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**Nevada Problem Gambling Study  
Annual Report Brief, Fiscal Year 2020**

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Knowledge.

Research.

Innovation.

# History of State-Funded PG Treatment in Nevada

- Nevada established the Problem Gambling Fund in 2005 when Senate Bill 357 passed.
- The Advisory Council on Problem Gambling –a specially appointed advisory panel determines the ways that funds will be utilized.
- The Problem Gambling Fund has been utilized to support four main areas of service: Prevention and Education, Problem Gambling Treatment, Research and Evaluation, and Workforce Development.

## Covid-19 Effects and Response

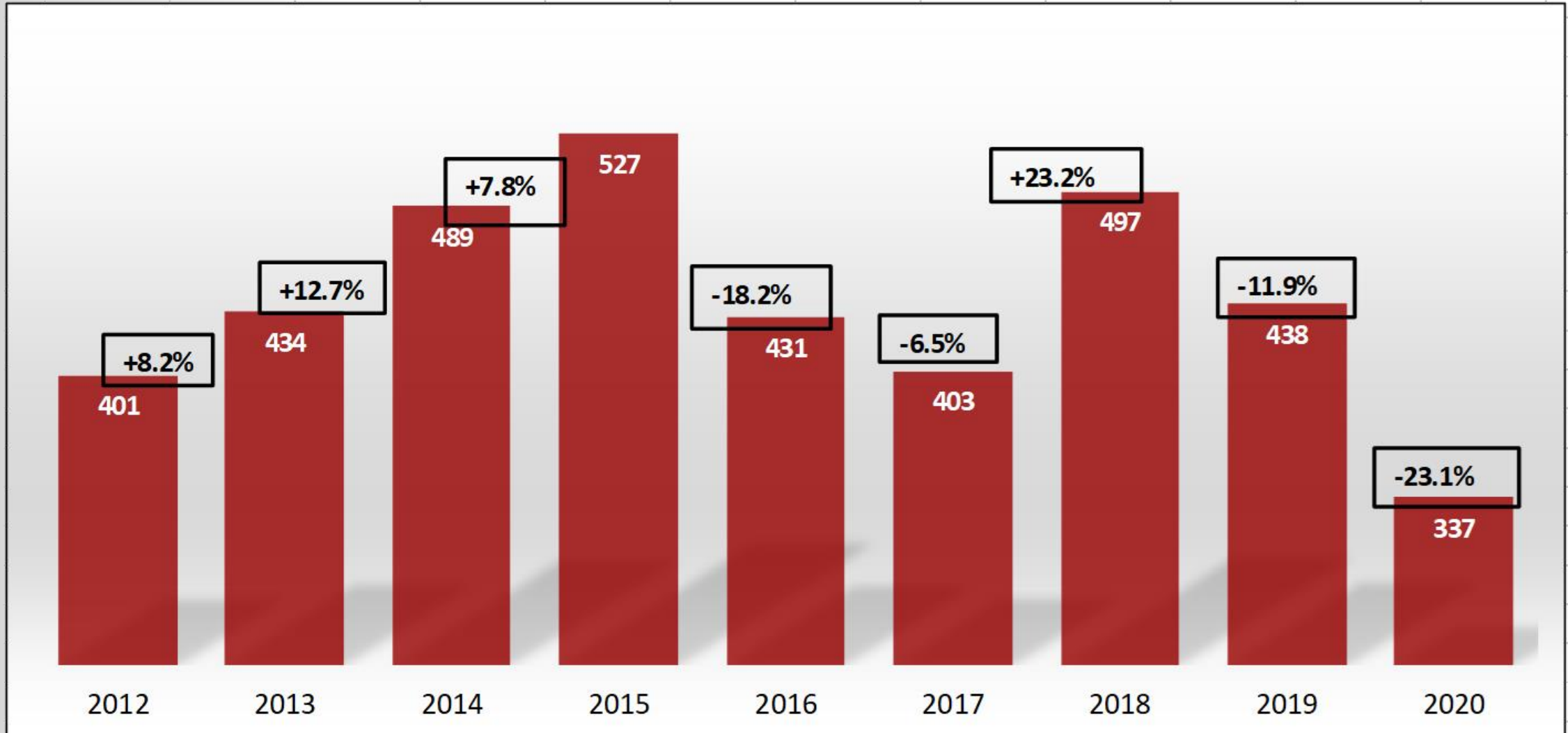
- New enrollments and engagement with treatment decreased dramatically in the months following the statewide stay-at-home order.
- Most clinics remained open to serve clients with in-person appointments.
- Within a week, all clinics were able to pivot and add telehealth options for all of their services.

# FY20 Treatment Providers

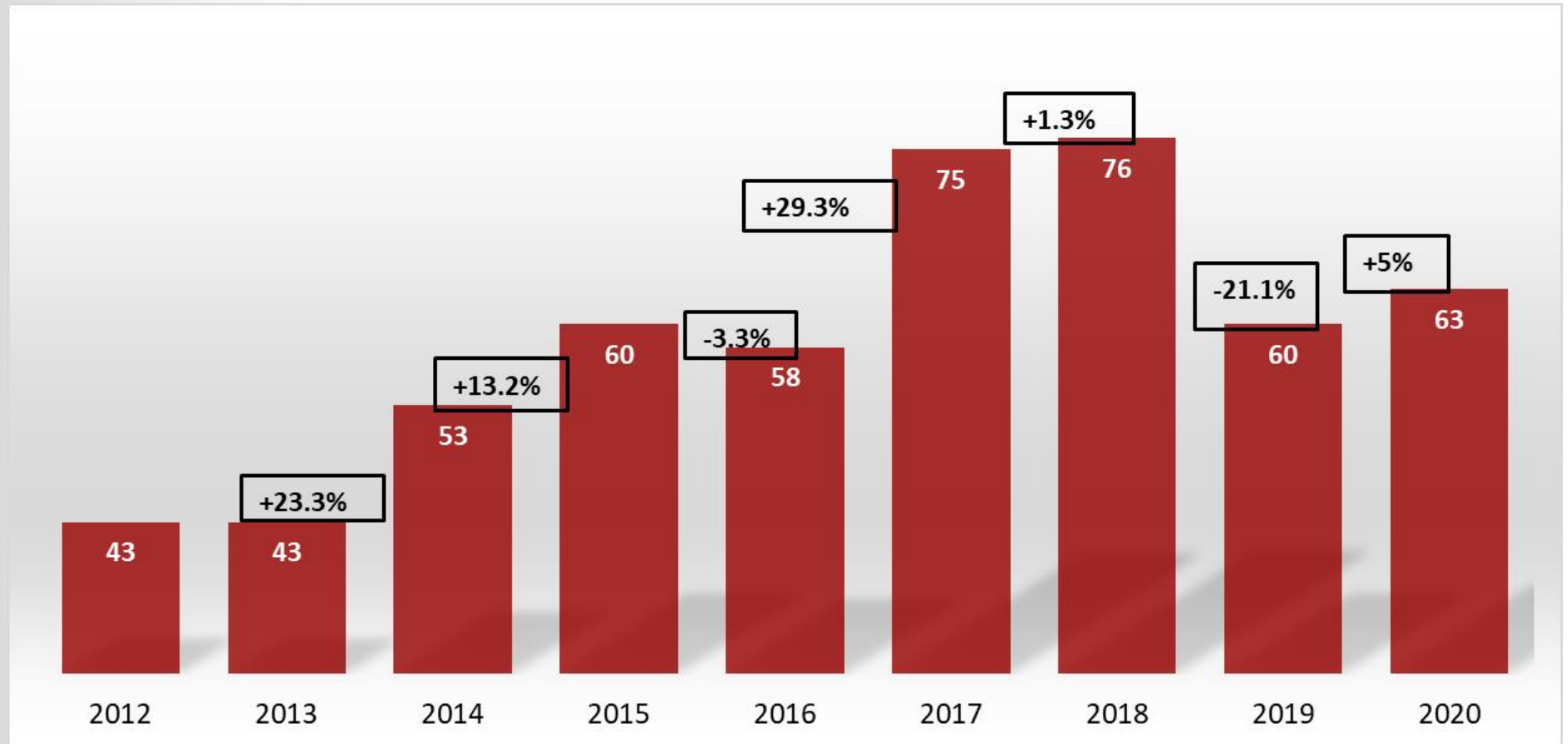
- Las Vegas Problem Gambling Center, Las Vegas
- Finding Hope Therapy, Las Vegas
- Mental Health Counseling and Consulting, Henderson
- Bristlecone Family Resources, Reno
- Reno Problem Gambling Center, Reno
- Churchill Council on Alcohol and Other Drugs/New Frontier, Fallon



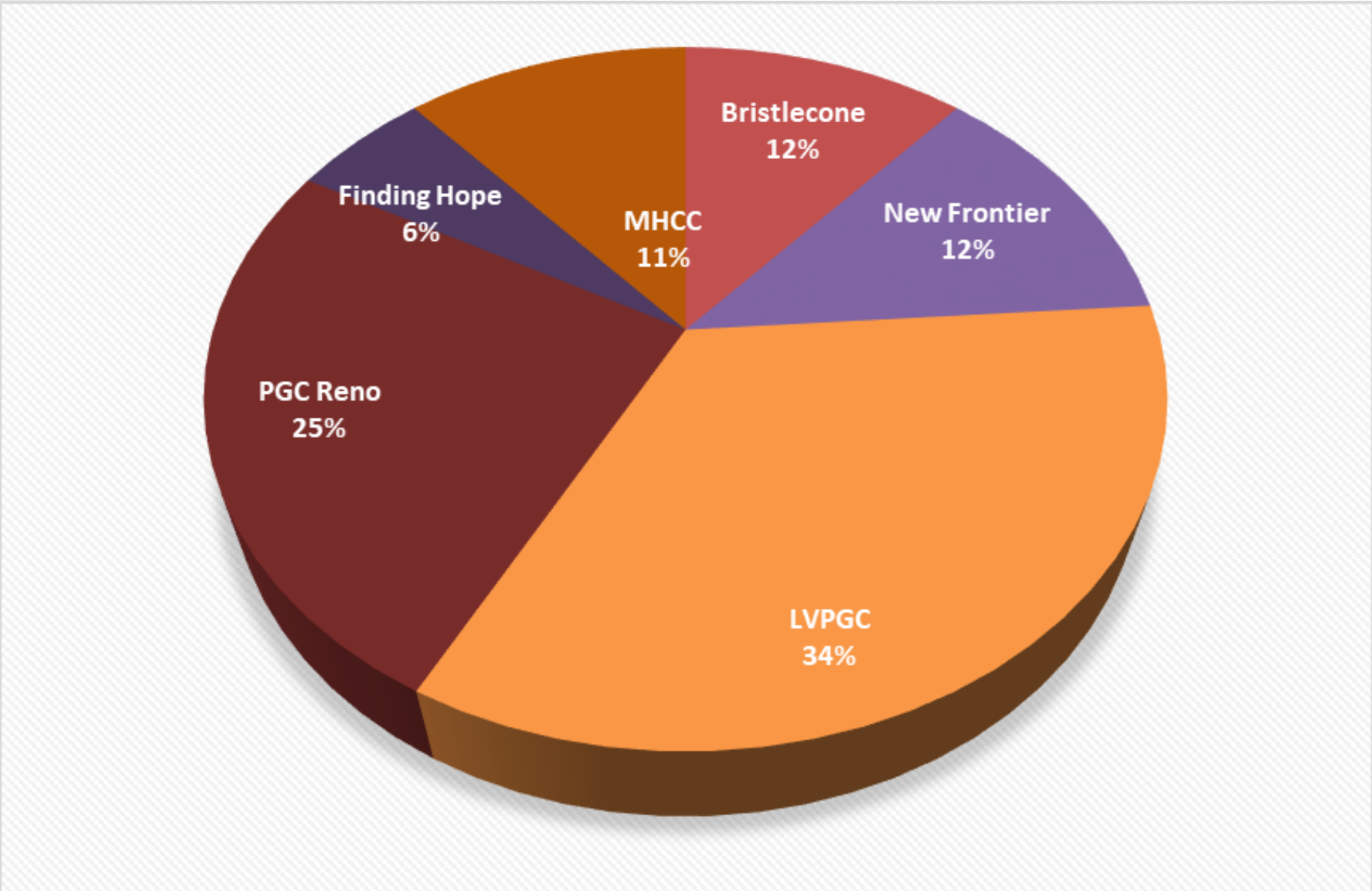
# Outpatient Enrollments by Fiscal Year



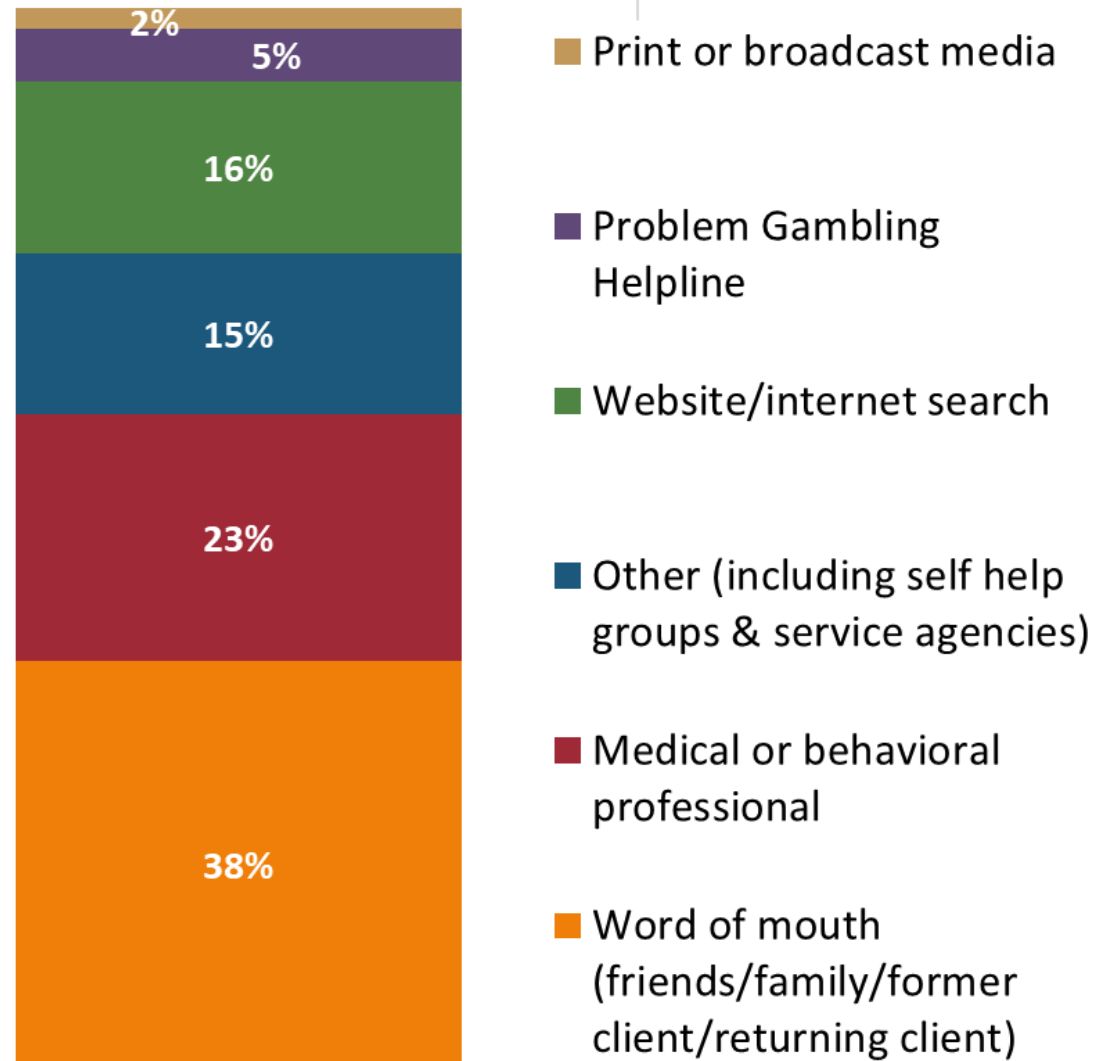
# Residential Enrollments by Fiscal Year



# Proportion of Clients Served by Clinic FY20 **UNLV** | IGI



# How do clients hear about Treatment?

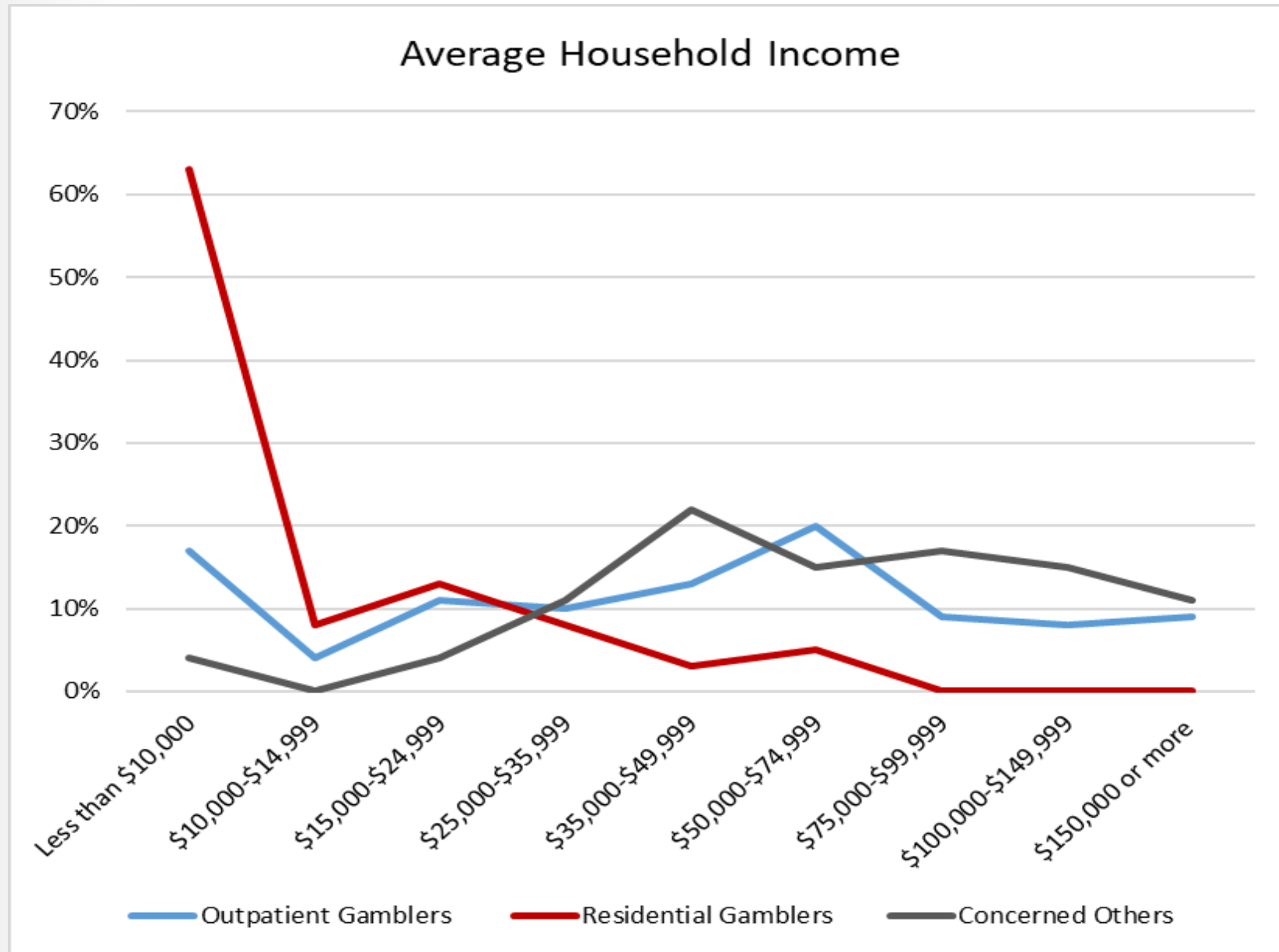




# Funding Utilization

<b>FY20 Funds used by Treatment Providers</b>		<b>\$924,886 (of \$1,092,465)</b>
Treatment		78% (all services)
Outpatient groups and individual counseling		36%
Residential treatment		15%
Intakes, Assessment only, transitional housing, supervision of interns, other services		27%
Program and Treatment Support Activities (Add-ons)		21% (all PTS)
Advertising		13%
Data reporting/quality assurance		3%
Workforce development		2%
Treatment materials		2%
Continuing Care Services		.8%
Aftercare (12 months post discharge)		.5%
Extended aftercare (13-36 months post discharge)		.3%

# Demographics of Treatment Population: Income **UNLV** | IGI



## Demographics of Treatment Population: Race/Ethnicity

Race	Treatment Population	Nevada Population*
White, non Hispanic	67%	51%
Hispanic or Latino/a	12%	28%
Native American or Alaska Native	4%	1%
Asian	6%	8%
Black or African American	5%	8%
Native Hawaiian, Pacific Islander, and others	6%	1%

\*Source US Census ACS 2017

# Treatment Population Stability and Health

	Residential	Outpatient
Problems with substances and other addictions (0-11)	2.4	1.2
Personal losses experienced as a result of gambling (0-9)	7.5	6.9
DSM-5 Score (0-9)	7.5	7.6
Family history of problem gambling	52%	42%
Family history of any addiction	84%	63%

# Treatment Outcomes

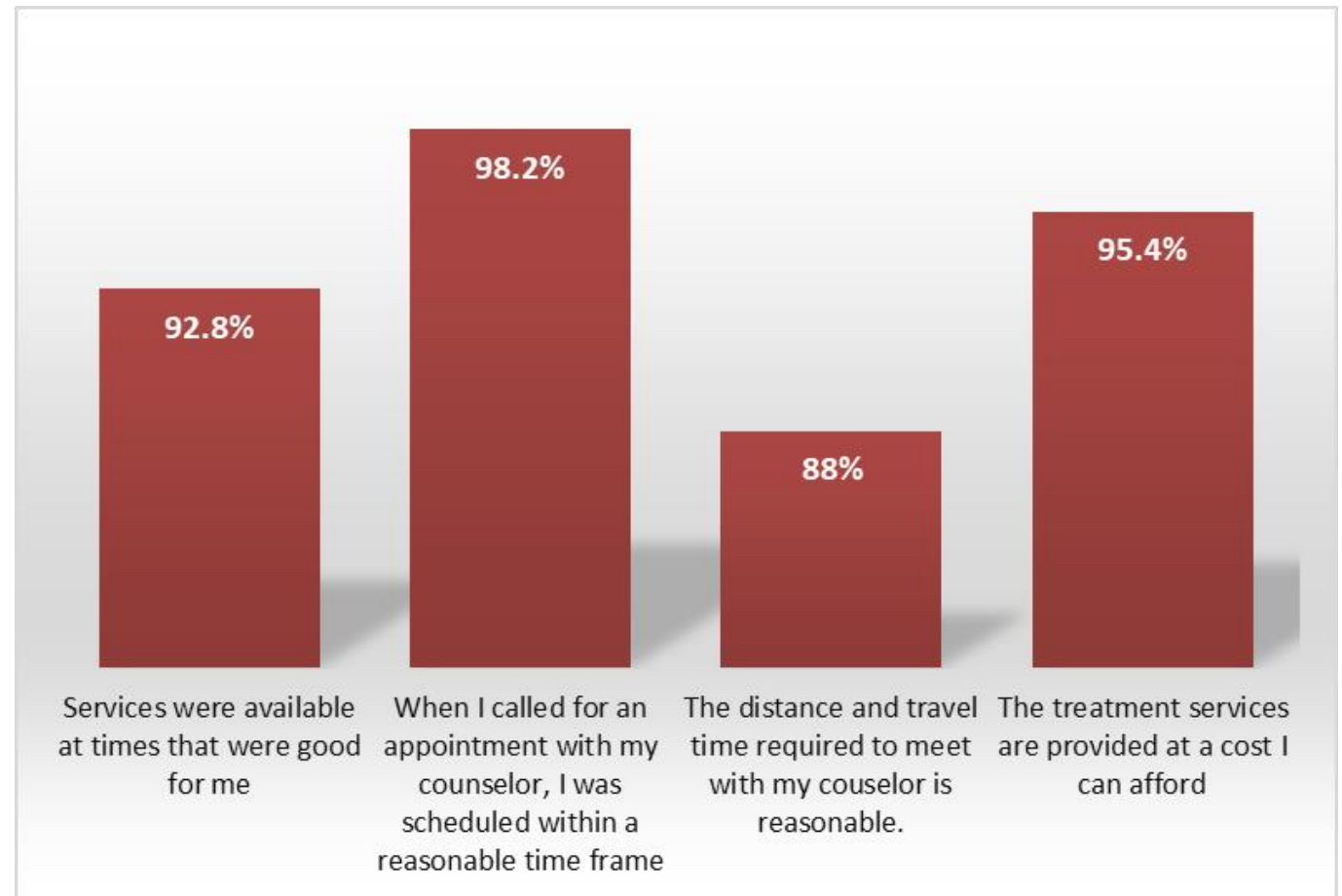
- In FY20, we conducted a total of 331 follow-up interviews with problem gamblers and 58 interviews with concerned others at 6 different gambling treatment programs.
- We assess six broad categories: (1) access to treatment services, (2) treatment quality and helpfulness, (3) treatment effectiveness, (4) overall ratings of treatment services, (5) reduction in gambling behaviors, and (6) engagement with community support groups.
- Quotations in this document are from the clients we interviewed.

# Treatment Outcomes: Access to Services

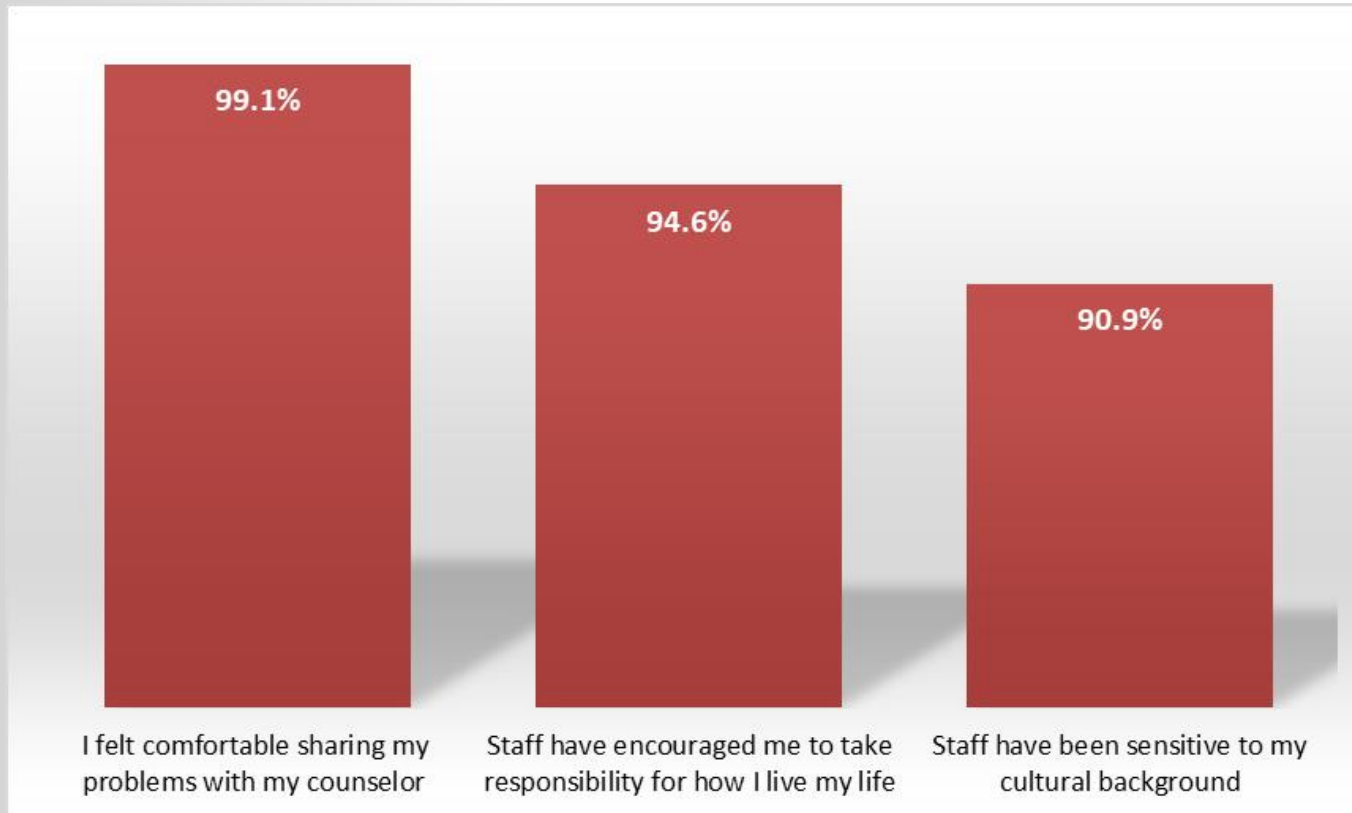
*“I'm glad the program exists and they need better advertisement because they are hard to find and know about them.”*

*“Sometimes they did not have someone available to talk because shortage of counselors”*

*“The individual counseling was very beneficial. And they worked a little with my work schedule. They are flexible.”*



## Treatment Outcomes: Quality and Helpfulness (1)

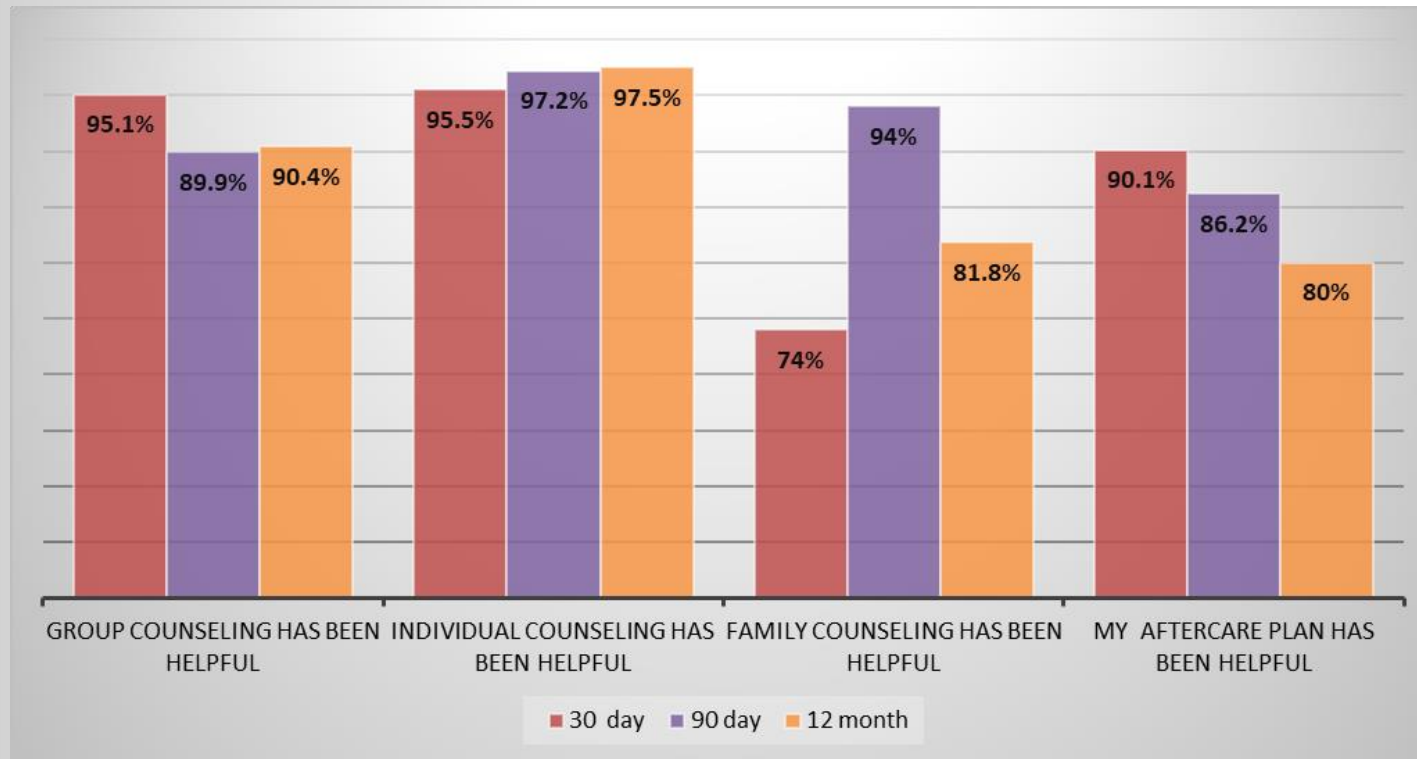


*“My counselor was amazing. Learning the way the addiction was broken down and the psychology behind was explained and how intricate it works and how many chemicals are released, gaining this knowledge was very helpful.”*

*“It saved my life!”*

*“My counselor was persistent and there for me”*

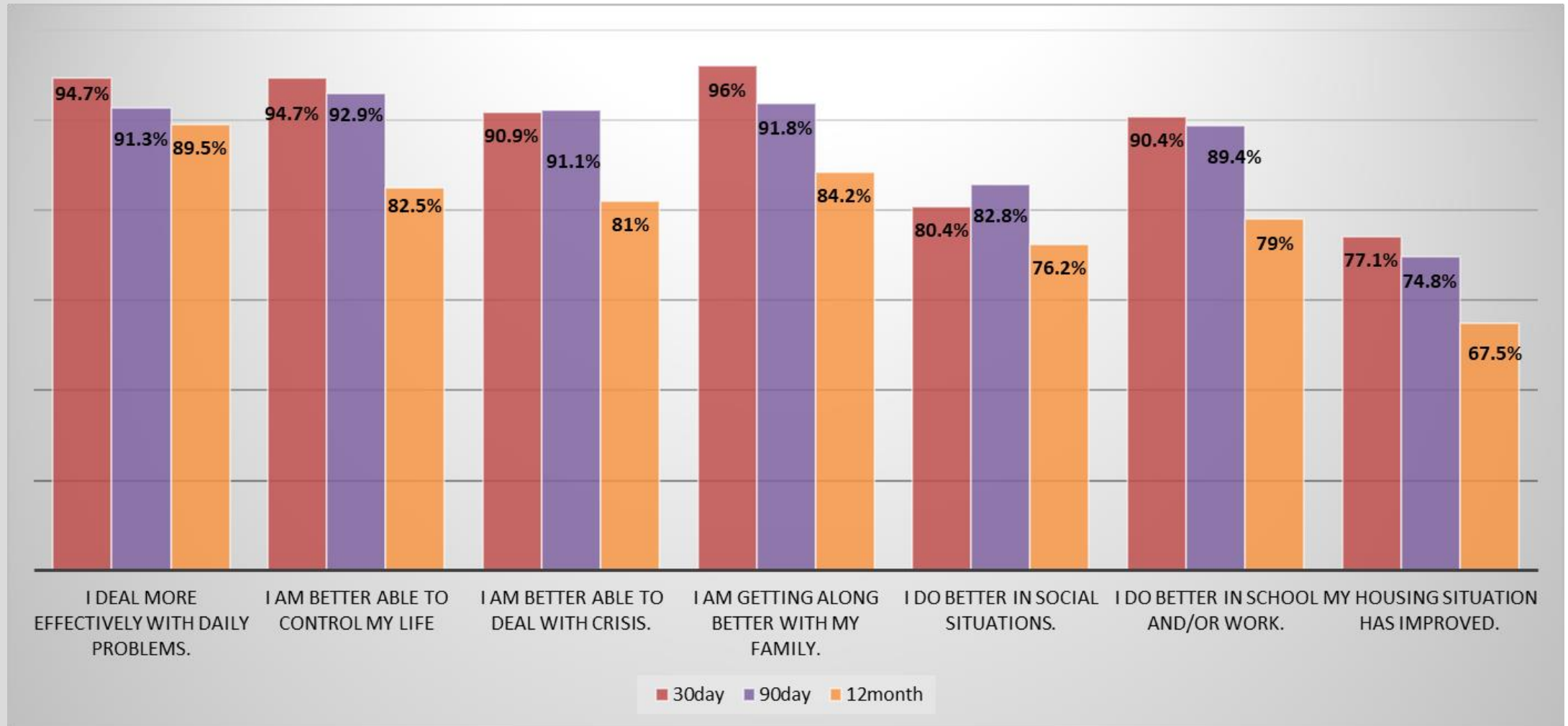
## Treatment Outcomes: Quality and Helpfulness (2)



*“Overall, the whole IOP [intensive outpatient] program is tremendous. From the minute you go in there and get assessed, you start to feel better. The counseling, the treatment, the group therapy. It's amazing that the state offers that and finances it and pays for it. It's truly a work of art as long as you work the steps yourself. It helped me to come back from the most broken I've ever been. To have my moving on celebration is amazing. It's just uplifting. I am a secretary at GA and anyone in there that is struggling I recommend the program. I think at least 22 people that I recommended have gone through IOP.”*

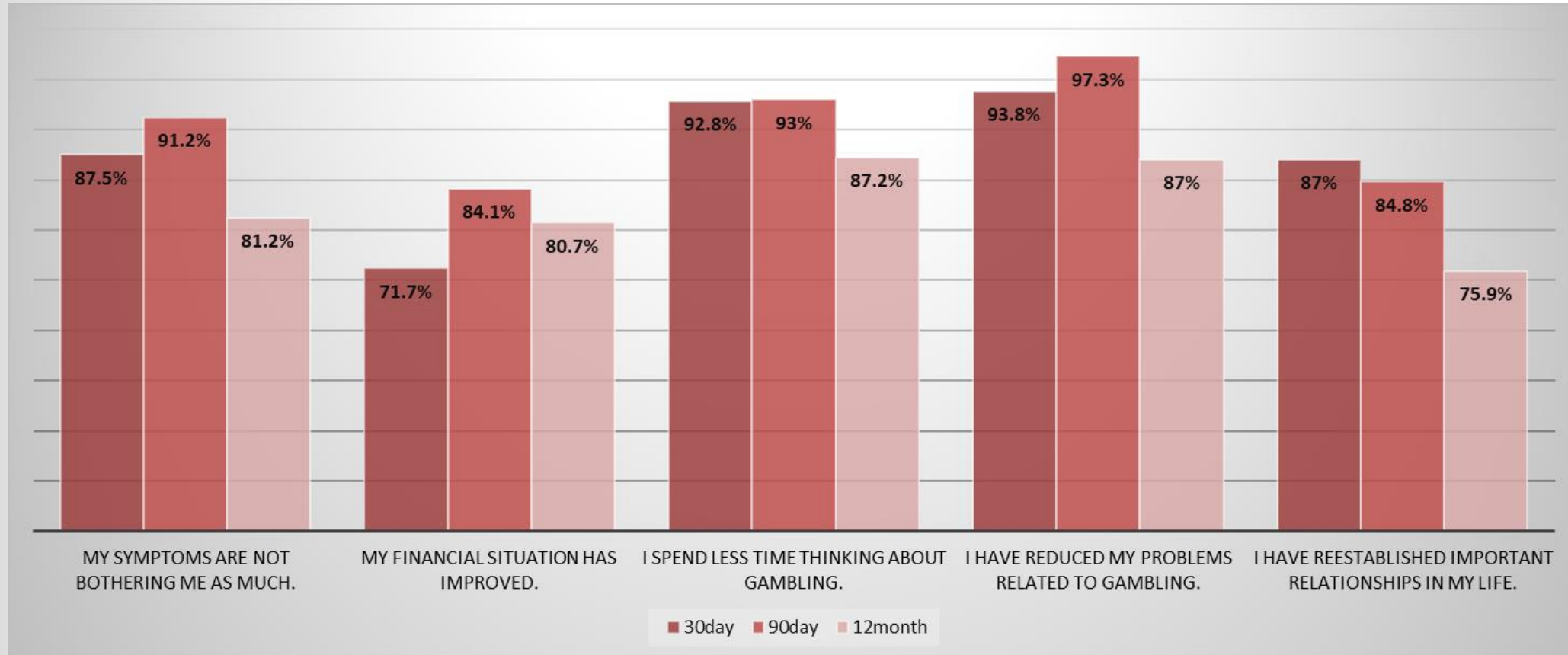


# Treatment Outcomes: Treatment Effectiveness (1) UNLV | IGI



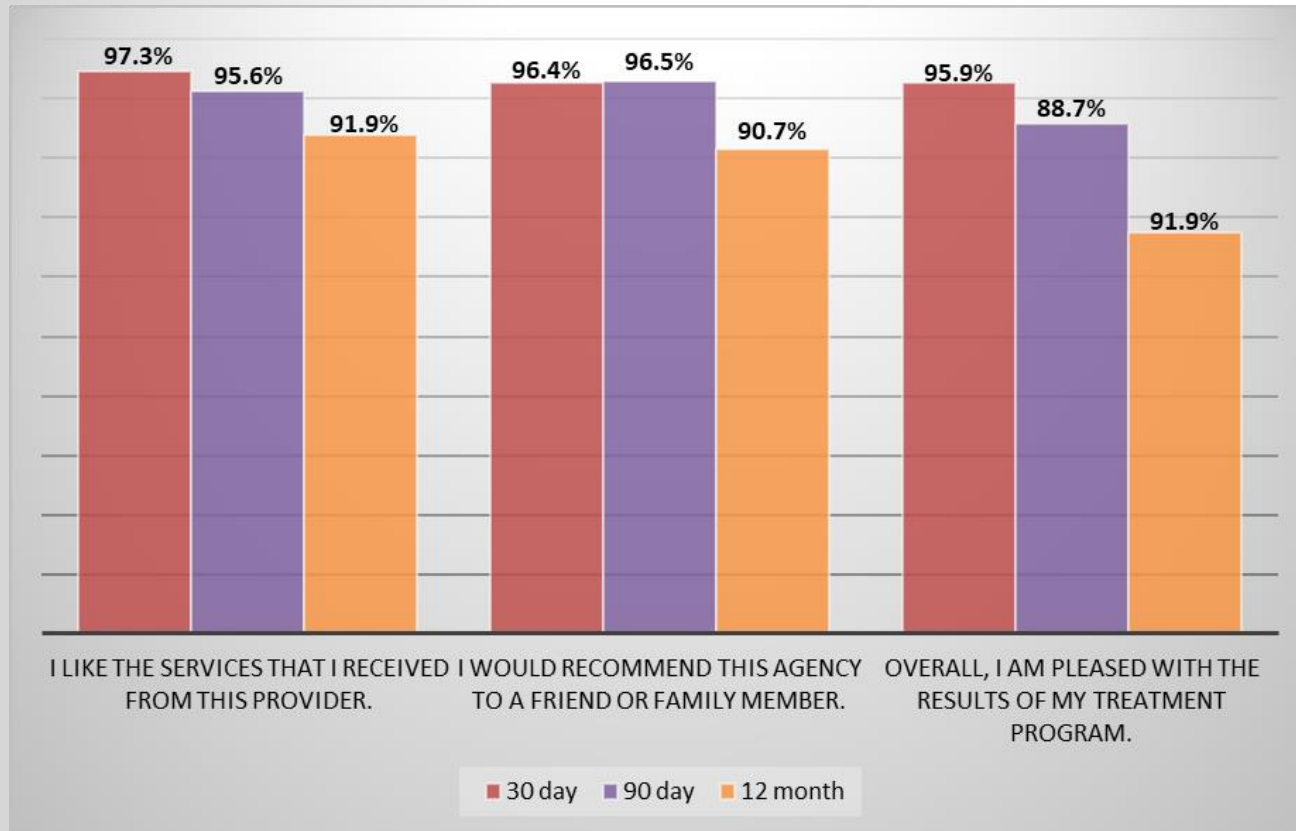
*“They helped me get my life back and get rid of the obsessive thoughts about gambling.”*

## Treatment Outcomes: Treatment Effectiveness (2)



*"Understanding really what a gambling addiction looks like was critical. Living in NV everybody gambles, so knowing what addiction looks like is really important. I had never heard the term "chasing your loses" which is what I was often doing. Identifying and learning about it was really important for me. The statistics about addiction were also helpful."*

## Treatment Outcomes: Overall Quality of Care



*“Thank you for my time. It's been 399 days, and my life is back, my finances are back, my debts are paid. At the time I went there I couldn't even afford the \$10 co-pay. The staff are truly committed. I'm a shining example of what is possible in this program.”*

*“Knowing that someone was there holding me accountable made me a better person.”*

# Treatment Outcomes: Impact on Gambling Behaviors

Which of the following statements best characterizes your gambling since enrolling in the program ....	30 day	90 day	12 month
....I have not gambled since enrolling into the program.	65%	45%	34%
....I had one “slip” where I gambled, then got back on my recovery program.	14%	22%	17%
....I’ve had several “slips” since enrolling in the program and am back on track.	15%	20%	26%
....My goal is controlled gambling, and I am able to gamble without problems.	4%	7%	13%
....I am not meeting my goal to stop or control my gambling.	2%	6%	11%
Thinking back to the period of time when you gambled most heavily, have you reduced your gambling since this time?	100%	96%	98%

## Treatment Outcomes: Engagement with Community Support Groups

Community Support Groups	30 day	90 day	12 month
Do you currently attend Gamblers Anonymous meetings?	72%	50%	43%
Have you found these meetings to be helpful?	91%	93%	92%
Do you currently attend any other community peer support meetings?	33%	30%	27%
Have you found these other meetings to be helpful?	97%	97%	96%

*“Going to GA and the combination with my counselor was amazing”*

*“It is mainly because of the casino closure that I'm not gambling (COVID 19), not mainly the program. GA is helpful to learn about the steps, but in the program I did not need to go over the 12 step again and again, I needed help to know why I didn't put them in practice.”*

# Treatment Outcomes for Concerned Others

- Concerned others expressed feelings of relief when learning about problem gambling. They felt empowered to help the people in their lives who suffer from problem gambling, and they gained tools to help themselves cope with the enormous stress related to their loved ones' gambling.

*“Group meetings when everybody shared their stories and you felt a sense of community and saw results, and so I felt hope that the program was successful and was going to be successful for my husband.”*

*“We were able to attend a discussion class together, so husband saw other concerned others struggling and understood me better. Everybody having the same problem gave a sense of belonging”*

*“The support and understanding and communication that I was able to dialogue with the counselors; helping me with my codependency; helped me stop enabling the gambler. Supporting me in making a plan.”*

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Strong evidence that treatment works!

Clients report improvements in quality of life, reduction in gambling behaviors and gambling related problems, and attribute those changes to the support they received from their problem gambling programs.

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