



March 2022

**Gambling Disorder Screening Day
March 8, 2022**

**A Screening Guide for
Behavioral Health Providers**



*The Maryland Center of Excellence
on Problem Gambling*



Introduction and Overview

Problem Gambling Awareness Month (PGAM), held each March, is a grassroots public awareness and outreach campaign created and sponsored by the National Council on Problem Gambling (NCPG) to educate healthcare professionals on problem and disordered gambling. The focus is to elicit discussions and to “*Have the Conversation*” about the risks of gambling, the signs of gambling addiction, and the resources available nationally and here in Maryland to provide help, hope and recovery for individuals and their families.

MARCH 8, 2022 Gambling Disorder Screening Day, an annual one-day event on the second Tuesday in March, was developed by NCPG and the Cambridge Health Alliance Division on Addiction to educate and support health care providers in screening for Gambling Disorder. Screening can help individuals identify who should seek further assessment and treatment for gambling-related problems.

The PGAM screening guide was developed to encourage healthcare providers to screen clients for problem gambling. This guide provides the tools and resources to integrate the screening of Problem Gambling/Gambling Disorder into your agency’s current processes and protocols.

This March, we invite you to join us in promoting **AWARENESS** of problem gambling and taking **ACTION** to **SCREEN** for Gambling Disorder, providing help and hope to Maryland residents who struggle with this hidden addiction.

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Included in this Guide:

- ✓ How to Integrate
- ✓ How to Screen
- ✓ How to Engage
- ✓ Resources
- ✓ DSM 5 Handout
- ✓ Brief Screen Handout
- ✓ PG Reimbursement Program Handout
- ✓ Peer Support Program Handout
- ✓ Awareness Materials Order Form

ACKNOWLEDGMENTS

This Guide is a compilation of information provided by the National Council on Problem Gambling (NCPG), The Cambridge Health Alliance Division on Addiction, other national and local agencies, and The Center.



INTEGRATE Problem Gambling/Gambling Disorder into Current Protocols

The Center is committed to increasing the ability of behavioral health providers and prevention programs to address gambling, problem gambling and gambling disorder through enhanced screening, assessment, awareness, intervention, recovery and health promotion strategies. To understand the impact of gambling behaviors on recovery, health and well-being; having the conversation about gambling making it a relevant topic of conversation within communities and organizations.

GAMBLING: the act of risking something of value, including money and property, on an activity that has an uncertain outcome.

Defining Gambling Clinical Terms:

Recreational Gambler: Someone who is able to maintain control over amounts of time and money spent gambling and who does not experience any adverse effects from gambling.

At Risk Gambler: Someone who is at risk for becoming a problem or pathological gambler because:

- a. they evidence some adverse consequence(s) from gambling but no symptoms of loss of control; OR
- b. they evidence some symptoms of loss of control but no adverse consequences; OR
- c. they evidence some adverse consequences and loss of control, but not at a level sufficient to meet criteria for problem or pathological gambling; OR
- d. they have a gambling frequency and/or expenditure that is significantly above average (especially in the context of their employment status, income, and debt).

Problem Gambling: Characterized by difficulties in limiting money and/or time spent on gambling (impaired control) which leads to adverse consequences for the gambler, others, or for the community. (Neal, 2005). This has never been an official diagnostic category.

Gambling Disorder: Current DSM-V diagnosis. (*DSM-V description included in this Guide*).

Pathological Gambling: DMS-IV diagnosis.

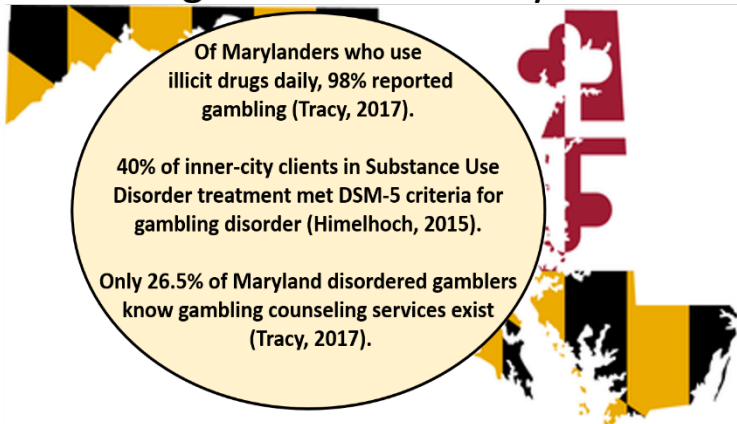
Compulsive Gambling: Terminology used in Gamblers Anonymous and commonly in non-clinical settings and contexts.



Why address Gambling Behavior in Substance Use and Mental Health Programs?

1. Individuals with Substance use and mental health disorders are at **higher risk** for having a gambling problem.
2. Gambling (even at moderate levels) may have an **adverse impact** on health and treatment outcomes.
3. Unaddressed gambling and gambling problems are likely to add to **treatment costs and service utilization**.
4. Gambling may become an **addiction** for individuals recovering from substance use disorder.
5. Gambling can be a **relapse risk factor**.
6. Gambling and problem gambling may **exacerbate psychiatric symptoms**.
7. **Relationship violence and child abuse** are correlated with problem gambling and severely aggravated if substance use is involved.

Gambling Disorder in Maryland



Types of Gambling:

- ✓ Bingo
- ✓ Card/table games
- ✓ Horse betting
- ✓ Internet gambling (poker/bingo sites)
- ✓ Lottery games, scratch offs
- ✓ Raffle tickets
- ✓ Slot machines/VLT's
- ✓ Sports Betting
- ✓ Stock market speculation
- ✓ Other games (betting on pool, bowling)

[CLICK HERE](#) to Access Online Training Modules – Part I and Part II
Integrating Problem Gambling into Substance Use Disorder and Mental Health Treatment

This on-demand training is designed for counselors, educators, prevention specialists, and other health care and social service providers to address problem gambling. **Part I** focuses on **strategies for screening for gambling problems** and initiating conversations regarding the impact of gambling and problem gambling on recovery, health, and well-being. **Part II** focuses on making gambling and problem gambling relevant topics of conversation within Substance Use Disorder and Mental Health treatment settings.



SCREEN for Problem Gambling/Gambling Disorder

Why Screen:

- ✓ Problem Gambling/Gambling Disorder can lead to financial, emotional, social, occupational, and physical harms.
- ✓ An individual struggling with issues due to problematic gambling will affect 7-10 people in their immediate circle.
- ✓ Continual problem gambling may lead to criminal activity to compensate for losses.

Goals of Screening:

- ✓ Open the conversation about gambling.
- ✓ Increase curiosity.
- ✓ Begin to make connections between gambling and other major life areas.

MARCH 8, 2022 – National Problem Gambling Screening Day

Prepare for Screening Day:

1. Promote screening day through Social Media posts. (See PGAM - Providers and Preventionists Guide.)
2. Plan for screening day by engaging your staff.

On Screening Day:

1. Begin with a conversation about gambling.
2. Screen every client with the **Brief Biosocial Gambling Screen** (See next page).
3. Discuss the results.
4. Provide additional resources, such as referrals to a “No Cost” treatment provider; Peer Recovery Support; or other referrals such as Gamblers Anonymous.

The Center’s Clinical Manager can provide your organization technical assistance to implement strategies for screening, assessment, and treatment.

Contact:

Kristen Beall, LCSW-C, ICGC-I, CAC-AD

Clinical Manager

krbeall@som.umaryland.edu

Direct Office: (667) 214-2123

Is a client hesitant to complete the Screen? Visit helpmygamblingproblem.org for an online Self- Assessment designed to help individuals seek forms of support and assistance if they wish.

Maryland Center of Excellence on Problem Gambling

250 W. Pratt Street, Suite #1050, Baltimore MD 21201 ~ 667-214-2120 ~ Fax: 410-799-4396

HELPLINE: 1-800-GAMBLER ~ mdproblemgambling.com ~ helpmygamblingproblem.org



Brief Biosocial Gambling Screen

1. Have you ever gambled at least 5 times in any one year of your life?
☐ YES ☐ NO
2. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?
☐ YES ☐ NO
3. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
☐ YES ☐ NO
4. 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

Low Risk: An individual has answered “no” to all questions.

- Provide individuals with their score, give feedback on their risk level and give literature regarding Gambling Disorder in case their behavior worsens or they have affected family/friends with whom they want to share.

Moderate Risk: An individual has responded, “yes,” to question 1, but have said “no” to all other questions.

- Give the low risk intervention. Additionally, the clinician should discuss with the participant the continuum of gambling behaviors (e.g., recreational, at risk, problem, disorder), risk factors associated with moderate and problem gambling (e.g., medical issues), and guidelines to reduce risk for gambling problems.

High Risk: An individual has responded, “yes” to question 1 *and* has said, “yes” to at least *one* other question.

- Combine low and moderate risk intervention. Additionally, review risk factors for problem gambling and options for further assistance including self-help materials, referral for further evaluation and referral to Gambler’s Anonymous or a recovery support specialist.

www.ncrg.org

1-800-GAMBLER

www.divisononaddiction.org

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ENGAGE and Educate Your Staff

Promote Screening Day and March Problem Gambling Awareness Month:

- ✓ Post Screening Day Flyer (Provided in this Guide.) and utilize your social media
- ✓ Visit Mdproblemgambling.com for more information and get a copy of the **March Problem Gambling Awareness Guide - Providers and Preventionists**.

Enroll in the Problem Gambling Reimbursement Program:

- ✓ Offer “no cost treatment” in your community and be listed on the Problem Gambling Provider Referral Directory. (See Flyer in this Guide.)
- ✓ **Contact Kristen Beall, LCSW-C, ICGC-I, CAC-AD**, the Center’s Clinical Manager for additional assistance. (krbeall@som.umaryland.edu; 667-214-2123)

Participate in Problem Gambling Training Programs:

- ✓ All training programs are provided free of charge and offer Continuing Education Units (CEUs). (See Flyer provided in this Guide.)
- ✓ Request an in-service training or presentation for your staff. Contact Davene Hinton, Training Coordinator for more information (dhinton@som.umaryland.edu, 667-214-2125).
- ✓ Visit the Training section on Mdproblemgambling.com for more information.

RESOURCES

-  **Maryland Helpline 1-800-GAMBLER** (1-800-426-2537) provides free, confidential 24/7 support and referrals.
-  The Center’s **Peer Recovery Support Specialists** can support your clients to help stop, control, or limit their gambling, and provide presentations to recovery groups within your organization. (See Flyer provided in this Guide.)
-  **Maryland Coalition of Families** provides additional Peer support to families who are affected by gambling disorder.
-  **Gamblers Anonymous (GA)** – www.gamblersanonymous.org and local GA meetings-www.dmvgamblinghelp.org.
-  **Gam-Anon** support for families of problem gamblers - www.gamanon.org.
-  **Maryland 211**, press 1: for crises
-  **QR Code to Help Seeker Website:** www.helpmygamblingproblem.org





DSM 5 The Gambling Disorder

Substance-related and Addictive Disorder

Diagnostic Criteria: 312.31 (F63.0)

- A. Persistent and recurrent gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement
 2. Is restless or irritable when attempting to cut down or stop gambling
 3. Has made repeated unsuccessful efforts to control, cut back or stop gambling
 4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)
 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed)
 6. After losing money gambling, often returns another day to get even ("chasing" one's losses)
 7. Lies to conceal the extent of involvement with gambling
 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling
 9. Relies on others to provide money to relieve desperate financial situations caused by gambling
- B. The gambling behavior is not better explained by a manic episode

SPECIFY IF:

Episodic: Met criteria at more than one time point with symptoms subsiding between periods of gambling disorder for at least several months

Persistent: Experiencing continuous symptoms, to meet diagnostic criteria for multiple years

In early remission: After full criteria for gambling disorder were previously met, none of the criteria for gambling disorder have been met for at least 3 months but for less than 12 months.

In sustained remission: After full criteria for gambling disorder were previously met none of the criteria for gambling disorder have been met during a period of 12 months or longer.

Current Severity: MILD: 4-5 criteria met.

MODERATE: 6-7 criteria met.

SEVERE: 8-9 criteria met.

SCORE: 0= No problem 1-3 = "at risk" Mild= 4-5 Moderate= 6-7 Severe= 8-9

Individuals presenting for treatment of gambling disorder typically have moderate to severe forms of the disorder. Up to half of the individuals in treatment for gambling disorder have suicidal ideation, and about 20% have attempted suicide.

Peer Recovery Support Specialists

The Maryland Center of Excellence on Problem Gambling

The Maryland Center of Excellence on Problem Gambling (the Center) offers Peer Recovery Support Specialists to help individuals seeking to limit, control or stop their gambling. The Center's Peers have lived experience with addiction and have been in recovery a minimum of two years. They are trained in how to assist those seeking help with gambling behaviors by providing access to treatment, connecting them to resources, and supporting them with encouragement during the recovery process.

The Center's Peer Recovery Support Program for problem gambling can assist your organization by:

- Connecting with existing peer support specialists located within your treatment delivery system; and
- Offering assistance with resources for those identified as a problem gambler.



Eastern Shore

Kenneth (Kenny) Crawford, CPRS, CRC, Certified Peer Recovery Support Specialist

Office: 667-214-2135; Cell: 443-717-1137; Email: kenneth.crawford@som.umaryland.edu



Baltimore City

James (Jim) Nowlin, Peer Recovery Support Specialist

Office: 667-214-2134; Cell: 410-299-1791; Email: jnowlin@som.umaryland.edu



Northeast Central Maryland

Kenneth (Ken) Wolfson, CPRS, CRC, RPS, Certified Peer Recovery Support Specialist

Office: 667-214-2133; Cell: 443-690-9811; Email: kwolfson@som.umaryland.edu



Southern Maryland

William (Will) Hinman, CPRS, CRC, Certified Peer Recovery Support Specialist

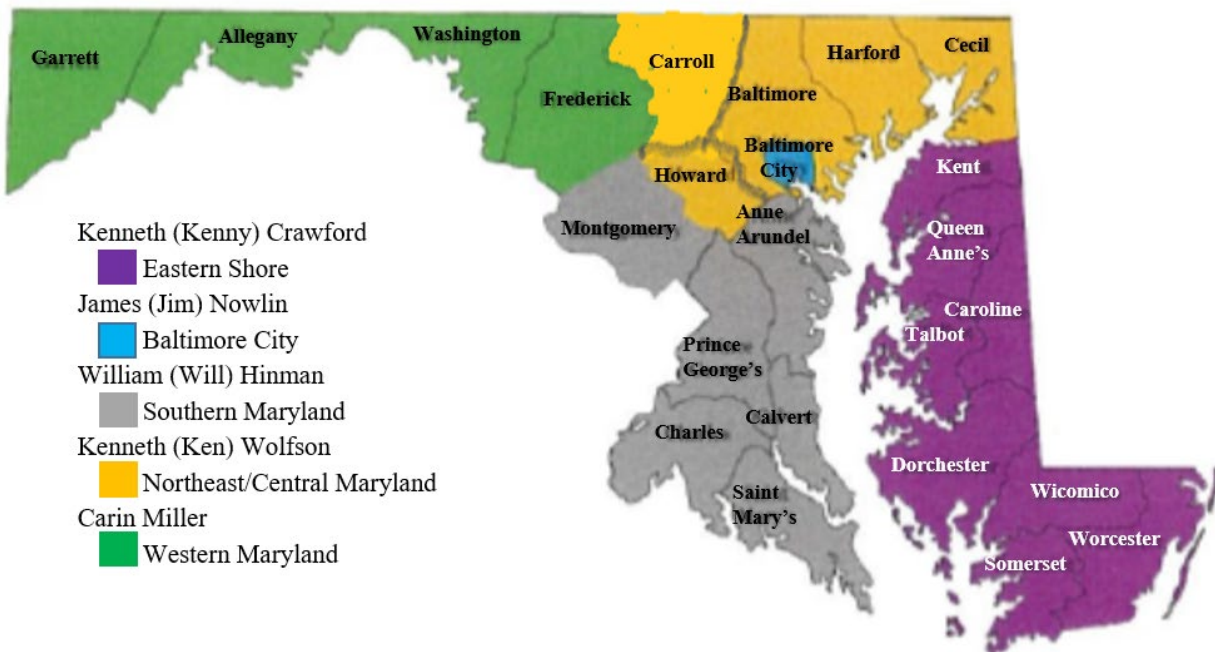
Office: 667-214-2136; Cell: 443-717-2439; Email: whinman@som.umaryland.edu



Western Maryland

Carin Miller, CPRS, CRC, Certified Peer Recovery Support Specialist

Office: 667-214-2126; Cell: 410-299-1308; Email: carin.miller@som.umaryland.edu



The Maryland Center of Excellence on Problem Gambling

Main: 667-214-2120 ~ Fax: 410-799-4396 ~ www.mdproblemgambling.com

250 W. Pratt Street, Suite #1050, Baltimore, MD 21201

Providers / Private Practitioners Can Be Reimbursed for Problem Gambling Services

The Maryland Department of Health's Behavioral Health Administration, in collaboration with Optum Maryland, will reimburse providers and private practitioners for providing problem gambling services to Maryland residents in support of screening, assessment and individual/group therapy for individuals and their loved ones struggling with problem gambling and gambling disorder.

Current Medicaid Providers & Private Practitioners

If you are an eligible provider or private practitioner that is currently enrolled with Medicaid through Optum and are providing gambling services, you can provide those services with applicable coding and be reimbursed directly through Medicaid or through the Problem Gambling Fund.

[CLICK HERE](#) to learn more.

Non-Medicaid Providers & Private Practitioners

If you are a non-Medicaid provider or private practitioner, you are also eligible to be reimbursed for problem gambling services. You can apply by completing the online application with the information requested. Once the application is completed and submitted online, the Center will review the application and forward the approved application to Optum for including in the program.

**[CLICK HERE](#) to access the
online Non-Medicaid Application.**

Maryland Problem Gambling Provider Referral Network

As a participant in the problem gambling services reimbursement initiative, you can also be listed on the **Maryland Problem Gambling Provider Referral Network Directory**. This list is used by the Maryland Helpline as a referral to help seekers. In addition, this list is posted online on the Center's website and the Maryland Alliance for Responsible Gambling website. **[CLICK HERE](#) to access the online form.**



UNIVERSITY of MARYLAND
SCHOOL OF MEDICINE

The Maryland Center of Excellence
on Problem Gambling

CONTACT:

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(667) 214-2123

krbeall@som.umaryland.edu

Mdproblemgambling.com

The Maryland Center of Excellence on PROBLEM GAMBLING



Gambling and the Family

Problem gambling is not just an individual problem, but can disrupt entire families. Help is available and recovery is possible for families who are dealing with a gambling addiction.

Warning signs there may be a problem:

- Preoccupation with gambling
- Unexplained debt or other financial problems
- Unaccounted for mood changes
- Isolation and withdrawal from family and friends
- Secrecy about bills, bank statements and other financial data
- Missing personal items such as phones, jewelry, other valuables
- Borrowing of money from family friends or employer.

If any of these statements sound like someone you know, we can help!

Call 1-800-GAMBLER
IT'S FREE AND CONFIDENTIAL 24/7.

The Maryland Center of Excellence on Problem Gambling offers a wide variety of materials at no cost for your organization and community to promote: awareness of gambling risks; responsible gambling practices; signs of problem gambling/gambling addiction; and resources for treatment and recovery.

Please download and complete the following order form and submit the completed form by fax (410-799-4396) or by email (Info@mdproblemgambling.com). Materials will be mailed within 5-7 business days.

For additional questions on the Center's Awareness initiatives, please contact: **Mike Kafes, Communications Manager** at (667) 214-2120 or info@mdproblemgambling.com or visit www.mdproblemgambling.com.

HAVE THE CONVERSATION
about the risks of gambling and how to keep gambling safe with

- ... your family
- ... your friends
- ... your community
- ... your clients

Maryland Problem Gambling Helpline – 1-800-GAMBLER

Public Awareness Materials – Order Form

Recipient Mailing Address:

ATTN: (Name)				
Email:				
Phone Number:				
Agency Name:				
Address 1:				
Address 2:				
City:		State:		Zip:
Please add me to the Center's e-list for future communications (check the box to the right) <input type="checkbox"/>				

Materials Requested: *Limited Quantities

Quantity	Item:	Quantity	Item:
	Rack Card – Gambling and The Family		Small Card - Have the Conversation
	Rack Card – Signs		Small Card - Recovery Card
	Rack Card – If you think Gambling is a Solution		Small Turtle Low Risk-High Risk Cards Recovery Cards
	Rack Card – Peer Support, Individuals side one/Families side two		*11"x17" Poster – Only gamble what you can afford to lose (Young Adults)
	Tri-Fold Brochure - Resources/Recovery		*11"x17" Poster – Set a limit, Stay within it (Older Adults)
	Tri-Fold Brochure – Gambling Peer Recovery Support Specialist		*11"x17" Helpline – Gambling problem? We have a solution
*Documentary DVDs: Maximum Five (5) Per Request			
	Understanding Joy: The Devastation of Gambling Addiction (30 minutes)		Opiate Use and Gambling (15 minutes)
	Glenn's Gamble: A Marine's Battle for Gambling Addiction Recovery (25 minutes)		Voices of Gambling Recovery (5 minutes)
Flyers 8.5"x11"			
	Flyers are available on a variety of topics, including monthly awareness campaigns. Please contact us at Info@mdproblemgambling.com or (667) 214-2120 for more information.		