



## ***Problem Gambling & Lethality; Why Ask?***

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# About PGNO

Statewide 501(c)(3)

Ohio Affiliate to NCPG

Membership-based ([PGNOhio.org/Connect](https://PGNOhio.org/Connect))



# Who We Serve



# PGNO's Approach



# Partners and Funders



# Get Connected – PGNOhio.org



[Facebook.com/PGNOhio](https://www.facebook.com/PGNOhio)



[Twitter.com/PGNOhio](https://www.twitter.com/PGNOhio)



[LinkedIn.com/Company/PGNOhio](https://www.linkedin.com/company/pgnohio)





# Gambling and Evolution in Ohio

Definitions and prevalence



# What is gambling?

- Gambling is risking something of value on an event that is determined mostly by chance.
- DSM-V: Risking something of value in the hopes of obtaining something of greater value.
- Gamblers Anonymous: 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.





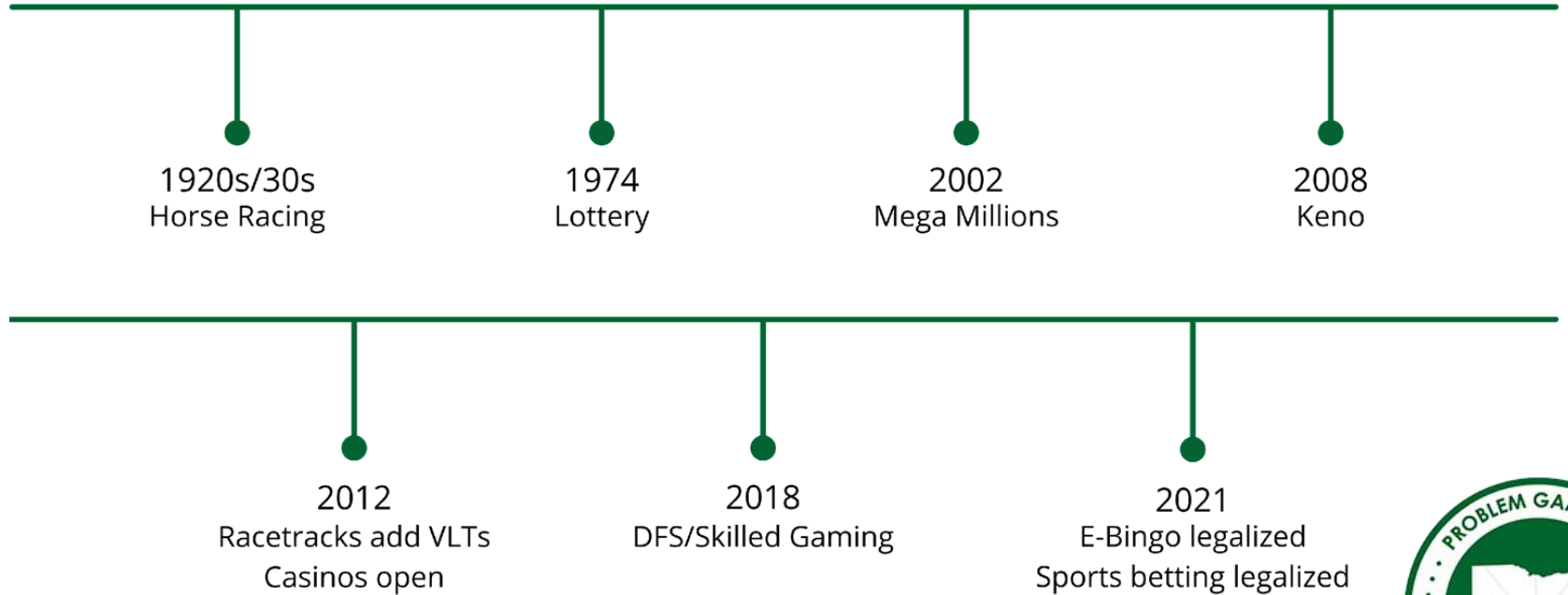
# Types of Gambling?





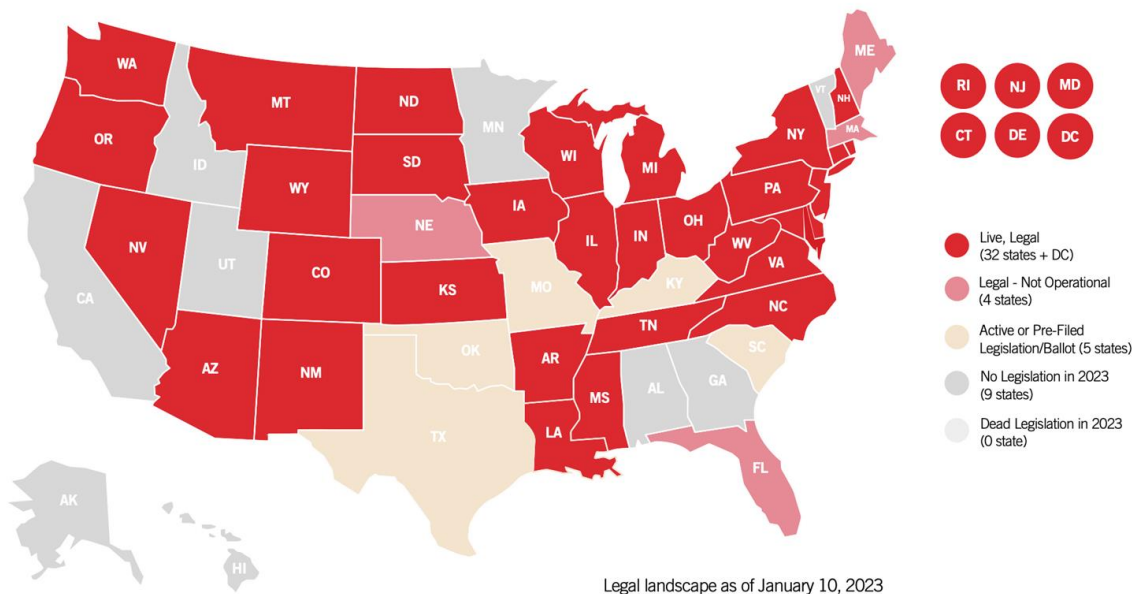
# The Changing Gambling Landscape

# Timeline of Legalized Gambling in Ohio



# Legalized Sports Betting

## U.S. Legal Sports Betting



LEARN MORE

[AmericanGaming.org](https://AmericanGaming.org)



AMERICAN GAMING ASSOCIATION®



# Continuum of Gambling



# Gambling is a problem when it disrupts or damages your:



## Health

- Physical
- Mental
- Emotional, Social, Spiritual



## Responsibilities

- Employment
- Education
- Finances



## Relationships

- Family
- Friends
- Reputation





# Gambling & Lethality

# Gambling with SUD and MH

- 73% Alcohol use disorder
- 61% Personality disorder
- 60% Nicotine dependency
- 50% Mood disorder
- 41% Anxiety disorder
- 38% Substance use disorder
- 20% Suicide attempt





# Addiction Correlates

- 11.9% of the sample reported that someone in their family has had a gambling problem.
- In the last 12 months, 13.4% of the sample had used alcohol or drugs while gambling, and 6.2% had gambled while intoxicated.
- At-risk/problem gamblers gambled while using alcohol or other drugs at two and a half times the rate of non-problem gamblers.
- At-risk/problem gamblers gambled while intoxicated at four times the rate of non-problem gamblers.

Addiction Correlates: Ohio				
	Non gamblers	Non-problem gamblers	At-risk/ problem gamblers	All participants
Family history of gambling problem (lifetime)	7.7%	11.7%	23.0%	11.9%
Have used alcohol or drugs while gambling (last 12 months)	N/A	14.9%	36.6%	13.4% (17.9% all gamblers)
Have gambled while intoxicated (last 12 months)	N/A	5.7%	24.0%	6.2% (8.2% all gamblers)



# Mental Health Correlates

- At-risk/problem gamblers had the highest rate of serious depression and being under the care of a doctor due to stress in the last 12 months.
- Non-problem gamblers had the lowest rates of serious depression and being under the care of a doctor due to stress in the last 12 months.

Mental Health Correlates: Ohio				
	Non gamblers	Non-problem gamblers	At-risk/ problem gamblers	All participants
Serious depression (last 12 months)	14.9%	14.1%	26.0%	15.5%
Under the care of a doctor due to stress (last 12 months)	14.8%	12.9%	19.7%	14.0%



# What Are They Going Through?

- PANIC
- Worry
- Bankruptcy
- Insomnia
- Domestic Violence
- Abuse
- Fired!
- GRIEF
- Divorce
- No one trusts me
- No Way Out
- ALONE
- GUILT
- Sorrow
- REMORSE
- Hospitalizations
- Shame
- Thinking about ending it all
- FINANCIAL DEVASTATION
- ....*hopelessness*





# Lethality

Problem gambling and suicidality



# Suicide Ideation

- Suicide is characterized as a spectrum ranging from suicidal ideation to death by suicide. Suicidal ideation can range from fleeting thoughts to having an actual plan.
- As high as 77% of people with Gambling Disorder have suicidal thoughts or feelings of wanting to die on a daily basis, while
  - 39% live with suicide ideation
  - 20% attempt

Columbia Suicide Severity Rating Scale (C-SSRS)

[https://cssrs.columbia.edu/wp-content/uploads/CSSRS\\_ChildSLC-Research\\_11.14.16.pdf](https://cssrs.columbia.edu/wp-content/uploads/CSSRS_ChildSLC-Research_11.14.16.pdf)



# Suicidality & Debt

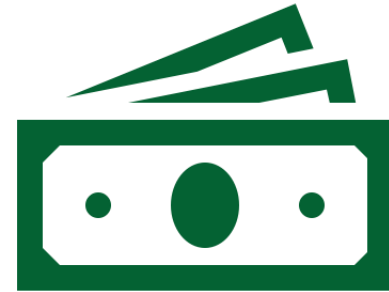
- Individuals with GD & SI:
  - reported stronger cravings to gamble
  - reported more money spent while gambling
  - higher SOGS scores
  - higher rates of bankruptcy

(Petry & Kiluk, 2002)

- Debt, gambling, and financial crises associated with suicidal ideation

(Meltzer et al.,

2011)



# Other Social Factors and Suicide

- Unmanageable debt and psychiatric illness, usually depression, predictive of suicide.

(Wong et al,

2010)

- Unmanageable debt, unemployment and gambling behaviors were found to be predictive of suicide.

(Chan, et al,

2009)

- In a study of 44 individuals with Gambling Disorder who died by suicide:

- mean age 40
- 84% unemployed
- 1/3 previous attempt
- 1/3 comorbid depression
- large financial debts
- relationship factors
- 1/5 gambling related crime

(Blaszczynski and Farrell 1998)



# Prevalence among Gamblers Anonymous

- Moran et al. conducted a study on 162 gamblers registered with Gamblers Anonymous (GA). They found that 20% of the subjects had attempted suicide and 77% had suicidal thoughts.







# Asking About Suicide

Large group discussion.

2.5: Asking About Suicide



# Why Do We Have to Ask About Suicide?

Lethality

Decrease stigma

Increase help seeking

Save lives





# Navigating Support & Services



# Ohio Problem Gambling Helpline

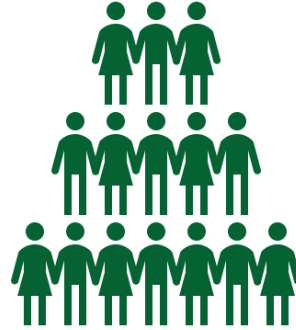


1-800-589-9966



# Community Support

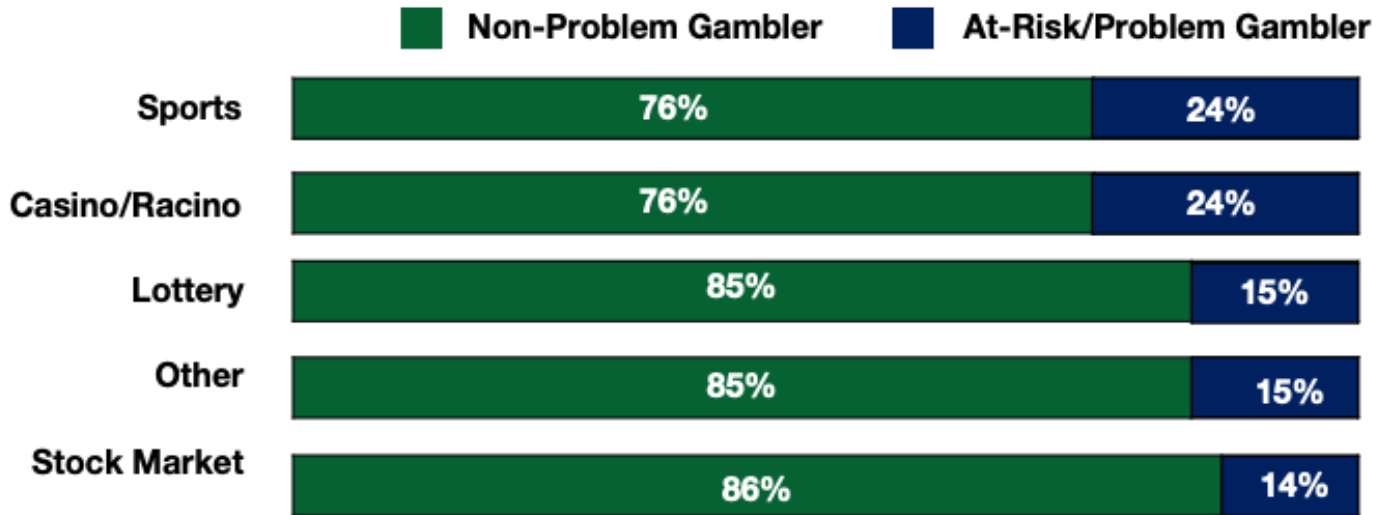
- Gamblers Anonymous
- Gam-Anon
- Smart Recovery





# Sports Betting

# At-Risk/Problem Gambling By Types of Gambling



Linley, J., Frohnafel-Hasson, S., Sherba, R. T. (n.d.). *2017 Survey of At-Risk and Problem Gambling Prevalence Among Ohioans*. Columbus, OH: Ohio Department of Mental Health and Addiction Services.



# Demographics of Sports Bettors

## Who

- 18-25, 18-44
- Male
- White

## SES

- Education
- Employment
- Income





# Sports Betting Trends

- 1-in-4 Ohioans who bet on sports are at-risk
- Largest expansion of gambling in state history
- Largest expansion of sports betting in the nation
- Brace for impact: 3x as many calls to the Ohio Problem Gambling Helpline in January 2023 than in January 2022.
- Increase in callers from ages 18 to 24 & 25 to 34
- Increase in callers reporting problematic gambling for less than one year
- \$1.1 billion wagered in sports betting in January 2023





# The Ohio Model

Ohio's Responsible Gambling  
Campaigns

# Ohio Campaigns – Before You Bet



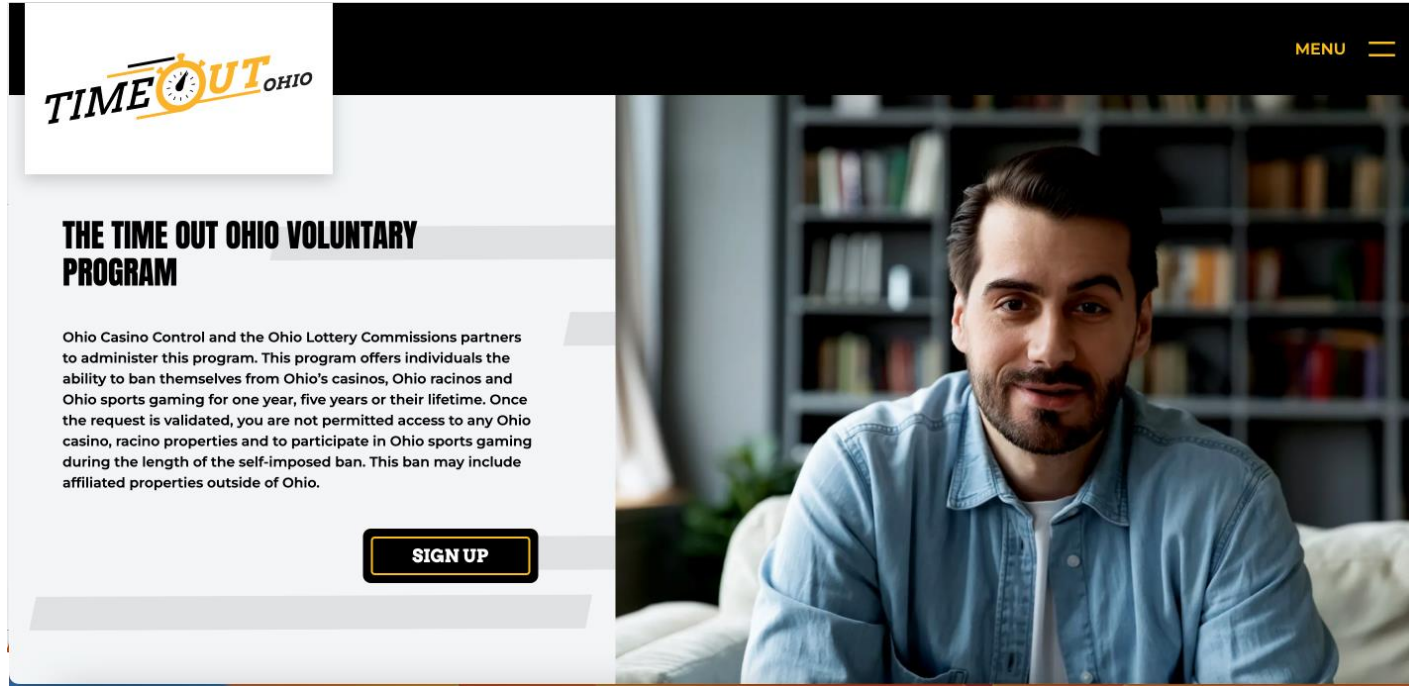
[BeforeYouBet.org](http://BeforeYouBet.org)



# Pause Before You Play Time Out Ohio



# Time Out Ohio



**TIME OUT OHIO**

MENU

## THE TIME OUT OHIO VOLUNTARY PROGRAM

Ohio Casino Control and the Ohio Lottery Commissions partners to administer this program. This program offers individuals the ability to ban themselves from Ohio's casinos, Ohio racinos and Ohio sports gaming for one year, five years or their lifetime. Once the request is validated, you are not permitted access to any Ohio casino, racino properties and to participate in Ohio sports gaming during the length of the self-imposed ban. This ban may include affiliated properties outside of Ohio.

**SIGN UP**





**Questions?**



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