

OREGON PROBLEM GAMBLING SERVICES DATA BOOK



2011

PROBLEM GAMBLING DATA

Oregon
Health
Authority

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(July 1, 2009 — June 30, 2010)

Oregon stands out in the arena of problem gambling in two important ways: First, we have the problem of more types of gambling being available and accessible than in most other states, despite our small size.

Second, we have the advantage of being an international leader in problem gambling prevention and treatment. After Oregon's voters approved a state-run Lottery, in 1999 the Legislature decided that 1 percent of the proceeds would go toward mitigating potential harm caused by gambling. Those funds have enabled us, along with our partners, to create an effective prevention and treatment system as demonstrated by the data presented herein.

This booklet is divided into the following sections:

Part one: Problem gambling

- Data on gambling and problem gambling prevalence, costs and impact.

Part two: System outcomes

- Data on how well the prevention and treatment systems are working, how many clients are being served, outcomes and more.

Part three: County data

- Data with a local focus for problem gambling prevention and treatment planning purposes.

These data points represent only a sample of what we have available — those points that are most important for an overview of our services and their effects. For more or other information, please contact Oregon Problem Gambling Services at 503-945-9703.

Part one

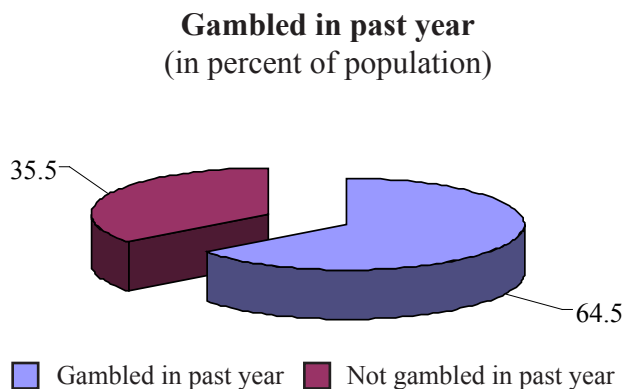
Gambling and problem gambling in Oregon

This section provides a big-picture overview of the prevalence and effect of problem gambling. It provides an overall context in which to view the subsequent sections, which focus on state and local data.

The term “problem gambling” is used throughout this document; it is defined as gambling that interferes with one or more aspects of an individual’s life. It encompasses a continuum from problem gambling through pathological gambling, which is a diagnostic term indicating loss of control despite ongoing negative consequences.

Problem gambling overview data

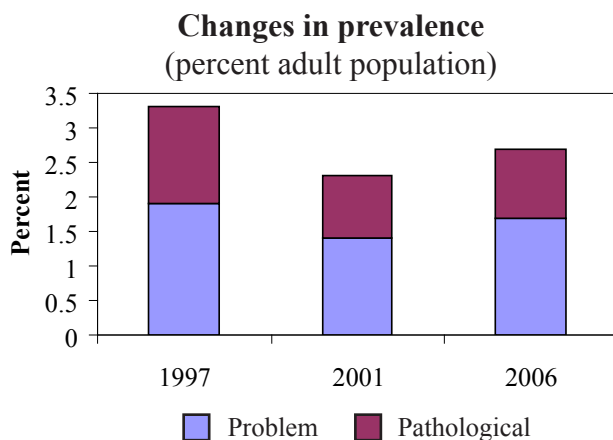
1. How many Oregon adults gamble?



The majority of Oregon adults have gambled in the past year. That number has ranged from 60 percent to 70 percent over the past decade, while lifetime gambling has averaged approximately 80 percent.

Source: Moore, 2006.

2. Of adults who gamble, what percent may become problem gamblers and is this number changing over time?

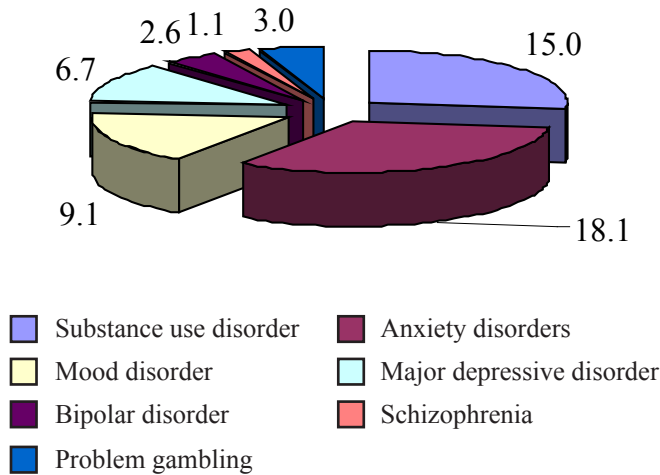


Generally, slightly less than 3 percent of adult gamblers will develop problems; this translates to more than 74,000 adult Oregonians.

Source: Moore, 2001 and Volberg, 1997 and 2001

3. How common is problem gambling compared to other problems?

Problem gambling compared to other selected problems
(in percent of adult population)



Problem gambling occurs at a rate that deserves more of our attention, at least in proportion to the attention we pay to these other serious problems. Many people are not aware of this issue.

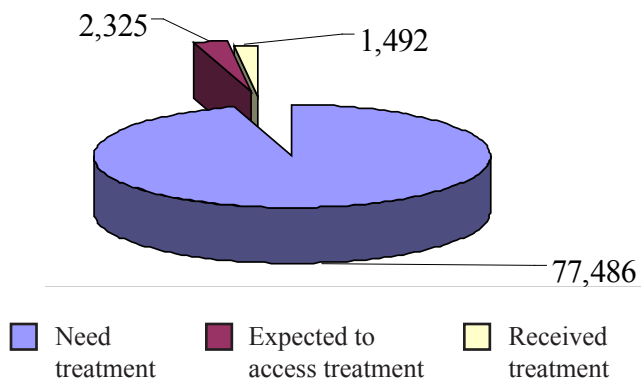
Source: Derived from data at www.nimh.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml.

4. What are the social costs of problem gambling?

Using available research on the social costs associated with problem and pathological gambling, the Oregon Council on Problem Gambling estimates the economic cost to Oregonians between \$331.7 million and \$606.2 million annually. That figure is based on \$11,204 per pathological gambler and \$3,222 per pathological gambler applied to the minimum and maximum estimated numbers of affected adults in Oregon. (Grinols, 2004)

5. How many Oregonians need problem gambling treatment and how many receive it?

Average number needing treatment, expected to enroll and actually enrolling in 2009-10

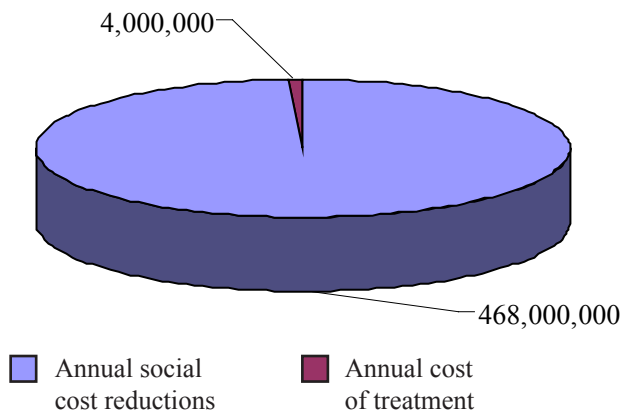


More people need treatment than receive it. While we have the capacity to serve more clients, we need to enhance our ability to identify and engage these individuals because we know from research that problem gamblers are a difficult population to reach.

Source: Moore, 2010.

6. Is our treatment system cost-effective?

Estimated cost benefit of treatment
(in millions of dollars)



The estimated annual social costs of problem gambling to Oregonians is approximately \$468 million, while we are only spending about \$4 million per year to treat and prevent the problem.

Source: Moore, 2010.

Discussion

Most people gamble and most do not develop problems. However, for those who do, gambling can become just as addictive as drugs or alcohol. In fact, the brain scans of addicted gamblers resemble those of cocaine and meth users. Clearly, gambling problems have a significant and often devastating effect on individuals, families and their communities. Problem gambling is a serious public health issue, but is often not on the radar screen of most members of the public or even the professionals who treat them for addiction and mental health problems. Unlike other addictions, problem gambling does not have a “home” at the federal level, so generally lacks the national funding, focus, research and advocacy afforded other behavioral health issues. As collective efforts are made to bring more attention and resources to bear on problem gambling, it must take its place alongside other serious health issues and concerns. Oregon’s efforts continue at the state and local levels with the goal of widespread recognition of problem gambling.

Sources

Grinols, E. (2004). *Gambling in America: costs and benefits*. Cambridge University Press. UK.

Moore, T. (2001). *The prevalence of disordered gambling among adults in Oregon: a secondary analysis of data*. Salem, OR: Oregon Gambling Addiction Treatment Foundation.

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Oregon Health Authority, Addictions and Mental Health Division, Program and Policy Development. *Results from Oregon Student Wellness Survey*. Salem, OR, 2010.

Volberg, R. (1997, August). *Gambling and problem gambling in Oregon*. Salem, OR: Oregon Gambling Addiction Treatment Foundation.

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www.nimh.nih.gov/health/publications/the-numbers-count-mental-disorders-in-america/index.shtml

Part two

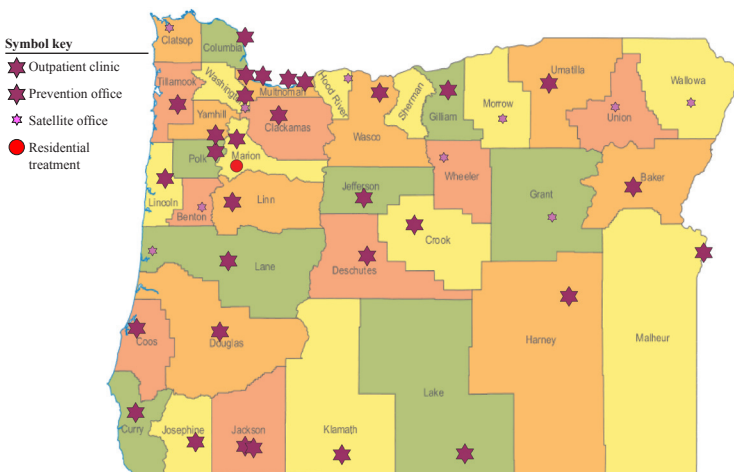
Oregon problem gambling services system and outcomes

Oregon has a comprehensive problem gambling services system that covers the continuum, from prevention/awareness/outreach to treatment and recovery support. The following graphs represent a few key descriptors of these services and indicators of their effectiveness.

Problem gambling: Oregon system data

1. How many prevention and treatment programs are there in Oregon and what is their geographic distribution?

Oregon problem gambling services
 Gambling treatment for Oregonians is free, confidential, and it works. Call 1-877-MY-LIMIT.

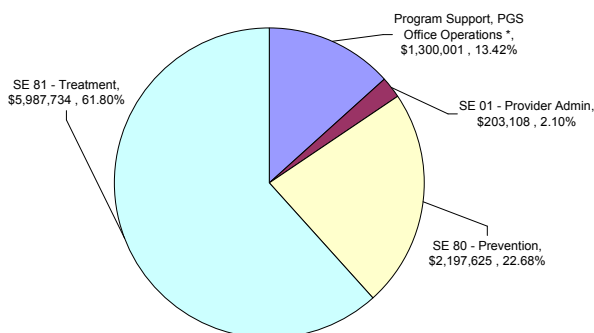


Oregon is a national leader for the extent and quality of problem gambling services offered; the system includes 37 treatment programs housed in local mental health and addictions agencies, as well as 34 problem gambling prevention programs in counties throughout the state.

Source: Oregon Problem Gambling Services.

2. What was spent on problem gambling services and how was it allocated?

Addictions and Mental Health Division (AMH)
 Problem gambling services 2009-11 projected expenditures \$9,688,468 total



Funds come from Lottery proceeds; by statute 1 percent goes to mitigating harm caused by gambling. More than 87 percent of those funds go to direct service via prevention and treatment services offered throughout Oregon.

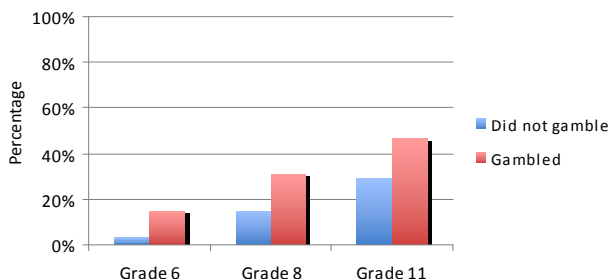
Source: Oregon Problem Gambling Services.

Problem gambling prevention data

1. Why is problem gambling prevention important?

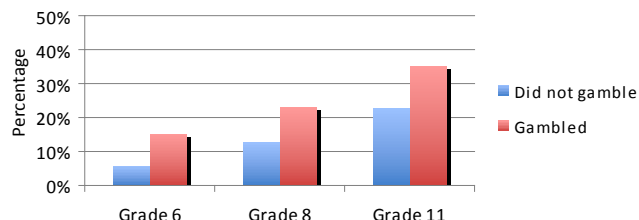
The latest data on Oregon students shows that gambling starts as early as sixth grade, and that youth who gamble are much more likely to be involved in other risky behaviors.

Used alcohol in the past month



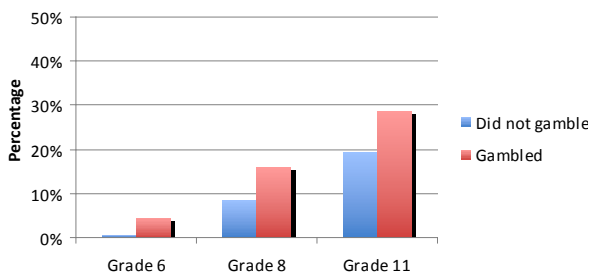
Source: Oregon Health Authority, 2010

Skipped school one or more days in the past month



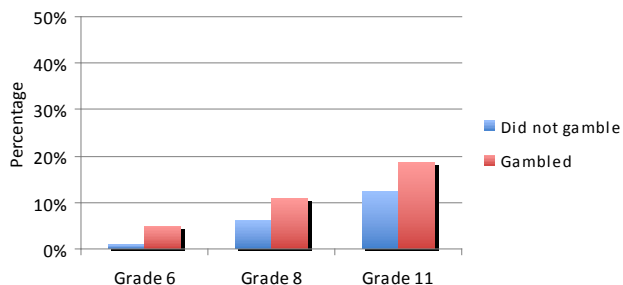
Source: Oregon Health Authority, 2010

Used marijuana in the past month



Source: Oregon Health Authority, 2010

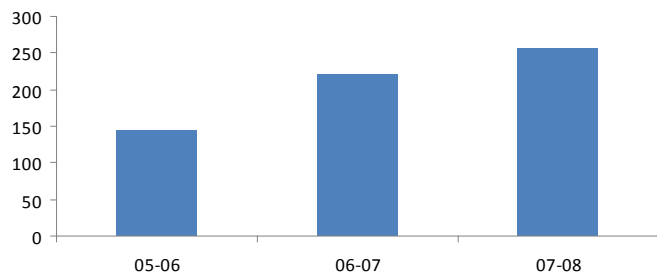
Smoked cigarettes in the past month



Source: Oregon Health Authority, 2010

2. How many people were reached by awareness and prevention efforts?

Oregonians reached by problem gambling prevention messages (in millions)

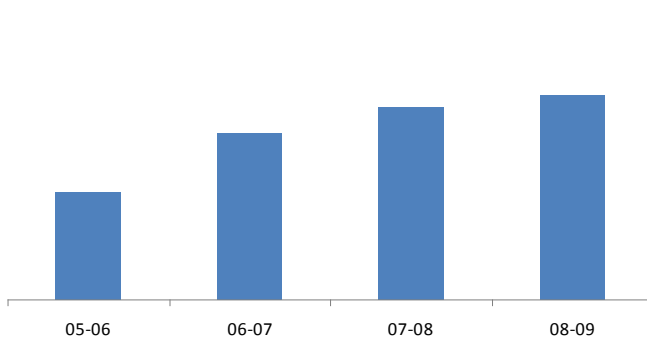


This graph does not include the Oregon Lottery's statewide media campaigns; the trend in numbers reached follows the overall prevention funding levels.

Source: Moore, 2010

3. Is problem gambling prevention similar to other prevention efforts?

Trend in problem gambling use of evidence-based prevention practices



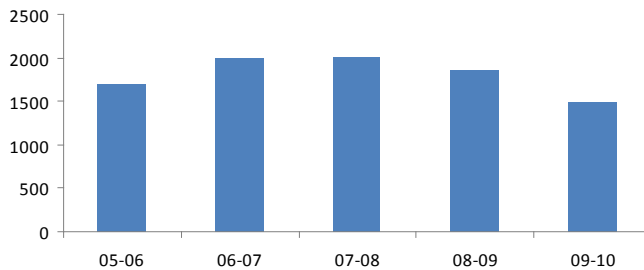
Problem gambling prevention uses the same framework as substance abuse prevention. This graph shows our increasing adherence to those principles as a system. Problem gambling is increasingly being infused into existing ATOD prevention efforts, but much work remains.

Source: Oregon Problem Gambling Services, 2010

Problem gambling treatment data

1. How many people enrolled in problem gambling treatment?

Gambler enrollments

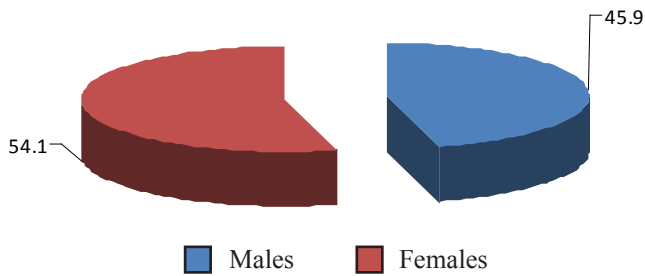


Enrollments have declined in the past two biennia, while the severity of problems among those in treatment seems to have increased; this may be due to an unprecedented downturn in the economy and resulting budget pressures. There is no evidence of a decline in the number of people needing problem gambling treatment.

Source: Moore, 2010.

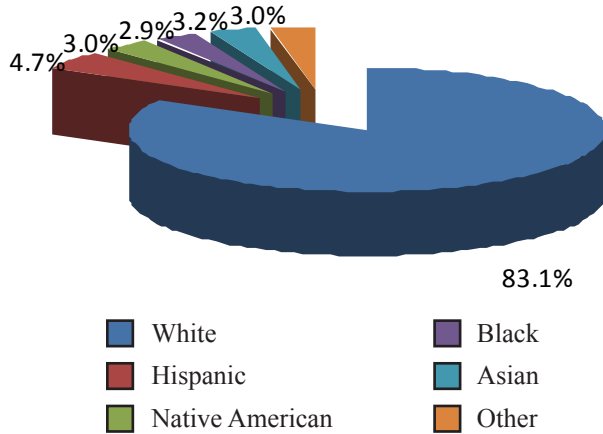
2. What were the clients' demographic characteristics?

Gambler gender



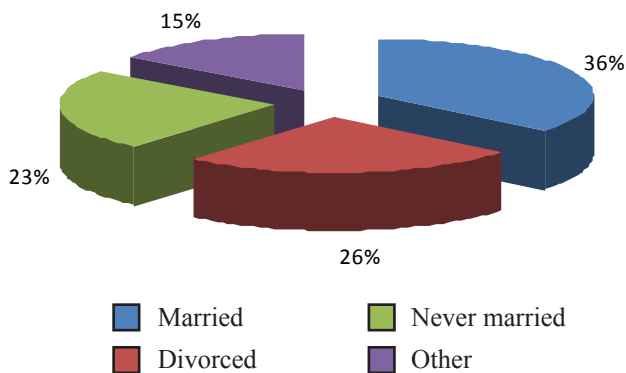
Slightly more females than males sought treatment.

Gambler ethnicity



Ethnic groups are represented in treatment almost in proportion to their overall population in Oregon; however, data indicates that cultural groups are overrepresented in problem gambling prevalence. Targeted outreach and treatment efforts are underway for those groups in Oregon.

Marital status

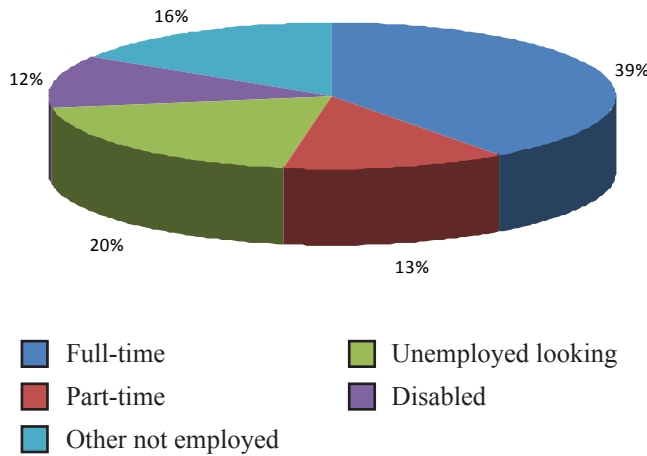


About one-third of problem gambling clients are married. Much devastation occurs in the relationship so, as with other addictions, involving the significant other is an important adjunct to treatment; 264 family members were involved in treatment in this period.

Source: The source of all data in this section is Moore, 2010.

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Employment status

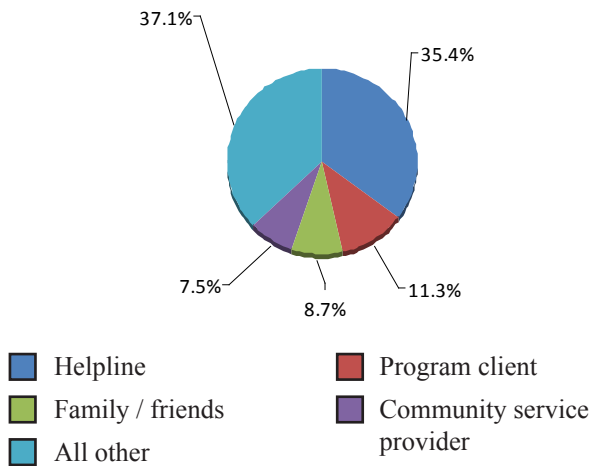


Unlike other addictions, most problem gamblers entering treatment are employed. Workplace-focused information and education efforts are important and can help address the significant productivity and other losses businesses suffer when employees are problem gamblers.

Source: Moore, 2010.

3. Where did most clients hear about treatment services?

How clients heard about treatment program

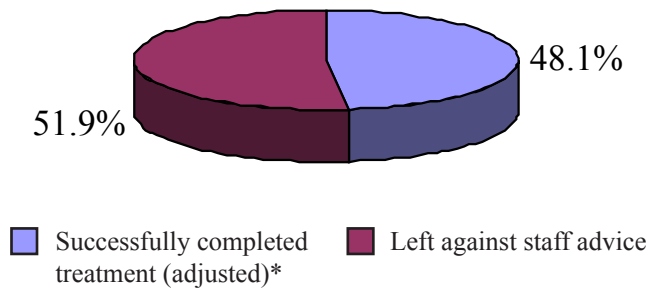


Word of mouth from satisfied clients and family members, as well as the Problem Gambling Helpline (1-877-mylimit or 1877mylimit.org) are the primary means. Oregon's Helpline is one of the few in the nation to have an e-mail/chat/instant messaging function in addition to the phone-based service.

Source: Moore, 2010.

4. How many people successfully completed treatment?

Gambling treatment: successful completion



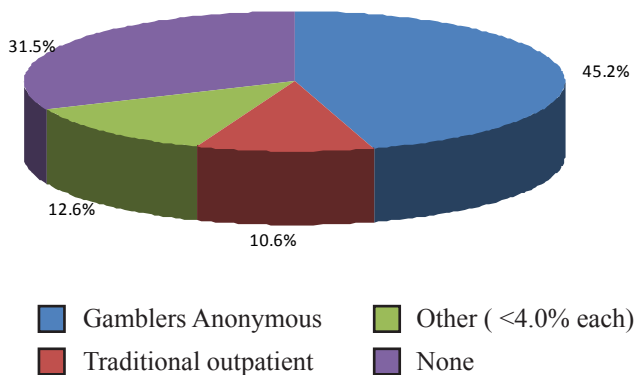
Problem gambling treatment works and problem gamblers recover.

**Note: For comparison purposes, the rates in this graph were calculated using the same formula used for alcohol and drug treatment completion.*

Source: Moore, 2010.

5. Where were clients referred after treatment?

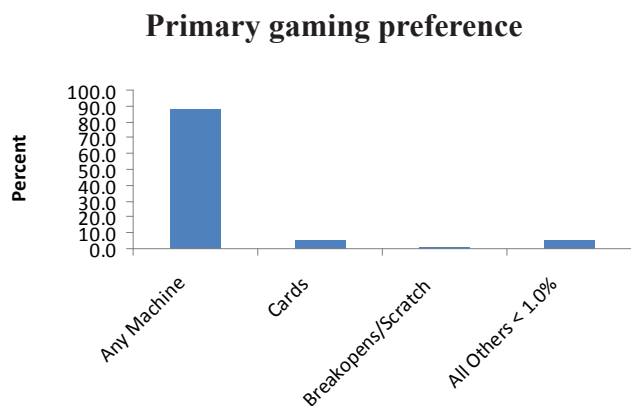
Post-treatment referral sources



About half the clients are referred to Gambler's Anonymous post-treatment. The recovery support system for problem gambling is not as fully developed as for other addictions and, unfortunately, GA is not as widely or consistently available outside of the major metropolitan areas.

Source: Moore, 2010.

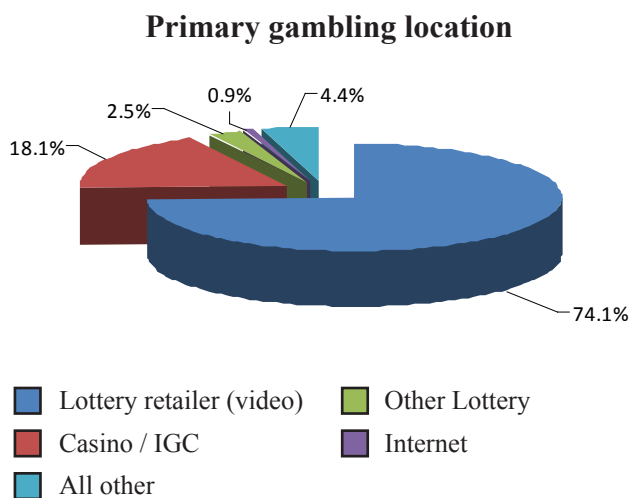
6. Which games did those in treatment prefer when they were gambling?



Most problem gamblers in treatment report gaming machines (slots, video poker) as their primary gambling preference.

Source: Moore, 2010.

7. In which locations did those in treatment prefer to do their gambling?



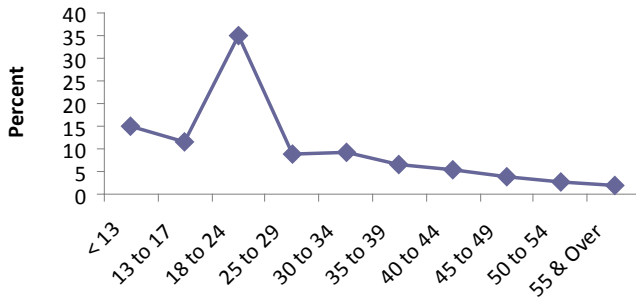
Most problem gamblers who enter treatment report that Lottery retailers are their main gambling venue.

Clients who live within 50 miles of a casino, however, were more likely to report the casino as their primary gambling venue.

Source: Moore, 2010.

8. At what age did those in treatment first start gambling?

Treatment clients: age first gambled

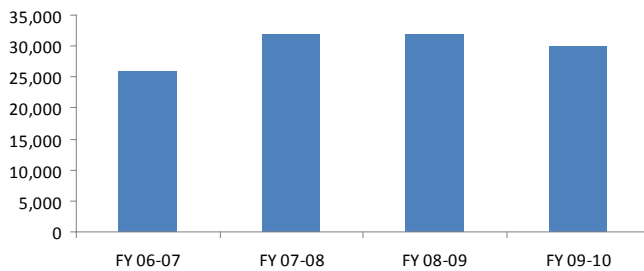


There is a peak in age first gambled between 18-24 years, but people do start gambling across the age span. Research tells us that the later one starts gambling, the less chance of developing a problem; this indicates that education and prevention efforts should start early. Oregon's college problem gambling awareness aims to encourage colleges to address this issue.

Source: Moore, 2010.

9. How much gambling debt did the average client report?

Average reported gambling debt (in dollars)

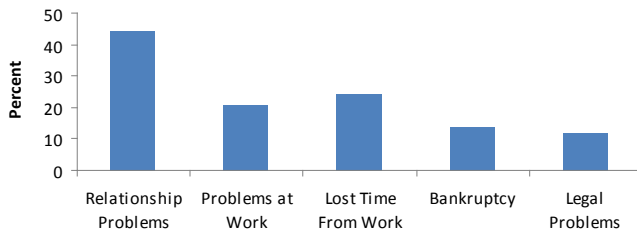


The average reported gambling debt was approximately \$30,000. Nearly 100 individuals reported a gambling debt of \$100,000 or more. The highest reported gambling debt was more than \$1 million.

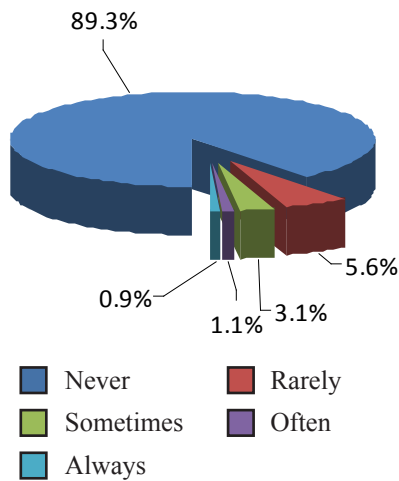
Source: Moore, 2010.

10. What were consequences of problem gambling reported by those in treatment?

Gambling-related consequences



Suicide attempts past six months



Problem gamblers and their family members experience a significant number of consequences, including relationship, work, financial and legal problems that can be overwhelming. Suicide is also a big concern with problem gamblers, as illustrated below.

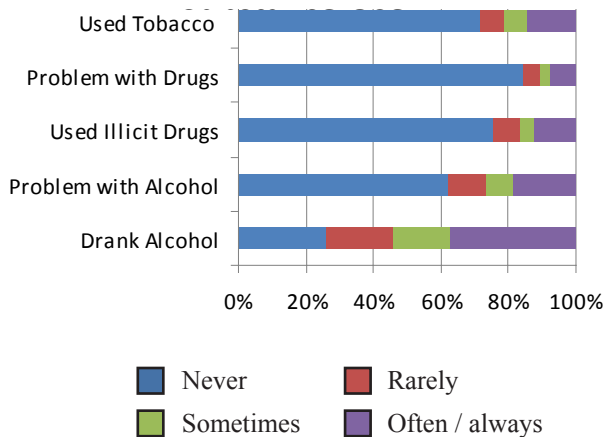
More than 10 percent of those in treatment had attempted suicide one or more times in the previous six months.

Compared to other addictions, gamblers have higher rates of suicide, so they must be assessed and reassessed for suicide risk throughout treatment.

Source: Moore, 2010.

11. How many problem gamblers in treatment also have substance abuse problems?

Problem gambling clients' reported substance use

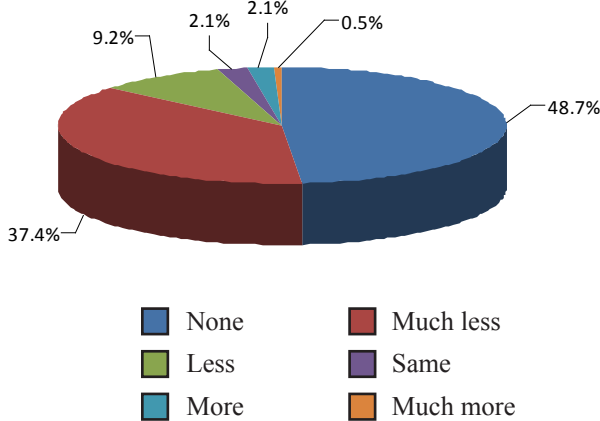


There is a high correlation between substance abuse and problem gambling. Treatment models must take this into account and address both addictions; either addiction, if untreated, increases relapse potential and compromises recovery.

Source: Moore, 2010.

12. What were the outcomes of problem gambling treatment?

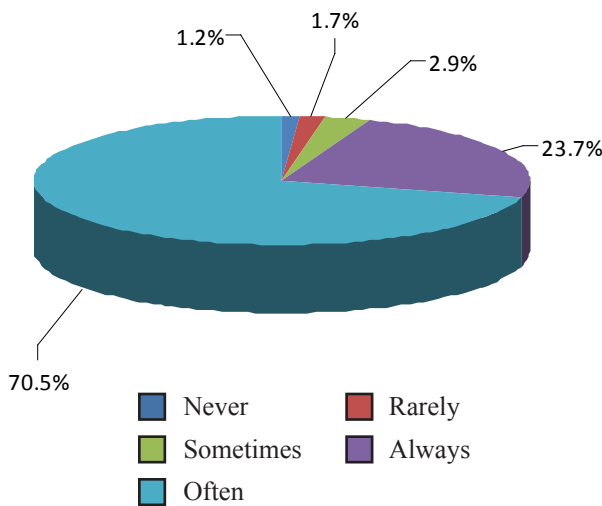
Gambling compared to before treatment



Of those who completed treatment, 86 percent stopped or reduced their gambling.

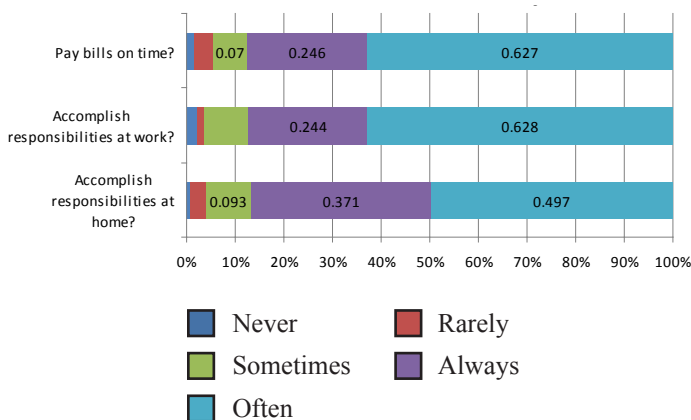
Treatment clearly works for those who remain in and complete their full course of treatment.

Treatment received was helpful



Problem gambling clients clearly value these services, with 94 percent of them reporting treatment was helpful.

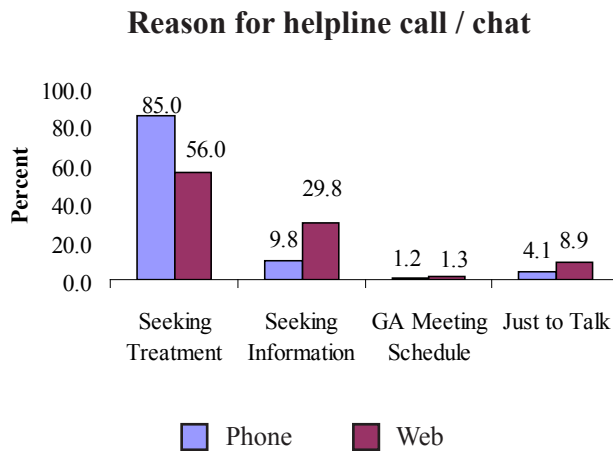
Post-treatment: critical activities completed



Completing treatment helped clients regain their ability to pay bills on time and handle responsibilities at home and at work.

Source: The source of all data in this section is Moore, 2010.

13. How many people contacted the Problem Gambling Helpline?



The Problem Gambling Helpline received 1,544 calls for help and 226 chat/instant message/e-mail contacts with more than 96 percent resulting in referrals to treatment.

Source: Moore, 2010.

Discussion

The data indicate that the state-funded prevention and treatment system is truly helping Oregonians.

Key recommendations for the future, based on these data and additional analysis of our system, include:

- Awareness efforts should continue because problem gambling still remains under the radar for most people;
- Prevention efforts should continue to emphasize infusing problem gambling into existing risky behavior/healthy choices efforts for youth and efforts to collaborate with colleges should continue;
- More needs to be known about the various factors at play that contribute to enrollments rates remaining lower than treatment need;
- A social marketing effort could be more effective in attracting problem gamblers over time;
- A more stable funding mechanism should be identified and implemented that provides the provider system with a more secure funding base.





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