

Going All In: Understanding the Connection Between Gambling and Mental Health

Presenters:

Claire Spada & Cindy Clouner

Higher Education Center

for Alcohol and Drug Misuse Prevention and Recovery

Powered by: The Ohio State University

About PGNO

- 501(c)(3)
- Ohio Affiliate to NCPG
- Neutral on legalized gambling

We serve:

- Individuals
- Loved Ones
- Community
- Workforce



Problem Gambling Network of Ohio (PGNO) is committed to providing leadership & innovation to enhance Ohio's problem gambling service system through collaboration, advocacy, and support

Learning Objectives

- Understand the current gambling landscape, including federal, state, and campus policies that have led to an increase in problematic gambling behaviors among college students
- Discuss current trends in gambling behaviors among college students and the intersections between gambling, mental health, suicidality, and substance use
- Identify how student affairs leaders can support strategies to integrate problem gambling work into existing efforts on campus.

“Gambling is any activity where a person risks an item of **value** (e.g. money) on the outcome of an event that is determined mostly by **chance**, to get something valuable.”



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PLEASE GAMBLE RESPONSIBLY. 888-789-7777/VISIT CCPG.ORG (CT), OR VISIT WWW.MDGAMBLINGHELP.ORG (MD).

21+ AND PRESENT IN MOST STATES. (18+ DC/KY/NH/WY). VOID IN ONT. ODDS AND LINES SUBJECT TO CHANGE. ELIGIBILITY RESTRICTIONS APPLY. TERMS: DRAFTKINGS.COM/SPORTSBOOK. ON BEHALF OF BOOT HILL CASINO & RESORT (KS).





INTRODUCING

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- Bingo
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- Daily Fantasy Sports
- Playing Games of Skill for Money
- Live or Tournament Poker
- Video game loot boxes
- Trading cryptocurrencies
- Trading high-risk stocks

What Changed?

☰ **CNN Politics** SCOTUS Congress Facts First 2024 Elections

Supreme Court lets states legalize sports gambling

By [Ariane de Vogue](#) and [Maegan Vazquez](#), CNN
🕒 5 minute read · Updated 3:45 PM EDT, Mon May 14, 2018

📱 📧 📧 📧

Vazquez, A. de V., Maegan. (2018, May 14). Supreme Court lets states legalize sports gambling | CNN Politics. CNN. <https://www.cnn.com/2018/05/14/politics/sports-betting-ncaa-supreme-court/index.html>

A RISKY WAGER

How Colleges and Sports-Betting Companies 'Caesarized' Campus Life



An advertisement promoted a betting app at Michigan State's football game against Ohio State on Oct. 8 in East Lansing, Mich. Stephen Speranza for The New York Times

In order to reap millions of dollars in fees, universities are partnering with betting companies to introduce their students and sports fans to online gambling.

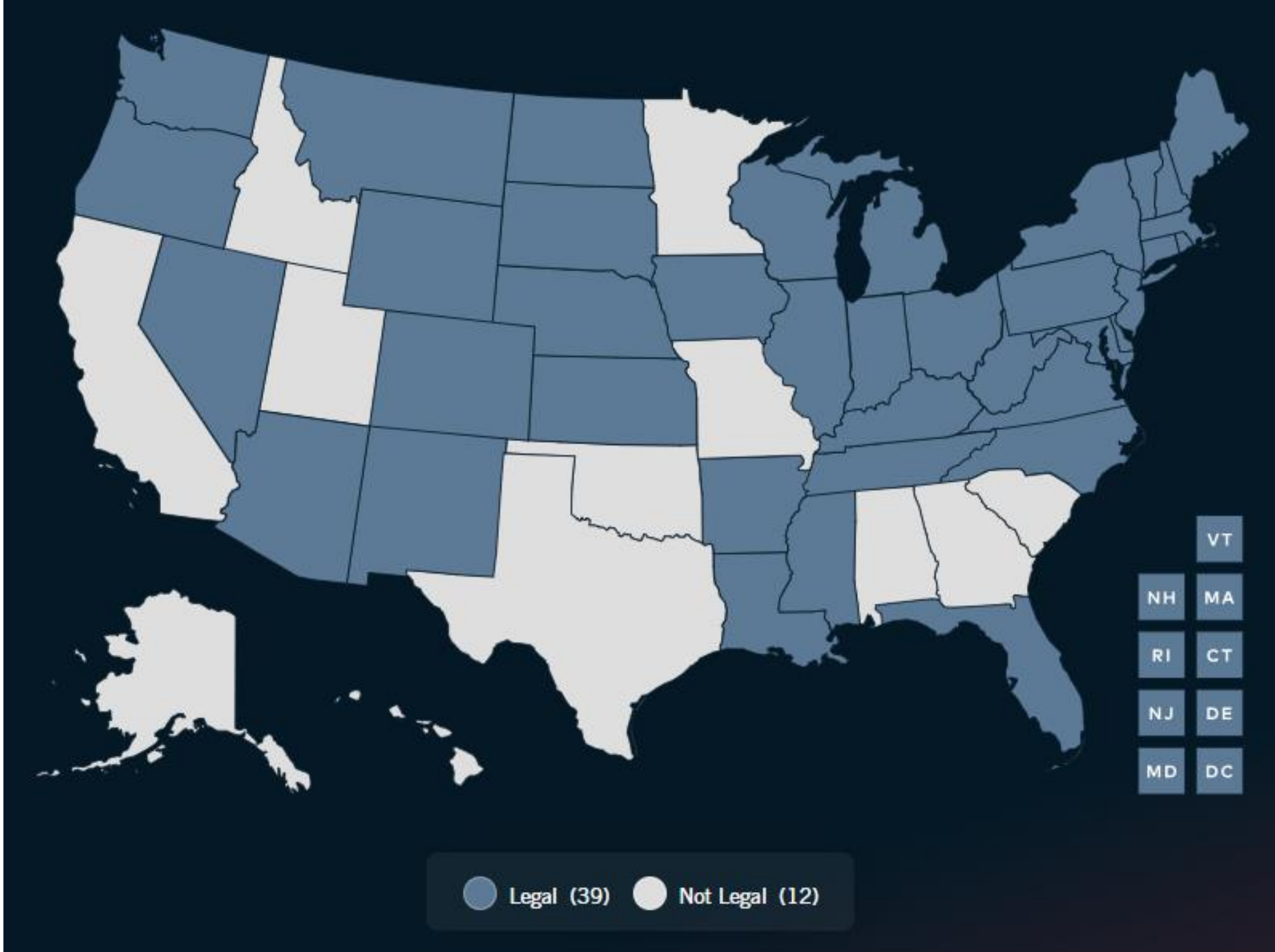
By Anna Betts, Andrew Little, Elizabeth Sander, Alexandra Tremayne-Pengelly and Walt Bogdanich

In September 2021, an official in Michigan State University's athletic department sent an email to his boss with exciting news: An online betting company was willing to pay handsomely for the right to promote gambling at the university.

Sparking concern

“So far, at least eight universities have become partners with online sports-betting companies, or sportsbooks, many in the last year, with more expected.”

Betts, A., Little, A., Sander, E., Tremayne-Pengelly, A., & Bogdanich, W. (2022, November 20). How Colleges and Sports-Betting Companies 'Caesarized' Campus Life. *The New York Times*. <https://www.nytimes.com/2022/11/20/business/caesars-sports-betting-universities-colleges.html>



Legal Sports Betting States as of 2/27/25
Map: American Gaming Association

Dayton's Anthony Grant sickened by gambling-related threats directed toward players



[Dave Clark](#)

Cincinnati Enquirer

Published 2:37 a.m. ET Jan. 18, 2023

Study: Women's basketball student-athletes received three times more threats than their male counterparts

Posted 5:44 PM, May 22, 2024 and last updated 7:14 PM, May 22, 2024

SPORTS

The president of the NCAA calls for a ban on 'prop bets' in college sports

DECEMBER 17, 2024 · 6:43 PM ET

Prop Bet: A wager on an individual player or specific aspect of the event that is not directly related to the event outcome

CFP Playoff Betting Props

CFP PLAYOFF BETTING PROP	ODDS
OSU – Jeremiah Smith Longest Reception – Over 29.5	-115
OSU – Carnell Tate Total Receptions – Over 3.5	+120
ND – Anytime TD – Jeremiyah Love	+120
ND – Total Passing Yards – Riley Leonard Over 167.5	-115

[2 more rows](#) • 2 hours ago

Prop Betting Allowed

- Arkansas
- Indiana
- Kansas
- Kentucky
- Michigan
- Montana
- Nevada
- N. Carolina
- N. Dakota
- Wyoming

Out of State Bets Only

- Connecticut
- Delaware
- Florida
- Illinois
- Iowa
- Nebraska
- New Hampshire
- New Jersey
- New Mexico
- Rhode Island
- Washington
- Washington, D.C.
- Wisconsin

Prop Betting Not Allowed

- Arizona
- Louisiana
- Maryland
- Mississippi
- **Ohio**
- Oregon
- Tennessee
- Virginia
- Colorado
- Maine
- Massachusetts
- New York
- Pennsylvania
- S. Dakota
- Vermont
- W. Virginia

Advertising on Campus not allowed in Ohio

- Ohio Administrative Code 3775-16-08

“(E) A sports gaming proprietor must not advertise or promote on college or university campuses located in the state of Ohio except for generally available advertising, including television, radio, and digital advertising. Any advertisement shown to be targeting the area of a college or university campus is not generally available and will be a violation of this paragraph.”

- Only 22% of campuses have a formal policy on gambling
- Common themes:
 - Not betting on any school-related event

The Villanova University Sports Wagering Restrictions policy applies to all students, faculty and staff. This policy also applies to any and all independent contractors who provide services to the Villanova University Department of Athletics, its athletic teams and student-athletes.

Villanova University faculty, staff and students, who are 21 years of age or older, are not permitted to wager on any athletic event (e.g., practice) or contest in which a Villanova University athletic team or student-athlete participates. Similarly, Villanova University faculty, staff and students may not knowingly disclose nonpublic information regarding its athletic teams or student-athletes for the purpose of influencing wagering activities.

Additional restrictions are applicable to **ALL** Villanova University Student-Athletes, Athletics Department Staff Members and Non-Athletics Department Staff Members who have responsibilities within or over the Athletics Department. Please refer to **Sports Wagering Restrictions policy** for additional guidance.

- Only 22% of campuses have a formal policy on gambling
- Common themes:
 - Not betting on any school-related event
 - Prohibiting staff/faculty gambling while on duty

Pursuant to Arizona laws and Arizona Board of Regents' Policies, ASU has certain restrictions on gambling activities and raffles.

In summary, ASU employees are prohibited from engaging in any form of gambling (legal or illegal) while on duty. And ASU Students are not only prohibited from engaging in illegal gambling under Arizona law, but they are also prohibited from legal gambling that relates to any ASU event.

Furthermore, ASU and its departments and administrative units are not permitted to conduct raffles. Certain organizations wishing to conduct raffles must meet specific conditions.

- Only 22% of campuses have a formal policy on gambling
- Common themes:
 - Not betting on any school-related event
 - Prohibiting staff/faculty gambling while on duty
 - Prohibition or limitations on gambling activities held by student organizations

In compliance with New York State Penal Law § 225.05 and additional federal regulations, gambling is illegal and not permitted at the University of Rochester or among its student organizations. A person “gambles” when they risk “something of value” on the outcome of a “contest of chance” with the hope of receiving “something of value” if they win. The following guidelines ensure compliance with these regulations:

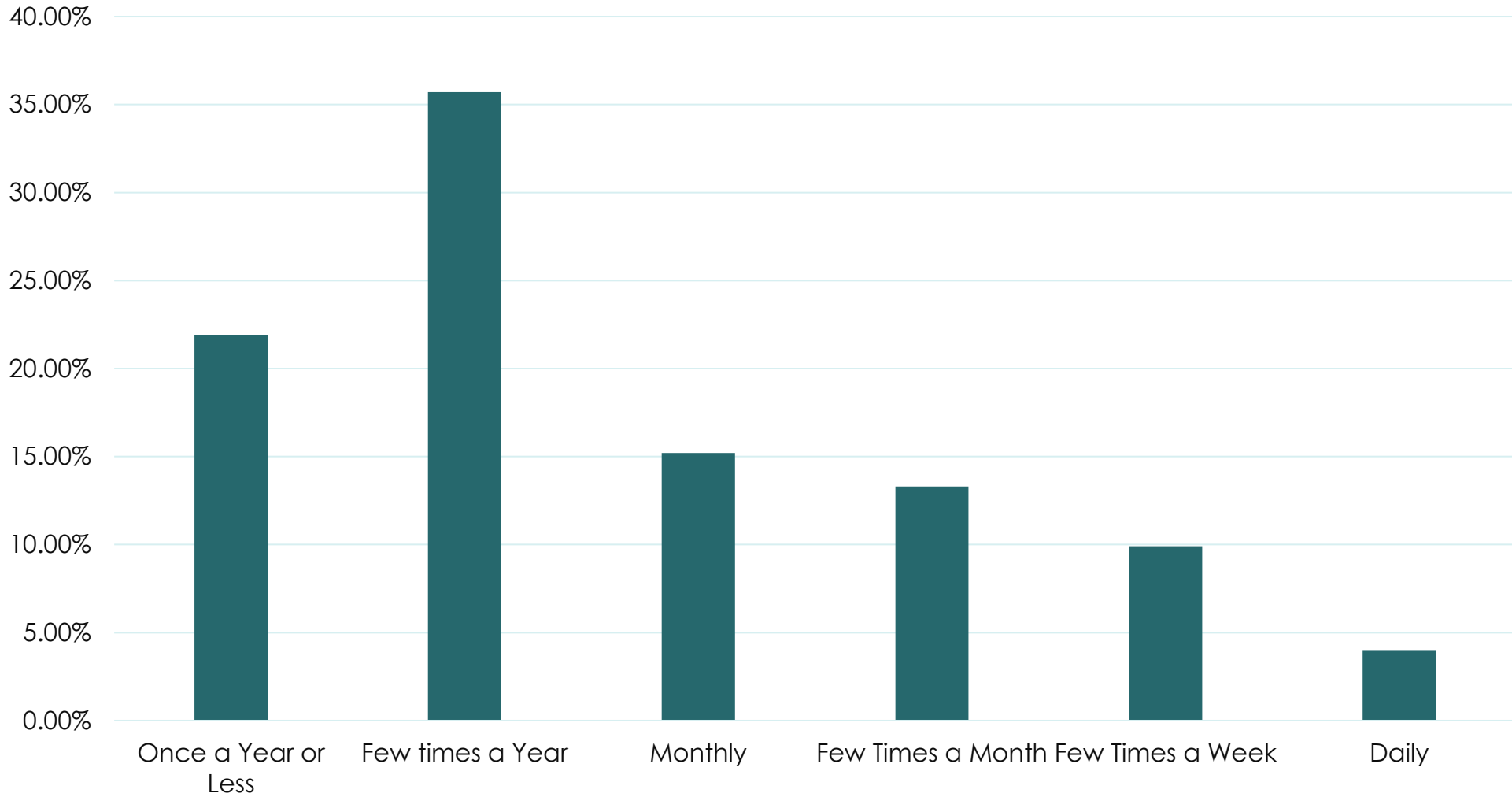
- Students or organizations cannot bet on, wager on, or sell pools for any athletic event.
- There cannot be an admission fee or ticket when games of chance are involved.
- Neither the University nor an organization sponsoring a poker tournament, casino night, or similar event can receive proceeds from that event.
- A student organization hosting a poker tournament, casino night, or similar event can only hold one such event per semester. These events cannot be held where alcohol is served.
- Raffles are not permitted. Door prizes may be offered wherein all attendees have an equal chance to participate and no entry/participant fee is charged.

A Look at the Data

About the Issue

- 6-10% of college students have a problem with their gambling behavior, much higher than the 2-3% average of general US adults
- Students who are male, student athletes, and/or Greek-involved are most likely to engaging in problematic gambling behaviors
- Students who perceive themselves as academically less successful are more inclined to engage in gambling activities (Koç et al., 2023)

Betting Frequency Among 18-22 Year Olds Reporting Engaging in Sports Betting



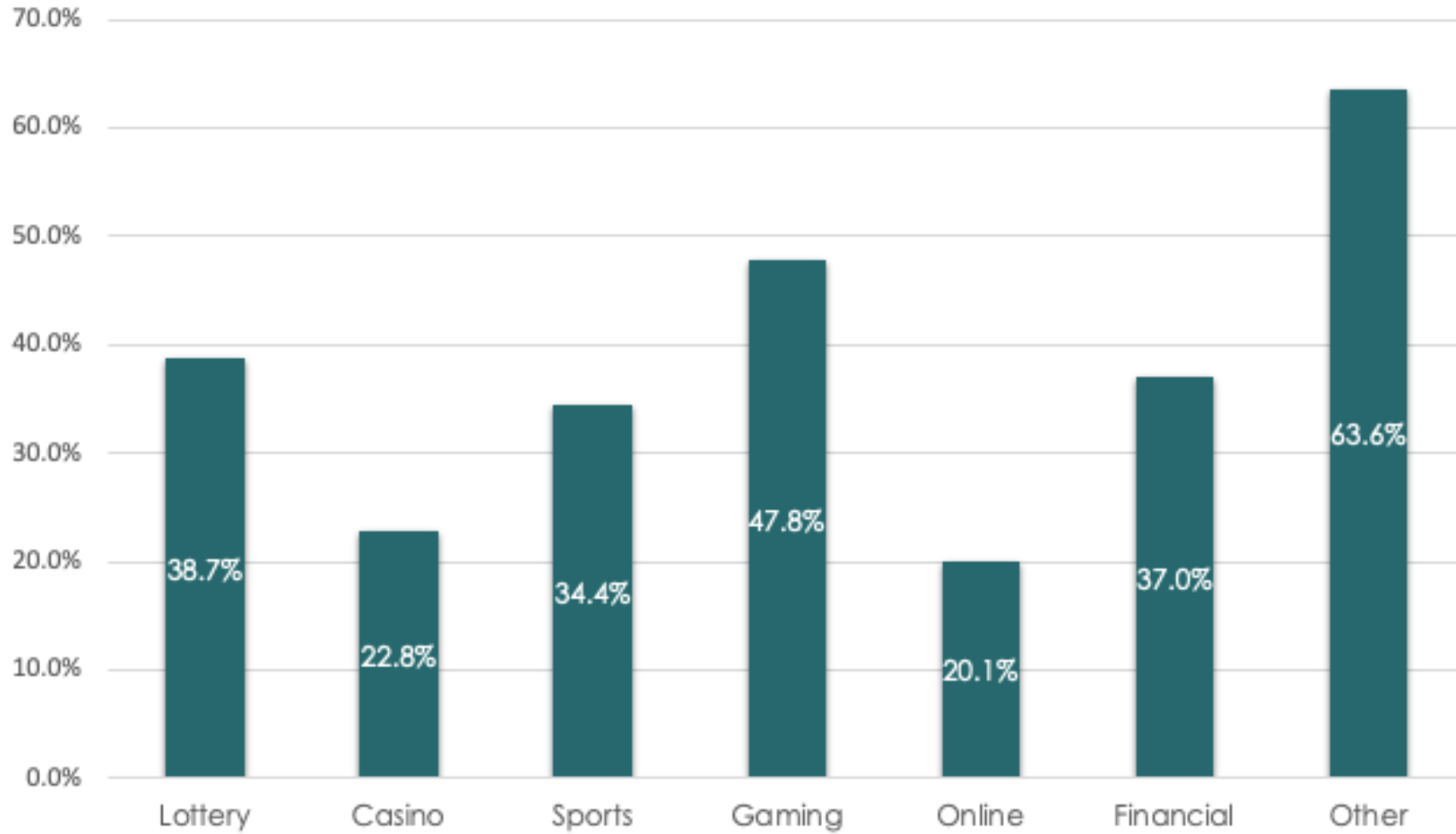
ACHA-NCHA Fall 2023 Reference Group

65A19) Have you ever been diagnosed by a healthcare or mental health professional with any of the following ongoing or Gambling Disorder?

No – 99.8%

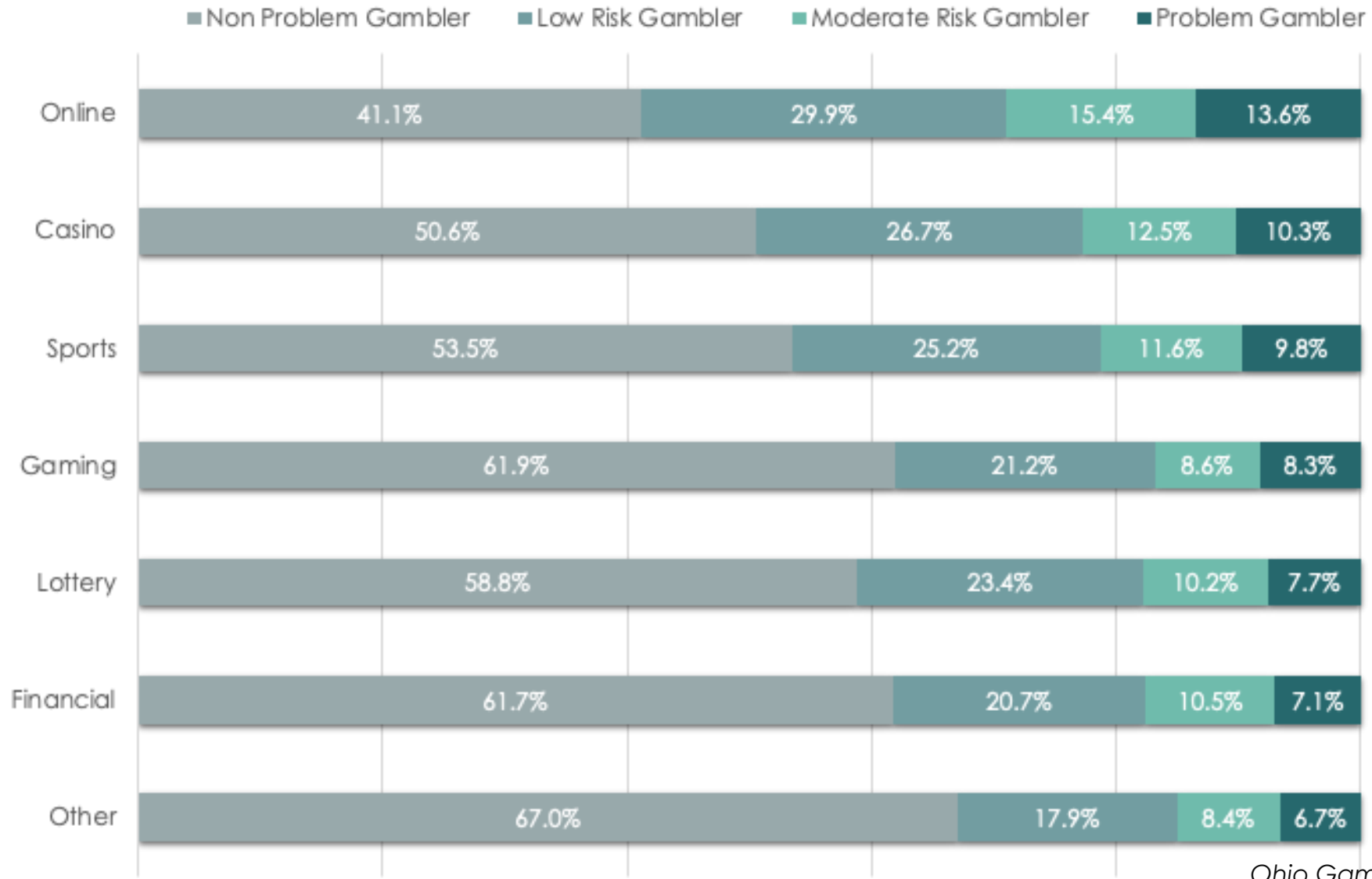
Yes- 0.2%

2022 Ohio Gambling Survey Gambling By Type for 18-24 year olds



2022 Ohio Gambling Survey

Gambling Risky By Type for 18-24 year olds



Ohio Gambling Survey. (2022). OhioMHAS.

Gambling and Substance Use

- Students who engage in high-risk alcohol use are also more likely to engage in high-risk gambling behaviors
- High-risk alcohol use and high-risk gambling behaviors share many of the same risk factors:
 - Being male
 - Having high levels of impulsivity or sensation-seeking
 - Experiencing Psychological distress
 - Participating in fraternity/sorority life or athletics
 - Living away from home

Bhullar, N., Simons, L., Joshi, K., and Amoroso, K. (2012). The relationship among drinking games, binge drinking and gambling activities in college students. *J. Alcohol Drug Educ.* 56, 58 <http://www.jstor.org/stable/45092230>

Kaltenegger, H. C., Låftman, S. B., and Wennberg, P. (2019). Impulsivity, risk gambling, and heavy episodic drinking among adolescents: a moderator analysis of psychological health. *Addict. Behav. Rep.* 10, 100211. doi: 10.1016/j.abrep.2019.100211

Andrade, Leonardo F.; Alessi, Sheila M.; Petry, Nancy M. (2013). "[The Effects of Alcohol Problems and Smoking on Delay Discounting in Individuals with Gambling Problems](#)". *Journal of Psychoactive Drugs.* 45 (3).

Sari Hautamäki, Iina Savolainen, Emmi Kauppila, Anu Sirola, Atte Oksanen, Psychosocial factors behind addiction—a six-wave longitudinal comparison of at-risk gambling and drinking, *Alcohol and Alcoholism*, Volume 60, Issue 1, January 2025, agae089, <https://doi.org/10.1093/alcalc/ague089>

Caldeira KM, Arria AM, O'Grady KE, Vincent KB, Robertson C, Welsh CJ. Risk factors for gambling and substance use among recent college students. *Drug Alcohol Depend.* 2017 Oct 1;179:280-290. doi: 10.1016/j.drugalcdep.2017.06.024. Epub 2017 Jul 21. PMID: 28823836; PMCID: PMC5657435.

Gambling and Mental Health

- It is estimated that 96% of people with a gambling problem have at least one mental health disorder, the most common being substance use disorders, impulse-control disorders, mood disorders, and anxiety disorders
- A 2023 meta-analysis found amongst problem gamblers:
 - 31.6% had a lifetime history of suicidal ideation
 - 13.2% had a lifetime history of suicide attempts
 - Problem gamblers were more likely to experience suicidal ideation or attempt suicide than non-gamblers with other mental health or substance use disorders

Strategies to Support Students

Recognize the Warning Signs

- Frequent unexplained absences from work or school
- Sudden drop in grades
- Withdrawal from family and friends
- Talking about winning more and trying to hide gambling losses
- Lies about engaging in gambling behavior
- Uses gambling to escape worries and other problems
- Accumulates unexplained debt

Educate. Educate. Educate.

- What is gambling?
- Gambling risk & potential impact
- Psychology behind gambling products
- Responsible gambling tips
- Resources for help



Support Student Athletes

- During March Madness in 2024, 54,000 social media posts were flagged as potential threats during the tournament
- Rates of student athlete mental exhaustion, anxiety, and depression are 150% higher than they were in 2019
- 41% of college student bettors wager on their school's sports teams
- 500,000 student athletes have been educated by the NCAA on how to handle the harms of sports betting harassment


"More Than a Bet"



Ohio Casino Control Commission

College athletes face tremendous pressure to perform well on field and in the classroom. They don't deserve to deal with harassment from sports bettors. We launched the More Than A Bet campaign to raise awareness about the dangers of harassment related to #sportsbetting.

I'M A STUDENT. I'M A FRIEND. I'M A HUMAN.



MORE THAN A BET

[HTTPS://WWW.MORETHANABET.ORG](https://www.morethanabet.org)
Help end student athlete harassment
Learn ways to get involved.

Learn More

541 26 Comments 87 Shares

Like Comment Share

Post 1

Ohio Casino Control Commission

No matter how your bet is going, it's never okay to harass student athletes trying to play the game they love. Learn how you can be a part of ending student athlete harassment.

1 IN 3

High-profile athletes are harassed by sports bettors

MORE THAN A BET

[HTTPS://WWW.MORETHANABET.ORG](https://www.morethanabet.org)
Help end student athlete harassment
Learn More

Learn More


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Post 2

Ohio Casino Control Commission

The next time you make a high-stakes bet, remember that student athletes are real people too. Get access to resources on how to participate responsibly in #collegesportsbetting and ways you can help prevent student athlete harassment.



ANGRY OVER LOSING A BET? TAKE A BREATHER

MORE THAN A BET

[HTTPS://WWW.MORETHANABET.ORG](https://www.morethanabet.org)
Help end student athlete harassment
Explore resources.

Learn More

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Post 3

Ohio Casino Control Commission

The More Than A Bet campaign offers toolkits that coaches, campus life leaders, and sports bettors can use to protect athletes from the harmful effects of #collegesportsbetting harassment. Discover ways to get involved.

STUDENT ATHLETES ARE HARASSED OVER BETS MORE THAN EVER



MORE THAN A BET

[HTTPS://WWW.MORETHANABET.ORG](https://www.morethanabet.org)
Help end student athlete harassment
Learn how you can help.


Learn More

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Ohio Casino Control Commission

Student athletes leave it all on the field or court. But after a hard game, they have to keep up with even harder responsibilities. So don't take your lost bet out on them. Learn more at MoreThanABet.org.



"500 bucks down the toilet, thanks to your crappy performance."

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Post 5 - PSA

Integrate Problem Gambling Screenings

- Rutgers Gambling Screening Protocol (2024 Version)
 - Part 1: [All] Activities Frequency Chart
 - Part 2: [All] Modified Brief Biosocial Gambling Screen (BBGS)
 - Part 3: [Criteria met] Problem Gambling Severity Index (PGSI)
 - Part 4: [Receiving Treatment] Gambling Pathways Questionnaire (GPQ)

Refer out when needed.

- Available at no-cost to all Ohioans
- Utilizes video conferencing (Zoom) for sessions
- Email address is required
- Sessions through phone permitted when necessary
- Clients required to upload photo ID to system



Ohio Gambling
Telehealth Network

www.ohiogtn.org

Become qualified to treat Gambling Disorder.

- Licensed by CSWMFT Board
 - LSW, LISW, LISW-S
 - PC, PCC, PCC-S



Add gambling to Scope
of Practice

- Licensed by OCDP Board
 - LCDC-II, LICDC-III, LICDC



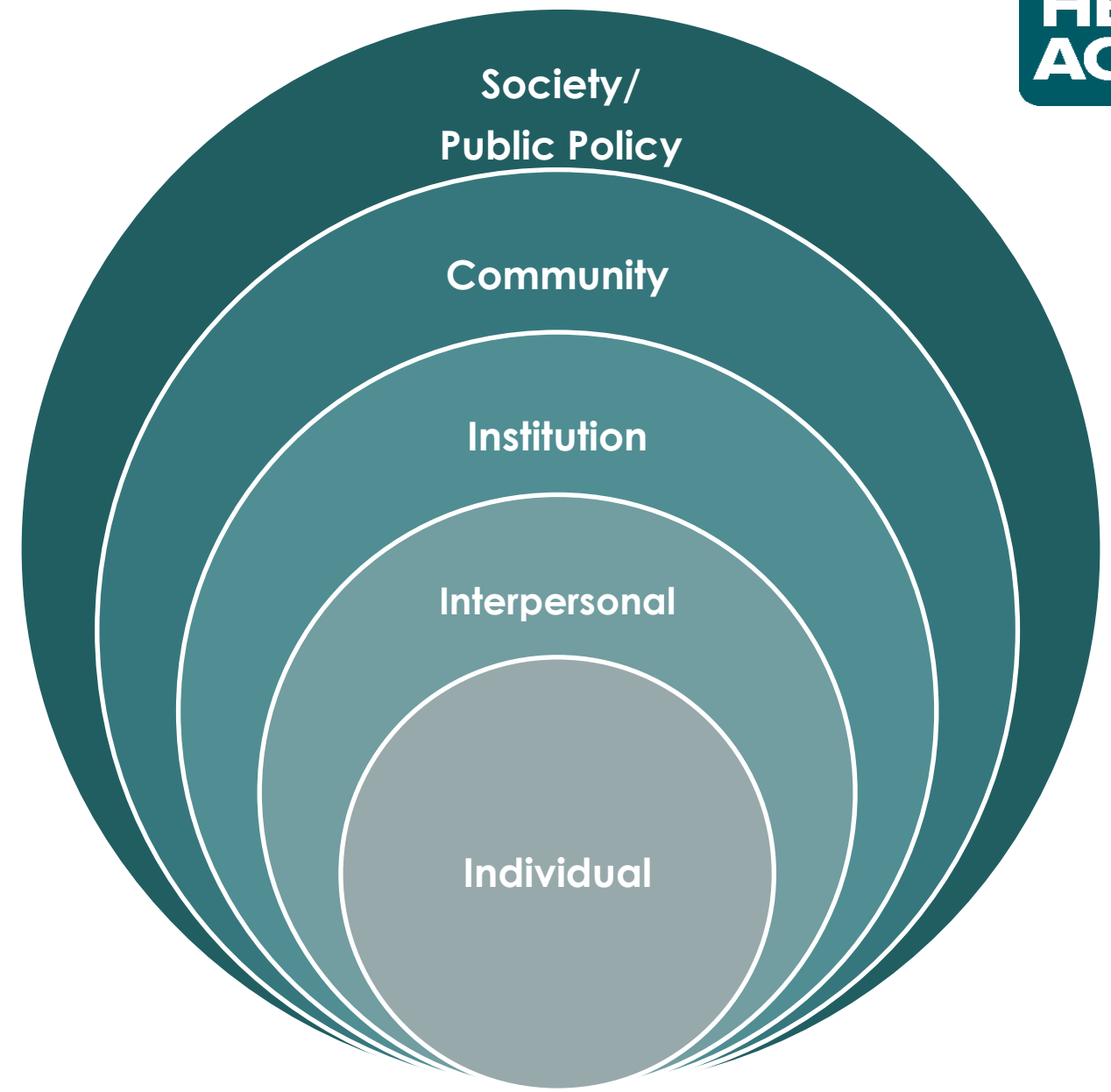
Apply for Gambling
Endorsement

Requires: Gambling-specific Education, Training, Supervised Experience



Check out PGNO's Stages Training Series

Socio- Ecological Model



- CollegeGambling.org
 - International Center for Responsible Gaming

- Problem Gambling Network of Ohio

- National Council on Problem Gambling
 - Connect with your state affiliate
 - Fall Agility Grants

Learn more about
Agility Grants





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information on upcoming events and training resources
to support your campus.

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for Alcohol and Drug Misuse Prevention and Recovery



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