

Tulalip Tribes Family Services Problem Gambling Program

2023 TRIBAL HEALING TO WELLNESS COURT ENHANCEMENT TRAINING

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Terminology (Naming the issue)

- ▶ Gambling Disorder
- ▶ Addictive Gambling
- ▶ Pathological Gambling
- ▶ Compulsive Gambling
- ▶ Problem Gambling

Treatment; myths and truths

We are not Gamblers Anonymous

We do not fix or make people stop gambling

We are qualified, certified trained in P.G. counseling

We are FREE

We work with all people, Native, non-native , enrolled , elderly, young, anyone including family members and S.O.'s

We meet people where they are at (Stages of Change model)

We cannot force people to get help or receive and apply tools/strategies for managing recovery.

We DO see people successfully achieve recovery.

Relapse can be part of a persons journey but not required.

No magic dust, potion, medication, or spell to make people get well.

Treatment works in combination with 12 step program.

Recovery is lifelong and is a process not an event.

What is Gambling

- ▶ To risk money OR something of value on an outcome of an unpredictable chance event or contest.
- ▶ Any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or 'skill' constitutes gambling.

Types of Gambling

- ▶ Horse betting
- ▶ Dominos
- ▶ Bingo
- ▶ Keno
- ▶ Spanish 21
- ▶ Slot machines
- ▶ Raffles
- ▶ Blackjack
- ▶ 50/50
- ▶ Dice
- ▶ Lotto
- ▶ Scratch tickets

What is Problem Gambling

▶ Problem Gambling is gambling behavior which causes disruptions in any major area of life;

emotional (depression/anxiety), physical, social, or vocational.

DSM V – Gambling Disorder

- ▶ Persistent and recurrent problematic 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:
 - ▶ Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 - ▶ Is restless or irritable when attempting to cut down or stop gambling.
 - ▶ Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
 - ▶ 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).
 - ▶ Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
 - ▶ After losing money gambling, often returns another day to get even (“chasing” one’s losses).
 - ▶ Lies to conceal the extent of involvement with gambling.
 - ▶ Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 - ▶ Relies on others to provide money to relieve desperate financial situations caused by gambling.
- ▶ The gambling behavior is not better explained by a manic episode.



There are two types of Gamblers

Action and Escape

Action

- ▶ Mostly men
- ▶ Usually start gambling earlier in life
- ▶ Takes longer for gambling addiction to take hold (10-15 years).
- ▶ competitive, like challenges, ego big, boastful, status, arrogant, reputation, prefer games of skill; poker, blackjack, golf, sports betting, casino tables.

Escape Gambling

- ▶ Historically mostly women, but we are seeing an increase in male escape gamblers.
- ▶ Electronic Gambling; slot machines, Video poker, online gambling games. bingo, lottery, scratch tickets.
- ▶ Rapidly progresses into addiction (3 months)
- ▶ Isolate and prefer to gamble alone; lottery, scratch tickets, keno, bingo or online gambling.
- ▶ Starts later in life and often escape gamblers seek treatment quicker.

High Risk Populations

- ❖ **Older Adults/ Elders**
- ❖ **Folks in Recovery** (switching addictions)
- ❖ **Folks** residing within a 3 mile radius of a gambling establishments or casino. **Proximity is a key factor.**
- ❖ **Folks with mental health issues**, history of Trauma, or unresolved grief/loss.
- ❖ **Adolescents** – undeveloped impulse control, risk taking, status seeking, peer pressure, and more accessible: i.e. internet/online gambling, fusion of video gaming and gambling. Sports betting and card games are popular.
- ❖ **Minority groups** and folks living in poverty or coming from Generational poverty
- ❖ **Folks** with a family history of Gambling, early exposure and socialization.

Signs and Symptoms of Addictive Gambling

- ▶ Borrowing money to gamble or to pay gambling debt
- ▶ Gambling to escape worry, grief, loss, negative emotions.
- ▶ Lying about the time, and money spent on gambling
- ▶ “Chasing” after losses
- ▶ Feelings of hopelessness, depression, or suicide as a result of gambling.
- ▶ Losing time from family, community, school or work obligations due to gambling.
- ▶ Mood Shifts
- ▶ Increased interest in gambling
- ▶ Creating gambling occasions
- ▶ Time and money devoted to gambling
- ▶ Defensive when confronted about gambling behavior
- ▶ Withdrawal from family, friends, co workers and community members.

Emotional Effects

Many problem Gamblers experience some or all of these:

- ▶ depression,
- ▶ anxiety,
- ▶ suicidality,
- ▶ worry,
- ▶ regret,
- ▶ obsession,
- ▶ anger,
- ▶ low-self-esteem,
- ▶ irritability,
- ▶ low frustration level.

Physical

PHYSICAL / HEALTH ISSUES and Gambling Disorder behavior

- Problem Gamblers experience a variety of physical problems as a result of their gambling such as:
- High blood pressure
- Poor nutrition
- Stress related problems; headaches, body aches, tense muscles, clenched jaw
- Poor sleep
- Digestive problems
- Ulcers
- Withdrawal symptoms; cravings, weight gain/loss, sleep problems, headaches, shakiness, low pain tolerance, impaired memory, mood swings, irritability, fidgety, difficulty thinking, difficulty concentrating.
- Exposure to smoke and increased smoking/chewing (nicotine use).
- Diabetes concerns- Poor diet, increased sugar with soda/ coffee, inconsistency with medications to stabilize diabetes.

Mental Effects

- ▶ Magical or fantasy thinking
- ▶ Preoccupation with Gambling
- ▶ Difficulty focusing
- ▶ Impaired memory
- ▶ Ruminating
- ▶ Denial
- ▶ Obsessive thinking

Financial

- ▶ Borrowing money
- ▶ Pay Advances from employer
- ▶ Pay day Loans
- ▶ Pawning items
- ▶ Credit Card Debt
- ▶ Stealing/Embezzlement/theft
- ▶ Debt
- ▶ Diverting funds from household expenses i.e. light bill, food, gas and water bills.
- ▶ Financial crisis

Phases of Gambling Addiction

- ▶ **Winning Phase**: occasional gambling, frequent winning, fantasizing about winning 'big', increased gambling episodes, betting increases gradually, might experience a "big win", increased preoccupation
- ▶ **Losing Phase**: Bragging about winning, gambles alone, covering up/lying, losing time from family, school, work and community events and responsibilities, prolonged losing episodes, personality changes i.e. irritable, edgy, withdrawn, borrowing, looks for bailouts, delay in paying household bills, debt increases, neglect of family, home life stressful due to financial consequences and absence from partner or kids. Fantasy thinking increases.
- ▶ **Desperate Phase**: Marked increase in amount of money and time spent gambling, remorse, panic, blaming others, denial, alienating friends, family and partner, hiding/lying and sneaking. Suicidal thoughts or attempts. Withdrawal symptoms experienced, divorce, switching addictions or relapse, emotional break down and desperate attempts to control or stop gambling. Might seek treatment or attend G.A.

Recovery Stages

- ▶ **Critical Phase**; Seeks help, hopeful, realistic thinking, honesty, self- assessment and steps taken for financial accountability. Stops gambling behavior. Experiences w/d symptoms
- ▶ **Rebuilding Phase**; Trust building with partner, family, friends and community, self respect returning, financially responsible, less irritable, depression often begins to lift, learned coping skills for emotions, high risk people, places and things, financial restitution, becomes accountable and transparent, increased participation in group, counseling and G.A. or 12 step meetings, and spirituality restored.
- ▶ **Growth Phase**: Insightful, compassionate towards self and others, less preoccupied with gambling, addresses responsibilities with confidence and seeks support and assistance when necessary, self aware of triggers and strategies for relapse prevention and lifestyle developed which supports recovery.

Similarities and Differences

Gambling Addiction And A/D Addiction

Similarities;

- ▶ Both seek immediate gratification
- ▶ Both experience preoccupation and inability to control or stop behavior.
- ▶ Both have Denial
- ▶ Both diseases are progressive/chronic/primary and treatable.
- ▶ Both seek the feeling of first win or first high
- ▶ Blackouts and Brown outs
- ▶ Both seek to escape pain/distress
- ▶ Both experience low self-esteem
- ▶ Both have rituals or patterns
- ▶ Both impact their families; family disease
- ▶ Both have enablers/codependents
- ▶ Neuro-pathways and brain chemistry changes similar; dopamine, serotonin and adrenalin, cortisol and other neurotransmitters released during gambling and using.
- ▶ Both have Distorted thinking

Differences

- ▶ Gambling is often a hidden addiction
- ▶ As long as there is money, overdose is not possible; there is no saturation level.
- ▶ You can't drug test or breath test for Gambling Addiction. There are no card marks on the arm, or the breath does not smell like slot machines.
- ▶ Gambling requires no ingestion of chemicals.
- ▶ It is usually not perceived of as a disease.
- ▶ Fewer resources available for Gambling Addiction treatment or support services for the addict and their families.

PG and cultural considerations

- ▶ Generational Poverty (A Framework for Understanding Generational Poverty, Ruby Payne)
- ▶ Season Employment (Fishing/Harvesting, fire works, pow-wow, ect....) Ebb and Flow of financial resources
- ▶ Per Capita's, Settlements, and Bonuses
- ▶ Extended family, and non-related family members
- ▶ Role of Gambling within the tribal community; Elders Bingo, Raffles at events, Slah hal (Stick Games), Tournaments, Community Bingo events, Elders Trips (destinations are usually at Casinos), Casino venues for Native Conferences, conventions, elections, and Pow-wow's ect....)
- ▶ Resources; Protective Payees, emergency loans, assistance ect...
- ▶ Historical Trauma
- ▶ Co-occurring addiction and/or Mental Health issues
- ▶ Complicated and unresolved Grief/Loss
- ▶ Oppression and Colonization

Gambling Counseling Native American

- ▶ Collaborative, and Strength based with consideration for Historical Trauma, lateral oppression, culture of poverty, acculturation, and power dynamics, within context of community and Environment or ecosystem. i.e. Urban, Rural, Reservation, or
- ▶ Family systems approach is culturally appropriate and responsive in working with individuals with gambling addiction.
- ▶ Honors Family, recognizes intrinsic deeply embedded interdependency with family, extended family and community.
- ▶ Family members are instrumental in supporting Individual achieve recovery, also provides insight into barriers/challenges experienced by individual and family members seeking guidance in addressing addiction.
- ▶ Because GAM-ANON/12 step model is not always culturally attuned with N.A. families having a family counselor as a support could serve as a option for some N.A. resistant to 12 step support. Providing family members with alternative avenues for information, and assistance is important. A menu of option for support .

Treatment

Treatment works

Treatment is an effective plan for achieving abstinence from Gambling Addiction.

Tulalip Tribes offers a variety of services to meet the unique needs of each individual seeking help. Services include;

Assessments

Couples Counseling

Family Counseling

Monthly

Family/Friend/Community

Education Night

Group Therapy

Referrals

Consultation

Individual sessions

Training/Workshops

Prevention Activities

Interventions

Group Therapy

Problem Gambling Wellness Court Referral

- ▶ Name:
- ▶ DOB:
- ▶ Contact #
- ▶ DOC:
- ▶ Self- Exclusions?
- ▶ Any legal or financial issues related to gambling?
- ▶ Stage of Wellness Court?
- ▶ Reason for Referral:

Lie/Bet Questionnaire:

1. Have you ever had to lie to people important to you about how much you gambled? (Yes/No)
2. Have you ever felt the need to bet more and more money? (Yes/No)

Resources , Support and Materials

- ▶ **Washington 24/7 Problem Gambling Helpline – [1-800-547-6133](tel:1-800-547-6133)**
- ▶ **❖ National Problem Gambling Helpline (outside of Washington) – [1-800-522-4700](tel:1-800-522-4700)**
- ▶ **❖ National Suicide Prevention Lifeline – [1-800-273-8255](tel:1-800-273-8255)**
- ▶ For more information visit: <https://suicidepreventionlifeline.org>
- ▶ **Evergreen Council on Problem Gambling www.evergreencpg.org**
- ▶ **Nation Council on Problem Gambling www.ncpgambling.org**
- ▶ **Gamblers, Family and Friends in Recovery gamblersinrecovery.com**
- ▶ www.smartrecovery.org Smart Recovery
- ▶ **GAMANON www.gam-anon.org (Friends and Family of PG)**
- ▶ **App ‘I am Sober’**
- ▶ **App ‘Life 360’**

Con't. Gambling Resources and literature

Literature

- ▶ **'Taking Back Your Life; Women and Problem Gambling'. Diane Rae Davis 2009**
- ▶ **'Gripped by Gambling' Marilyn Lancelot 2007**
- ▶ **'Gambling Addiction' A practical guide.**

Video/Documentaries

- ▶ **'Owning Mahowny' 2003**
- ▶ **'One Last Bet' 2007**
- ▶ **'Gambling; It's not about the money'**

Pilamayaye (Thank you)

Contact Info

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