

Southern Illinois Drug Awareness Conference
Back Bigger Better

**Wagering Wellness: An Examination of
Gambling Use Disorders in Illinois**
Anita Pindiur Way Back Inn

March 13, 2024

The Way Back Inn, a5 Branding & Digital, and the Are You Really Winning campaign are neutral to gambling and gambling establishments. We are neither for or against gambling.



Agenda:

What is Gambling Use Disorder?

History and overview of gambling

- Signs & Symptoms
- Screening & Diagnosis of gambling use disorders
- Treatments

Are You Really Winning Campaign & materials

Education and Training- ICPG



What is Gambling?

An activity risking something valuable (money) in hopes of winning something of greater value.

Invest \$1 to win \$1 Million Jackpot

Outcomes are uncertain

No guarantee

Hope

No skill needed

Implied low risk –high reward



**IT'S PROBLEM GAMBLING
AWARENESS MONTH.
KNOW THE SIGNS.**

AreYouReallyWinning.com



ACCESSIBILITY

ACCEPTABILITY

+ PREDISPOSING FACTOR

POTENTIAL ADDICTION



Predisposing Factor

- Genetic
- Environment
- Psychological
- Social factors
- Lifestyle, culture and social system

*Poor parental supervision
and delinquency

*Early age of beginning
gambling

*Individuals who are
widowed, separated or
divorced

*Lower socioeconomic status



RESULT OF PROBLEM GAMBLING

- Financial difficulty, debt and bankruptcy
- Relationship breakdown (including divorce)
 - Lost productivity (work/school)
 - Crime (e.g. theft and fraud)
 - Low self-esteem
 - Depression, stress and anxiety
- Substance misuse or use disorder
 - Isolation and loneliness
 - *Suicide



History of Gambling

Gambling was linked to:

- Early forms of justice
- Decision making
 - i.e throwing of bones



History of Gambling

- The Earliest Evidence of Gambling: 2300 bc
- Dicing with the Law on the Streets of Ancient Rome 500 bc
- Playing your Cards Right in China 800 ad
- First Casinos in Italy 1638
- The Little Wheel in Paris 1796
- One Armed Bandits Appear in New York 1891
- Gambling in the US, Legal in Vegas Nevada:
1910 (relegalized
1931)
- Atlantic city Casino: 1977
- Indian Gaming Law:1988
- Illinois River Boat: 1990

- Gambling Has Gone Mobile: 2017
- Illinois Sports Gambling: 2019

- Almost all states have some form of legal gambling.
 - 37 states have Casinos



No Legal Gambling in Hawaii and Utah

No Casinos, no sports betting, no
horse racing

Even not State Lottery



History of Gambling in the United States

In early American history lotteries were used to fund schools, roads, bridges, and other public works

Not a new

idea

The great wall of China was funded through a lottery



History of Gambling Illinois:

*The Riverboat Gambling Act was enacted in February 1990, making Illinois the second state in the nation to legalize riverboat gambling.

*In September 1991, the first riverboat casino began operation in Alton.



History of Gambling Illinois:

*On July 13, 2009, Governor Pat Quinn signed the Video Gaming Act.

Making Licensed Video Gaming Terminals (VGT) legal in Illinois.

The act allows for Licensed Video Gaming Terminals to be placed in certain liquor establishments, truck stops and fraternal/veterans clubs throughout the state.

*The Illinois Gaming Board (IGB) has the responsibility of implementing and regulation video gaming in Illinois.

*The Video Gaming Act, authorizing the placement of up to five Video Gaming Terminals (VGTs) in licensed Retail Establishments, Truck Stops, Veteran and Fraternal Establishments. The VGTs are all connected to and monitored by a Central Communications System.



Today

Fifteen (15) casinos operating throughout the State of Illinois.

Through the whole state and downtown Chicago

\$1.5 billion revenue annually 2023

Over 7000 jobs established in the state

8500 licensed Video gaming locations - 46,400 VGT

October 2023

\$2.8 billion

\$959 million for state and local governments



Illinois Casino, VG, and sports wagering \$1.5 billion in tax revenue to state 2023

Social cost????

Lottery

- ▶ 4th largest funding source in the state of Illinois
 - ▶ 2023 \$113.3 billion on lottery tickets
 - ▶ Daily and weekly games
- ▶ Online Lottery
- ▶ Scratch of tickets
 - ▶ Specialty tickets raised \$9 Million
 - ▶ Special Olympics
 - ▶ Alzheimer's association
 - ▶ Veteran's services
 - ▶ Breast cancer
 - ▶ MS
 - ▶ Police Memorials
 - ▶ HIV/Aids support



1% of U.S. adults general population meet diagnostic criteria for a gambling use disorder

- ▶ Increase if new establishment within 40 miles of home, but levels of after a few years (no data for sports online betting)
- ▶ Affect 6 to 10 people in the person's life
- ▶ 2 - 3 % are subclinical (have some symptoms but not sufficient for a diagnosis).
- ▶ Prevalence rate of 1 % stable over past 40 years in-spite of expansion of legalized gambling

HRiA Illinois 2020 statewide Prevalence study

- 3.8% of Illinoisans have diagnosis of gambling use disorders
- 7% are at Risk
- About 1Million adults in Illinois
- (excluding prison population)



•Areyoureallywinning.com

*46% of American adults
interest in sports betting
106 million people*



Superbowl

\$185.6 million wagered 2024

68 million American adults

1 in 4 people



March NCAA

Cost to employers \$17.8 Billion lost productivity 2023

Up to 6 hours a day

75% of college students gamble during the past year-18 % weekly or more 4% daily



**About 3% of bettors
profitable at the end of the year**



▶ Process Addiction History

- ▶ Recognition in the addiction community as a disorder, little recognition in the general mental health world. Difficult to see that a behavior would result in addiction.



I can be trained to do almost anything. Just reward the behavior you want and I will be conditioned to produce that behavior.



Humans act superior, but humans do it to themselves. People are no more aware of what they are doing than we pigeons are. Patterns are our opiates. We will go to extremes for satisfaction.



History of Gambling Disorders

- DSM-III in 1980 through the work of Dr. Robert Custer saw the first placement of “Pathological Gambling” under Impulse Control Disorders
 - It was in the same category as kleptomania and pyromania



DSM IV only recognition of Behavioral Addictions is
Gambling labeled as pathological gambling under Impulse-
Control Disorders not elsewhere classified and Sexual Desire
Disorders under sexual and gender identity disorders



DSM 5 Gambling

In the DSM 5, moved from Impulse Control Disorders to addictions.

- There was enough neuroscience research in demonstrating commonalities between gambling disorders and substance abuse disorders.
- Major difference is the elimination of “commits illegal acts”



- 1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.**
- 2. Is restless or irritable when attempting to cut down or stop gambling.**
- 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.**
- 4. 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)**
- 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed);
(DSM-IV: gambles as a way of escaping from problems)**
- 6. After losing money gambling, often returns another day to get even (“chasing” one’s losses)**
- 7. Lies to conceal the extent of involvement with gambling**
- 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling**
- 9. Relies on others to provide money to relieve desperate financial situations caused by gambling**

(need 4 out of 9 to diagnose)





A.

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

B. The gambling behavior is not better explained by a manic episode

Amanda Heller -Boston Globe 2008

- ▶ “ if every gratified craving from heroin to designer handbags is a symptom of “addiction” then the term explains everything and nothing” .

Process Addiction Signs or Symptoms

- ▶ Lack of control
- ▶ Preoccupation
- ▶ Tolerance
- ▶ Irritability or anxiety when stop
- ▶ Can't stop or reduce
- ▶ Used to relive stress
- ▶ Lying about use or hiding use
- ▶ Relapse
- ▶ Compulsive or impulsive behavior
- ▶ Serious negative consequences to self, others and social
 - ▶ such as school, work, relationships suffering
 - ▶ Impairment in daily life functioning

- ▶ Unlike substance abuse it's difficult to measure withdrawal, tolerance use and relapse with gambling disorders.
- ▶ There is the preoccupation with gambling (casinos, scratch off, VGT), the increase in use, and loss of time often associated.
- ▶ During a detox (or some type of forced break) the persons will be irritable or anxious



- ▶ When interaction with potential object of addiction (chemical or process) produces desirable feelings, repeated exposure can lead to changes in brain's reward circuitry.
- ▶ The brain reward system changes
 - ▶ Changes in brain pattern have been shown with MRI studies when using technology and the response to the light emitted from devices. Seen in gambling disorders due to high amount of online gambling.

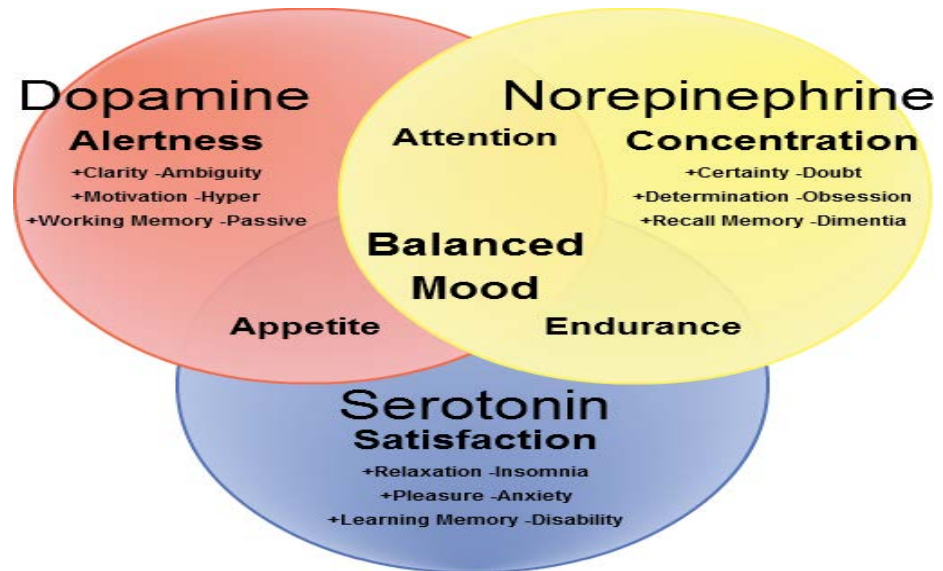
- ▶ Gambling disorder associated with neurotransmitters such as serotonin, glutamate, & dopamine.
- ▶ Research has shown changes to brain chemistry of the neurotransmitters in person with gambling disorders.

SEROTONIN & DOPAMINE



Technically, the only two things
you enjoy

- ▶ Studies have shown that some persons with gambling disorders will have lower levels of norepinephrine than normal "healthy" gamblers.



Types of Gamblers

Casual Social Gambler

Serious Social Gambler

Relief and Escape Gambler

Professional Gambler

Anti-Social Gambler



Similarities

- +Depression/Anxiety or other untreated mental health
- +Unresolved Trauma
- +Genetic predisposition, family history
- +Observed or active exposure to addictive behaviors during childhood

Untreated mental health disorders, such as depression, anxiety or unresolved trauma, may show up in addictive behaviors as a way to cope.

The feel of gambling or a substance to cope, will have similar effect on the brain.

The lows feel low and the highs feel high.



Differences

- *In gambling disorders \$Money\$ is the drug
- *There are no tests to show use and or abstinence from gambling
- *Relapse is very common, (often not seen as a relapse by person or family)
- *Gambling can go on for years hidden before seen as a problem. Usually with the repossession of the house, or child collage savings gone.
- *Person with GD are good at controlling \$, always in charge of finance, at home, work, they are the treasurer for local church, school, non for profit.



“Chasing”

returning to a gambling to try and win back what they have lost

Treatment

- A University of Missouri study found that only 5.5% of persons seek out treatment
- Only 7.3% had attended one or more Gamblers Anonymous meetings
- Majority of people with addictions don't ask for help.
 - (Slutske,2006)



Treatment

- Fifty percent (50%) of gambling disorder clients are in treatment for other psychiatric disorders
- According to Kessler et al., 2008, 75% of gambling disorders develop after the occurrence of another mental health disorder.
- The occurrence of screening for gambling disorders is low.



Screening and diagnostic tools for gambling disorders

areyoureallywinning.com

- Starts with 1 question
- 3 basic questions to see if need more

- SBirt

- South Oaks Gambling Screen (SOGS)





Let us help you answer the question.

If gambling has become a problem, we're here to help.

Call Text Chat

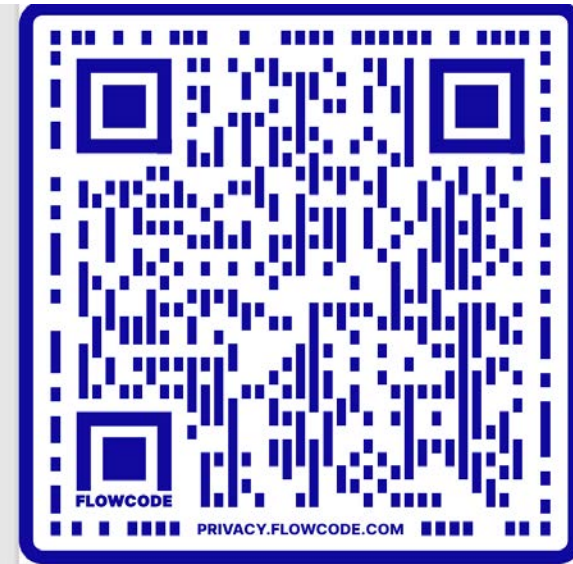
Help is here.

Could I have a gambling problem?

Betting, gaming, wagering – gambling can take many forms. And for some people, gambling can lead to financial problems, relationship problems, depression and anxiety.

Answer a few questions to see if you're really winning – or if gambling is becoming a problem for you.

Take the screener



areyoureallywinning.com

In these questions, "gambling" means buying lottery tickets, gambling at a casino, playing cards or dice for money, betting on sports games, playing slot machines, video poker or other video gambling, gambling on the internet, betting on horses or dogs, playing video games with gambling activities or loot box purchases, trading stocks or other speculative investments, and playing bingo or Keno.

Please answer these questions with "Yes" or "No" answers.

During the past 12 months:

Have you gambled 5 or more times? *(Required)*

Yes No

Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling? *(Required)*

Yes No

Have you had to ask other people for money to help deal with financial problems that had been caused by gambling? *(Required)*

Yes No

Have you tried to hide how much you have gambled from your family or friends? *(Required)*

Yes No

Have you tried to cut down or stop your gambling? *(Required)*

Yes No

Have you increased your bet or how much you would spend, in order to feel the same kind of excitement as before? *(Required)*

Yes No

Did you think about gambling even when you were not doing it? (Remembering past gambling experiences, or planning future gambling?) *(Required)*

Yes No

Did you go to gamble when you were feeling down, stressed, angry or bored? *(Required)*

Yes No

Did you ever try to win back the money that you had recently lost? *(Required)*

Yes No

Has your gambling caused problems in your relationships or with work? *(Required)*

Yes No

Submit

www.dhs.state.il.us › [OneNetLibrary](#) ›
[27896Illinois' Eisenberg SBIRT Screening
 Tool Template](#)

ent Full SBIRT ID #:

Worker Initials:

Date:

The Eisenberg Disordered Gambling SBIRT Pre-screen and Screen*

For the purpose of these questions, "gambling" means buying lottery tickets, gambling at a casino, playing cards or dice for money, betting on sports games, playing slot machines, poker or other video gambling, gambling on the internet, betting on horses or dogs, playing games with gambling activities or loot box purchases, trading stocks or other speculative investments, playing bingo or keno.

During the past 12 months have you gambled 5 or more times?	Yes
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If the answer is yes then proceed to the first three questions:

DURING THE PAST 12 MONTHS:

Have you ever felt restless, on edge or irritable when trying to stop or cut down on gambling?	Yes
Have you had to ask other people for money to help deal with financial problems that had been caused by gambling?	Yes
Have you tried to hide how much you have gambled from your family or friends?	Yes

If there is a "yes" answer to any of these questions then ask the next 6 questions

DURING THE PAST 12 MONTHS:

Have you tried to cut down or stop your gambling?	Yes
Have you increased your bet or how much you would spend, <u>in order to</u> feel the same kind of excitement as before?	Yes
Did you think about gambling even when you were not doing it? (Remembering past gambling experiences, or planning future gambling?)	Yes
Did you go to gamble when you were feeling down, stressed, angry or bored?	Yes
Did you ever try to win back the money that you had recently lost?	Yes
Has your gambling caused problems in your relationships or with work?	Yes

Total "Yes" Responses

A "yes" response to any of questions 1, 2, or 3 results in asking all the questions (4-9) Gambling Brief Intervention.

A "yes" response to a total of 7 questions (out of 9) results in a Gambling Brief Intervention and Referral to Gambling Treatment





Guidelines to Determine Level of Risk and Develop Interventions to LOWER Risk Level	
RISK STRATIFICATION	TRIAGE
<p style="text-align: center;"><u>High Risk</u></p> <p><input type="checkbox"/> Answered "Yes" to seven (7) or more questions.</p>	<p><input type="checkbox"/> Provide Brief Intervention</p> <p><input type="checkbox"/> Initiate warm handoff for gambling treatment</p> <p><input type="checkbox"/> Develop Safety Plan</p> <p>Or</p> <p><input type="checkbox"/> Provide Brief Intervention</p> <p><input type="checkbox"/> Initiate referral for gambling treatment</p> <p><input type="checkbox"/> Develop Safety Plan</p> <p><input type="checkbox"/> Follow-up with individual to ensure linkage to treatment</p>
<p style="text-align: center;"><u>Moderate Risk</u></p> <p><input type="checkbox"/> Answered "Yes" to between one (1) and six (6) questions.</p> <p><u>And/Or</u></p> <p><input type="checkbox"/> Multiple risk factors and unsupportive environment</p>	<p><input type="checkbox"/> Provide Brief Intervention</p> <p><input type="checkbox"/> Discretionary Outpatient Referral</p> <p><input type="checkbox"/> Develop Safety Plan</p> <p><input type="checkbox"/> Follow-up with individual to ensure linkage to treatment</p> <p>Or</p> <p><input type="checkbox"/> Provide Brief Intervention</p> <p><input type="checkbox"/> Provide gambling information to prevent future issues or to assist family/friends.</p>
<p style="text-align: center;"><u>Low Risk</u></p> <p><input type="checkbox"/> Answered "No" to pre-screen</p> <p>Or</p> <p><input type="checkbox"/> Modifiable risk factors and strong supportive environment</p>	<p><input type="checkbox"/> Provide gambling information to prevent future issues or to assist family/friends.</p>

FRAMES Model for Brief Intervention

Feedback I am specifically concerned about your gambling activities because...

Responsibility What you do with your gambling is up to you.

Advice In my medical opinion, you can best minimize your health risks by...

Menu What do you think would work for you if you decided to make a change?

Empathy It is not easy to change.

Self-Efficacy I can see that you are a strong person.

South Oaks Gambling Screen (SOGS)

- The South Oaks Gambling Screen (SOGS) a screening tool developed by Lesieur and Blume in 1987.
- The SOGS assesses gambling behavior and its consequences, providing a score that indicates the severity of gambling problems.



- Gamblers Anonymous (GA) is a 12-step model
- meetings can be much longer up to 3 hours
- Will do a "Pressure Relive" with individual and spouse/partner.
- A financial inventory and step by step process to go over loss, what is owned, what will be the new budget.
- New GA member and their partner with GA sponsor and their partner.

www.gamblersanonymous.org



Self-exclusion for casinos and lottery

▪ Illinois Gaming Board - Help for Problem Gamblers

▪ Any individual wishing to exclude themselves from purchasing Illinois Lottery tickets online may do so by calling the Illinois Player Hotline at **1-800-252-1775**. The exclusion from online play will be for a minimum period of 5 years. Exclude Yourself from all Illinois Lottery Play

- VGT No self-exclusion
- VGT establishments serve alcohol, but appear to be café's, it is potentially a double trigger for clients



Treatment options

- Cognitive Behavioral Therapy
- Motivational Interviewing
- Mindfulness

- Because of ambivalence about change and resistance to treatment, brief interventions might be good place to start
 - Interventions for co-occurring disorders
 - Support groups



- Addiction is a family disorder
- Family Therapy is recommended
 - Assess for Domestic Violence or potential partner violence. Assess for Suicide
- Including involvement in GA for families to participate in pressure relive

- Gambling Disorder steam out of grief, usually the loss of a spouse
Grief therapy is recommended





- Focus on maladaptive and distorted cognitions
- Memory biases can't remember how much time or money was spend on the gambling.
-
- Some might be real memory impairments, clients report “**Brown Outs**”

- **Cognitive Therapy**

- Grant & Odlaug, 2012

- Both individual and group cognitive therapies have shown promise in cognitive restructuring and decreased symptoms

rates of treatment dropout high up to 47%
No data/research showing how many sessions are necessary of CT to show changes, reduction in symptoms, and to maintain abstinence





- Most therapy will be on an outpatient basis with individual therapist.
- Addiction groups that focus on all addictions including chemicals, gambling and process addictions could be a good start.
- Residential treatment including hospitalization for persons who might be facing medical conditions such as dehydration, blood clots, seizures or suicidal thoughts

•Research on Cognitive Therapy

Grant & Odlaug, 2012

- Largest number and most rigorously designed trials have evaluated the CBT model
- Positive effects found by different research groups
- CBT treatments focus on modifying the learned patterns of reinforcement
- Behavioral strategies include reducing exposure to high-risk situations, challenging distorted thinking, and developing coping mechanisms



Mindfulness-Based Relapse Prevention

awareness of in the moment triggers, destructive habitual patterns, and reactions to feelings in the moment.

Scientific literature reveals positive outcomes when used to prevent relapse from addictive behaviors



Medications used in treatment with gambling disorders

- There is little research on gambling disorders in general
- Opioid antagonists, Mood stabilizers and Selective Serotonin Reuptake Inhibitors appear to help.
- Naltrexone- helps with cravings
- SSRI – co-morbid disorders
- Mood Stabilizer – helpful in bi-polar



Medical issues seen in person with gambling disorders

- Venous Thrombus-embolic Disease
- Sleep disorders
- Carpal tunnel syndrome
- Dehydration
- Electrolyte abnormalities
- Seizures
- Sudden Cardiac Death
- Obesity
- Suicide



Mental Health data:

higher probability of suicide attempts than in any other population

High impulse

High negative affect

Low distress

Usually real or perceived loss; money, job, family



Medical Conditions

- ▶ patients taking dopaminergic medications

(e.g., Parkinson's disease) may experience urges to gamble.

a diagnosis of gambling disorder would not be indicated if induced by medication.

Office space of counselor should be gambling paraphernalia free

- No dice or Vegas posters
- Don't suggest card games or dice games as a hobby
- Don't suggest going to casino as entertainment
- Do an assessment on your clients first



**ARE YOU
REALLY
WINNING
?**



The Are You Really Winning campaign is a statewide effort to raise awareness, give tools for responsible gambling, and promote help line for people who struggle with problem gambling, families, and youth.

This campaign aims to reach a wide audience of people through marketing outreach efforts including; community outreach, community engagement, education and resource sharing to professionals, TV, radio, outdoor (billboards & bus shelters), digital (geofencing, social media, Google Ads), in-game advertising at sport venues, etc.



Gambling, betting and gaming impact a significant number of Illinois residents. According to a study by HRIA, upwards of four percent of Illinoisans have a gambling issue, with another seven percent at risk.

In addition to casinos, the Lottery and gaming cafes, sports betting is now legal in Illinois. Sports betting has exploded in the state, enabling people to bet on a range of sports using a cell phone.

Advertising for sports betting has also grown exponentially, with such companies as FanDuel, Draft Kings, BetRivers and others running TV, radio, digital and outdoor advertising to promote the rush of betting.



The State of Illinois, through the Illinois Department of Human Services, is funding an advertising and marketing campaign to help those in Illinois with gambling issues. The goals include:

- Raise awareness with Illinois residents that help is available for those with gambling issues.
- Educate people – especially those with gambling use disorder as well as family and friends – about the dangers of betting, gaming and gambling.
- Drive traffic to the 800 number, the web site and providers, increasing the number of people who get help in Illinois.



- **Betting, gaming and gambling are fine and legal (for those over 21 Casino/Sport Betting, 18+ Lottery). Recognize the signs before you lose control and lose everything.**

- **When you can't stop, lose control, and lose money/friends/family/house/etc., then help is available.**

- **If it is a friend or family member having a gambling issue, you too can place the call for help.**

- **Call 1-800-GAMBLER**

- **Go to campaign website (or Illinois help line)**

- **Connect with a provider in your area.**



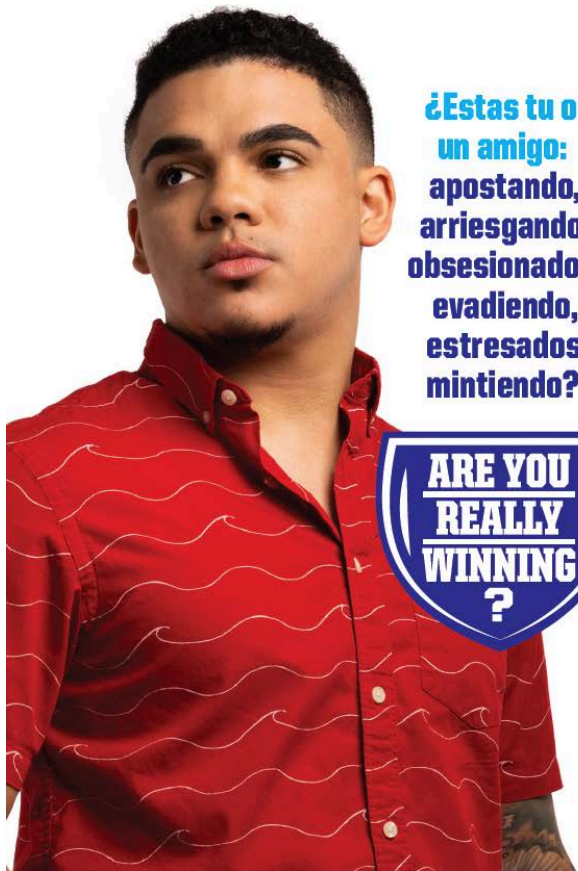
**Know the signs and know that you are not alone.
If you need help, it's available 24/7, and it's
confidential.**

**Have you ever felt restless, on edge or irritable when
trying to stop or cut down on gambling?**

- Have you tried to ask other people for money to help
deal with financial problems caused by gambling?**
- Have you tried to hide how much you have gambled
from your family or friends?**

**If you answered yes to any of these questions,
you can get help. Call: (1-800-426-2537) OR TEXT
GAMB TO 833234**





¿Estas tu o un amigo: apostando, arriesgando, obsesionados, evadiendo, estresados, mintiendo?



Conozca las señales y síntomas

Conozca las señales y sepa que no está solo. Si necesita ayuda, está disponible las 24 horas del día, los 7 días de la semana y es confidencial.

- ¿Alguna vez se ha sentido inquieto, nervioso o irritable al tratar de dejar la adicción al juego?
- ¿Ha tratado de pedir dinero a otras personas para ayudar a lidiar con los problemas financieros causados por su adicción al juego?
- ¿Ha intentado ocultarle a su familia o amigos cuánto ha apostado?

Si respondió que si a alguna de estas preguntas, puede obtener ayuda. Llame:

1.800.GAMBLER

(1-800-426-2537) O ENVÍE EL TEXTO GAMB AL 833234

AreYouReallyWinning.com



TODAS LAS LLAMADAS SON CONFIDENCIALES. LAS 24 HORAS DEL DÍA, LOS SIETE DÍAS DE LA SEMANA.

PATROCINADO POR EL DEPARTAMENTO DE SERVICIOS HUMANOS DE ILLINOIS.



IL6683



**LLAMA AL
1.800.GAMBLER**



TODAS LAS LLAMADAS SON CONFIDENCIALES. LAS 24 HORAS DEL DÍA, LOS SIETE DÍAS DE LA SEMANA.

**¿NO PUEDES
DEJAR DE
APOSTAR?**



**LLAMA AL
1.800.GAMBLER**



Digital Assets

**¿NO PUEDES DEJAR
DE APOSTAR?**

**NO ESTÁS SOLO.
HAY AYUDA
DISPONIBLE.**



**LLAMA AL
1.800.GAMBLER**



Social Media Assets

An advertisement featuring a young man in profile, looking upwards and to the right. He is wearing a black jacket over a red collared shirt. The background is a solid blue color with a list of university names and numbers in white text, including "124 GA TECH", "125 OHIO ST", "126 KENT ST", "127 TENN", "128 TENN", "129 DALL", "130 BUFFAL", "131 ARKANS", "132 AUBURN", "133 DUKE", "134 ALABAMA", "135 OKLA ST", "136 KANSAS ST", "137 TEXAS A&M", "138 KANSAS", "139 S DIEGO", "140 BYU", "141 RICE", "142 TULANE", "143 NAVY", "144 AIR F", "145 STANF", "146 MICH", "147 N VIR", "148 MISS", "149 LSU", "150 FLOR", "151 WASH", "152 OREGO", "153 ARIZO".

Are You or a Friend:
Betting
Wagering
Gambling
Obsessing
Avoiding
Stressing
Lying?

ARE YOU REALLY WINNING ?

An advertisement featuring a young woman with curly hair, looking upwards and to the right. She is wearing a pink top under a grey jacket. The background is a solid blue color with a list of university names and numbers in white text, including "124 GA TECH", "125 OHIO ST", "126 KENT ST", "127 TENN", "128 TENN", "129 DALL", "130 BUFFAL", "131 ARKANS", "132 AUBURN", "133 DUKE", "134 ALABAMA", "135 OKLA ST", "136 KANSAS ST", "137 TEXAS A&M", "138 KANSAS", "139 S DIEGO", "140 BYU", "141 RICE", "142 TULANE", "143 NAVY", "144 AIR F", "145 STANF", "146 MICH", "147 N VIR", "148 MISS", "149 LSU", "150 FLOR", "151 WASH", "152 OREGO", "153 ARIZO".

Are You or a Friend:
Betting
Wagering
Gambling
Obsessing
Avoiding
Stressing
Lying?

ARE YOU REALLY WINNING ?

Everyone has a role to play in aiding those who might struggle with problem gambling. Here's how you can help:

- Know the signs & symptoms
- Visit [AreYouReallyWinning.com](https://www.areyoureallywinning.com) for printable facts and resources
- Follow [Are You Really Winning?](#) on Facebook & Instagram
 - Like, comment, and share the content with your friends and family
 - Utilize the screener on the Are You Really Winning website

<https://e.helpineil.org/screener/>



•Print out the one-pager from the IL Gambling Assessment and leave it at:

- Places of worship
- Schools & events
- Mental health facilities
- Community fairs or health fairs

•Email elected officials to educate them about problem gambling and the people at risk

•Share information on social media with your friends and family



How to Discuss Problem Gambling:

Educate people to prevent problem gambling.
For example:

- “Hey, I read this new study check it out”
- “Did you see/hear the commercial? Call 1.800.GAMBLER”
- “Do you want me to help you find resources?”

Remain hopeful and positive. For example:

- “Help is available. You’re not alone”
- “We will get through this”



**IT'S PROBLEM GAMBLING
AWARENESS MONTH.
KNOW THE SIGNS.**

AreYouReallyWinning.com



CAN'T STOP BETTING NONSTOP?

IT'S PROBLEM GAMBLING AWARENESS MONTH. GET HELP IF YOU NEED IT.



1.800.GAMBLER



(1-800-426-2537) OR TEXT GAMB TO 833234
ALL CALLS ARE CONFIDENTIAL. 24 HOURS A DAY, SEVEN DAYS A WEEK.
AreYouReallyWinning.com



- Radio spots
- Digital ads
- Social media
- Billboards
- Bus shelters
- Website
- College partnerships:
 - Lifesize displays at Loyola, UIC, and SIU
- Media interviews on The SCORE, Rockford TV
- March Madness brackets to promote responsible gaming
- Year two of the PGAM Art Competition
- Activations at community events:
 - Screening day at casinos



Call for Entries Problem Gambling Awareness Art Competition

AreYouReallyWinning.com



Are You Really Winning: Public Art Competition for Problem Gambling Awareness

March 31, 2024 entry deadline

Open to Illinois residents,
ages 14 and older



AREYOUREALLYWINNING.COM



PAINT THE PATH TO RECOVERY:

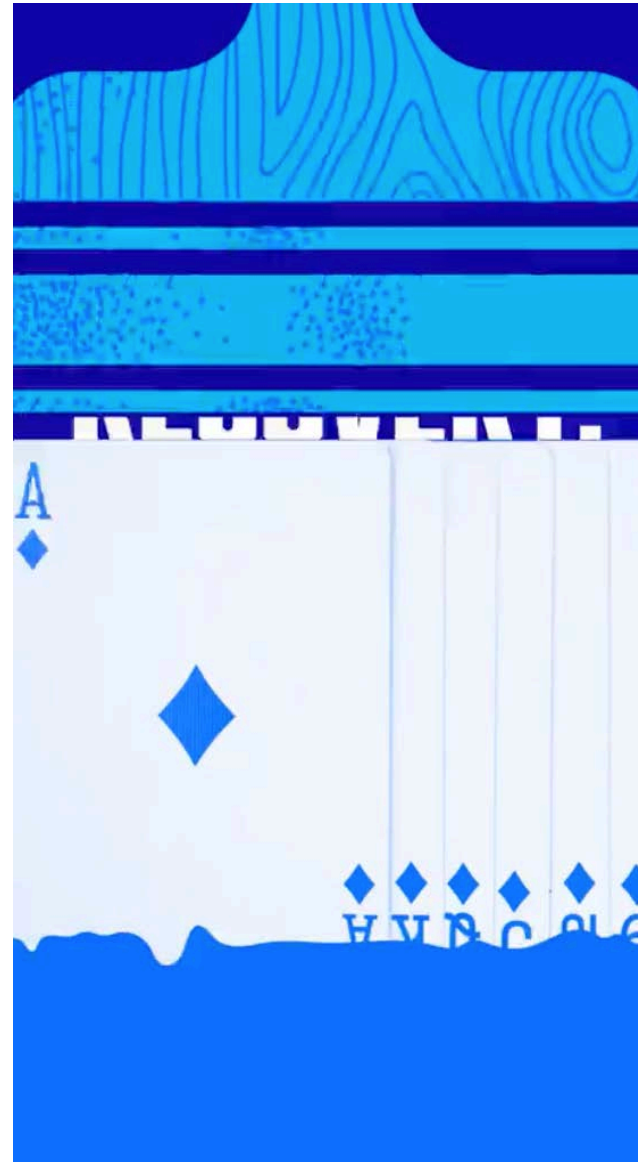
**GAMBLING AWARENESS
ART COMPETITION**

90 JOKA
♦♦♦♦

MARCH 31, 2024 ENTRY DEADLINE
OPEN TO ILLINOIS RESIDENTS, AGES 14 AND OLDER
ENTRY IS FREE



SCAN THE QR CODE FOR MORE DETAILS
[AreYouReallyWinning.com](https://www.AreYouReallyWinning.com)



停不了不 停地下注?



我們可以提供幫助。
請致電 1.800.GAMBLER



請致電 1-800-426-2537
或短信咨询, 发 GAMB 至 833234
所有內容將會保密。一周7天, 每天24小時在線。網站
AreYouReallyWinning.com



NIE MOGĘ PRZESTAĆ OBSTAWIAĆ NON STOP?



1.800.GAMBLER



(1-800-426-2537) OR TEXT GAMB TO 833234
RESPONSES MAY BE FORTHCOMING. BY PROVIDING AN ANSWER, YOU AGREE TO OUR TERMS AND CONDITIONS.
AreYouReallyWinning.com





March Madness Bracket: NCAA Men's

00 Team Name (00-00)	00 Team Name (00-00)	FIRST FOUR MARCH 14-15	Team Name (00-00) 00	Team Name (00-00) 00
00 Team Name (00-00)	00 Team Name (00-00)		Team Name (00-00) 00	Team Name (00-00) 00

TIPS FOR RESPONSIBLE GAMBLING

- Set time & money limits before gambling
- Gamble for fun, accept losing as part of the game
- Don't ever borrow money to gamble
- Don't gamble to win back money
- Don't gamble to cope with emotional or physical pain



00 Team Name (00-00)	00 Team Name (00-00)	FIRST FOUR MARCH 14-15	Team Name (00-00) 00	Team Name (00-00) 00
00 Team Name (00-00)	00 Team Name (00-00)		Team Name (00-00) 00	Team Name (00-00) 00

DO'S & DON'TS OF RESPONSIBLE GAMBLING

- Do set time & money limits before gambling
- Do gamble for fun, accept losing as part of the game
- Don't ever borrow money to gamble
- Don't gamble to win back money
- Don't gamble to cope with emotional or physical pain

**YOU ARE NOT ALONE.
WE CAN HELP.
CALL 1.800.GAMBLER**



www.AreYouReallyWinning.com

- Instagram: <http://instagram.com/areyoureallywinning/>
- Facebook: <https://www.facebook.com/profile.php?id=100087393323577&mibextid=2JQ9oc>



7%

OF ILLINOIS
ADULTS

ARE AT
RISK OF
DEVELOPING
GAMBLING
ISSUES

4%

OF ILLINOIS
ADULTS

CURRENTLY
HAVE
GAMBLING
ISSUES

House Sponsors
Rep. [La Shawn K. Ford](#)

Synopsis As Introduced

Amends the Substance Use Disorder Act. In provisions requiring the Department of Human Services to establish a public education program regarding gambling disorders, requires the program to (i) promote public awareness to create a gambling informed State regarding the impact of gambling disorders on individuals, families, and communities and the stigma that surrounds gambling disorders and (ii) use screening, crisis intervention, treatment, public awareness, prevention, in-service training, and other innovative means to decrease the incidents of suicide attempts related to a gambling disorder or gambling issues. Requires the Department to determine a statement regarding obtaining assistance with a gambling disorder, which each licensed gambling establishment owner shall post and each master sports wagering licensee shall include on the master sports wagering licensee's portal, Internet website, or computer or mobile application. Permits the Department: to provide advice to State and local officials on gambling disorders; to support gambling disorder prevention, recognition, treatment, and recovery projects; to collaborate with other community-based organizations, substance use disorder treatment centers, or other health care providers engaged in treating individuals who are experiencing gambling disorder; and to perform other actions. Permits the Department to award grants to create or support local gambling prevention, recognition, and response projects. Makes other changes.



Responsible Gift Giving

- This campaign is about gifting responsibly during the holiday season.
- Don't give anyone under the age of 18 lottery scratch off or anyone who might be triggered by one.
- Think twice before gifting gaming

Problem Gambling Awareness Month & the Art Competition

- For Problem Gambling Awareness Month, we will develop an art competition sponsored by IDHS to promote prevention and treatment for those with gambling issues in Illinois.

Don't Bet Your Future

youth college students gambling awareness

Testimonials:

- Conducting focus groups with people who have struggled with problem gambling in the past to add real life experiences to the overall campaign

Clinicals:

- Work closely with Dr. Celeste Napier from Rush University. Dr. Napier specializes in Psychiatry and Behavioral Sciences, and Compulsive Behavior and Addiction



DON'T BET YOUR FUTURE

What Illinoisans need to know about underage sports betting



1.800.GAMBLER
ALL CALLS ARE CONFIDENTIAL.
24 HOURS A DAY, SEVEN DAYS A WEEK.
SPONSORED BY ILLINOIS DEPARTMENT OF HUMAN SERVICES.

AreYouReallyWinning.com



DON'T BET YOUR FUTURE

RISKS TO YOUTH

CHECK OUT SOME WAYS YOUTH ARE AT RISK WHEN GIVEN ACCESS TO SPORTS WAGERING:

DISORDERED GAMBLING

Rates of gambling problems are higher in youth than in adults. Just like with alcohol and drugs, early exposure to gambling can increase the risk for developing an addictive disorder.

FINANCIAL PROBLEMS

Billions are lost by sports bettors when bets don't go their way. Our young people can get in over their heads and become financially devastated before anyone realizes there is a problem.

LEGAL RISKS

The Illinois Sports Wagering Act requires that an individual placing a sports bet be at least 21 Years old.

MENTAL HEALTH CONCERNS

"Suicide attempts among Pathological gamblers are higher than for any of the addictions..."

Dr. Rachel A. Volberg, President of Gemini Research

SPORTS INVOLVEMENT

NCAA rules prohibit student athletes and athletic staff from participating in sports betting activities. Student athletes who participate in sports wagering risk the loss of their eligibility while athletic staff members risk the loss of employment.

RISKS TO ADULTS

CHECK OUT SOME WAYS ADULTS ARE AT RISK WHEN THEY GIVE YOUNG PEOPLE ACCESS TO SPORTS WAGERING:

SPORTS BETTING ACCOUNTS

Adults who give minors access to their accounts may have their accounts shut down, and may be reported to the Illinois Gaming Board.

LEGAL RISKS

Adults who help a minor place a bet are violating the Sports Wagering Act.

FINANCIAL PROBLEMS

When you give anyone access to your sports wagering account, you alone are responsible for any financial repercussions, including any tax liability for winnings.

GUILT/RESPONSIBILITY

Adults who help young people bet may not realize the young person could be hurt as a result. Would you want to be the one who helped a young person bet, and they ended up losing a great deal of money? Lost their scholarship? Faced criminal prosecution? Developed gambling disorder? Or died by suicide?



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SPONSORED BY ILLINOIS DEPARTMENT OF HUMAN SERVICES.



The Facts

Gambling and sports betting are becoming more popular than ever with an estimated 15% of Americans gambling at least once per week. You probably know someone struggling with a gambling problem.

IN ILLINOIS, NEARLY
400,000

PEOPLE HAVE GAMBLING ISSUES.

Another 700,000
Illinois adults are at risk.

SOURCE: STUDY BY HRIA, 2022



"I had too much fear and shame to tell anyone the truth. Until I got help. If not for recovery, I would be in prison or worse."

You are NOT alone and you CAN get help.



"If I won playing, I wouldn't stop. It just meant I could play more."

OBSESSING, DEFLECTING & LYING

are common warning signs of gambling issues.

What to Do/ How to Get Help

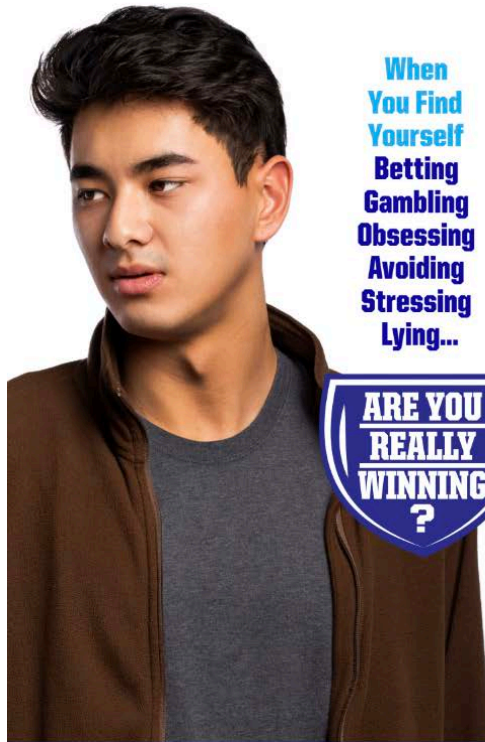
When you are betting and find yourself constantly thinking about gambling... and you are losing more money than you have... are you really winning?

If you are staying too long at the craps table or find yourself chasing that next win... and you find yourself feeling overwhelmed, maybe lying, hiding your habit... and probably losing more money than you can afford to lose, then you may have a gambling issue.

You are not alone and you can get help.

Call the Illinois Problem Gambling Helpline at 1.800.GAMBLER (1-800-426-2537).

Help from a trained specialist is available 24 hours a day, seven days a week, and it's confidential. The helpline also offers referrals for a professional counselor in your area who can assist you in determining the next step.



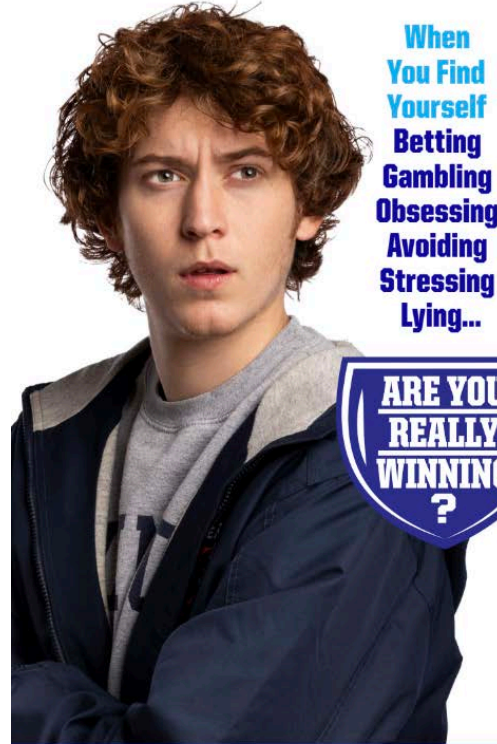
When
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Betting
Gambling
Obsessing
Avoiding
Stressing
Lying...

ARE YOU
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?

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ILLINOIS COUNCIL
ON PROBLEM GAMBLING

Our Mission:

To increase public awareness about gambling disorder, provide information and resources related to treatment for those with a gambling disorder and their families, promote research, and develop and implement gambling disordered education and prevention programs in the state of Illinois





**ILLINOIS COUNCIL
ON PROBLEM GAMBLING**

[Home - Illinois Council on Problem
Gambling \(illinoisproblemgambling.org\)](http://illinoisproblemgambling.org)





**Advocacy
Cooperation
Membership
NCPG Affiliate**

**Education and Training
30 Hour Problem Gambling Basic
Training**

SAVE THE DATE

**Problem Gambling Symposium at
RUSH University**

**MARCH 29, 2024 | 8:00 AM – 2:30 PM
1620 West Harrison Street Chicago, IL 60612**



Thank you

