

# Technical Information

## ***SAMHSA***

Substance Abuse and Mental Health  
Services Administration

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**LIVE**

This webinar is now live.



It is being recorded.



Please remain muted.

# Welcome

## Central East PTTC Webinar

# Youth Gaming and Gambling Is It a Problem?

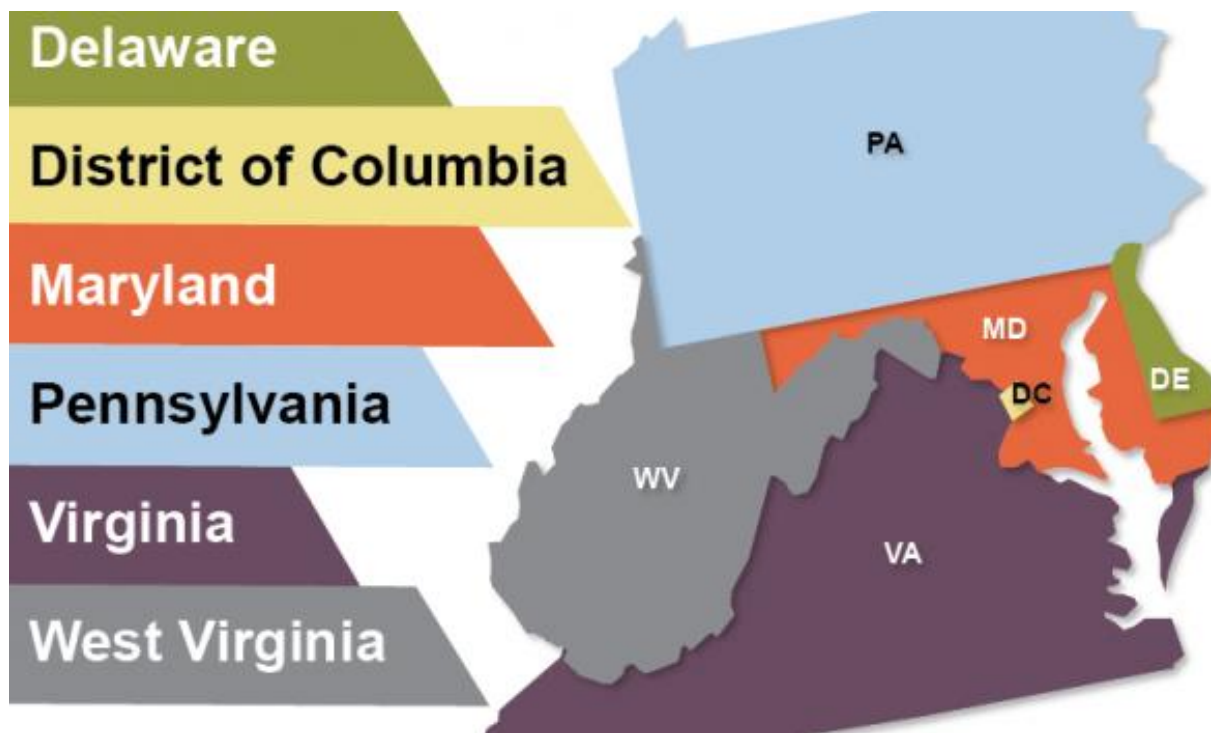
*The Central East PTTC is housed at the Danya Institute in Silver Spring, MD*

Oscar Morgan  
Executive Director

Deborah Nixon Hughes  
Project Director

# Central East Region

## SAMHSA REGION 3



Central East (HHS Region 3)

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The use of affirming language inspires hope.

LANGUAGE MATTERS.

**Words have power.**

PEOPLE FIRST.

The PTTC Network uses affirming language to promote the application of evidence-based and culturally informed practices.



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ethnicity spirituality  
orientation practices  
normalize experiences expression  
standard create  
Ethnic stories terror identity  
race share injustices  
change care Matter shootings  
Racial education  
space  
seem normal cultural  
powerful  
NASW self Black  
gender affected Lives hate  
Diversity uncertainty  
sexual advocacy  
religious competency  
humility



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# PTTC Mission



To Strengthen the Capacity of the Workforce

1

To Deliver Evidence-Based Prevention Strategies

2

Facilitate Opportunities for Preventionists to Pursue New Collaboration Opportunities, which include Developing Prevention Partnerships and Alliances

3



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# Services Available



Online Courses



Technical Assistance



Skill Based Training



Webinar



Toolkits



Facilitate Prevention Partnership & Alliances



Research Learning Collaborative



Newsletter



Technology Driven Models



Literature Searches



Virtual Meeting



Research Publication



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# Other Resources in SAMHSA Region 3



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**ATTC**

Addiction Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



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**MHTTC**

Mental Health Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration



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Prevention Technology Transfer Center Network  
Funded by Substance Abuse and Mental Health Services Administration

# Youth Gaming and Gambling Is it a Problem?

**Heather Eshleman, MPH**

**Prevention Manager**

**Kenneth Crawford, CPRS, CRC**

**Peer Recovery Specialist**

**March 5, 2024**

***SAMHSA***  
Substance Abuse and Mental Health  
Services Administration

**THE DANYA INSTITUTE**

# Presenter



**Heather Eshleman** is the Prevention Manager at the Maryland Center of Excellence on Problem Gambling. She works collaboratively with community organizations, schools, and government agencies to prevent underage and problem gambling as well as oversee special population and youth grants. She served as the Alcohol and Substance Abuse Prevention Supervisor at the Anne Arundel County Department of Health from 2006-2019, overseeing the Substance Abuse Prevention coalitions, the Opioid Misuse Prevention Program, the Strengthening Families Program, the Fatal Overdose Review Team, and Coordination of the Students Against Destructive Decisions Chapters. Heather received her Masters in Public Health from the University at Albany School of Public Health and her Bachelor's degree in School and Community Health Education from Towson University. Heather served in the United States Peace Corps in Morocco, North Africa, as a Maternal and Child Health volunteer, working on hygiene promotion and pre-natal care for two years.



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# Presenter



**Kenneth (Kenny) Crawford** is a Peer Recovery Support Specialist with the Maryland Center of Excellence on Problem Gambling (the Center). As a Peer for the Center, Kenny assists individuals within Maryland struggling with problem gambling and gambling addiction to navigate recovery treatment resources and helps remove any barriers to recovery. He has dedicated his life to helping others with gambling problems by sharing his story of recovery. Kenny has a great passion for the outdoor life, boating, fishing, hiking, and can capture the tranquility of nature thru his photography. For him, this is a great form of meditation and has helped him thru his recovery process and he would be happy to share his techniques on meditation. Kenny comes from a background in Carpentry and is grateful to help others achieve a balanced life through his extensive training in Peer Recovery Support.



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# Youth Gaming and Gambling Is it a Problem?

March 5, 2024

Heather Eshleman, MPH  
Prevention Manager

Kenny Crawford, CPRS, CRC  
Certified Peer Recovery Specialist



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# PROBLEM GAMBLING AWARENESS MONTH

→ **EVERY STORY MATTERS**



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# Objectives

Discuss:

- Youth gaming and signs of gaming problems.
- Youth gambling and signs of gambling problems.
- How youth gaming and gambling connects.
- Prevention strategies that could help reduce problem gaming and gambling.
- Gaming and Gambling recovery and resources for help.



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# The Maryland Center of Excellence on Problem Gambling



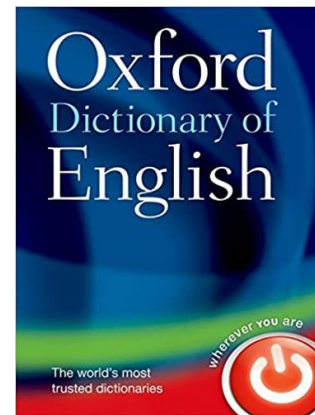
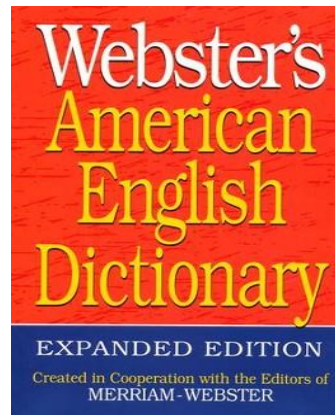
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# Gaming

1. The action or practice of playing gambling games. (Lottery, Casino, Bingo, other)
2. The action or practice of playing (video) games.
  - Non-video: sports, board games
  - Video: Game consoles (X-Box, PlayStation), personal computers, tablets, and cell phones.

(Oxford and Webster's Dictionary, 2020)





# Video Game Benefits

1. Social/ ADHD
2. Educational
3. Fun/entertaining
4. Escape/ role playing



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## What is a Loot Box?

- Video games that encourage players to purchase chance-based items are called loot boxes (chests, packs, crates).
- Spending a small sum of real money or virtual money on an uncertain outcome? Gambling?



# Video Game Ratings- Entertainment Software Rating Board (ESRB)

1. C for Early Childhood
2. E for Everyone
3. Everyone 10+
4. T for Teen
5. M for Mature 17+ (violence, blood, sexual content, strong language)
6. A for Adults Only 18+ (intense violence, graphic sexual content and/or gambling with real currency)



## Top Ten Selling Video Games 2023 (Source: Statista)

1. Hogwarts Legacy (T) (LB-Y)
2. Call of Duty: Modern Warfare 3 (2023) (M) (LB-N)
3. Madden NFL 24 (E) (LB-Y)
4. Marvel's Spider-Man 2 (T) (LB-Y)
5. The Legend of Zelda: Tears of the Kingdom (E 10+) (LB-N)
6. Diablo 4 (M) (LB-Y)
7. Call of Duty: Modern Warfare 2 (M) (LB-Y)
8. Mortal Kombat 1 (M) (LB-Y)
9. Star Wars Jedi: Survivor (T) (LB-N)
10. EA Sports FC 24 (FIFA) (E) (LB-Y)

Popular among pre-teens and young teens:

Fortnite (T) (LB-N)

Roblox (E +10) (LB-Y)

Minecraft (E 10+) (LB-Y)

Super Mario Brothers (E) (LB-Y)

**Warning:**  
In Game Purchases,  
includes random items

# Hogwarts Legacy Loot Box



# Madden NFL 24 “packs”



## Mario Kart Loot Box



## Even Fans Are Shocked By EA Sports FC 24's 'Awful' \$30 Loot Box – October 2023



*EA Sports FC 24*, the latest soccer game in the series previously known as FIFA, has loot box antics already causing some fans to lose it in frustration. The Elite Season Opener Pack costs \$30 and went live during the game's paid "early access" period, jumpstarting the franchise's annual pay-to-win race earlier than usual. *EA Sports FC 24* came out on September 22 for players subscribed to EA Play Pro or who purchased the \$100 Ultimate Edition. As IGN reports, the Elite Season Opener Pack (285,000 FUT coins or 3,000 *FC* points) went up for sale shortly after, even before the game became available to everyone else starting on September 29. The pack promised 45 Rare Gold non-tradable players rated 80 or higher, but that includes "loan" cards, and many fans who decided to splurge on it have mostly gotten sub-90 players or duplicates of ones they already owned.

# Internet Gaming Disorder

- In 5<sup>th</sup> Edition of the Diagnostic and Statistical Manual of Mental Disorders (DSM5) (American Psychiatric Association), in appendix listed diagnostic criteria, needs additional research.
- Second behavioral addiction (gambling was first)





# Proposed Criteria for DSM 5 Internet Gaming Disorder

(5 or more of these in a year)

- Preoccupation with gaming
- Withdrawal symptoms when gaming is taken away or not possible (sadness, anxiety, irritability)
- Tolerance, the need to spend more time gaming to satisfy the urge
- Inability to reduce playing, unsuccessful attempts to quit gaming
- Giving up other activities, loss of interest in previously enjoyed activities due to gaming
- Continuing to game despite problems
- Deceiving family members or others about the amount of time spent on gaming
- The use of gaming to relieve negative moods, such as guilt or hopelessness
- Risk, having jeopardized or lost a job or relationship due to gaming



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# Reasons Why Gaming is Addictive from Someone in Recovery, Cam Adair

1. Constant measurable growth
2. Temporary escape
3. Social reasons
4. Challenge



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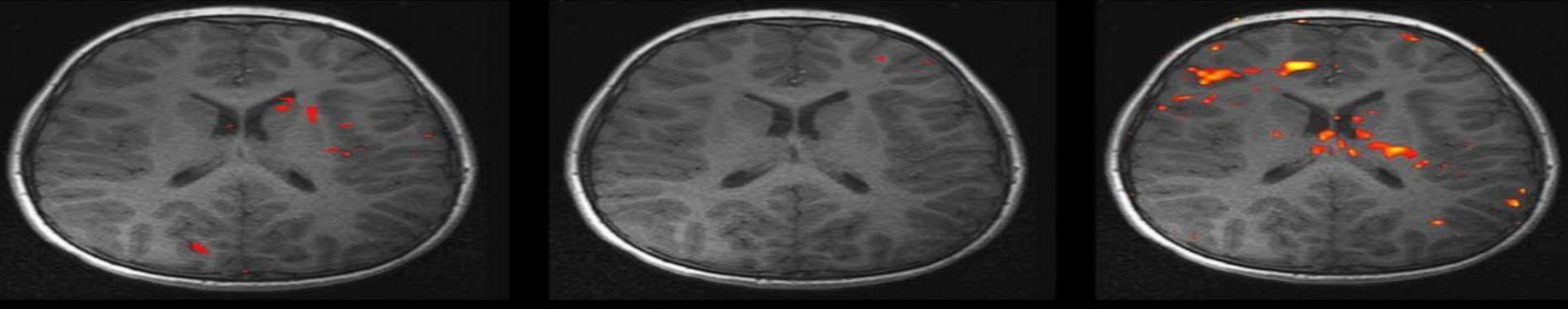
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**GAME  
QUITTERS**

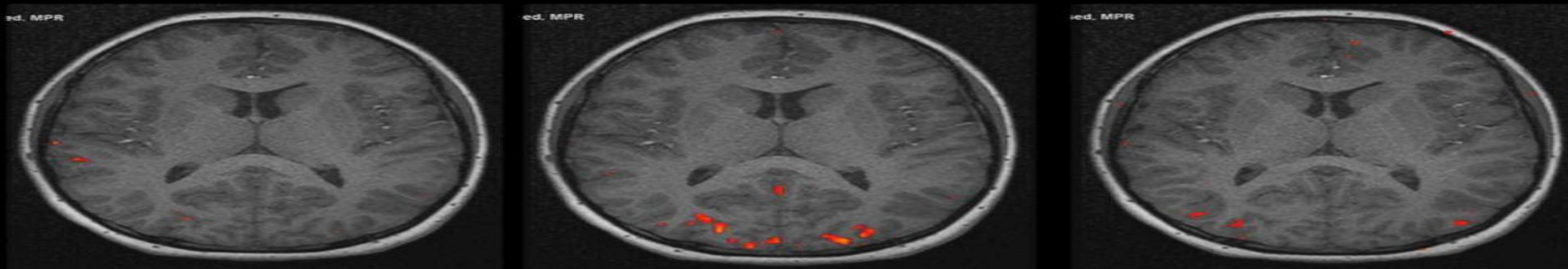
# Brain Scans of Fortnite Player Versus Non-Fortnite Player

Fortnite Player



A scan of 10-year-old's brain shows in red and orange blooms the blood flow and stimulation, and compares between "Fortnite" and images of birds (left), images of birds and a non-"Fortnite" game (center), and between "Fortnite" and the non-"Fortnite" game (right). (Worley, 2019)

Non-Fortnite Player



# Gambling

The staking or risking of something of value upon the outcome of a contest, a sporting event, or a game subject to chance, upon an agreement or understanding that something of value will be received in the event of a certain outcome (Legal Information Institute, 2006)

# Mental Health and Gambling

In The Diagnostic and Statistical Manual of Mental Disorders (DSM-5)(American Psychiatric Association), gambling is classified as “Addiction and Related Disorders” with substance abuse disorders.

Mental Health Disorder



Addiction and Related Disorders



Gambling Disorder



(Gaming Disorder Proposed)



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# What is a Gambling Disorder?

- According to the Diagnostic and Statistical Manual of Mental Disorders (2013) a diagnosis includes four or more of the following:
  - Preoccupied with gambling
  - Unable to cut back or control gambling
  - Irritable or restless when attempting to cut down or stop gambling
  - Risks more money to reach desired level of excitement
  - Gambles to escape problems or depressed mood
  - “chases” losses
  - Lies to family and others about gambling
  - Risk or loses relationships or job because of gambling
  - Relies on others for financial needs caused by gambling



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# A Story of Gambling Recovery

## Kenny Crawford

- Watched Mother play cards when young.
- Around public gambling, fundraising, bingo
- Alcohol use
- First time in a casino age 21
- Video gaming



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# Popular Forms of Gambling and Minimum Age

- Casino gambling: slots, table games 21
- Sports betting: in-person and mobile 21
- Lottery: Keno, Powerball, scratch tickets 18
- Horse betting: 18
- Fantasy Sports: on-line fantasy teams 18
- Bingo Halls: 18



“In several studies it is found that those who spend money on loot boxes are more likely to be problem gamers or problem gamblers” (King, 2019)



# Gambling Industry Uses Gaming

- Lottery corporations have incorporated games into scratch off tickets.
- Casinos use digital technology adapted from gaming industry.
- Images from video games are incorporated into slot machines. (Derevensky, 2019)



# Gaming and Gambling Continued

- “skin gambling” Skins are virtual items won or bought in a video game such as clothes, weapons, and other accessories. When gaming crosses over to gambling, the use of virtual items (skins) can be used to gamble on third party sites. (King, 2019)



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# Gaming and Gambling

- Most past year video gamers reported gambling in the past year (78.5%) and most gamblers reported playing video games (70.7%) (Sanders, 2019)
- Problem gamers and problem gamblers were found to have similar demographic features as well as high rates of mental health problems and impulsivity (Sanders, 2019)
- Despite similar profiles, 10.5% of problem gamblers were also problem video gamers and 24.1% of problem video gamers were also problem gamblers (Sanders, 2019)

# Growth of Esports (Rossi, 2020)

- Growth during Covid pandemic, Fortnite had 78 million monthly players with many million on-line spectators.
- League of Legends World Championship attracted 100 million on-line spectators.
- Esports spectators average age 26.
- Difficult to regulate advertising, more gambling ads and pop-up messaging for social casino sites.

# 2020 Wood County Educational Service Center Survey (Richard, et. al., 2021)

- 6,580 high school students in Ohio
- Findings: 4.5% of high school students bet on esports in the last year. More likely to be male and bet on multiple activities. 27% who reported betting on esports met criteria for problem gambling and 4.5% disordered gambler.
- Esports bettors more likely to smoke cigarettes, use alcohol, binge drink, and use marijuana
- Esports bettors more likely to be male, minorities, gamble frequently, gamble on multiple activities, and have more mental health problems.
- Reasons for esports betting include the need to escape negative feelings (coping) and excitement of winning.
- Mental health affects could be due to video gaming disorder versus gambling.



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## Tips for Speaking to Youth

- Start middle school age or earlier, will be exposed to gambling on-line and through advertising.
- State the facts: 4-6% of teens develop a gambling problem.
- Adults should model healthy behaviors.
- Discuss that gambling is not risk-free.
- Discuss the earlier you start gambling, the more likely you will have a problem with it later in life.
- When talking about drugs and alcohol, discuss gambling as another addiction.

## Tips for Speaking

- Have the conversation multiple times.
- Explain it is illegal and there are consequences.
- Discuss how gambling relates to finances, spending, and saving money.
- Casinos and lotteries are in business to make money.
- Sports and gambling do not have to go together.
- Teach youth odds of winning (1 in 13,983,816 for lottery, 8% for slots, and 2% chance of getting best hand in Poker).
- Use lottery or casino ad as teachable moment.





## Discuss Possible Negative Consequences

- Losing things of value.
- Owing others.
- Getting into fights.
- Trouble with parents, police, people owed money.
- Declining grades.
- Feeling pressured to lie or steal.
- Not getting along with or hurting people you love.

## How Will It Affect Your Mental Health?

- Loss of interest in activities.
- Not wanting to spend time with family and friends.
- Feeling that you can't control behavior.
- Feeling irritable when you can't gamble.
- Changes in mood such as feeling lonely, depressed, anxious, and/or stuck.
- Gambling addiction.

## Individual Strategies for Youth Underage and Problem Gambling Prevention

- Include gambling addiction education in substance abuse prevention and mental health promotion programming. Include in school health classes.
- Educate parents on how to talk to their kids about gambling.
- Screen for gambling behaviors for youth in mental health and substance misuse counseling.
- Educate high risk youth who have parents who gamble, those involved with juvenile services, and minority populations.
- Encourage peer to peer education on problem gambling.

## Environmental Strategies for Youth Underage and Problem Gambling Prevention

- Support legislation that keeps youth safe from gambling risks. Mandate School Boards to include problem gambling addiction education in health education classes.
- Encourage school policies prohibiting gambling on school property.
- Train those who work at casinos and those who sell lottery tickets the importance of enforcing gambling age restrictions.
- Work with substance misuse and mental health organizations to reduce the stigma of problem gambling and other mental health disorders.

# Tips for Safe Gaming

- Parents monitor time youth spend on gaming
- Follow rating
- No game systems in bedrooms.
- Introduce kids to non-electronic option such as playing outside, exercise, sports, music, etc.

# Screening Tools for Problem Gambling

- Can use the gambling self assessment:  
<https://helpmygamblingproblem.org/gambling-problems/self-assessment/>
- Screening: Microsoft Word - BBGS - Screening Corrections (mdproblemgambling.com) Brief Biosocial Gambling Screen (BBGS)
- 15 Adolescent providers on the problem gambling provider list



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# Problem Gaming Resources

On-Line Gamers Anonymous <https://www.olganon.org/home>

[Cam Adair, Person in Recovery from Internet Gaming Disorder](https://gamequitters.com/video-game-addiction/)  
<https://gamequitters.com/video-game-addiction/>

Youth document for Gaming and Gambling connection from Delaware Council on Gambling Problems  
<https://dangerouslevels.org/parents>

Parental tool for monitoring <https://www.esrb.org/tools-for-parents/>

Speak to a mental health counselor, school counselor, or other behavioral health provider.

# Problem Gambling Resources

**Helpline: 1-800-GAMBLER**



**1-800-GAMBLER**

24/7 FREE & CONFIDENTIAL HELPLINE

[CLICK HERE TO LEARN MORE](#)

**Website: [helpmygamblingproblem.org](http://helpmygamblingproblem.org)  
<https://www.mdproblemgambling.com/>**

**No Cost Treatment: Call 1-800-GAMBLER and ask for a referral to a provider**

**Peer Support: Call 1-800-GAMBLER and ask to speak to a peer.  
“Have the Conversation With Someone Who Has Been There”**

**Gamblers Anonymous - [www.gamblersanonymous.org](http://www.gamblersanonymous.org)**



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# Q & A

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# Contact Us



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Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

*a program managed by*



THE DANYA INSTITUTE

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