impacted by problem gambling?

Indicators and warning signs

There are nine signs identified in the Diagnostic and Statistical Manual of Mental Disorders (DSM-V)⁷ that enable us to judge the severity of an individual's gambling. These are:

1. **Tolerance:** Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
2. **Withdrawal:** Is restless or irritable when attempting to cut down or stop gambling.
3. **Loss of control:** Has made repeated unsuccessful efforts to control, cut back or stop gambling
4. **Preoccupation:** Is often thinking about past gambling or planning to gamble
5. **Escape:** Often gambles when feeling distressed
6. **Chasing:** After losing money gambling, often returns another day to get even
7. **Lying:** Lies to conceal the extent of involvement with gambling
8. **Risked relationships:** Has jeopardized or lost a significant relationship, job or educational or career opportunity because of gambling.
9. **Bailout:** Relies on others to provide money to relieve desperate financial situations caused by gambling

The guidelines suggest that problematic gambling behaviour is indicated by the individual exhibiting four or more of the DSM-V indicators within a 12 month period.

Current severity is explained as *mild* if only 4-5 of the above criteria are met, *moderate* if 6-7 are met, and *severe* if 8-9 are met.

Notes

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⁷ American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders* (5th ed.). Washington

EXERCISE – Michael's Story

"The bookies let me in as look older. I am gripped and I think every I have gambled on sports everyday since I started! I must have lost thousands. I work hard for my money week in week out at a restaurant. I am saving for uni but my money just disappears on betting! With all my gambling I try to do it with a friend so it's less likely to get out of hand.

Won over £1000 and tried not to spend that on more gambling. I then lost over £1000 a few month ago in the space of a week. I realised I needed that money back so gambled again thinking I would win, and this past week has been the worst of my life. I have lost £600 in one hour and borrowed £200 from a friend.

I am going to try and keep a diary on here as much as possible, and talk to my mates about it. Work should keep me busy but I need to defeat this problem now before it defeats me!"

What was initially a pastime and a way of earning a few extra pennies has gradually developed into an unhealthy obsession where I go on multiple hour long binges betting on any sport under the sun. I have good knowledge of sports and I'm a keen follower of the NBA, world cricket and tennis.

A saying that has stuck with me from this forum is "we can't win because we can't stop." I believe this is always the issue and is rooted somewhere in our psychology. Even when we are winning we are so wrapped up in the thrill of it all that we continue until we have lost it all. If I stuck to the sports I had genuine interest and understanding of and was disciplined with my staking maybe just maybe could I have made a wee bit. But would that be worth it? Absolutely not it's a horrible way to spend your time and devalues what life is all about.

When in the zone and reluctant to come down I'd bet on absolutely anything and suddenly become an expert in baseball and random other events that were knocking around in-play. This process warps our thought patterns and makes us irrational losers, we shouldn't give it the light of day. I haven't gambled since Friday when I lost a grand over the course of the day. I've been to that dark place one too many times now, when you come around from that zone and human emotion returns. The feeling of regret, self loathing and guilt.

Today is day 3 for me and it was good to not be reaching for my phone every couple of minutes at work to see if the score had changed on some random Lithuanian basketball game. That feeling of anticipation is so addictive yet I'm sick of it. I felt calmer today at work, I'm quite an anxious guy at times any way and gambling definitely makes that more prevalent. I'm done with popping to the loo to check my bet slips and whether I should cash out during a tie-break. I've done this on nights out, at parties. Why? This habit disconnects us with everything that matters. I'm determined to get through this month and get back on my feet. I have ambitions to move out and that'll never happen if every time I get financially stable then gambling comes through and sucker punches me. Why did we buy the lie?"

Lauren's story

"I have reached the end of my tether with my husband's gambling...He has no desire to stop.

He has changed so much during the course of our 7.5 year relationship. He has gambled for a long time, starting way before I became a part of his life...Yet he kept his gambling addiction a secret until he got himself into trouble over it again and had to tell me. I have to admit that if I knew, I would have thought very hard about getting involved with him and probably wouldn't have. It has been the white elephant in our relationship ever since.

I resent his gambling. He physically lights up and is animated when discussing what it does for him, how it makes him feel and describes it as the only thing that keeps him going in life. He never describes me or our children in that way. He's only nice to me when he wants money.

He is quite nasty and verbally and emotionally abusive towards me. When his bets go down, like ALL the time, it's my fault. If I don't give him more money he refuses to take me shopping or the kids to school, or threatens to make my life h**l for the next "X" amount of days. If I do give him the money he wants and his bet goes down that's my fault as well....I just can't win! He has been throwing things around the house, damaging walls, doors and breaking things. I have been scared when he's been like this. His verbal aggression is hard to take.

It's now so bad it's making me ill. I vomit from anxiety, suffer insomnia, dry heave constantly, tummy pains and headaches almost daily...The police have been involved twice, once ending up in court bound over to keep the peace for 12 months...

So, I'm now at the point where I'm questioning my ability to stay in this marriage any more. Stupid me, I always had hope that I would mean more to him one day, that it would be me he couldn't live without not his gambling. That hope has gone, replaced with fear, anxiety and complete despair.

(I have taken control of finances....everything is in my name, he has an "allowance" of sorts on a weekly basis but demands more, we are living on benefits and have a child who is autistic so I am classed as her carer....plus 2 other children aged 4&5 yrs old. We are not known to child services).

I know I'm not the only wife in the world dealing with this and some deal with worse. I am alone. I have no family to turn to and only a handful of friends. I'm not allowed to speak of his gambling as it is his private business so no one really has any idea what's been going on. He will not allow me to go to counselling either so will have to figure this out alone. Please tell me there will be a light go on somewhere coz it's dark right now and I can't see any way out. I feel trapped and alone."

Intervention: Brief Advice

Brief Advice involves a short conversation (less than 5 minutes) in which you provide resources and signpost the individual to further support, or direction to the GamCare website where the individual can access further information.

What is **Brief Advice**?

1. Passing on gambling support resources
2. Direction to GamCare website
3. Short conversation, less than 5 minutes

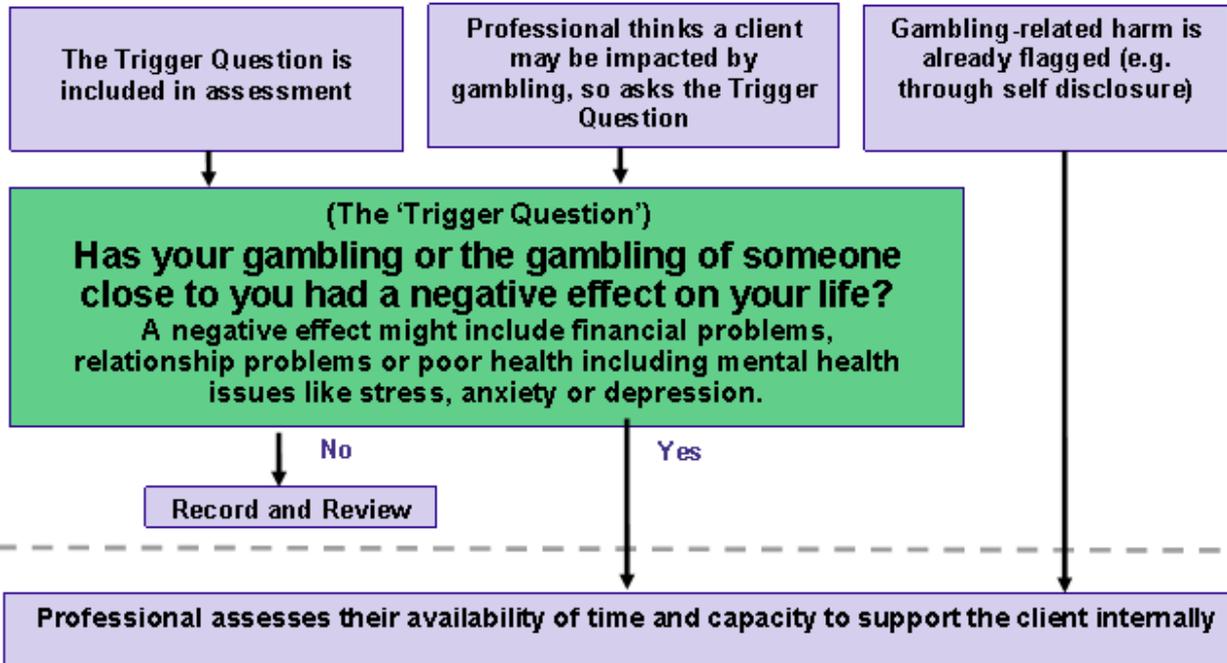
What resources do you have that you could use for Brief Advice?

Where would you signpost a gambler to?

Notes

What are your 'light bulb moments' from this session?



GUIDE FOR PROFESSIONALS REFERRING ADULT CLIENTS
Step 1: IDENTIFICATION

Step 2: INTERVENTION AND REFERRAL

If you only have limited time to spend with your client, you should:	<ol style="list-style-type: none"> 1. Reassure that support is available and provide information and resources, available for free from GamCare or www.gamcare.org.uk. 2. Signpost to support: <ul style="list-style-type: none"> ◆ The National Gambling Helpline, which is Freephone and open 24 hours a day - 0808 8020133 or via web chat at www.gamcare.org.uk ◆ Refer (referral form overleaf) into treatment 3. If you would like advice or support from another professional, please contact your local outreach officer, treatment team or the HelpLine.
If you have some time to explore their gambling further, as well as the actions above , you could also:	<ol style="list-style-type: none"> 4. Complete a short screening tool, such as the GAST-G - In the last 12 months have you: <ul style="list-style-type: none"> ◆ Bet more than you could really afford to lose? ◆ Been criticised for your betting, or been told that you have a gambling problem? ◆ Felt guilty about the way you gamble, or what happens when you gamble? ◆ Been affected by someone else's gambling? 5. Deliver a Brief Intervention (a short, focused conversation) - free training is available for any professional on how to do this
If you have more time , particularly if you already have a relationship with the client, as well as the above , you could also:	<ol style="list-style-type: none"> 6. Support your client to complete the GamTest (an extended self-assessment screening tool) instead of conducting the GAST-G. GamTest is available on www.gamcare.org.uk/self-help/self-assessment-tool/ 7. Proactively supporting your client in accessing treatment

- This process is a guide; there is no 'wrong door' into treatment and support services.
- Your client may be impacted by either their own or someone else's gambling, or both.
- We are here to help - if you have any questions your local treatment service, Outreach Officer and the National Gambling HelpLine are available to support you as well as your client.
- In the case of immediate concern for the client's welfare (e.g. suicidality), please refer to an appropriate service (e.g. the emergency services).

Identification Tier One Screening tools

Score = 0

Social



Prevention
Education, Positive
Affirmation

Score = 1-2

Moderate



Tier Two
Brief Intervention,
Brief Advice

Score = 3+

Severe



Tier Three
GamCare,
Gordon Moody,
GP

Signposting – Gambling support services

GamCare support services

GamCare is the leading national provider of information, advice, support and free treatment for anyone affected by problem gambling. Our expert services are confidential and non-judgemental.

Find out more at gamcare.org.uk

The National Gambling HelpLine

The National Gambling HelpLine, run by GamCare, is free to call **on 0808 8020 133** or people can chat to an Adviser on our NetLine (www.gamcare.org.uk/frontline-services/netline). We provide live, confidential, one-to-one information, advice and emotional support, plus we can signpost to further sources of specialist help, including our treatment services across the UK.

Our HelpLine and NetLine services are available seven days a week, between 8am - midnight. Advisers are specifically trained and can discuss what options are available, and they can offer coping strategies to those who want to change their gambling behaviour.

GamCare Forum

Our online Forum and Chat Rooms (www.gamcare.org.uk/forum) are available to anyone who wants to share their experiences. Threads include an area for new members, for supporting a problem gambler, recovery diaries, and information about Gamblers Anonymous and Gam-Anon meetings.

Treatment Services

We also offer individual face-to-face and online treatment – see www.gamcare.org.uk/support-and-treatment/free-treatment for more information.

Services for Young People

BigDeal is GamCare's information website for young people who want to know more about gambling or who are affected by problem gambling – see www.bigdeal.org.uk

Other gambling support services

- The **Gamblers Anonymous** treatment model is based on the 12-step recovery system with steps designed to promote abstinence and facilitate the process of recovery.
- **Gam ANON** holds meetings for carers/loved ones/affected others
- **Gordon Moody Association** is a residential support service based in Dudley, Beckenham (south east London), with an initial two-week assessment followed by 12 weeks of residential treatment.
- The **National Problem Gambling Clinic** is a London-based support service that aims to advance existing models of treatment and develop new models of psychological therapies for gamblers.
- **StepChange Debt Charity** provides debt counselling, realistic advice and a Debt Management Plan with no fees attached

Resources for affected others

- Relate
www.relate.org.uk/
- Gam-Anon
www.gamanon.org.uk/
- Citizens Advice (free legal advice, protecting finances)
www.citizensadvice.org.uk/
- Step Change Debt
www.stepchange.org/
- Forum
www.gamcare.org.uk/forum/
- Restricting Access to Money: Handing over financial Responsibility
Monzo, Barclays, Starling have settings to limit gambling access.

