

# Problem Gambling Services



## Announcements



Oregon Department of Human Services

Addictions and Mental Health Division

### October 2008

As part of our PGS Action Plan process you asked for more communication, so here's the second issue of our e-newsletter. Each month we'll use it to highlight important updates and information. As always, we welcome your feedback and suggestions on this and any other aspects of our program.

Paul D Potter, PGS Manager



**Reminder:** there are no regular PGS meetings scheduled until after the first of the year.

-Instead, we will be initiating several short term workgroups to help bring our Action Plan to life, and using this newsletter to keep you informed about PGS-related issues.



**-The Next State-wide PGS WebMeeting is Feb.13<sup>th</sup> 10-12noon**



**Staff changes?** please notify Patricia ASAP so we can keep our records current!

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### Gambling Counselor Pre-Certification Courses

Lewis and Clark College is offering the 30-hour, 30 CEU problem gambling pre-certification course in two formats now! One series, which is the traditional classroom style, meets at Lewis and Clark College on Saturdays starting in January (for more info or to register go to <http://www.lclark.edu/dept/ccps/gambling09.html>). The other series, which starts in March, is a new format involving two classroom meetings with coursework in between done online (for more info or to register go to <http://www.lclark.edu/dept/ccps/onlinegambling.html>). The content and cost (\$195) is the same for either series.

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### T or F? “There are no evidence-based practices (EBPs) for problem gambling.”

~~False: EBPs such as Cognitive Behavioral Therapies, Motivational Enhancement Therapy, and Relapse Prevention have been shown to be effective in treating problem gamblers. Research has also shown that GEAR, the minimal intervention option we offer, is an effective treatment methodology. When we say there are no EBPs, we are creating a false impression of the effectiveness of gambling treatment.~~

### Older Problem Gamblers May Face Greater Suicide Risk Than Younger Counterparts, Study Finds.

Compared to their younger counterparts, older problem gamblers who ask casinos to bar them

from returning are three to four times more likely to do so because they fear they will kill themselves if they don't stop betting, according to a new study

Key Point from the study:

- Older adults (>age 55) gambled an average of 17 years before "self-exclusion", twice the length of time reported by other groups.
- Nearly 14% of older adults sought help because they wanted to prevent themselves from committing suicide.
- Older adults are more likely to prefer non-strategic games, such as slots, VLT and lottery tickets.
- Older adults began gambling as a later age than other groups.
- Older adults are less likely to receive mental health treatment.

You can download a copy of a summary of this report at: <http://www.apa.org/releases/gamblers0908.html> or the complete report is published in the September issues of *Psychology and Aging*.

### Problem Gambling Services Staff

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DHS Problem Gambling Services web site: <http://www.oregon.gov/DHS/addiction/gambling.shtml>

