

The Series

The Nexus Between Substance Use Disorders and Other Behavioral Health Issues: Opportunities for Collaboration on Prevention



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The Nexus of Substance Misuse and Problem Gambling



June 29, 2022

Presenter

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EDC (Education Development Center)



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Director, Center of
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Gambling Prevention · EDC
(Education Development
Center)



Objectives

1. Discuss the complex relationship between problem gambling and substance misuse.
2. List shared risk and protective factors between problem gambling and substance misuse disorders
3. List the barriers to collaboration between the problem gambling prevention field and substance misuse prevention
4. Describe collaboration strategies for substance use prevention professionals and the problem gambling prevention field to improve public health and community conditions.



Substance Misuse (U.S.)

- Approximately 59% of the population used tobacco, alcohol, or an illicit drug in the past month¹
- Nearly 1 in 7 young adults has a substance use disorder²



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Problem Gambling (U.S.)

- Approximately 3% of the U.S. population engages in problem gambling³
- Nearly 1 in 10 young people and young adults (6-9%) experience problems related to gambling⁴



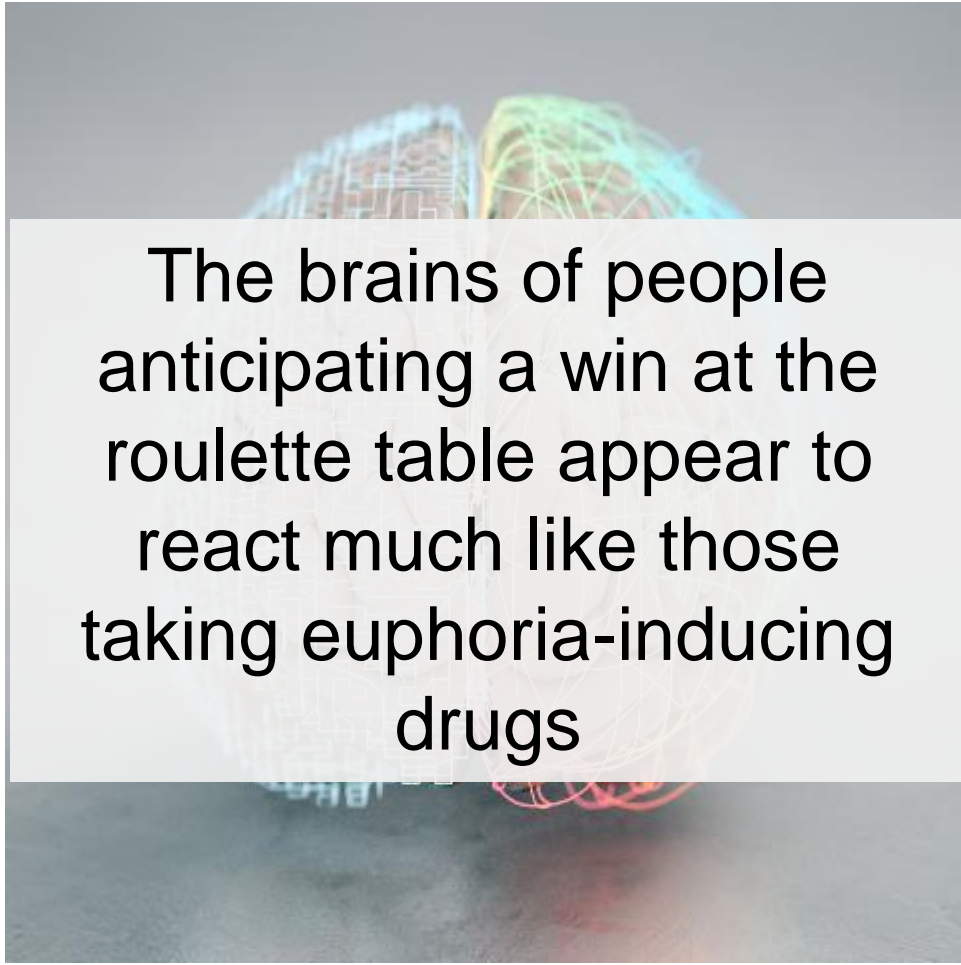
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Brain Development

- Youth brain is not fully developed until age 25, can be dangerous
- Youth who gamble early are more likely to develop problem gambling later in life³⁰
- An article that describes how gambling impacts the brain described it as ³¹



The brains of people anticipating a win at the roulette table appear to react much like those taking euphoria-inducing drugs

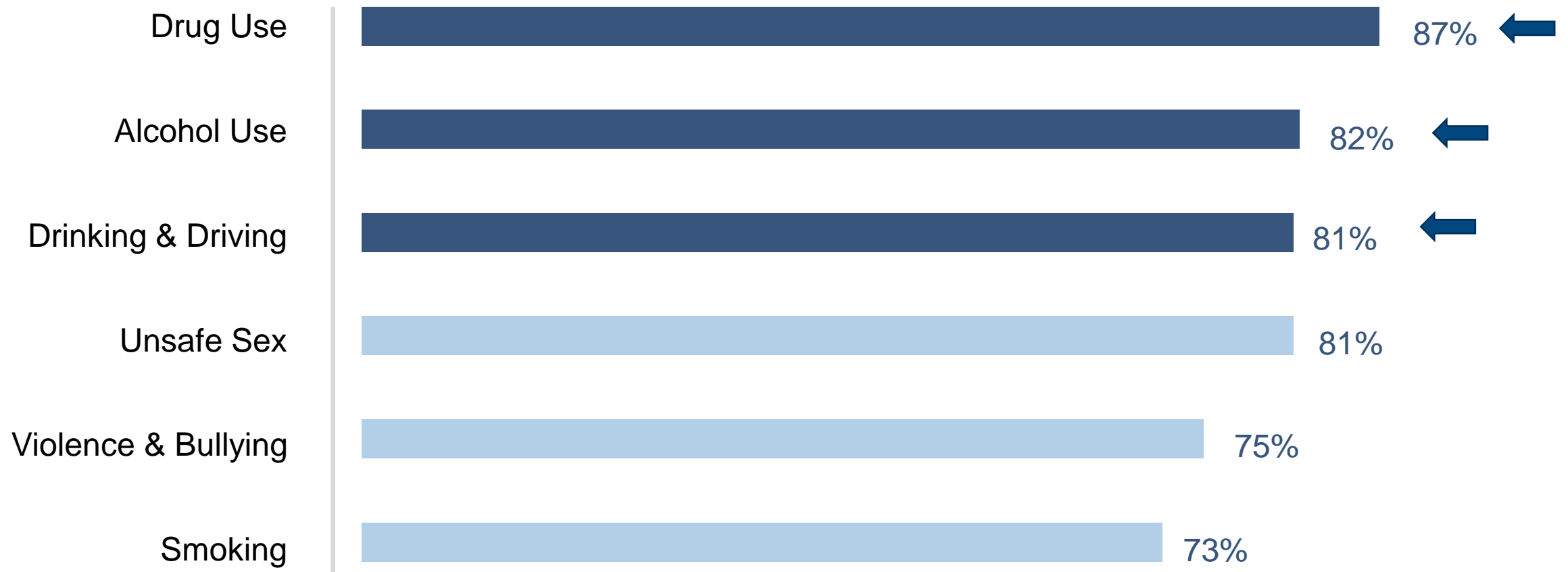


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Parental Perceptions of Serious Youth Issues

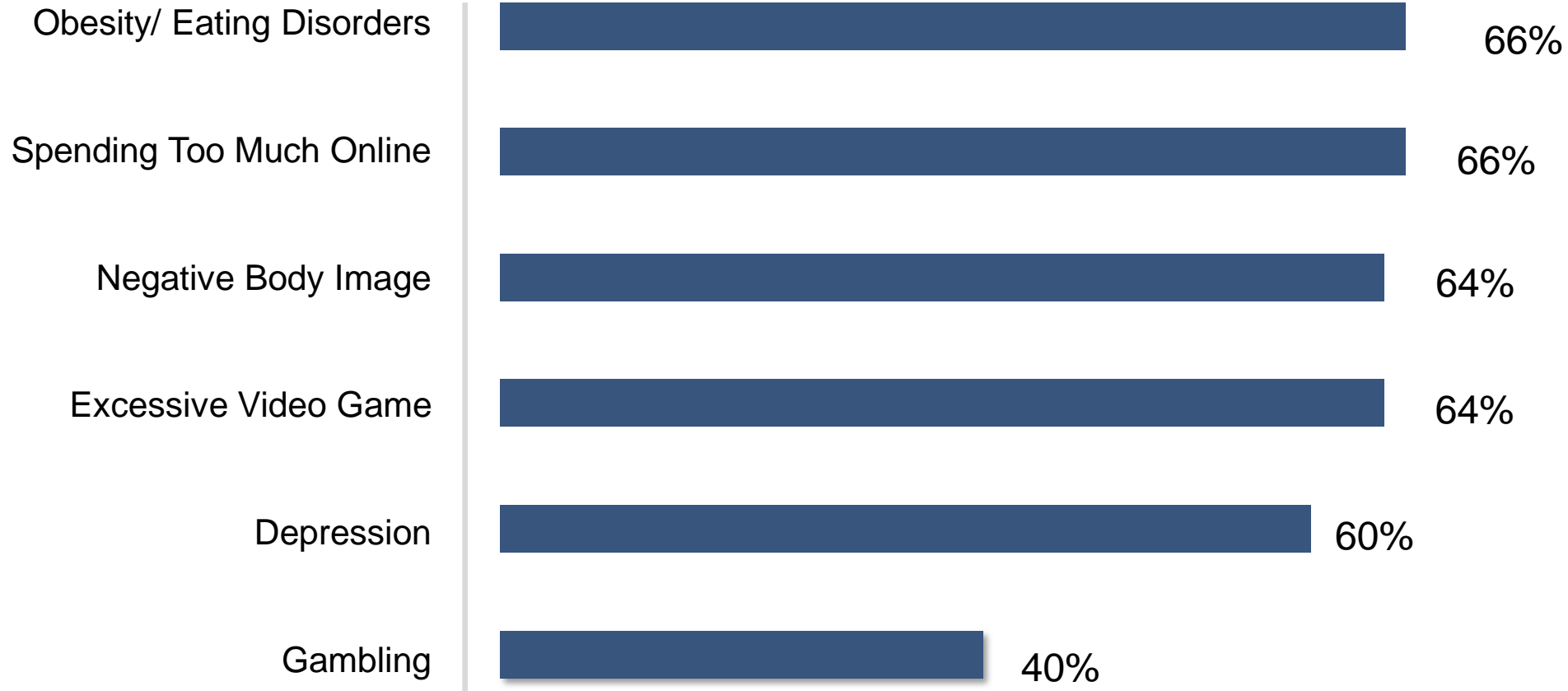


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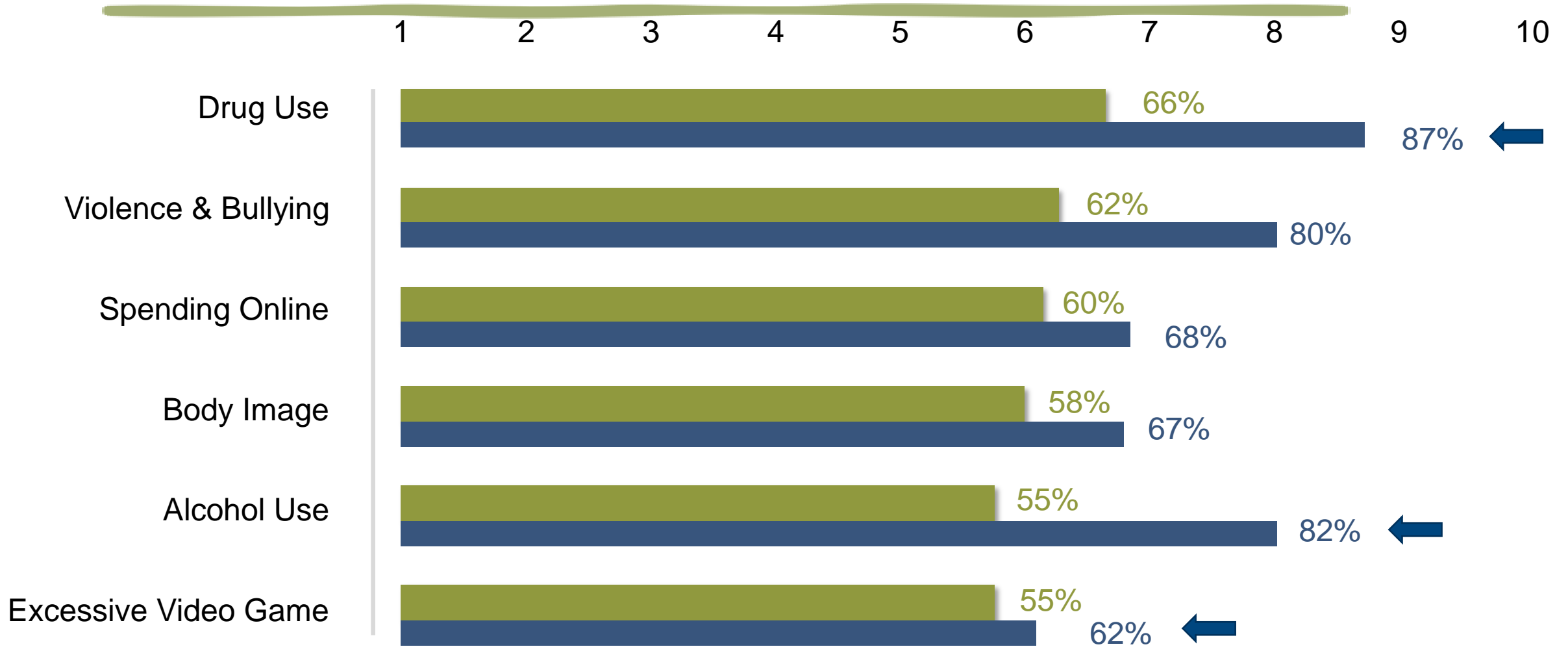


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Teacher & Parents Perceptions of Serious Youth Issues

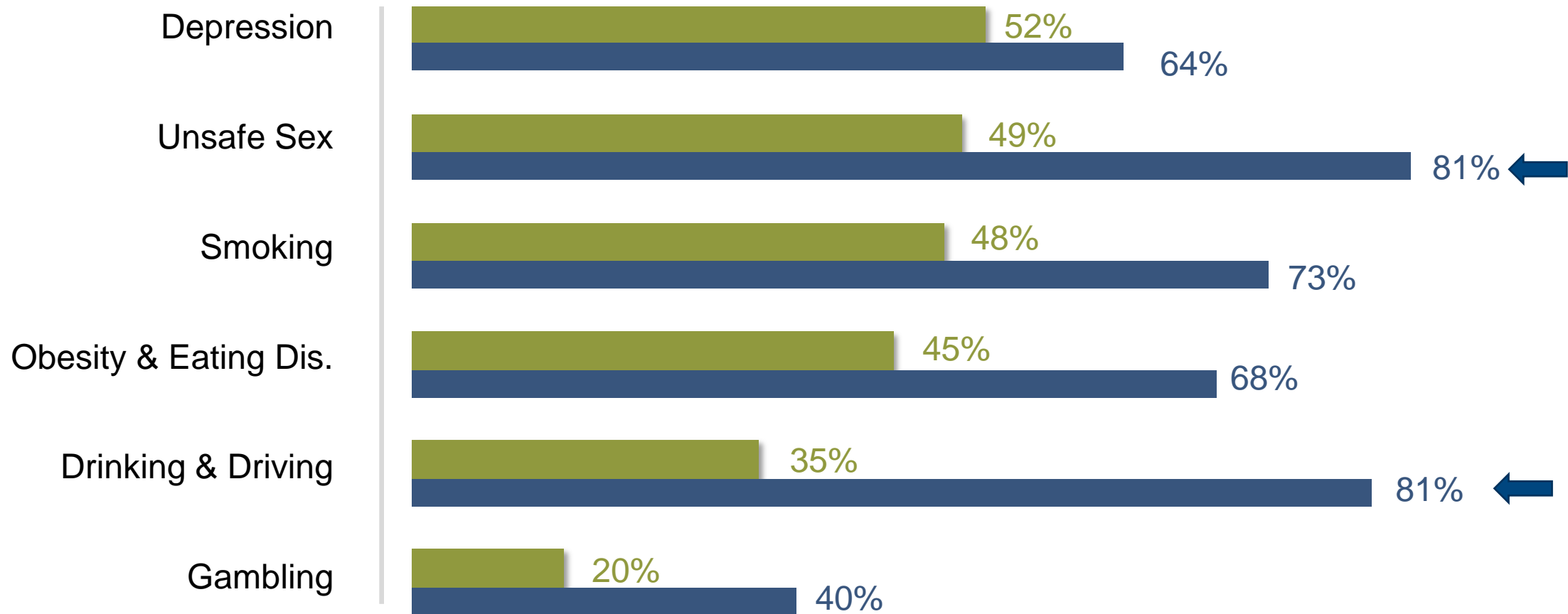


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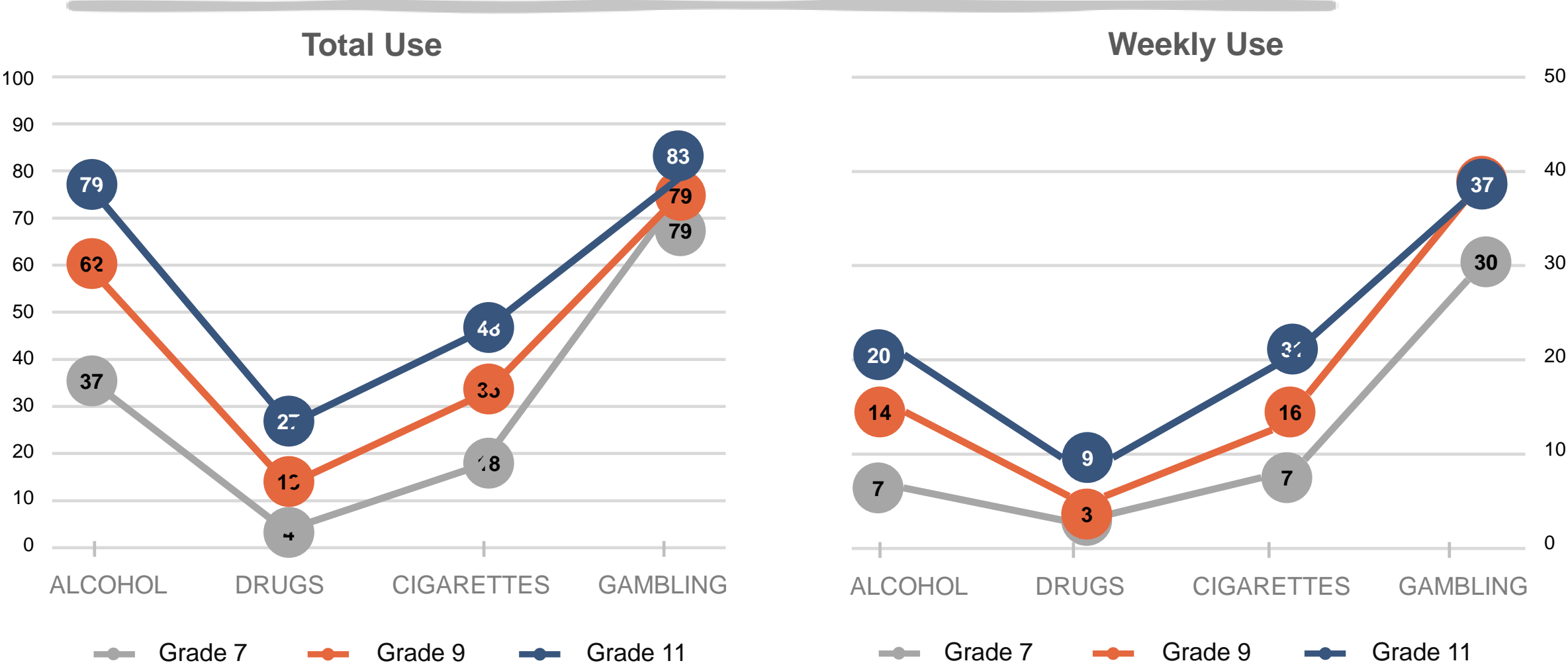


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Percent of Grade School Youth Involved in Addictive Behaviors

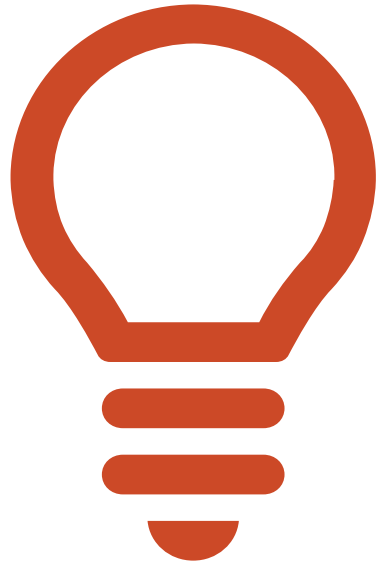


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Why is this Nexus Important?



- Populations impacted are at significant risk when you consider their various dimensions of risk (intersectionality)
- This nexus is not comprehensively being addressed across the country
- There are populations impacted that are not being served
- Addiction is a significant health problem, its currently being partially addressed
- Huge need for prevention to apply best practices of prevention science



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Definitions

Gambling Related

- **Problem gambling:** All gambling behavior patterns that "compromise, disrupt or damage personal, family or vocational pursuits"⁶
- **Gambling disorder:** "Persistent and recurrent maladaptive gambling behavior" (DSM-5)⁵

Substance Misuse Related

- **Substance misuse:** Excessive alcohol or drug use that is used in an unintended way and/or results in negative impacts in a person's life. ⁷
- **Substance misuse disorder:** "related to the taking of a drug of abuse (including alcohol)" (DSM-5)⁵

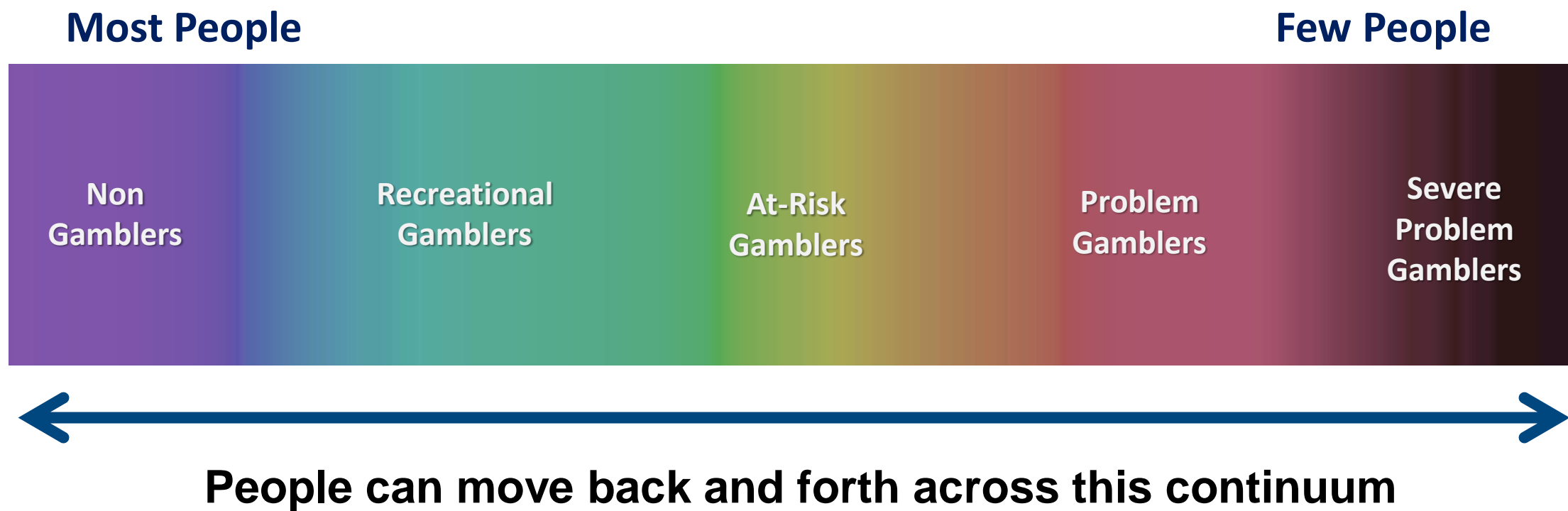


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Language: Gambling Continuum



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Language: Gambling Continuum

Most People



- Non gamblers are people or groups who choose not to gamble
- Recreational gamblers are people or groups who gamble recreationally for enjoyment, recreation or socializing.
- Most people who gamble do so recreationally.



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Language: Gambling Continuum

At-Risk Gamblers

At risk gamblers are people or groups who are at increased risk of developing problem gambling and therefore gambling is a risky activity for them. When people or groups in this category gamble, they may exhibit the following behaviors:

- ✓ Betting more than planned
- ✓ Spending more time gambling than planned
- ✓ Borrowing money to gamble
- ✓ Illusions of control



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Types of Gambling

- Lottery
- Raffles
- Scratch tickets/pull tabs
- Casino
- Sports betting
- Private wagering
- Racetracks (horses or dogs)
- Bingo
- Online
- Slot Machines
- Video Poker, Keno, Blackjack
- Dice Games



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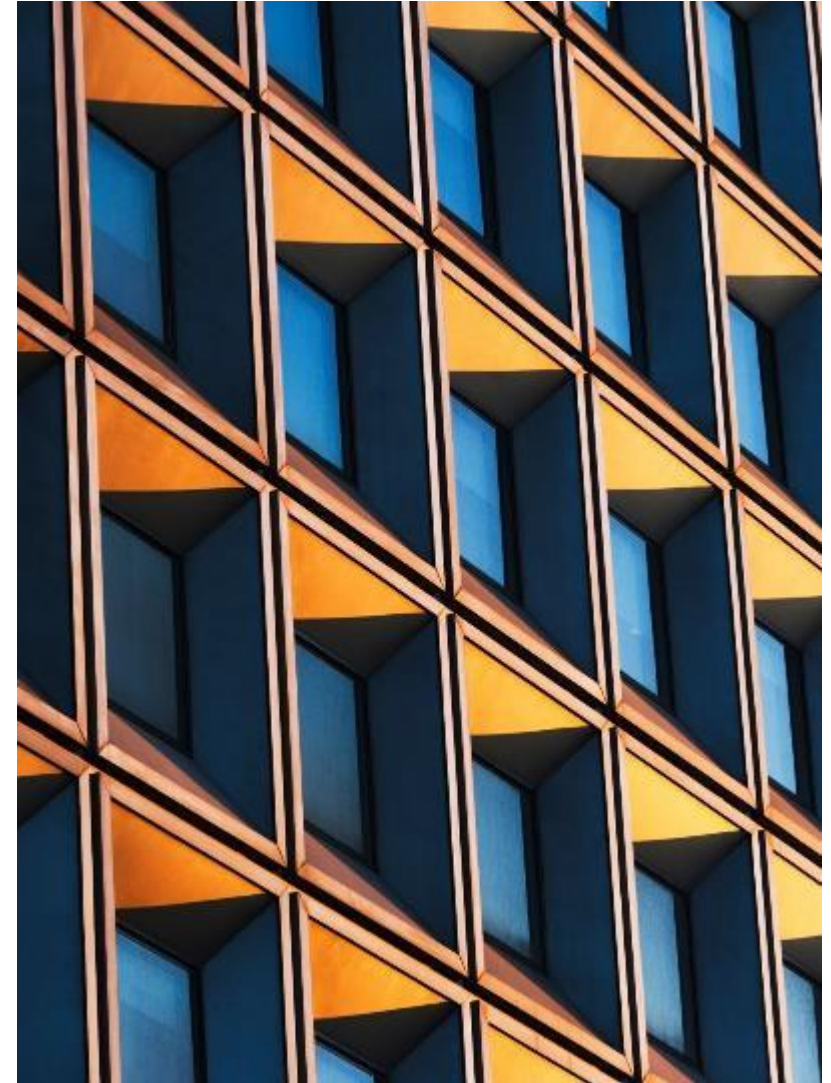
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If you flip a penny and it comes up “heads” four times in a row, the next flip is more likely to come up “tails” than “heads.”

Disagree. There is no relationship between the previous outcomes and the next flip of the penny. They are unrelated events. The penny is just as likely to come up “heads” as it is to come up “tails.”



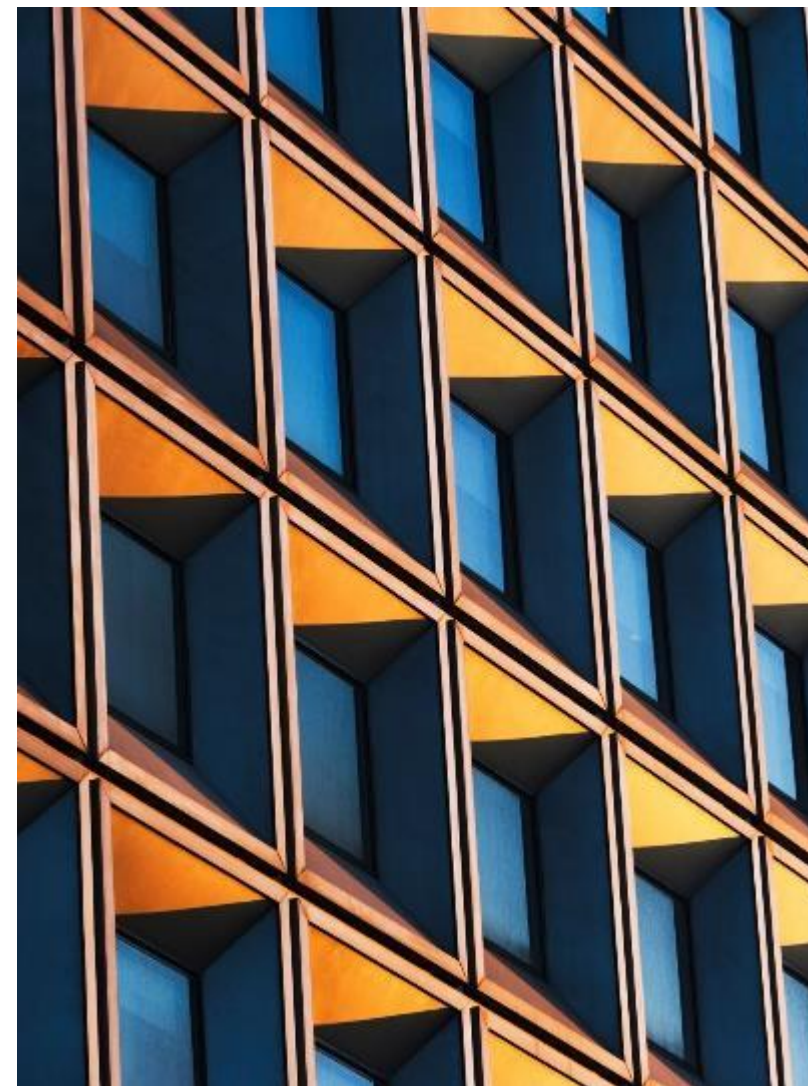
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Gamblers who lose large amounts of money just don't know how to gamble.

Disagree. Skill and knowledge play a small part in some types of gambling, such as certain card games, but for the most part gambling is a game of chance, and the gambler has very little control over the outcome.



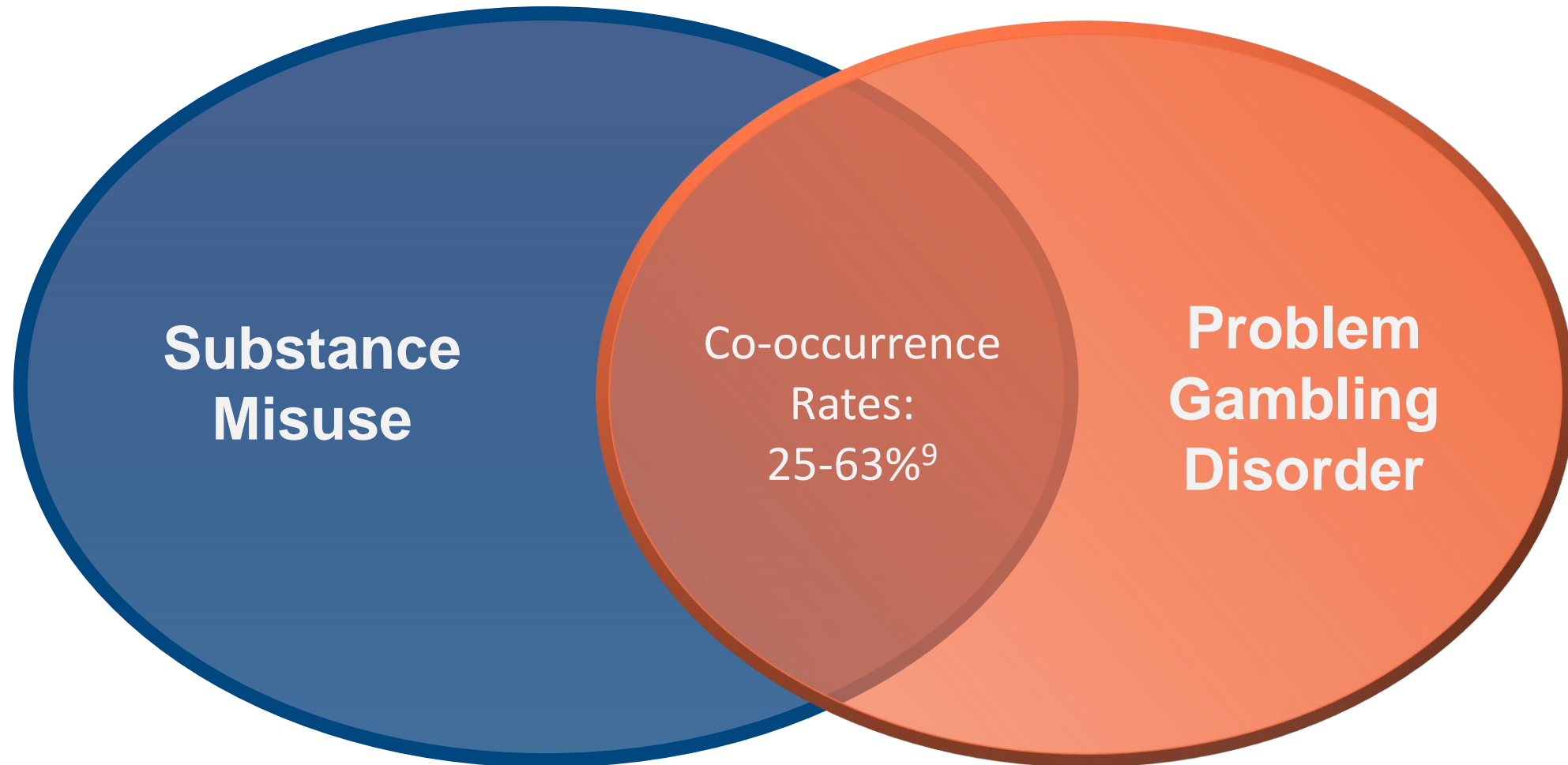
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The Intersection

Co-occurrence Rates



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Comorbidity with Substance Misuse

Problem gambling rates among those who misuse substances are 4 to 10 times that of the general population



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Factors that Contribute this Nexus

Substance Misuse

Problem Gambling



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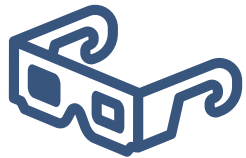
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Problem Gambling and Substance Misuse



Some types of gambling may be more likely than others to co-occur with substance use disorders (slot machines)¹¹



Gender, culture, and age often impact drugs of choice, gambling participation and substance use patterns¹¹



Recreational gamblers with substance abuse problems started to gamble at earlier ages, were more likely to gamble in the hopes of winning money, and gambled more heavily¹²



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Behaviors Associated with Co-morbidities

People with substance use disorders may use gambling to support their drug habits

Gambling can be a substitute activity that may become exacerbated upon abstinence from drugs

People with substance use disorders were more likely to use substances before or while gambling to enhance performance, ease the pain of losing, and enhance the joy of winning.

Gambling can be a reinforcer of drug use and an obstacle to success in treatment

People with a history of problem gambling and substance use disorder histories were more likely to have attempted suicide at some point in their lives

Polysubstance abusers were more likely to exhibit serious problem gambling than those with only one substance addiction.



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Mental Health Indicators

A range of mental health indicators associated with comorbid problem gambling and substance use disorders including:

- ✓ Obsessive compulsive disorder
- ✓ Paranoia
- ✓ Hostility
- ✓ Sexual disinhibition
- ✓ Anxiety
- ✓ Negative affect
- ✓ Poor coping



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Different Vs Same

Differences:

- Gambling is a hidden addiction
- Can't overdose on gambling
- Can't be tested for problem gambling
- Fewer available resources for gambling

Similarities:

- Legal and illegal forms
- Regulated and promoted by the state
- Produce negative consequences (finances, relationships, etc.)
- Culture influences use
- Tolerance
- Stigma
- Lack of services
- Recovery is possible!

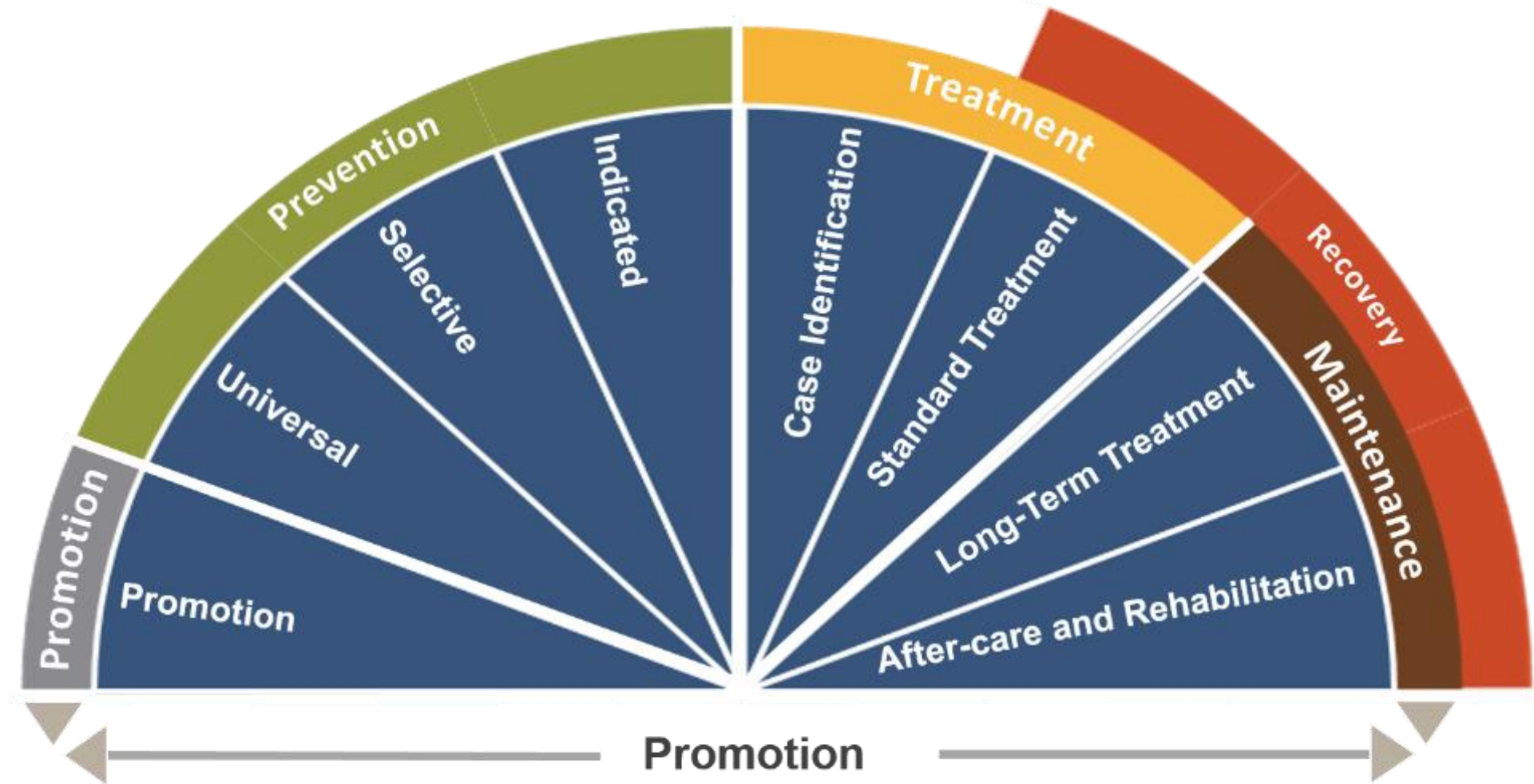


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Continuum of Care



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A stylized illustration of a landscape. In the background, a suspension bridge spans a body of water. The foreground features rolling green hills with brown paths. A person in a blue shirt and shorts is running on a path, holding a torch. There are several white and red striped barriers along the path. A white chair is visible in the lower left. The sky is a mix of blue and green. The text "Shared Risk and Protective Factors" is overlaid in white.

Shared Risk and Protective Factors

Health equity means that everyone has a fair and just opportunity to be healthy



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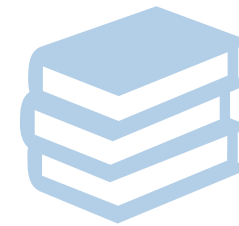
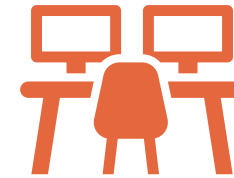
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Achieving Health Equity

Achieving health equity requires actions to increase opportunities to be healthy. That requires improving access to the conditions and resources that strongly influence health.

- ✓ Good jobs with fair pay
- ✓ High-quality education
- ✓ Safe housing
- ✓ Good physical and social environments
- ✓ High-quality health care



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PARTICIPANT CONVERSATION

Gamblers seeking treatment are generally white, middle-aged men while gamblers identified in the general population are more likely to be women, minorities, and of lower education

What are implications of this?



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Social Ecological Model



- This model considers the complex interplay between individual, relationship, community, and societal factors.
- Helps us understand the range of factors that put people at risk for problem gambling or protect them from experiencing negative consequences of problem gambling

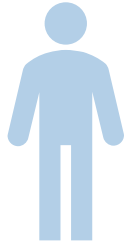


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Shared Risk Factors



- Low parental supervision
- Deviant friends
- Low economic status



- Reduction of negative affect
- Depression



- Problem conducive environment
- Glamorous advertising
- Social inducements



- Compulsive behaviors (binge eating compulsive shopping)
- Impulsivity
- Loss of control



- Violence tendencies
- Physical and Emotional Abuse
- Violence
- Sexual Abuse
- Theft
- Delinquency

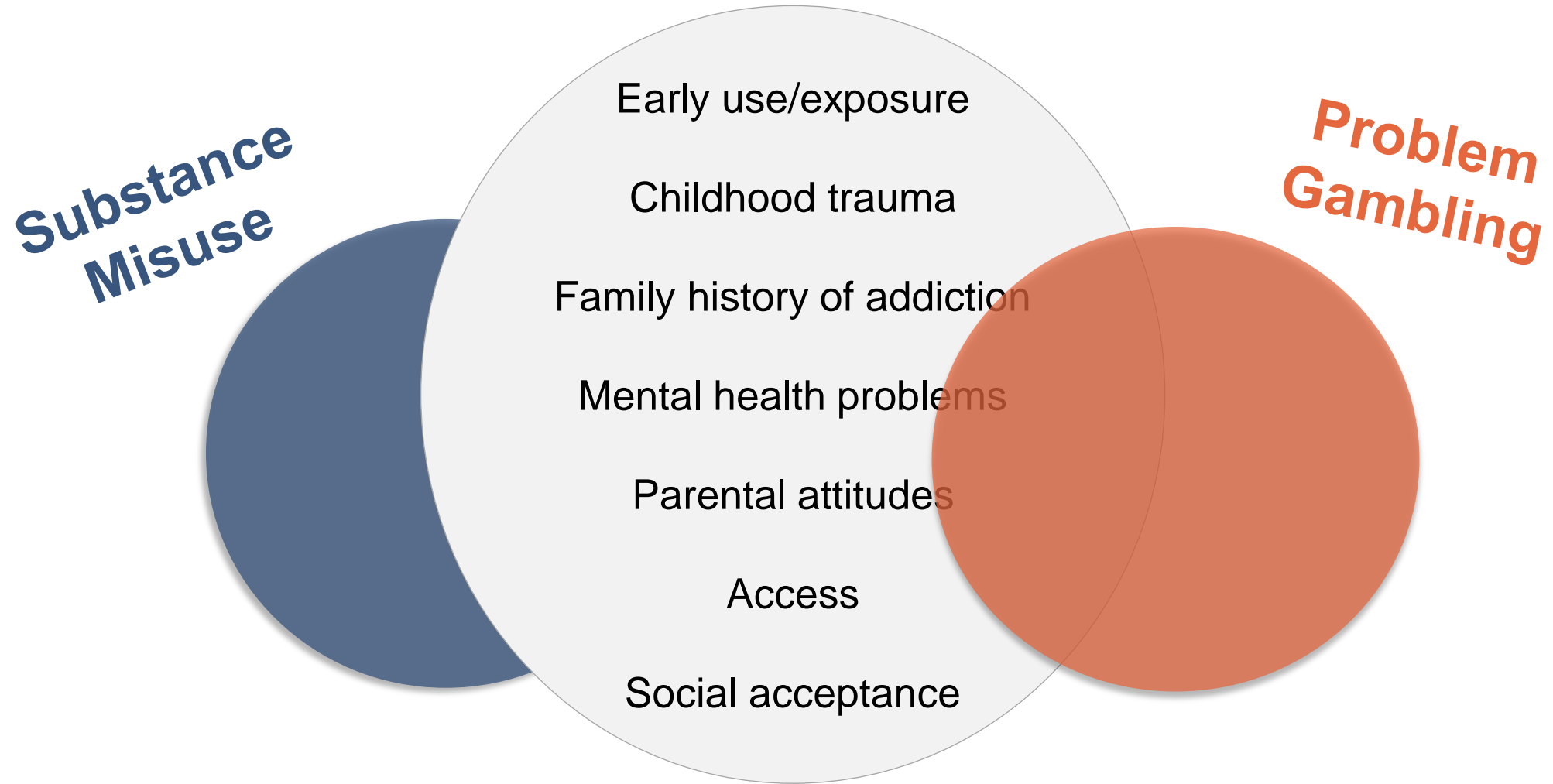


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Shared Risk Factors (Youth)



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Problem Gambling Youth Risk Factors



Individual

- ✓ Poor impulse control
- ✓ Attitude favorable to problem gambling
- ✓ Low self-esteem
- ✓ Sensation seeking
- ✓ Early onset
- ✓ Behavioral problems
- ✓ Depression



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Problem Gambling Youth Risk Factors



Family & Friends

- ✓ Family history of addiction / illegal activity
- ✓ Peer gambling behaviors
- ✓ Lack of parental objection
- ✓ Lack of parental knowledge
- ✓ Familial attitudes and involvement



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Problem Gambling Youth Risk Factors



Community

- ✓ Gambling accessibility
- ✓ Lack of community awareness of the problem
- ✓ Social acceptance
- ✓ Media-lottery ads



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Protective Factors



- Social bonding
- Social support
- Parental supervision
- Socioeconomic status
- female gender
- Adaptive coping strategies
- Emotional intelligence
- Well-being
- Self-monitoring
- Personal competence
- Resilience
- Interpersonal skills
- Social competence
- school connectedness



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A close-up photograph of a hand placing a wooden block on top of a stack of other wooden blocks. The blocks are light-colored wood with a darker grain. The background is blurred, showing a person in a white lab coat. The text "Implications for Prevention and Intervention" is overlaid on the image in a large, white, sans-serif font.

Implications for Prevention and Intervention

Evidence-Based Continuum

Less evidence

- Programs and practices that have been less well-evaluated
- Includes programs designed to meet the needs of specific communities

More evidence

- Programs and practices with ample research support
- Well-designed, rigorous evaluations



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Evidence-Based Continuum

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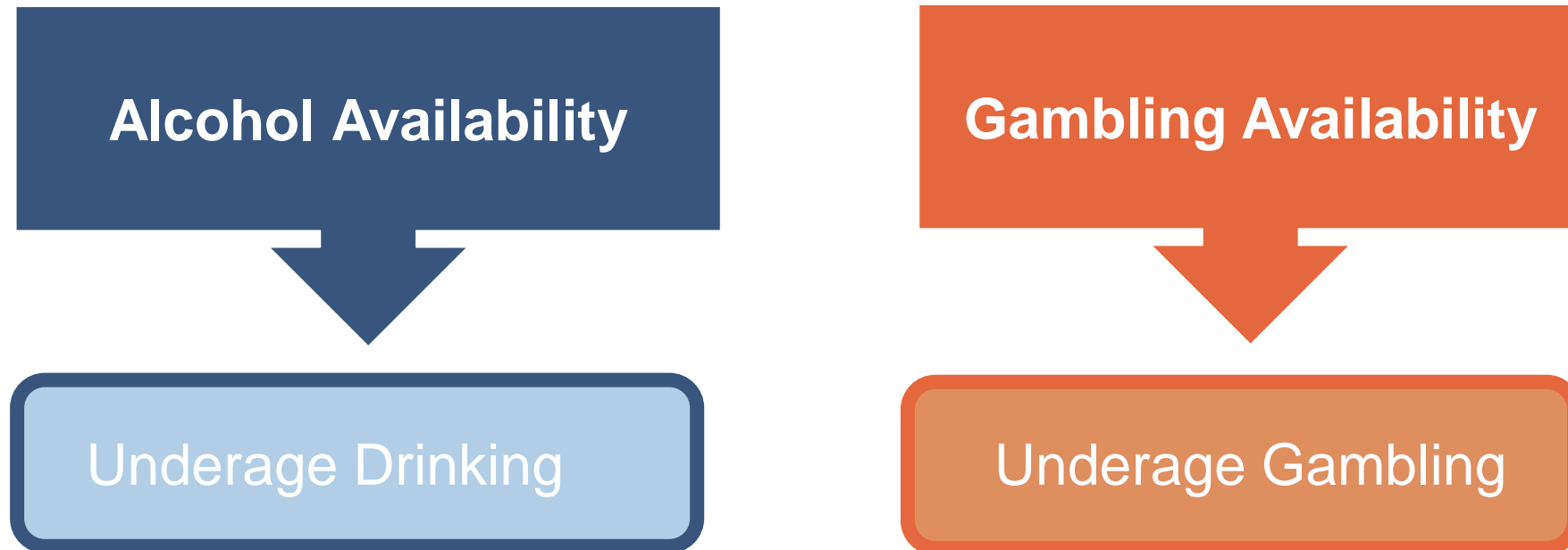
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When Evidence Is Lacking

Recommendation: Apply lessons learned preventing other behavioral health problems



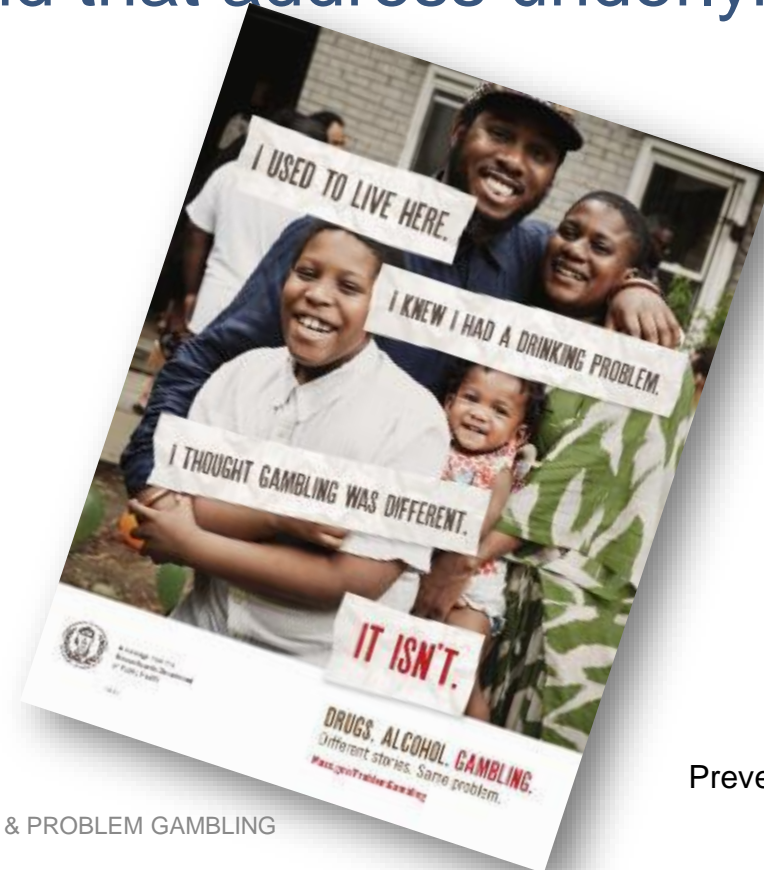
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When Evidence is Lacking

Recommendation: Select promising strategies that make theoretical and practical sense (and that address underlying risk factors)



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CENTER OF EXCELLENCE ON PROBLEM GAMBLING PREVENTION | THE NEXUS BETWEEN SUBSTANCE MISUSE & PROBLEM GAMBLING



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When Evidence Is Lacking

Recommendation: Evaluate! Evaluate! Evaluate!

Document the “story” of your intervention.

What components did you add? Which did you omit? Why? What were your expected outcomes?



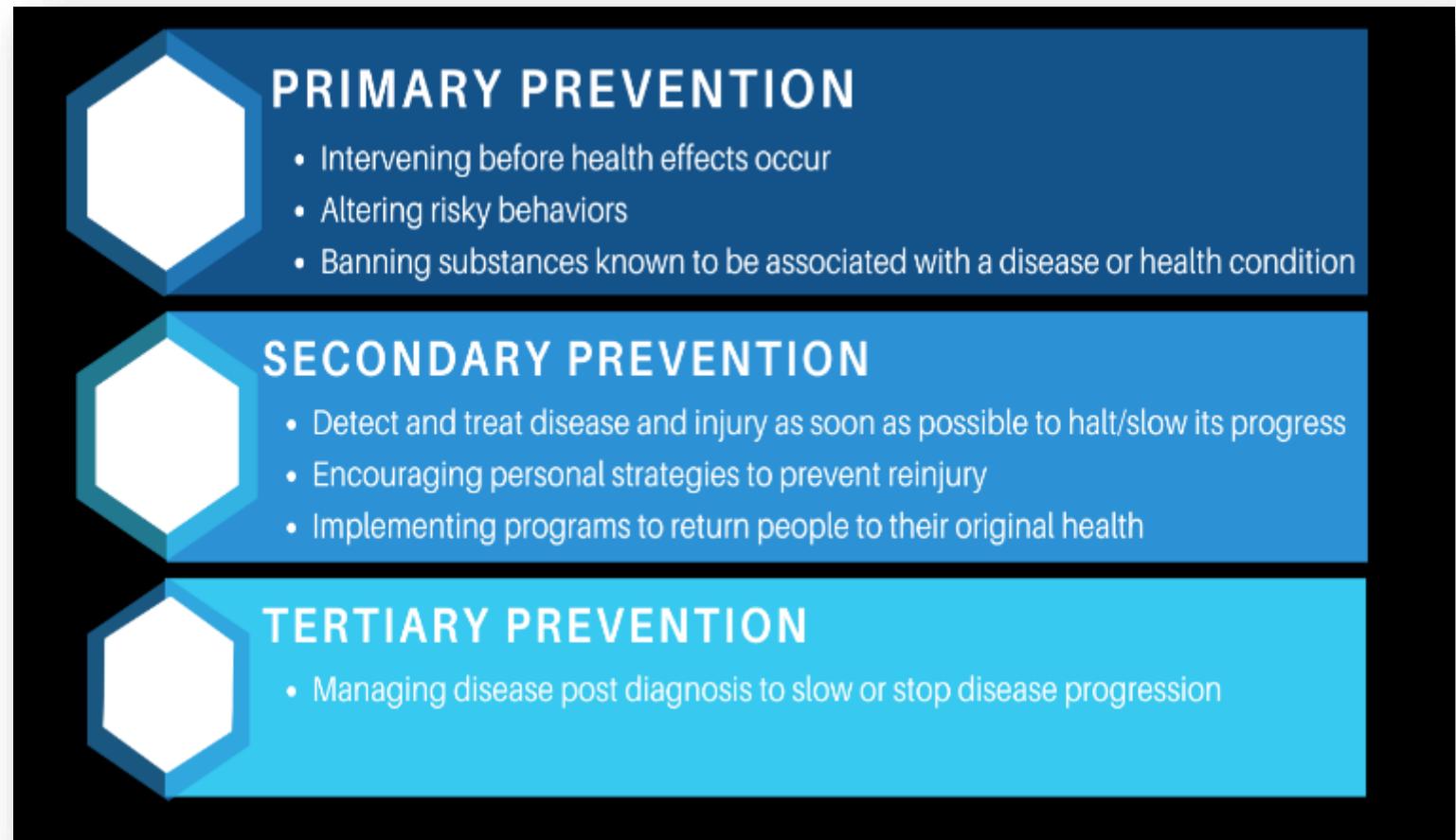
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Stay on Message

- Focus on prevention of disease and health promotion
- Be clear about your goal when identifying your level of prevention
- Remember the similarities and differences between substance misuse and problem gambling



Centers For Disease Control



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Focus on Your Population

- **Universal - Interventions that target the general population**
Example: Youth development programs, media campaign
- **Selective - Interventions that target those at greater risk**
Example: Interventions for children who are actively of parents with a gambling disorder Example: Interventions for youth who are actively gambling
- **Indicated - Interventions that target those who are engaged in high-risk behavior or have symptoms of a disease to prevent healthy or chronic use or problems** *Example: Intervention for people in recovery from substance misuse*

Institute of Medicine Prevention Strategies



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The Center for Substance Abuse Prevention 6 Prevention Strategies

1. Information Dissemination
2. Education
3. Alternative Activities
4. Problem Identification and Referral
5. Community-Based Process
6. Environmental Strategies



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CADCA Seven Strategies For Community Change

1. Providing Information
2. Enhancing Skills
3. Providing Support for Prevention Activities
4. Enhancing Access/Reducing Barriers
5. Changing Consequences (Incentives/Disincentives)
6. Changing Physical Design/Making Environmental Changes
7. Modifying/Changing/Developing Policies



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- Programs to prevent substance misuse that include gambling prevention elements
- Programs to prevention gambling prevention that include substance misuse prevention elements.
- Innovate by applying lessons learned from other behavioral health problems



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A high-angle, top-down photograph of a group of people, likely young adults, sitting in a circle on a light-colored, textured floor. They are all looking upwards towards the center of the circle, and their hands are raised, palms facing up, in a gesture of collaboration or agreement. The lighting is soft and even, highlighting the diversity of the group. The overall mood is positive and collaborative.

Challenges and Opportunities for Collaboration

Barriers to Collaboration

- Different funding sources
- Lack of PG prevention funding
- Lack of prevention research/EBP capacity (PG)
- Stigma
- Lack of knowledge and awareness about the nexus



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Collaboration Strategies

- Build awareness about the nexus events. This can happen with printed materials.
- Ensure you are adding underage problem gambling questions to community surveys
- Develop uniform prevention messaging so multiple issues can be addressed at once (Risky behavior, protective factors, ways parents can keep youth safe)
- Build program and organizational capacity to address nexus
- Identify and develop partners you can collaborate with -- Stigma campaign, Engaging high risk population, engaging youth across a community, college students
- Promote peer to peer education initiatives



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Questions



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Science Policy Research Center Network
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The Nexus of Substance Misuse Prevention and Mental Health Promotion

July 28, 2022



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Great Lakes PTTC

- One of 10 Regional Centers funded by SAMHSA to support the substance use disorder prevention workforce
- Serving HHS Region 5: IL, IN, MI, MN, OH, & WI

Focus areas:

Naloxone education
Anti-stigma education
Process improvement

Visit our website:

www.pttcnetwork.org/greatlakes



Based at The Center for
Health Enhancement
Systems Studies,
University of Wisconsin-
Madison



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