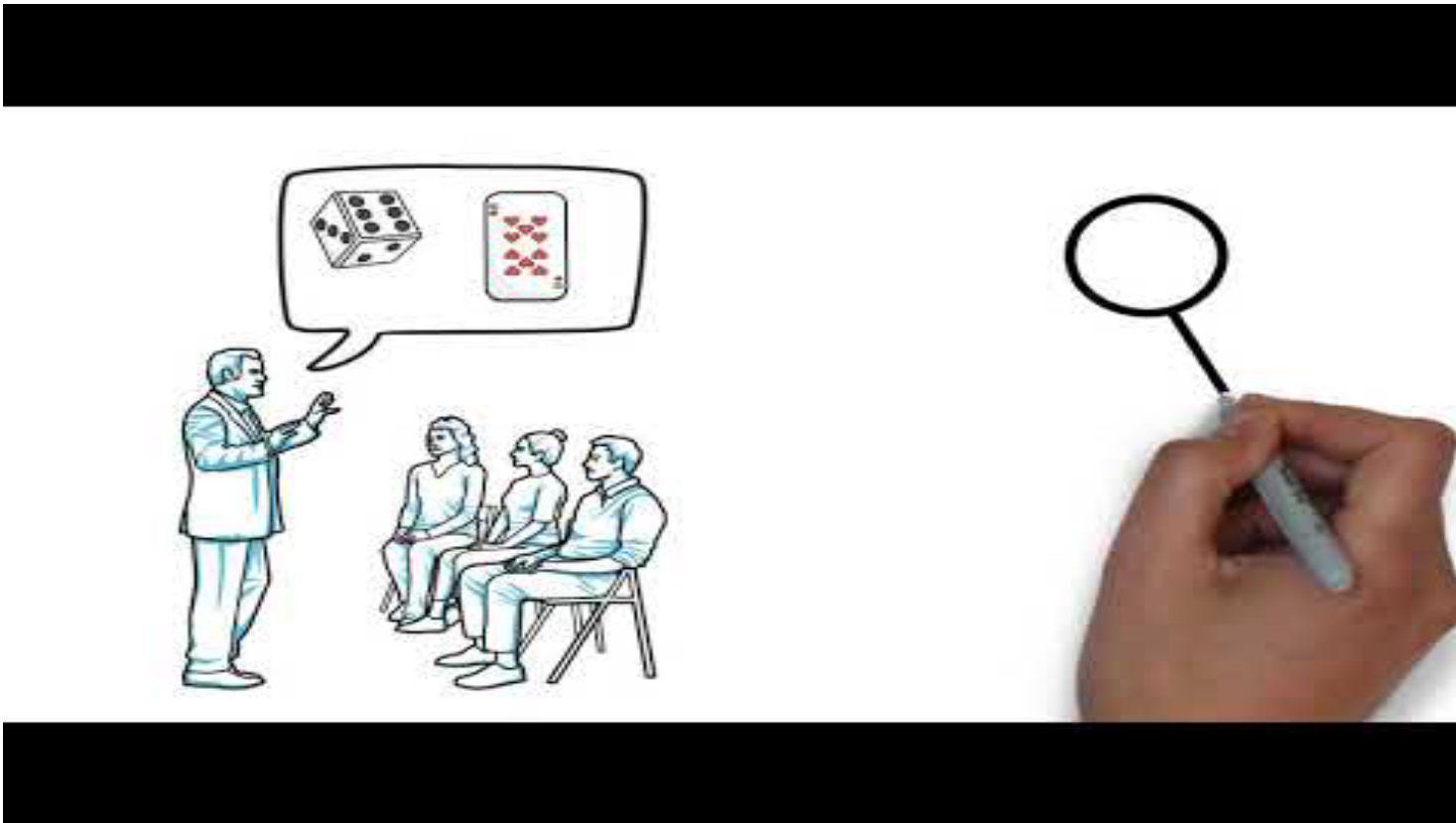


Gambling: A Lead Risk Factor For Suicide

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Connecticut Department of Mental Health & Addiction Services Problem Gambling Services



Overview video created by [TTASC](#)



CONNECTICUT COUNCIL on
PROBLEM
GAMBLING



We are gambling
neutral!



What is Gambling?

**Risking something of
value on an activity
that has an
uncertain outcome**

Types of Gambling

Lottery

Casino

Off Track Betting

Sports Betting/Fantasy Sports

Charitable Games

Online Gambling

Stock Market

Cryptocurrency

2021 the biggest gambling expansion for Connecticut since Foxwoods opened in 1992 and Mohegan Sun in 1996

Online casinos

Online sports betting

Online fantasy sports

Online lottery - coming soon in 2023

Definitions



Responsible Gambling: Describes the ways in which games of chance are both offered and participated in a socially responsible way that lowers the risk of gambling harms



Problem Gambling: Pattern of gambling engagement that is so extreme it causes an individual to have important problems in various aspects of their life



Gambling Disorder: clinical term relating to a score assessed by a professional using a recognized set of criteria

Setting the Stage

Suicidal Ideation

Thinking about, considering, or planning suicide

Suicide Attempt

A non-fatal, self-directed, potentially injurious behavior with an intent to die

Suicide

The act of taking one's own life intentionally

I

MADE WITH
ANIMOTICA

DSM-5 Criteria – Gambling Disorder

Must have 4 or more of the following:

- Is preoccupied with gambling (relives past experiences...).
- Needs to put increasing amounts to get the same excitement.
- Has repeated, unsuccessful attempts to control, cut back, or stop.
- Becomes restless or irritable when trying to stop gambling.
- Gambles as a way to escape problems or deal with dysphoric mood.
- After losing money gambling, often returns another day to get even. (chasing)
- Lies to family/friends/coworkers to hide the extent of gambling losses.
- Has jeopardized, or lost, a significant relationship, job, educational, or career opportunity because of gambling.
- Relies on others to provide the money to relieve a desperate financial situation caused by gambling. (bailouts)

Is not better explained by a Manic Episode

GAMBLING
DISORDER IS
KNOWN AS THE
"HIDDEN
ADDICTION"

Can be difficult to diagnose

No biological test

Appears to be a money problem

Not self-limiting

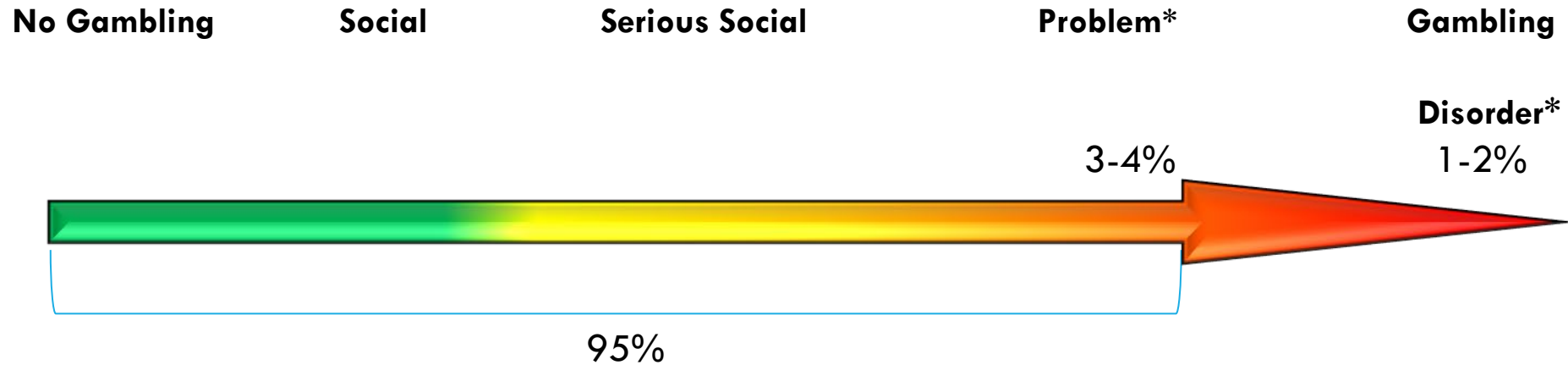
The problem can also be the solution

Intermittent reward schedules

Lack of awareness

Greater stigma- increase shame & guilt

THE GAMBLING CONTINUUM



- Youth 2x
- Veterans 3.5x
- SU/MH 10x
- DOC population 20x



PREVALENCE IN CONNECTICUT

- 1.5%-2% population will meet the criteria for GD
- Approximately 53,863 individuals enough to fill Fenway Park 1.5 times or Yankee Stadium once with a few people left standing
- 8% population are considered “at-risk” of developing a problem with gambling in their lifetime
- That is approximately 287,269 CT residents
- Enough to attend 28 sold out concerts at Mohegan Sun Arena

Impacts

On average, **1** individual working through a gambling addiction impacts an additional **7 to 20** people in their families and communities.

National Council on Problem Gambling, 2020 Problem Gambling Awareness Month Bulletin



Gambling Disorder and Under-Resourced Populations: Prevalence and Risk Factors

(Okuda, M; Liu, W; Cisewski, J; Segura, L; Storr, C; and Martins, S: July 2016, Current Addiction Report)

- Lack of research
- More likely to experience disparities in health and health services related to PG
- Under-resourced populations reported more: prior discrimination by providers, negative beliefs about mental health, social stigma of mental health disorders, and distrust of mental health providers
- Barriers to care include lack of insurance, long waiting lists, and lack of services in preferred language

Ways to Decrease Health Disparities in Problem Gambling Among Those You Serve:

- Place emphasis on reaching this population
- Connect with community leaders
- Educate that the disparity exists
- Ask those of under-resourced populations what would work for PG prevention and distribution of resources
- Advertising to under-resourced populations, increased access to resources

Some Groups Are At Higher Risk for Suicide



Veterans

Veterans have an adjusted suicide rate that is 52% greater than the non-veteran U.S. adult population.



Tribal Populations

Suicide is the 9th leading cause of death among AI/AN people.



Middle-aged Adults

Middle-age adults (35-64 years) account for almost half of all suicide deaths in the United States.



LGB Youth

High school students identifying as lesbian, gay, or bisexual attempt suicide at a rate nearly four times higher than heterosexual students.



Certain Industries & Occupations

Suicide rates are highest among men working in certain industries (Mining, Quarrying, and Oil and Gas Extraction) and certain occupations (Construction and Extraction).



People with Disabilities

Adults with disabilities are three times more likely to report suicidal ideation compared to adults without disabilities.

Gambling in the Military

“[Gambling] is the child of avarice, the brother of inequity, and father of mischief. It has been the ruin of many worthy families, the loss of many a man’s honor, and the cause of suicide”

-George Washington

Problem Gambling Among U.S. Veterans

- A national survey found 2.2% screened positive for at-risk or pathological gambling (Stefanovics et al., 2017).
- 4.2% of Iraq/Afghanistan Veterans exhibit at-risk/probable pathological gambling (Whiting et al., 2016).
- 10.7% of mental health treatment-seeking Veterans reported a lifetime history of gambling disorder (Westermeyer et al., 2013).
- **40% of Veteran gamblers seeking treatment reported a previous suicide attempt** (Kausch, 2003).
- **Among Veteran problem gamblers seeking treatment, high rates of SUD and lifetime suicidal ideation (15%)** (Shirk et al., 2018).
- **Veterans with gambling disorder and pain disorder were 1.9 times more likely to attempt suicide compared to Veterans with pain disorder alone** (Ronzitti et al., 2019).



Suicidal Behaviors and Associated Factors Among Individuals with Gambling Disorders

31% suicide ideations

Suicide ideations were associated with having any financial debt, having chronic physical illnesses, experiencing depression, mood disorders, and alcohol use disorders.

17% suicide plans

16% suicide attempts

Suicide attempts were associated with being older and having a childhood history of sexual abuse, as well as experiencing depression, mood disorders and alcohol use disorders.

The most prevalent comorbid conditions include:

- Substance use disorders and mood disorders

https://www.researchgate.net/publication/367411081_Suicidal_Behaviors_and_Associated_Factors_Among_Individuals_with_Gambling_Disorders_A_Meta-Analysis

Problem gamblers have highest suicide rate of any addiction disorder, studies show



It's about time to watch on your time. Streaming local weather 24/7.

Search News 5 on your device. Roku amazon fire tv Apple TV android tv

Download our streaming app on your

Problem gamblers at 15 times higher risk of suicide, study finds

Swedish research, if applied to UK, suggests 550 suicides a year are linked to gambling



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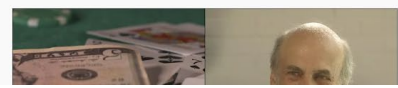
Anne Evans - a gambling-related suicide story
9.4K views • 2 years ago

Leeds and York PFT
Anne Evans from Doncaster lost her son Alan in 2010 after he ended his life due to gambling addiction. She now works with the ...



Matthew - a gambling addiction story
23K views • 2 years ago

Leeds and York PFT
Matthew Kettell from Sheffield talks about the shame that his gambling addiction brought upon himself and his family. He was ...



Recovering gambling addict warns of dark side of betting
15K views • 1 year ago

A7Family 3TV and CBS 5 News



Suicide and Problem Gambling

841 views • Aug 26, 2020
14 DISLIKE SHARE SAVE

Personal Story of Problem Gambling & Suicide





Suicide

- *Hopelessness*
- *Mood changes*
- *Withdrawing from friends, family, or society*
- *No reason for living; no sense of purpose in life*
- *Increase in risky activities*
- *Anxiety, agitation also unable to sleep or sleeping all the time*
- *Increase in substance use*

Warning Signs for



Gambling Disorder

- *Hopelessness*
- *Mood changes*
- *Withdrawing from friends, family, or society*
- *No reason for living; no sense of purpose in life*
- *Increase in risky activities*
- *Anxiety, agitation*
- *Increase in substance use*

- **Losses**
- **Gambling problems, financial problems, illegal activities becoming public**
- **Given up hope of controlling or stopping gambling**



Risk Factors for



Suicide

- *Substance misuse*
- *History of depression and other mental illnesses*
- *Current or prior history of adverse childhood experiences*
- *Relationship issues*
- *Age/identity*
- *Recent loss or change*
- *Sense of hopelessness*
- *Job/financial problems or loss*
- *Criminal/legal problems*
- *Serious illness such as chronic pain*

- *Impulsive or aggressive tendencies*
- *Violence victimization and/or perpetration*

Gambling Disorder

- *Substance misuse*
- *History of depression and other mental illnesses*
- *Current or prior history of adverse childhood experiences*
- *Relationship issues*
- *Age/identity*
- *Recent loss or change*
- *Sense of hopelessness*
- *Job/financial problems or loss*
- *Criminal /legal problems*
- *Serious illness such as chronic pain*

- **Hold mistaken beliefs about the odds of winning**
- **Early or big win**
- **Having a parent with gambling problems**
- **Attributing self-esteem to gambling wins or losses**
- **Not monitoring gambling wins & losses**



PROTECTIVE FACTORS

Individual Protective Factors

- Effective coping and problem-solving skills
- Reasons for living (for example, family, friends, pets, etc.)
- Strong sense of cultural identity

Relationship Protective Factors

- Support from partners, friends, and family
- Feeling connected to others

Community Protective Factors

- Feeling connected to school, community, and other social institutions
- Availability of consistent and high quality physical and behavioral healthcare

Societal Protective Factors:

- Reduced access
- Reduced stigma

20 Questions of Gambler's Anonymous

20. Have you ever considered self - destruction as a result of your gambling?



Gamblers Anonymous[®]

In the past year, have you participated in any of the following: keno, lottery scratch offs, betting on sports, playing cards for money, online casino, going to the casino, Off Track Betting, Daily Fantasy Sports, and purchasing loot boxes in videogames?

- None
- Less Than Monthly
- Monthly
- Weekly
- Daily

Brief Biosocial Gambling Screen

A "yes" answer to any of the questions means the person is at risk for developing a gambling problem.

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling? YES NO

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled? YES NO

3. 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



www.ncrg.org

www.divisiononaddiction.org

BBGS

Brief Bio-Social Gambling Screen

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?

Yes **No**

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

Yes **No**

3. During the past 12 months, did you have such financial trouble that you had to get help from family or friends?

Yes **No**

*BBGS Scoring: Answering 'Yes' to one or more questions indicates likely disordered gambling.

Problem Gambling Severity Index

This self-assessment is based on the Canadian Problem Gambling Index. It will help you decide if you wish to seek other forms of support or information.

When you think of the past 12 months, have you bet more than you could really afford to lose?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

When you gambled, did you go back another day to try to win back the money you lost?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have you borrowed money or sold anything to get money to gamble?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have you felt that you might have a problem with gambling?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Has gambling caused you any health problems, including stress or anxiety?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Has your gambling caused any financial problems for you or your household?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Have you felt guilty about the way you gamble or what happens when you gamble?

0 Never 1 Sometimes 2 Most of the time 3 Almost always

Total your score. The higher your score, the greater the risk that your gambling is a problem.

Score of 0: Not problem gambling.

Score of 1 or 2: Low level of problems with low or no identified negative consequences.

Score of 3 to 7: Moderate level of problems leading to some negative consequences.

Score of 8 or more: Problem gambling with negative consequences and a possible loss of control.

Form, J.A. Wynne, H. 2006. The Canadian problem gambling index Final report. Submitted to the Canadian Centre on Substance Abuse.

PGSI

Problem Gambling Severity Index

Thinking about the last 12 months...

- Have you bet more than you could really afford to lose?
- Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?
- When you gambled, did you go back another day to try to win back the money you lost?
- Have you borrowed money or sold anything to get money to gamble?
- Have you felt that you might have a problem with gambling?
- Has gambling caused you any health problems, including stress or anxiety?
- Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?
- Has your gambling caused any financial problems for you or your household?
- Have you felt guilty about the way you gamble or what happens when you gamble?

Conversation Starters

Acknowledge Certain Times of the Year

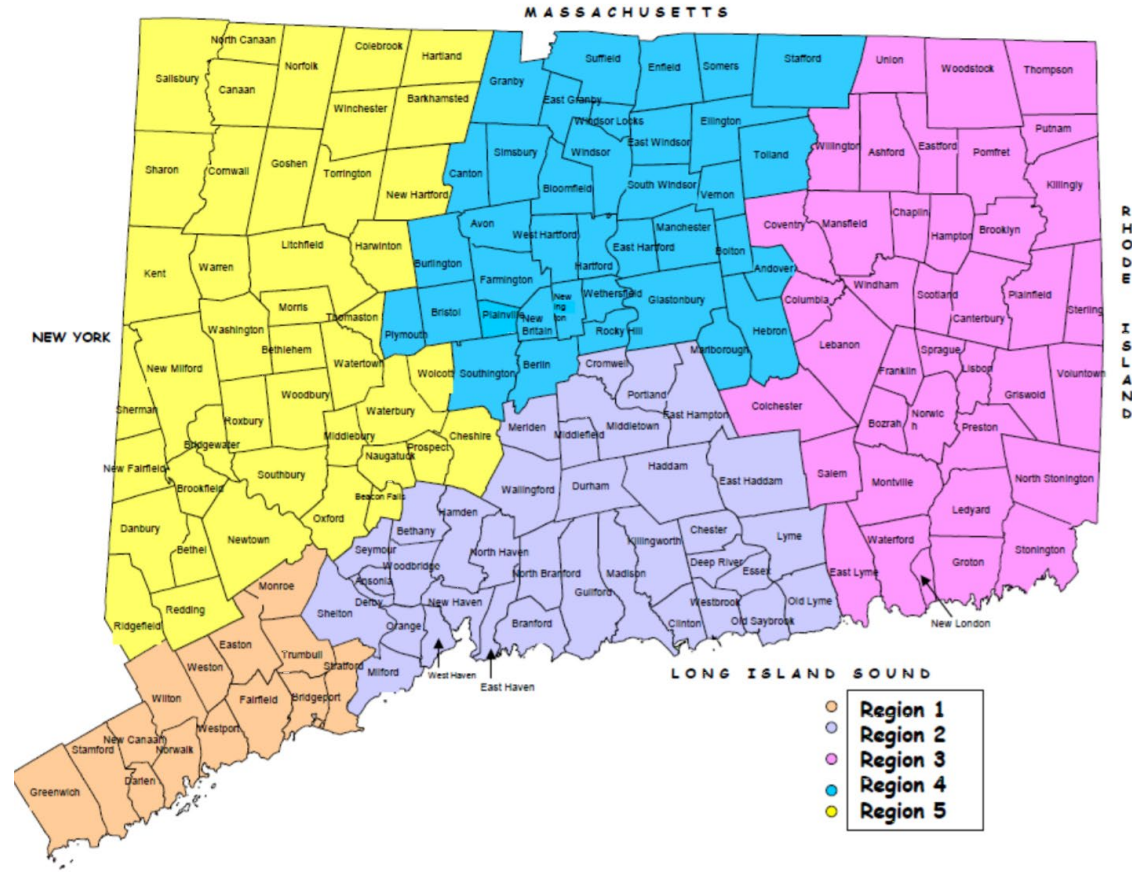
- Superbowl
- NCAA Basketball Tournament/“March Madness”
- NBA Finals
- Big Horse Races – Kentucky Derby
- World Cup
- Boxing for World Titles
- When the Lottery Jackpot gets high
- Fantasy Leagues



questions such as:

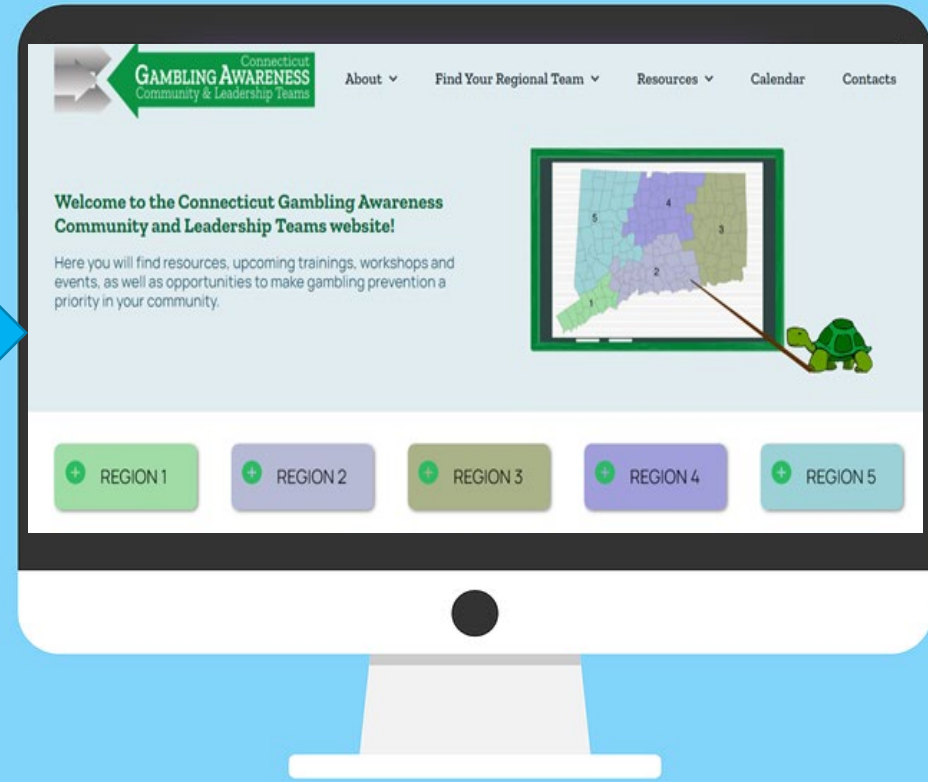
- When do you feel the urge to gamble? Or, what are your gambling triggers?
- Do you gamble to celebrate?
- Do you gamble to escape problems, frustration or stress?
- How do you feel when you gamble?
- How do your family members and friends react to your gambling?
- Do you feel comfortable talking about your gambling problem with any family members or friends? If so, who?

JOIN THE
REGIONAL
GAMBLING
AWARENESS
TEAM IN YOUR
AREA!



Website:

GamblingAwarenessCT.org



Better Choice Treatment Programs



Region 1

Stamford, Norwalk,
Bridgeport



Region 2

Branford, Milford &
Ansonia



Region 3

Norwich, New
London, Plainfield



Region 4

Hartford, Bristol &
New Britain



Region 5

Waterbury, Danbury,
New Milford,
Torrington

Resources for Support & Referral

Problem Gambling Services (PGS) www.ct.gov/dmhas/pgs **860-344-2244**
Informational & Treatment Support Materials, Media, On-line/In Person Training

Gambler's Anonymous (GA) <https://ctwmaga.org/>

Gam-anon <https://gam-anon.org/>

Gambling Recovery Support Services: Stephen Matos (Smatos@mccaonline.com)

CT Community for Addiction Recovery (CCAR) <https://ccar.us/>

Advocacy Unlimited <https://advocacyunlimited.org/>

National Council on Problem Gambling (NCPG) <https://www.ncpgambling.org/>

CT Council on Problem Gambling www.ccp.org

Help is Available



PROBLEM
GAMBLING
HELPLINE
1-888-789-7777

Struggling with Problem Gambling? Help Is Available.



Call **1.888.789.7777**

If you or someone you care about has a gambling problem and you are seeking resources and help, call our free, confidential helpline 24-hours a day, 7 days a week at
1-888-789-7777



Text **CTGAMB** to 53342

Don't want to call us?
Text CTGAMB to 53342. Professional counselors respond directly to text messages 24 hours a day, 7 days a week, 365 days a year, including holidays and weekends



Live Chat - **ccpg.org/chat**

Our Live Chat is an alternative for those who are more comfortable chatting online. Live Chat provides support and referrals for the problem gambler and others impacted (family, friends, co-workers, employers)

CONNECTICUT COUNCIL on
PROBLEM
GAMBLING

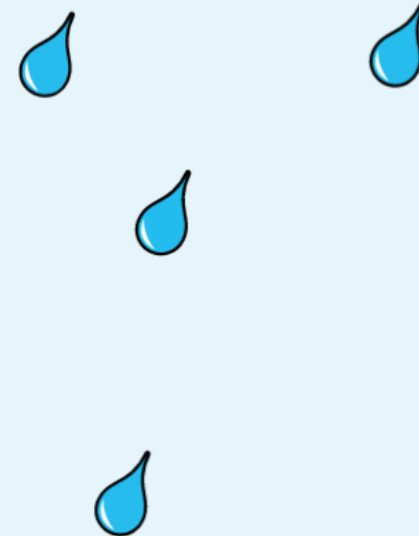
Everyone can take action to help **prevent suicide.**

Know the warning signs and learn what to listen for, what to say, and what to do for someone who may be suicidal.

[LEARN MORE](#)



1 WORD VOICE LIFE
Be the **ONE** to start the **conversation**

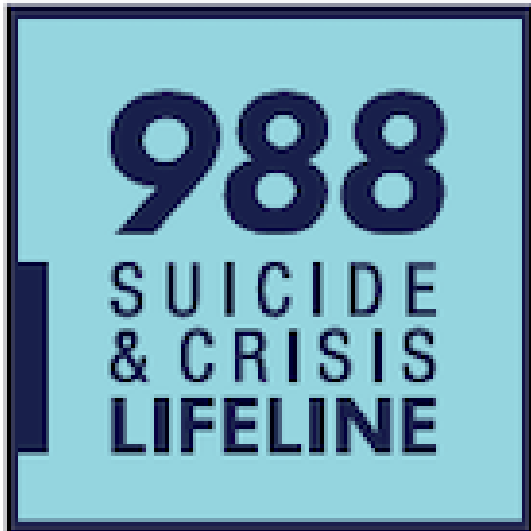


GET HELP 24/7

Call **2-1-1** in CT

988 Suicide & Crisis Lifeline: **988**

Crisis Text Line:
741741

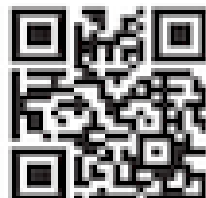


There is hope



Talk with us.

If you or someone you know
needs support now,
call or text 988
or
chat 988lifeline.org



PEP22-08-03-004

Be a Lifeline



Do you know
someone in crisis?

You can be a lifeline and
help support them!

Here are five steps you can take
that are known to help:

1. ASK:

Are you thinking about suicide? How do you hurt?
How can I help?

2. BE THERE:

In person or on the phone. Show support. Listen.
Keep promises to connect.

3. HELP KEEP THEM SAFE:

If the person in crisis is suicidal, details matter:
Do they have a plan, or ideas about timing
or method? You can call 988 to support their
crisis care.

4. HELP THEM CONNECT:

When someone is in crisis, connecting them with
ongoing supports can help establish a safety net.
Remind them they can call, text or chat 988 to
connect with a trained crisis counselor 24/7.

5. FOLLOW UP:

After the immediate crisis is over, check in.
That text or call afterwards makes a real difference.

988 SUICIDE & CRISIS
LIFELINE



What is something I affirmed?



What is something I learned?



What is something I will do differently?

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Contact Us





THANK YOU!