

Gambling Not just another addiction

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TWO-UP: WHEN AOD AND GAMBLING ISSUES CO-OCCUR



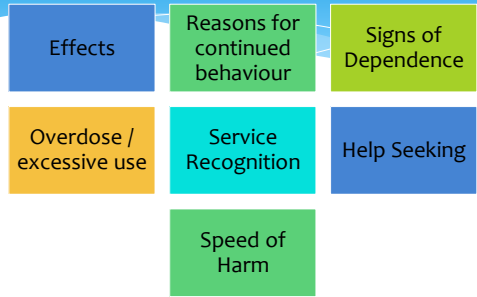
Presentation focus

What workers need to consider

Types of Gambling



Similarities / Differences



AOD & Gambling

- * More severe AOD use linked with more severe gambling issues & vice versa
- * Poly drug use increases risk of problem gambling
- * PG linked to increased impulsivity, anti-social behaviour & lowered anger control
- * Early gambling onset linked to multiple addictions
- * Poor impulse control linked to greater gambling issues
- * AOD/Gambling linked with MH issues

Secrecy & Stigma

The reason people do not easily access help for problem gambling



Worker's views

AOD Workers

- * Screen but don't often follow up
- * Lack confidence
- * Label
- * Seen as loss of control over money and self
- * No understanding or reflection as to why this issue is occurring
- * Seen as debt not addiction
- * Less severe
- * Impact on family
- * Difficult to address cognitive distortions

Carroll A., et al., Stigma and help-seeking for gambling problems. 2013, Centre for Gambling Research, The Australian National University: Canberra.

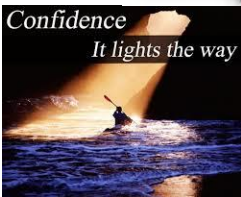
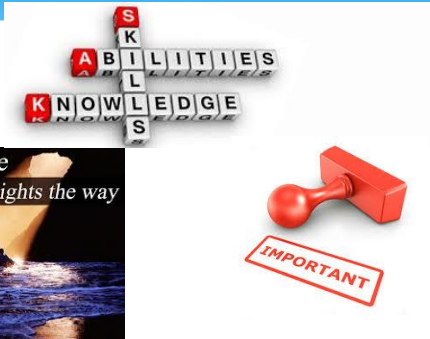


Gamblers' view of stigma

- * Shame & embarrassment
- * Guilt
- * Feel stupid

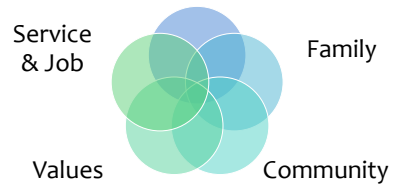


How do we address it?



Importance

Outcomes



Confidence

- * Training
- * Knowledge
- * Skills
- * Practice



Slots and Shots

- * Why people gamble
- * Types of gambling
- * Prevalence in general community / AOD treatment
- * Indicators of problem gambling
- * Pathway Model
- * Harms
- * Similarities/Differences
- * Neurobiology
- * Screening
- * Assessment
- * Strategies for working with co-occurring AOD/Gambling issues
- * Referral



Values

- * Gambling
- * Money
- * Luck
- * Winning
- * Losing
- * Risk

Exploring our own values

What gambling do you do? Why?

How important is financial security to you?

How do you feel when you win or lose?

Are some people luckier than others?

How did you learn about gambling and money?

Does luck run out?

Do you like the feeling of taking risk?

Dealing with Irrational Beliefs

- * Illusion of control
- * Superstition
- * Over/under estimating own skill
- * Gambler fallacy – past controls the future
- * Chasing losses – due to change

Skills

* AOD clinicians already have these

Pharmacology (Naltrexone)	Withdrawal
Residential Rehabilitation	
Counselling	
Motivational Interviewing	CBT
Relapse Prevention	Harm Reduction
Delay, Distract, Decide	Mindfulness
Family inclusion	Other

Gambling Cycle

Desire to Escape

Boredom
Anxiety
Remorse
Regret
Depression
Frustration
Anger

Desire to escape emotions → Desire for quick money → Gambling → Win → Chasing Losses → Financial &/or Emotional Crisis → Desire to escape emotions

Desire to Win

Excitement
Fun
Relief
“In the zone”

Escape, Secrets, Lies, Denial, Blame

Gambling Square

Suicide Risk Assessment

Gambling related suicide

- * 128 in 12 years
- * 84% men
- * Highest risk 30-39 years for men & women
(Vic. Coroners Court 2013)
- * 1 in 5 suicidal patients had problem gambling issues
(Alfred Hospital)



Follow Up

Self Reflection

What would you need to be more confident in discussing gambling with a client?



Bringing up the issue

- * Screening tools
- * Asking indirectly
- * Asking directly

Tying it together

- * Working holistically
- * Treatment planning
 - * Referral

Summary

- * Types of gambling
- * High correlation between AOD & Gambling
- * Clients less likely to disclose – STIGMA
- * Awareness of your own values helps the client
- * Strategies for working with clients



Resources

Slots and Shots – Gambling Resource for AOD Workers

Available 19 November 2015

- * www.odyssey.org.au
- * www.sandas.org.au
- * www.nceta.flinders.edu.au

Gambling Skills Set

- * Accredited Training
- * www.odyssey.org.au



