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**Nevada Problem Gambling Study
Annual Report Brief, Fiscal Year 2022**

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Knowledge.

Research.

Innovation.

History of State-Funded PG Treatment in Nevada

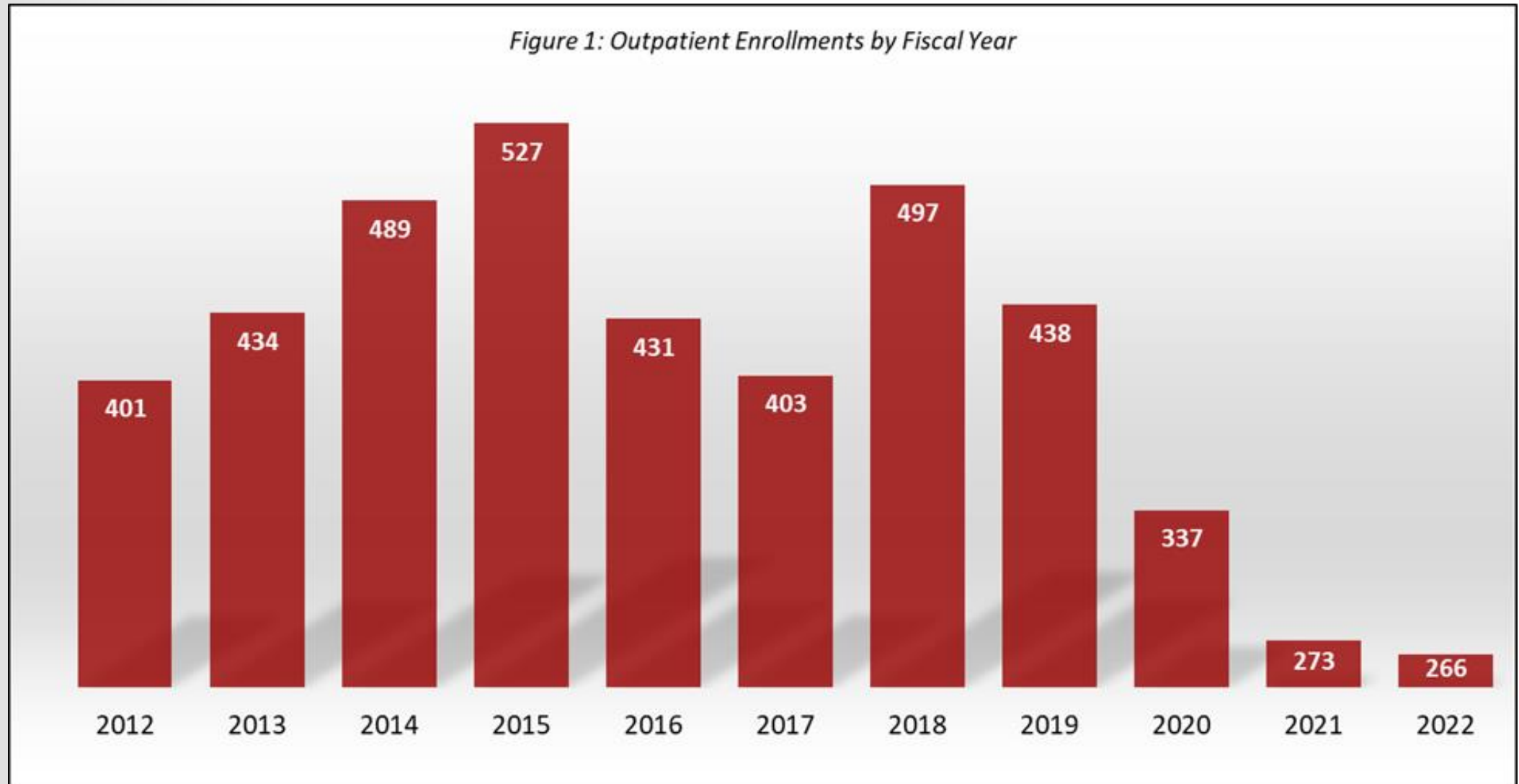
- Nevada established the Problem Gambling Fund in 2005 when Senate Bill 357 passed.
- The Advisory Council on Problem Gambling –a specially appointed advisory panel determines the ways that funds will be utilized.
- The Problem Gambling Fund has been utilized to support four main areas of service: Prevention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

FY22 Treatment Providers

- Dr. Robert Hunter International Problem Gambling Center, Las Vegas
- Mental Health Counseling and Consulting, Henderson
- Bristlecone Family Resources, Reno
- Reno Problem Gambling Center, Reno (permanently closed March 2022)
- Churchill Council on Alcohol and Other Drugs/New Frontier, Fallon



Outpatient Enrollments by Fiscal Year

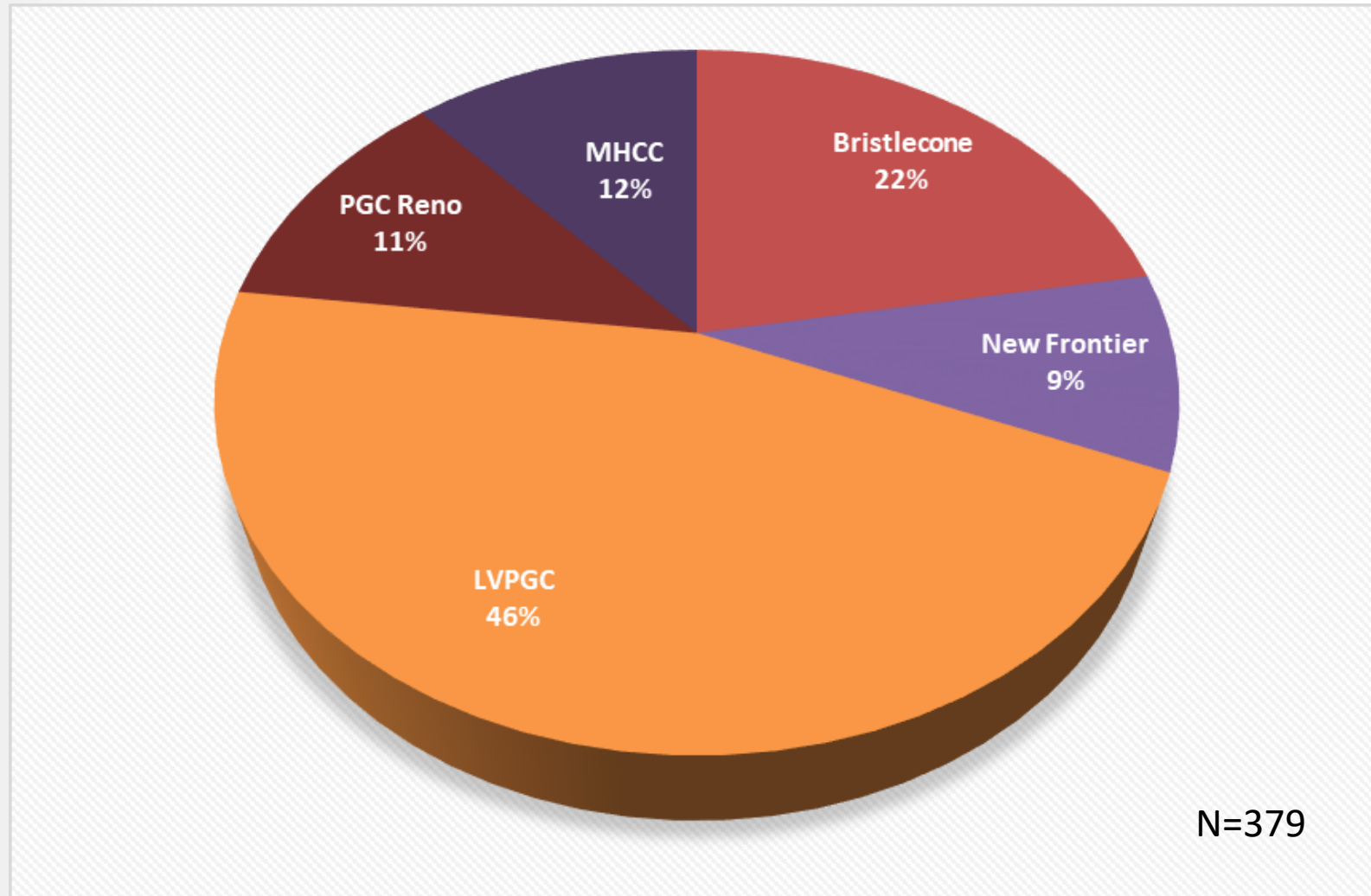


Residential Enrollments by Fiscal Year

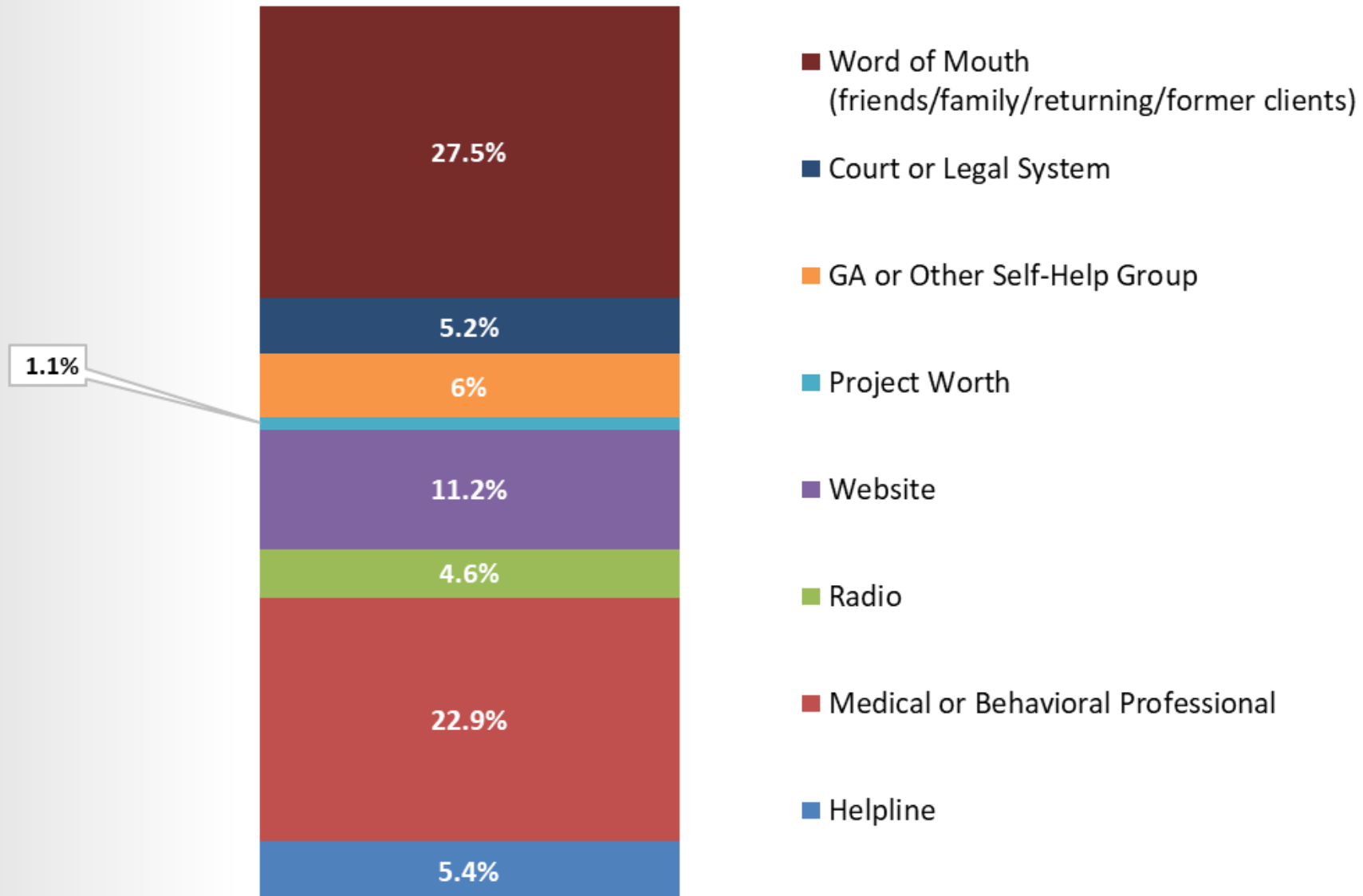
Figure 2: Residential Enrollments by Fiscal Year



Proportion of Clients Served by Clinic FY22 **UNLV** | IGI

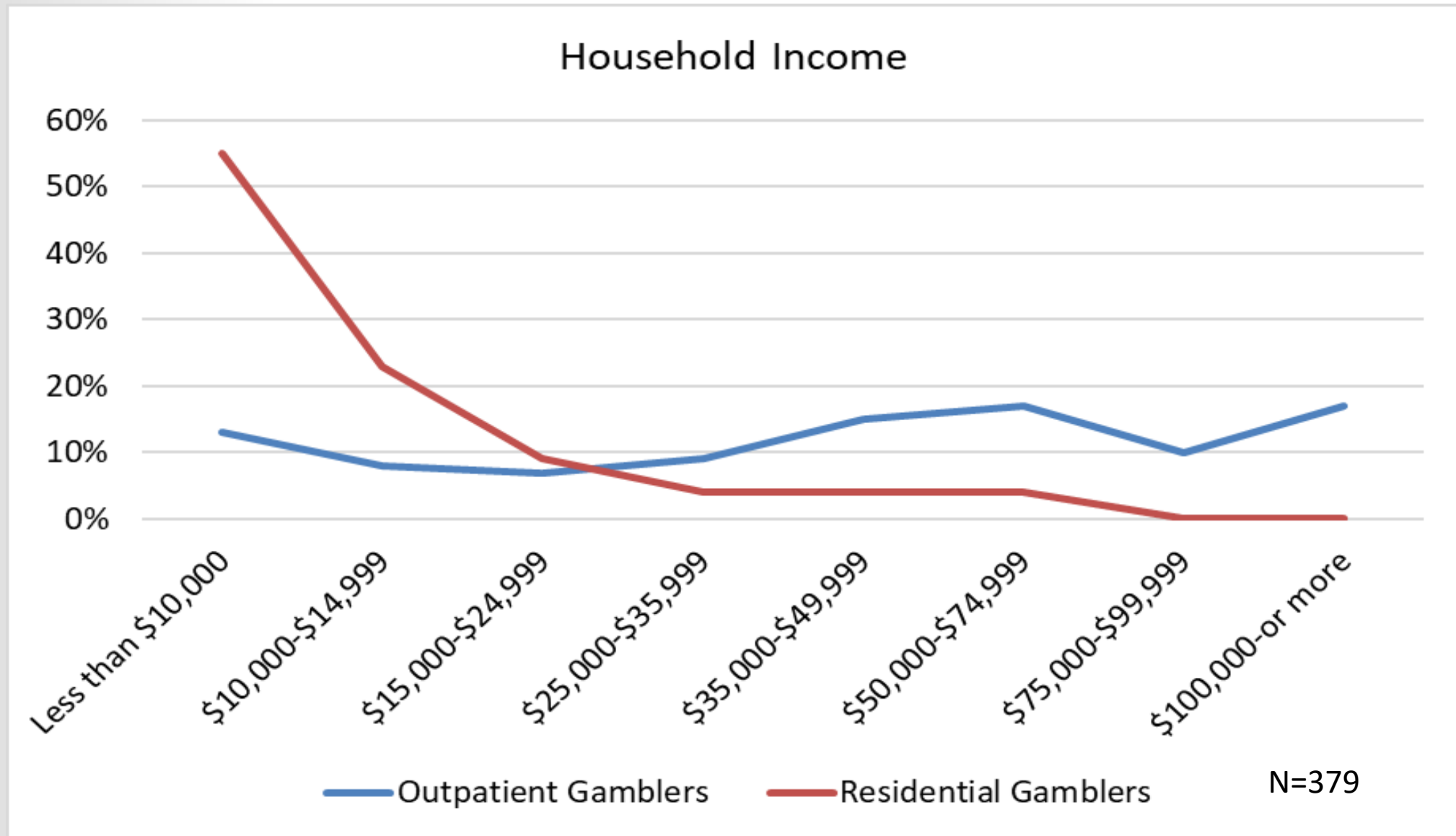


How do clients hear about Treatment?



N=379

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



Demographics of Treatment Population: Race/Ethnicity

Race	Treatment Population (N=379)	Nevada Population*
White, non Hispanic	70%	48%
Hispanic or Latino/a	14%	29%
Native American or Alaska Native	3%	2%
Asian	6%	9%
Black or African American	8%	10%
Native Hawaiian, Pacific Islander, and others	2%	.8%

*Source US Census ACS 2019

Gambling Harm: Financial Loss

Financial Loss as a Result of Gambling	Outpatient (N=266)	Residential (N=47)
Loss of work productivity	23%	43%
Loss of credit (bad credit)	50%	41%
Use of Payday Loans or Cash Advances	52%	33%
Sold or Pawned Possessions	47%	79%
Debt	52%	45%
Loss of Savings	58%	69%
Inability to Pay Mortgage or Rent	38%	57%
Inability to Pay for Food or Groceries	28%	55%
Inability to Pay Utility Bills	27%	53%
Inability to Make Credit Card Payments	40%	21%
Average Gambling-Related Debt	\$30,782	\$1,050

Gambling Harm: Legal Issues

Legal Issues Experienced as a Result of Gambling	Outpatient (N=266)	Residential (N=47)
Previous Arrest	9%	10%
Outstanding/Pending Charges	4%	4%
Jail or Prison Sentence	8%	11%
Probation or Parole	4%	6%
Mandatory Restitution	2%	2%
Gambling Diversion Court or Drug Court	2%	4%
Has Broken Laws to Finance Gambling or Because of Gambling	33%	83%

Gambling Harm: Personal Loss

Personal Loss as Result of Gambling	Outpatient (N=266)	Residential (N=47)
Divorce, Separation, or Family Estrangement	24%	64%
Loss of Close Friend or Romantic Relationships	26%	51%
Loss of Physical Health	21%	26%
Loss of Mental Stability	53%	57%
Despair, Loss of Hope	46%	43%
Job Loss	13%	26%
Financial Loss	80%	71%

Gambling Harm: Social Costs

Public Assistance Received in the Past 12 Months as a Result of Gambling	Outpatient (N=266)	Residential (N=47)
Healthcare	18%	67%
Food Assistance	21%	17%
Housing	9%	0

Health Factors

	Outpatient (N=266)	Residential (N=47)
Prior Suicide Attempts	18%	43%
Physical violence, sexual violence, stalking, severe psychological harm within relationship in past 12 months	9%	31%
Family History of Addiction	62%	87%
Family History of Gambling Problems	42%	59%
Problematic Substance Use in Past 12 months (any substance not including nicotine)	41%	92%
Problematic Behaviors in Past 12 months (any behavior)	44%	81%

Health Factors

	Outpatient (N=266)	Residential (N=47)
Problematic Substance Use in Past 12 Months (most commonly reported)		
Alcohol	27%	38%
Opioids/Opiates	5%	32%
Methamphetamines	15%	77%
Problematic Behaviors in Past 12 Months		
Non Gambling Video Games	8%	17%
Mobile/Phone Games	13%	26%
Sexual Behaviors	6%	28%
Food or Eating Habits	16%	28%

Problem Severity and Help Seeking

	Outpatient (N=266)	Residential (N=47)
Percent of Clients Enrolling in Treatment for the first time	72%	65%
Previously tried community support meetings	43%	36%
DSM-5 Score (0-9)	7.4 (average)	7.0 (average)
Subclinical	3%	4%
Mild (4-5)	12%	21%
Moderate (6-7)	27%	28%
Severe (8-9)	56%	45%

Treatment Outcomes

- In FY22, we conducted a total of 322 follow-up interviews with problem gambling treatment clients at 30 day (n=104), 90 day (n=98), and 12 month (n=78) post enrollment. We also conducted 28 interviews with concerned others at 5 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.

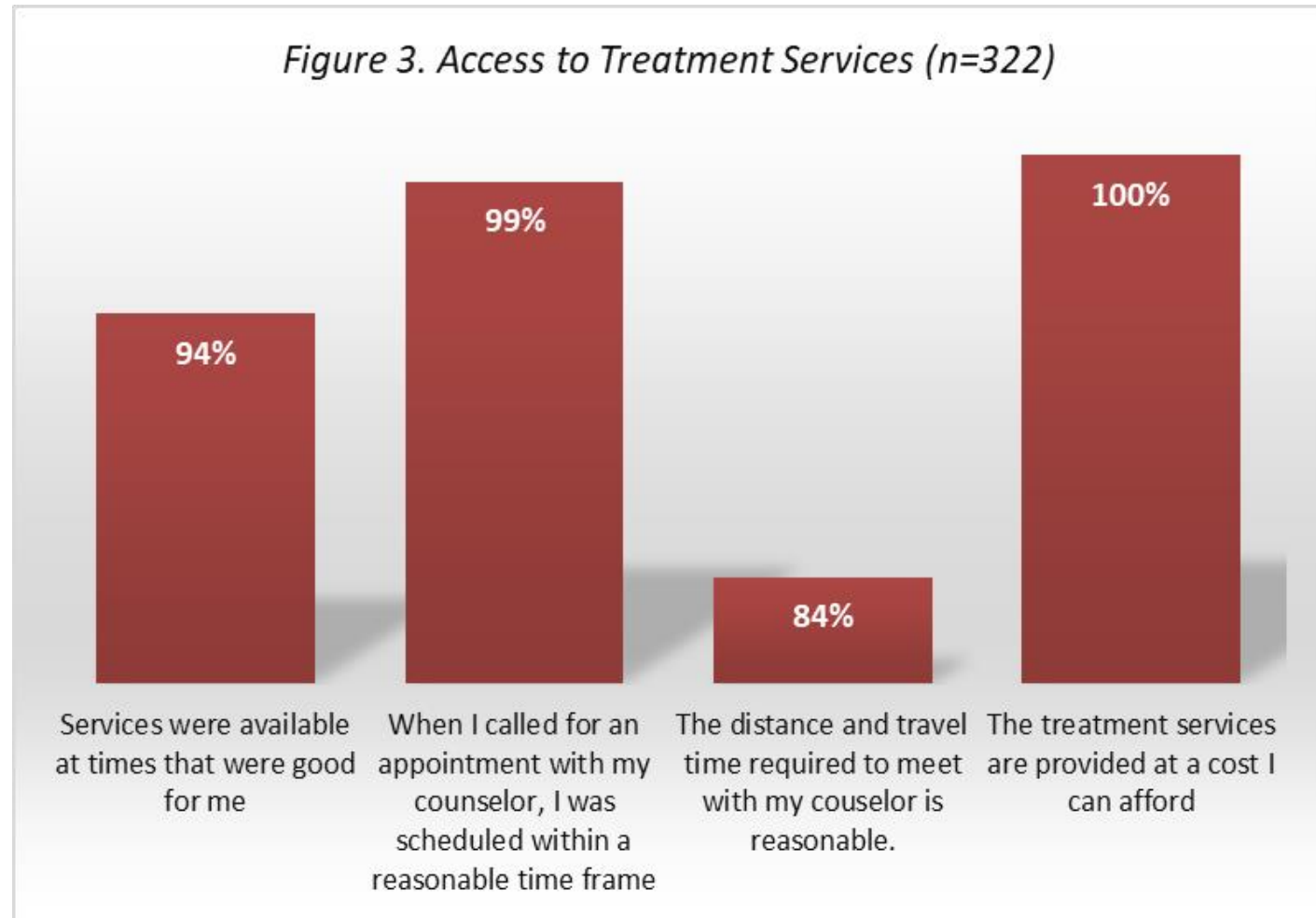
Treatment Outcomes: Access to Services

“To give me all that help free of charge is amazing. I cannot believe they have a service that is as educational and informative. I voluntarily give what I can give.”

I want to thank everyone in the program for giving this free course or free lesson for people to take. I did not spend any money to get help.”

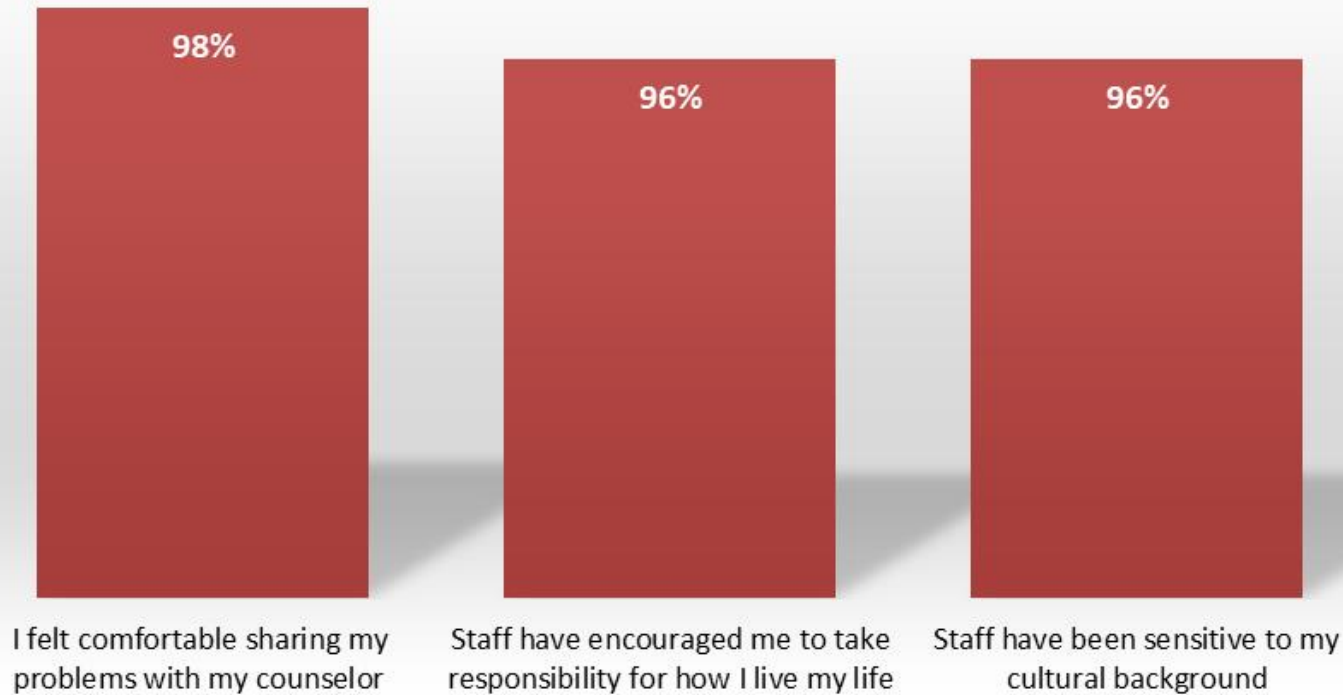
“Really the accessibility number one and you know trying to find mental health assistance right now is almost impossible. I made a lot of calls to counselors, they were booked or not taking patients. For me when I called or reached out online for someone to answer my call right away was a relief.”

Figure 3. Access to Treatment Services (n=322)



Treatment Outcomes: Quality and Helpfulness (1)

Figure 4. Treatment Quality (n=322)

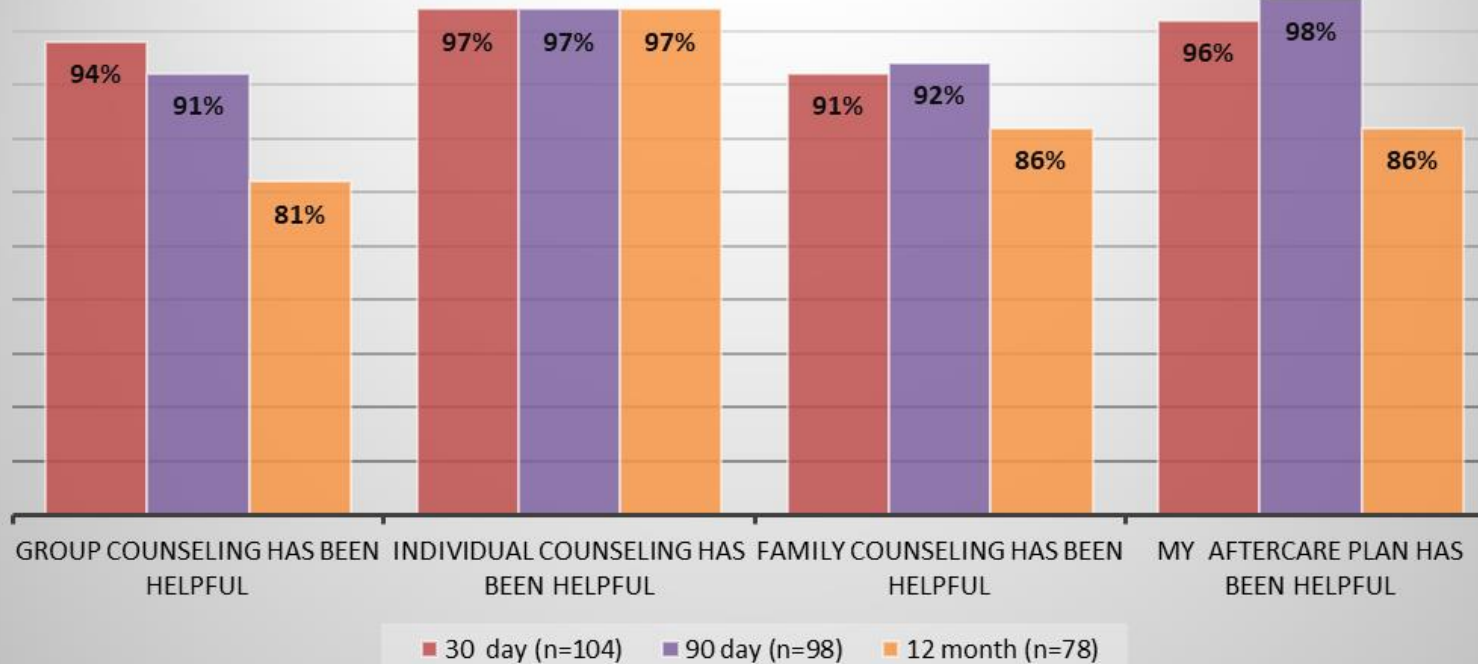


“Initially the most helpful part is making the commitment to spend time in the program. Being there and having the support from all the people in the group and support from the people running it was super helpful. I felt like I had a good core support system, and that’s what I needed.”

“All of it has been helpful. It saved my life. Period. That was a crazy time.. I was in active gambling for a year and a half. They saved my life. Everything about it was beneficial. The clinical support was the best. I needed to understand what was going in my brain. I needed every bit of it and all they gave me.”

Treatment Outcomes: Quality and Helpfulness (2)

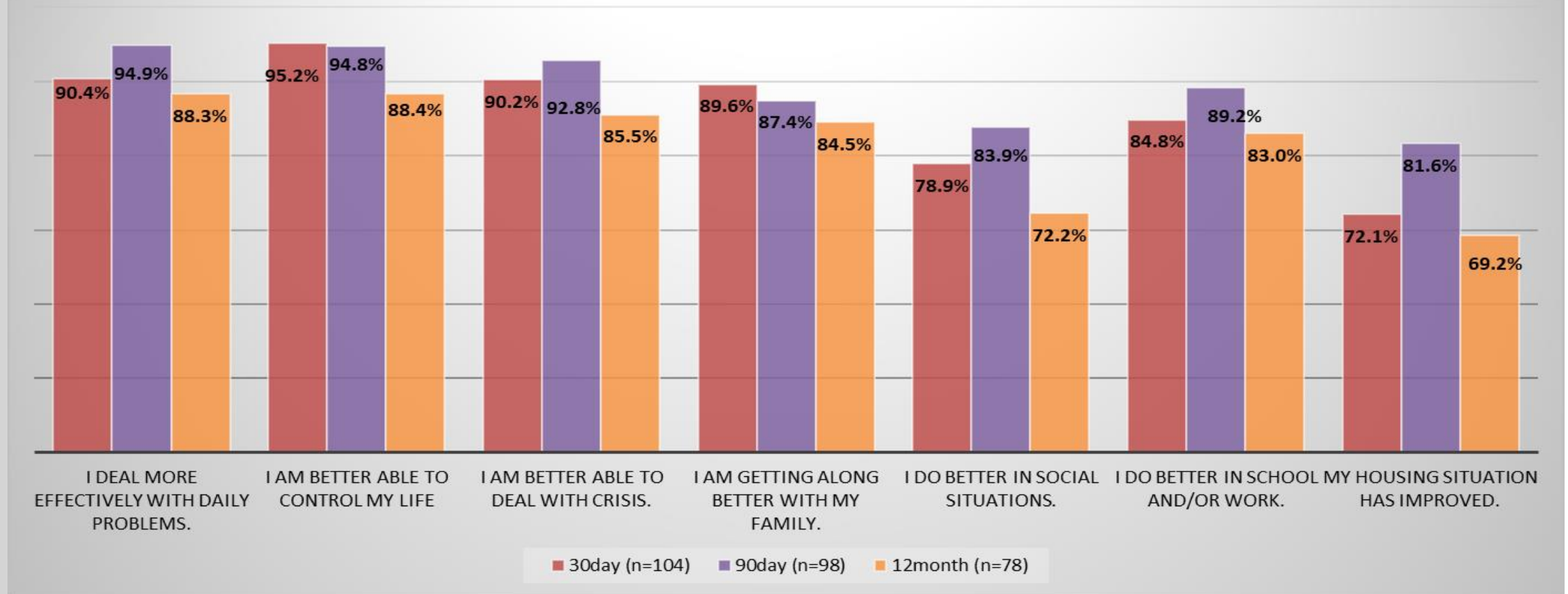
Figure 5. Treatment Helpfulness



"The thing I appreciate the most is the actual group counseling and hearing other people e stories. It's important to know you are not in this alone, that other people share those situations and emotions that go along with it. That was helpful."

Treatment Outcomes: Treatment Effectiveness (1) UNLV | IGI

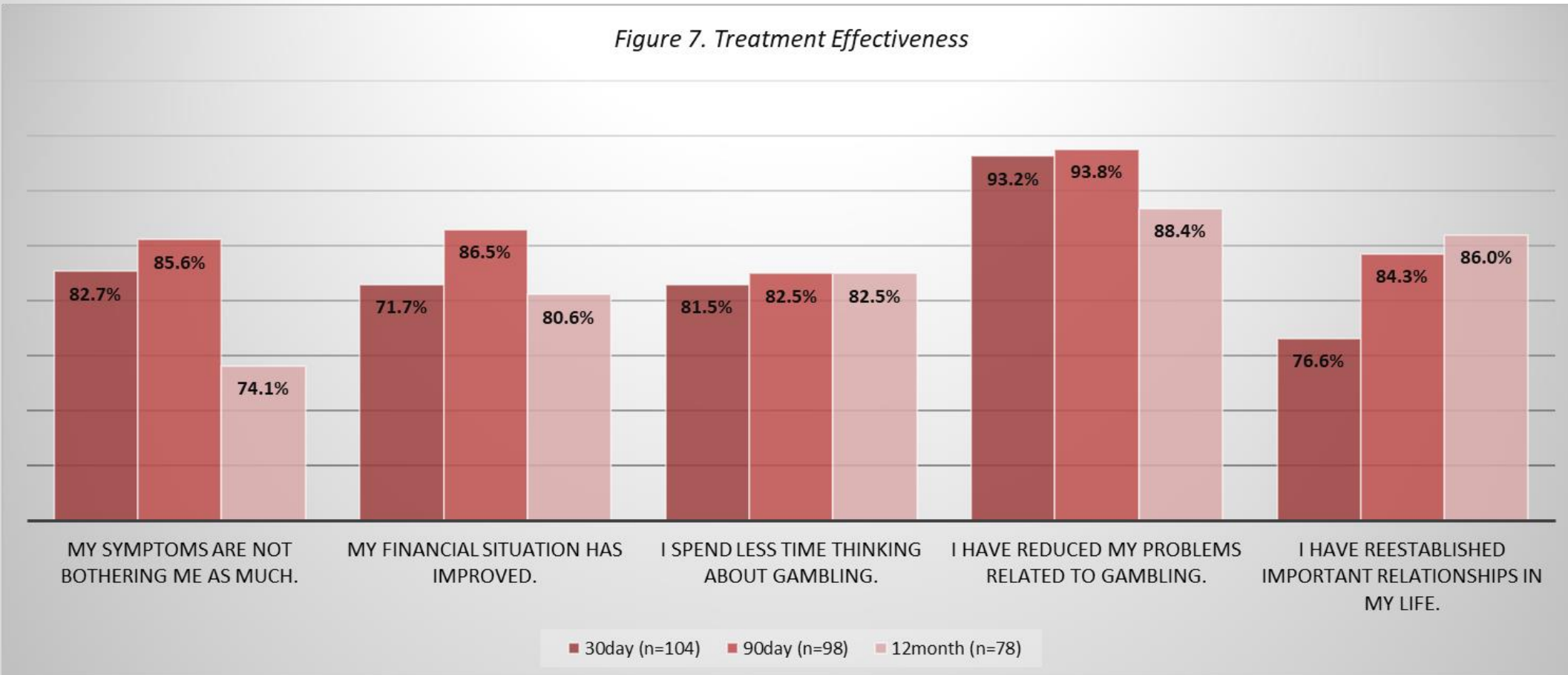
Figure 6. Treatment Effectiveness



“You get what you put into things. If you just sit there, you get nothing. If you actually do what they say, it’s really going to make a difference.”

Treatment Outcomes: Treatment Effectiveness (2)

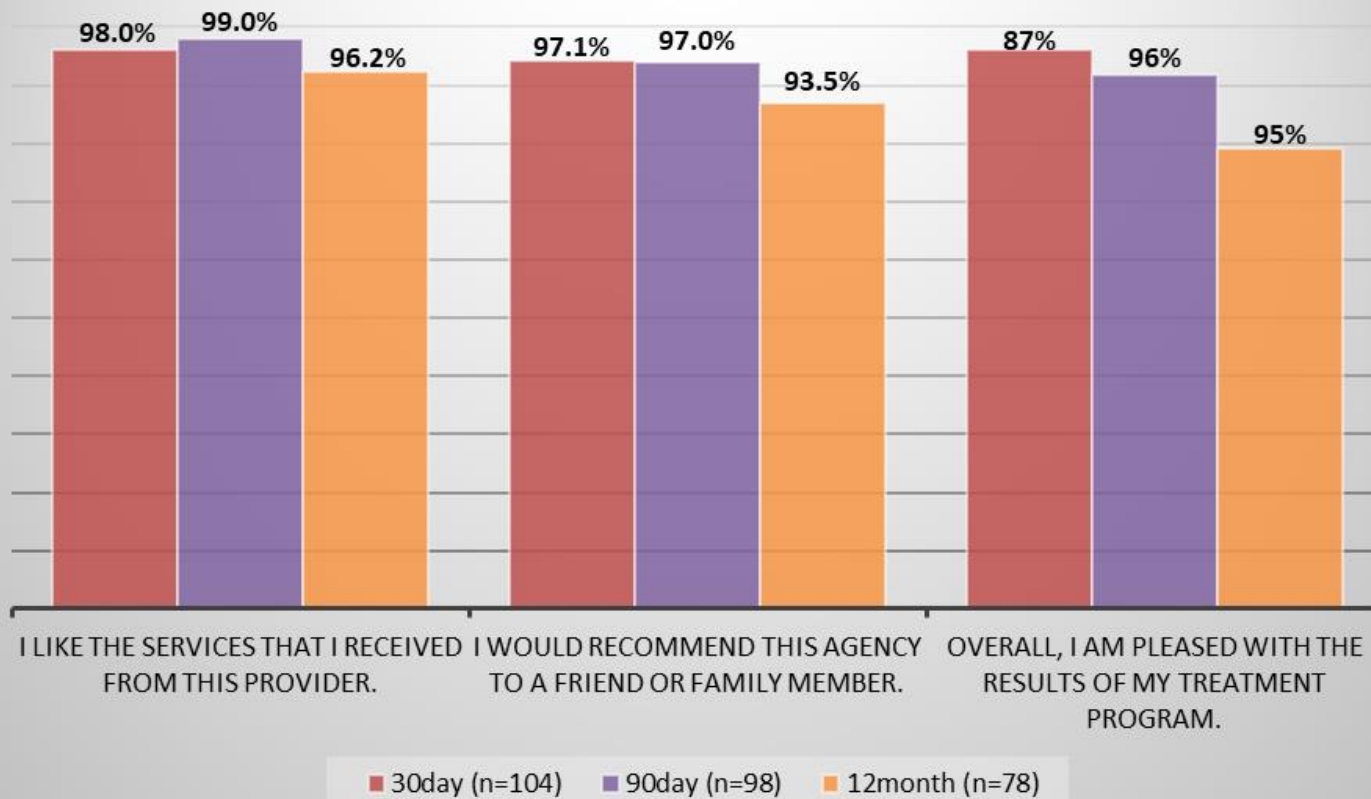
Figure 7. Treatment Effectiveness



“I never thought I could quit. It is such a good program. I don’t even want to gamble. IOP helped me quit, but aftercare is just as important. You can always slip, and I’m not trying to do that. I attend relapse prevention. I do counseling regularly. I keep going. I love that place. It changed my whole life.”

Treatment Outcomes: Overall Quality of Care

Figure 8: Percent Positive Ratings for Overall Quality of Care



“Without that program, I would not have stopped gambling. They did wonderful. For those who want to stop, they are an invaluable resource. I am thankful for them.”

“I think specifically it is a great program and it changed and saved my life. Nothing bad to say, a lot of good to say. They have the one thing missing—advertising.”

Treatment Outcomes: Impact on Gambling Behaviors

Which of the following statements best characterizes your gambling since enrolling in the program	30 day (n=104)	90 day (n=98)	12 month (n=78)
....I have not gambled since enrolling into the program.	62%	57%	34%
....I had one “slip” where I gambled, then got back on my recovery program.	11%	15%	9%
....I’ve had several “slips” since enrolling in the program and am back on track.	14%	17%	17%
....My goal is controlled gambling, and I am able to gamble without problems.	9%	7%	27%
....I am not meeting my goal to stop or control my gambling.	5%	3%	13%
Thinking back to the period of time when you gambled most heavily, have you reduced your gambling since this time?	97%	98%	92%

Treatment Outcomes: Engagement with Community Support Groups

Community Support Groups	30 day (n=104)	90 day (n=98)	12 month (n=78)
Do you currently attend Gamblers Anonymous meetings?	56%	48%	33%
Have you found these meetings to be helpful?	86%	87%	72%
Do you currently attend any other community peer support meetings?	37%	34%	18%
Have you found these other meetings to be helpful?	95%	90%	72%

“The difference between going there and GA is the educational aspect. GA is about emotion and just venting. The program gives you tools to make changes.”

“GA is still useful but I got more from the therapy sessions. So I am a little bit of a scientist myself, so I did not relate AS MUCH to the spiritual aspect of GA versus what I learned at the program.”

Covid-19 Effects

Clients are experiencing continued effects from the Covid-19 Pandemic and related social changes

“I got laid off because of the pandemic. This instigated a financial crisis for me because my income took a cut, but my gambling stayed the same or got worse because of all the free time. I had no money to take care of what I needed, so it snowballed. Losing my job really took me to rock bottom to seek help.”

“The pandemic made a lot of things stressful and gambling is how I deal with most of my problems. Throw some money in the machine. That is how I cope with it. It has been a stressful couple years for sure.”

“Covid affected my roadway from recovery. It pushed me over the edge. It elevated my gambling. Yes, my gambling has always been compulsive, but the focus was so intense on getting away from the world that I fell into online poker, which is so addictive.”

“My anxiety got so bad. I had stopped gambling in 2019, and then the pandemic hit and I was stuck at home. I was working and the anxiety was getting worse and worse and I started gambling. Nothing much helped my anxiety except to go out and gamble. I just felt trapped. My head was spinning, spinning at home.”

Long Term Recovery

We conducted 40 in-depth interviews with clients who self-identified as being in long term recovery (over 12 months). We use the concept of recovery capital to illustrate the unique supportive elements that promote long term recovery (see Nevada Problem Gambling Study Annual Report FY2022).

RECOVERY CAPITAL (RC)		
<i>Personal RC</i>	<i>Social/Family RC</i>	<i>Community RC</i>
Self-accountability	Family-based support	Treatment facilities
Trigger management	Friends' support	Aftercare (GA)
Participants' relationship with casinos	Participants' support	
Religion and spirituality	Leisure time	

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 with gambling problems, and they gained tools to help themselves cope with the enormous stress related to their loved ones' gambling.

"They were so helpful. I cannot imagine where we would be without them."

"A lot of it had to do with managing stress and managing other aspects of life, more than just the gambling. It was nice and helped me too."

"They have excellent handouts and make good recommendations. The program is well designed and presented in a manner anybody can understand. We talk about deep psych subjects. Everything is just so well organized and scheduled. I always got caring and empathy from the facilitators. It was so welcoming and hospitable. I cannot say enough."

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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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