

# Keep Gaming and Gambling Safe: Are you Getting to the Next Level?



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# Thank you for being here!

- Especially now with all you have going on
- Online-learning fatigue is real. Please feel free to stretch!
- References are included. The full slide deck will be made available to you.



Image source: memezila.com



# Objectives

1

Gain a foundation of basics about gambling and gaming

2

Understand the overlap of gambling and gaming

3

Understand how to game responsibly

4

State several preventive measures that young people can take



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# Poll Question:

What about  
you, what do  
*you* want  
today?



A. I want to learn more about video gaming and gambling in general.



B. I want to be able to know if a friend has a problem with gaming or gambling.



C. I want some guidance on how to game responsibly.



D. I want to know how this could be a prevention project for my team.



E. I just don't want to be bored.



F. Other





# Part 1: Building the Foundation

Let's build it....with a game.

Basics about gambling and gaming.





What makes  
a game a  
gambling  
game?

A. If you place a bet on who will win

B. If it costs you money

C. If there's an element of complete chance

D. If there's a prize



What makes  
a game a  
gambling  
game?

- 1. PRIZE:** Anything of value the sponsor awards in a promotion.
- 2. CHANCE:** A process beyond the participants direct control determines the outcome.
- 3. CONSIDERATION (INVESTMENT):** Requires money or serious effort. (investing money, property, time, etc.)



What is the  
*diagnostic*  
name of a  
gambling  
addiction?

A. Compulsive Gambling

B. Gambling Disorder

C. Pathological Gambling

D. Degenerate Gambling

E. Problem Gambler



What is the  
*proposed*  
diagnostic  
name of a  
video game  
addiction?

- A. Compulsive Gaming
- B. Video Game Addiction
- C. Internet Gaming Disorder
- D. Pathological Gaming
- E. Problem Gamer



True or False:  
Online  
Gambling is  
illegal in  
Washington  
State

**A. TRUE**

**B. FALSE**

But what about all those gambling apps in my app store? Stay tuned! We'll get to that....



True or False:  
Video games  
are not  
regulated in a  
similar way  
that gambling  
is regulated

**A. TRUE**

**B. FALSE**



How old do you have to be to gamble in WA state?

- A. 18
- B. 19
- C. 20
- D. 21

Prevention of underage gambling messages similar to prevention of underage drinking.



True or False:  
Higher value  
skins won't  
help you win  
a game.

**A. TRUE**

**B. FALSE**





# Research shows:

Average age of gamers =

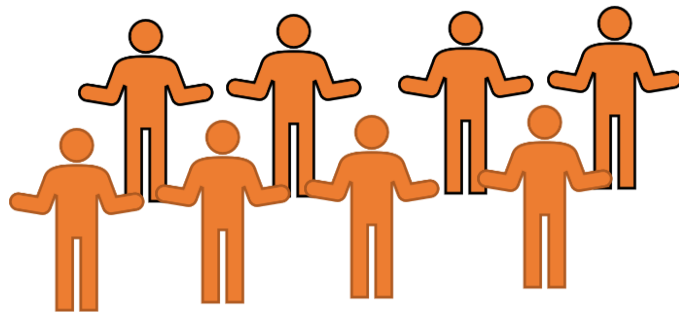
33

Under 18:

Over 18:

21%

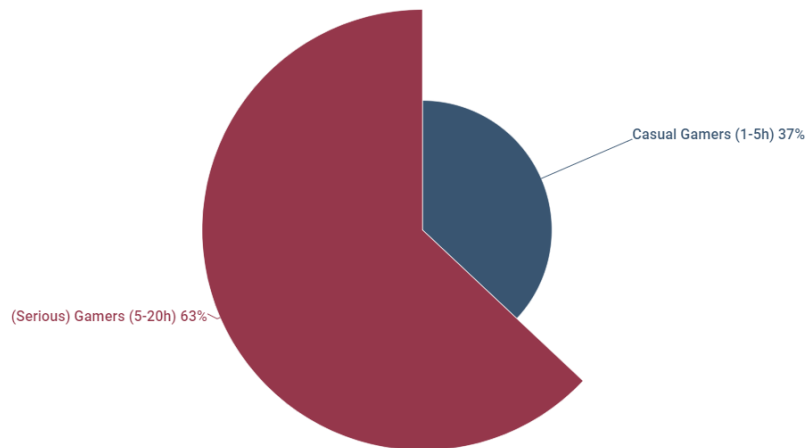
79%



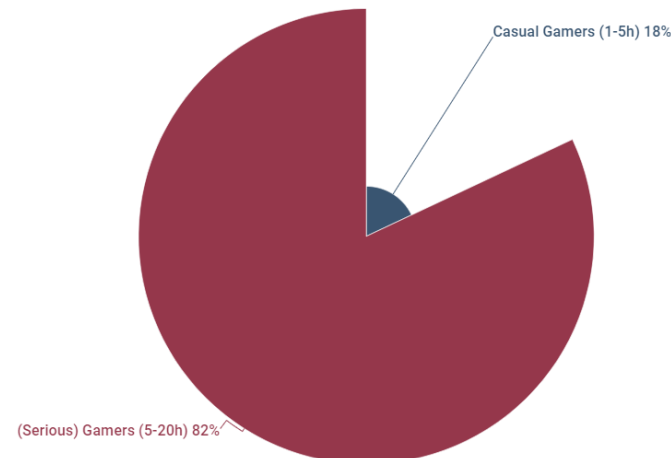
# COVID-19 GAMING TRENDS


- 30% growth in gamers playing > 5hrs/week <sup>1</sup>
- 39% growth in money spend <sup>1</sup>
- Permanent 21% increase in monthly spend by gamers
- 11% increase in time spent gaming

Gamers, Pre-COVID:



Gamers, During COVID



A stylized sun graphic on the left side of the slide. It consists of a solid yellow circle at the bottom left, with several yellow dashed lines of varying lengths curving upwards and to the right from its top edge, suggesting rays of light. The background is a solid orange color.

# Part 2: The Blurring lines of gambling and gaming

How the worlds have merged



What are two ways that gambling occurs in video gaming?

A. Purchasing skins

B. Loot boxes

C. Playing for long hours

D. Betting with in-game items

And so much more...but we'll get to that shortly...



# What is the difference between fantasy sports vs. esports?

- A. Fantasy sports is the sport people dream to play in real life, esports is playing that game online
- B. Fantasy sports is based on traditional sports, esports is competitive video gaming
- C. Fantasy sports is about actual team players, esports isn't even real
- D. Fantasy sports betting is done at a live game, esports betting is done online



# What is the difference between fantasy sports vs. esports?

## TRADITIONAL SPORTS



## ESPORTS



# But is there such a thing as Fantasy Sports for eSports? YES!

## Play Fantasy Esports

The esports industry is evolving  
We're at the forefront

PLAY NOW



Source: <https://esportsone.com/>  
Santa Monica, CA



# What is a social casino?

- A. A casino where they have a lot of parties
- B. A party that has a casino theme
- C. An app game that looks like a casino game, usually hosted by social media sites

And here is where online gambling ends up in people's pockets....It's called "gaming" ...because players can't win back their money.





# What is a social casino?

Big Fish recently lost a lawsuit for operating “unlawful gambling devices”. They had to pay back players over \$155 million and agreed to implement “addiction-related resources” and a “self-exclusion policy”. But they are still able to operate, based in Seattle, WA.

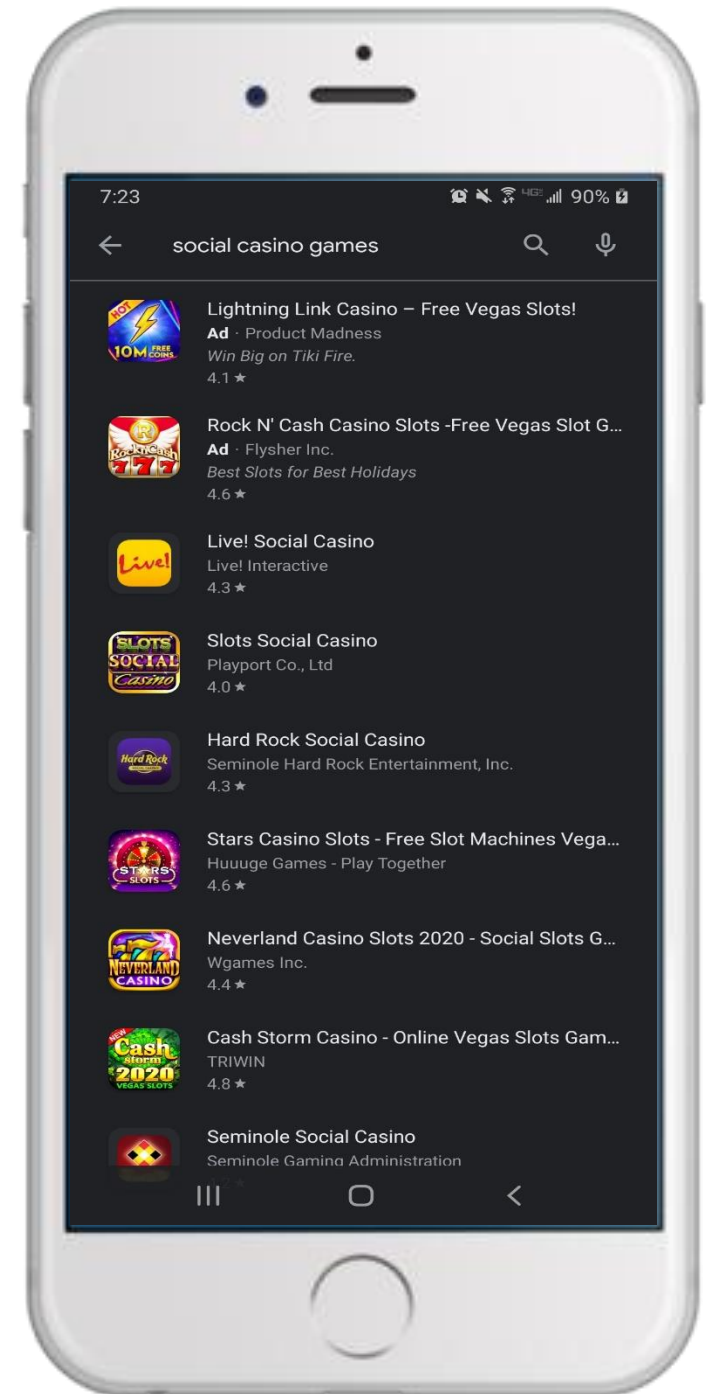
- A. A casino where they have a lot of parties
- B. A party that has a casino theme
- C. An app game that looks like a casino game, usually hosted by social media sites



# & TO... EVERYONE.

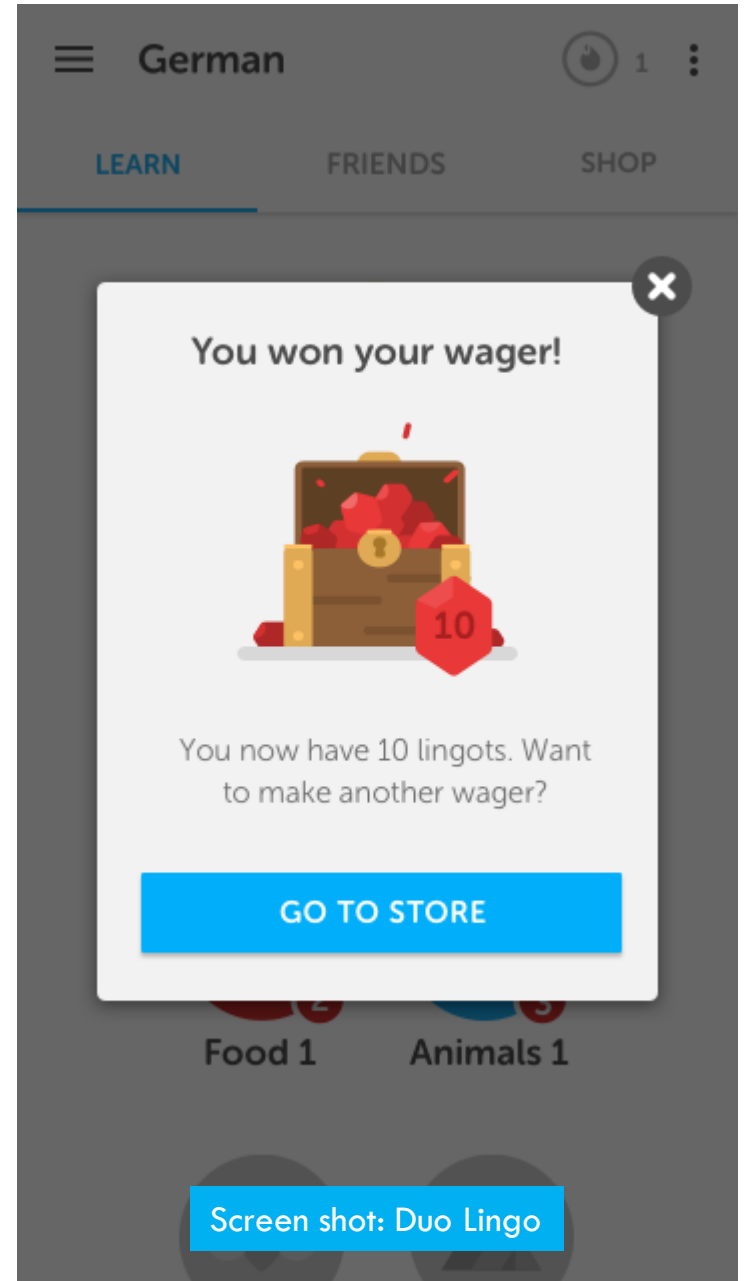
**97%** of social casino games are accessible to under 12

Source: Zendle & Scholten (2020, 3/23/20, in press)  
Screenshot: Hynes / Google Play Store



# GAMES WITH SLOT-BASED MECHANICS ARE EVERYWHERE

(i.e., games like this are not  
considered social casino games)



# SIMULATED GAMBLING GAMES.

Adolescents playing simulated gambling games are more likely to later move to real gambling...

...and are also more likely to have later gambling problems.



# WHAT ABOUT “FREEMIUM” VIDEO GAMES?

Fortnight made \$1 million in the first hours of launching





Name 5 ways  
that “free-to-  
play”  
games/apps  
can end up  
making  
millions off  
consumers  
(put it in the chat)

Advertising  
Microtransactions  
Virtual currencies  
Putting items “on sale”  
Extreme discounts for first time buyers  
Battle bundles and booster packs  
Loot boxes  
Time-limited offers  
Anchoring  
Gachas  
Wealthy in-game economies  
Impulse purchases  
Vanity items  
Power enhancements  
Consumables (one time or limited use items)  
Multiple payment methods  
Player retention strategies  
Add-ons  
Pay-walls (game is free for a limited time of initial play)  
Subscriptions  
....and more





# Part 3: Healthy Gaming

The guidelines of responsible gaming behaviors for youth  
(and adults)



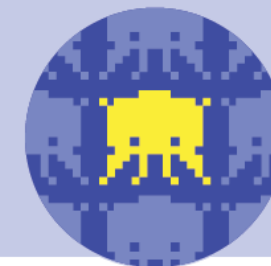
# Guidelines on making healthy choices with video games

From the Problem Gambling Institute of Ontario

Center for Addiction and Mental Health

<https://learn.problemgambling.ca/PDF%20library/problem-tech-use-video-gaming-healthy-choices.pdf>

## VIDEO GAMING: HOW TO MAKE HEALTHY CHOICES



Set priorities (e.g., homework) before gaming).



Don't eat in front of your computer/device.

Turn off computer/smartphones at a certain time each night.



Have tech-free days—challenge yourself to a "media fast".

Take part in offline activities such as sports and in-person events with family and friends.



Set an alarm to go off after a certain amount of time online.

Limit the number of hours you play video games.



Play games that have less of an addictive quality, such as ones that have a definite end.

Keep tech devices in an assigned area in your home and away from your bedroom at night.



Pay attention to how much time you are spending and what you are doing online.

Program your home wi-fi to only be on at certain hours.



Listen to others who may recognize the problem first and know when to ask for help.

Be aware of things that might trigger you (e.g., tell your friends not to discuss game play).



Maintain a log of daily video game play and note thoughts and emotions while playing and not playing.



Adapted from Soul Crush Story – A Resource to Help Awareness of Healthy and Harmful Video Gaming Facilitators Manual, CAMH, Problem Gambling Institute of Ontario





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Set **priorities** (e.g., homework) before gaming).



**Don't eat in front** of your computer/device.

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Set an alarm to go off after a **certain amount of time** online.

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**Be aware** of things that might trigger you (e.g., tell your friends not to discuss game play).



**Maintain a log** of daily video game play and note thoughts and emotions while playing and not playing.



Name 3  
positive  
experiences  
that video  
game play (in  
moderation)  
can provide.

## EXAMPLES:

Learning and education

Quality time with friends/family

Coordination and reflex development

Learning how to work as part of a team










Learning how to strategize

Relaxation, hobby, recreation



# How do we make sure it does not get out of hand?

## EXAMPLES:

-  Make sure responsibilities come first (homework, jobs, chores, etc)
-  Avoid tactics targeted at squeezing time and money out of players (including the gambling elements)
-  Make time for outdoor activities
-  Play non-screen-based games
-  Prioritize relationships
-  Set a budget for game spending, stick to it
-  Set a time limit for game playing, stick to it
-  Don't get "sucked in" (the game, the culture, the marketing, the peer pressure, etc.)
-  Don't game alone at night in the bedroom



# Name 5 “Healthy behaviors”

## EXAMPLES:

Sticking with a healthy diet

Getting exercise

Playing sports

Gaming in moderation (appropriate for the individual’s life)

Playing musical instruments

Listening to music to self-sooth

Journaling

Creative expression

Quality time with close relationships



What are some clues that indicate someone might be engaging in unhealthy gaming behaviors?

A. They play a lot

B. They are irritable when they can't/aren't playing

C. It's basically their only coping skill

D. They get angry when they play sometimes

E. They keep playing even though it's causing problems



# What happens when gaming and gambling become “unhealthy” or “problematic”?

- Loss of control (the “off switch” is broken)
- Brain changes
- Mood changes
- Interferes with relationships
- Gets expensive
- Physical health issues and sleep issues
- Interferes with work/school/opportunities/productivity/performance
- Re-prioritizes their life and activities
- Thoughts of suicide



# Guidelines for concern:

Multiple screen-use (playing, streaming, chatting, other)

Amount of money spent within gaming

Indirect gaming (gaming-related activities other than direct game play)

## Proposed Internet Gaming Disorder criteria:

Tolerance  
Withdrawal

Unable to quit/cut back  
Preoccupation

Use of gaming to relieve negative moods  
Continue to game despite problems

Deceiving family members or others  
Jeopardizing relationships/job  
Giving up other activities



# Diagnostic Criteria compared (DSM-5)

Gambling Disorder = 4 or more of the following:

Tolerance  
Withdrawal

Unable to quit/cut back  
Preoccupation

Gambles when distressed  
Chasing losses

Lying/concealing  
Jeopardizing relationships/job/education  
Bail-outs

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# Part 4: So what?

What young people can do to help prevent problem gaming and gambling in their communities.

Can this be a prevention project?



# What can I do right away?

|          |  |
|----------|--|
| Set      | Set healthy habits and limits for yourself   |
| Practice | Practice self-awareness  |
| Adopt    | Adopt an attitude of compassion and non-judgement toward those who struggle with gaming and gambling |
| Be       | Be a role-model (set an example by sticking with your own healthy limits)                            |



# What can I learn?



Learn what help resources are available locally



Learn what help resources are available online



How might this information be used in a prevention project?



What kind of help is out there?

### Self-Help and 12-step

### Outpatient treatment and counseling

- Call the Problem Gambling Helpline to find services near you: 1-800-547-6133

### Residential treatment

- Gaming: reSTART Life (WA)
- Gambling: Free by the Sea (WA) / Bridgeway (OR)



# Fantastic Resources

- [Evergreen Council on Problem Gambling \(ECPG\)](#)
- [National Council on Problem Gambling \(NCPG\)](#)
- [Problemgambling.ca](#) (CAMH) (great workbooks)
- [Brain Connections](#) (how problem gambling affects the brain)
- [reSTART Life](#)



**CALL. TEXT. CHAT.**  
**1-800-547-6133**  
**EVERGREENCPG.ORG**



**reSTART**



# Recovery Support (Self-Help and 12-step)

- [Gamblers Anonymous](#) (GA)
- [Gam-Anon](#)
- [Gamblersinrecovery.com](#)
- [Gamequitters](#)
- [Online Gamers Anonymous](#) (OLGA / OLG-Anon)
- [Computer Gaming Addicts Anonymous](#) (CGAA)



# Fact Sheets

## Problem Gambling and MH

## Problem Gambling and SUD

## PG and Public Health

## Health Impacts of PG

WA State Problem Gambling Helpline: 1-800-547-6133  
Call, Text, Chat: [www.waevergreenpg.org](http://www.waevergreenpg.org)

### Problem Gambling and Mental Health Disorders

**Gambling Disorder is a Mental Health Diagnosis in the DSM-5**

Did you know that Gambling Disorder is listed right alongside Substance Use Disorders in the *Diagnostic and Statistical Manual of Mental Disorders, 5th Edition (DSM-5)*? (American Psychiatric Association, 2013)

In fact, three out of the nine diagnostic criteria for Gambling Disorder pertain to psychological impacts: 1) Experiencing restlessness or irritability when attempting to cut down or stop gambling, 2) Being preoccupied with gambling, and 3) Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed.) (American Psychiatric Association, 2013)

| Disorder Category               | Prevalence |
|---------------------------------|------------|
| Any Substance Use Disorder      | 87.9%      |
| Problem Gambling                | 88.1%      |
| Depression                      | 28.1%      |
| Any Mood Disorder               | 37.9%      |
| Anxiety                         | 9.4%       |
| Any Anxiety Disorder            | 37.4%      |
| Antisocial Personality Disorder | 24.8%      |

Source: [www.waevergreenpg.org](http://www.waevergreenpg.org), 2018

CALL, TEXT, CHAT, 24/7 WA State Problem Gambling Helpline:  
1-800-547-6133 or chat at [www.waevergreenpg.org](http://www.waevergreenpg.org)

### An addiction is an addiction...or is it?

Problem Gambling and Substance Use Disorders

The American Psychiatric Association added "Gambling Disorder" to the "Substance-Related and Addictive Disorders" section of the *Diagnostic and Statistical Manual of Mental Disorders (DSM-5, published in May 2013)* stating "This new term and its location in the new manual reflect research findings that gambling disorder is similar to substance-related disorders in *clinical expression, brain origin, comorbidity, physiology, and treatment.*" (American Psychiatric Association, 2013)

| Similarities of Gambling and Substance Use Disorders  | Differences of Gambling Disorder   |
|---|--|
| <ul style="list-style-type: none"> <li>Loss of control</li> <li>Denial</li> <li>Depression</li> <li>Progressive/Tolerance</li> <li>Craving, preoccupation/fixation</li> <li>Blackouts</li> <li>Escape</li> <li>Similar Highs/Rush</li> <li>Brain effects and neurotransmitter changes</li> <li>Withdrawal</li> <li>Continuing despite negative consequences</li> <li>Genetic Vulnerabilities</li> </ul> | <ul style="list-style-type: none"> <li>Hidden addiction</li> <li>No "overdose"</li> <li>Huge financial problems, hit quickly</li> <li>No "UA" test</li> <li>Does not require ingestion</li> <li>Fewer resources available</li> <li>Public perception</li> <li>Higher rates of suicide</li> <li>Less funding</li> </ul> |

(American Society of Addiction Medicine, Inc., 2013) (Grant, Brewer, & Potenza, 2008) (Jah, Weissbrock, & Van Patton, 2010)

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### FACT SHEET: Problem Gambling is a Public Health Issue

**Gambling Disorder is a Mental Health Diagnosis in the DSM-5**

Substance Use Disorders are widely accepted as public health issues because of the widespread community impact. Did you know that Gambling Disorder is listed right alongside Substance Use Disorders in the DSM-5 (*Diagnostic and Statistical Manual of Mental Disorders*)? (American Psychiatric Association, 2013)

**Gambling and Problem Gambling**

Gambling and gambling establishments can have community benefits, such as bringing in tourism, creating jobs, providing entertainment, and acting as economic engines in communities. These community benefits may also be enhanced by public health benefits, such as providing funding for much-needed health and wellness services. While most people can enjoy gambling socially and responsibly for recreation and entertainment, for some, it can start to cause problems in their lives and even become addictive. When gambling starts to cause problems for one person, it will affect many other people closely connected to them. Gambling Disorders occur in about 1%-4% of the general population. When problem gambling (those not yet meeting criteria for gambling disorder but are experiencing some level of problems) is included, those numbers can increase to 3%-6%.

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1-800-547-6133 or chat at [www.waevergreenpg.org](http://www.waevergreenpg.org)

### FACT SHEET: Health impacts of problem gambling

**What does being "healthy" even mean?**

The World Health Organization defines health as "a state of complete physical, mental, and social well-being and not merely the absence of disease or infirmity." (World Health Organization, n.d.)

**Components that make up our overall physical health:**

Adapted from (Fong, D. T., 2017)

- Physical Activity
- Nutrition and diet
- Substance Use
- Medical care and self-care
- Rest and sleep
- Suicidal Thoughts and Attempts
- Stress levels
- Other behavioral health issues
- Other mental health issues

Rates of health issues increase as the severity of problem gambling increases. Those with gambling disorders tend to have the highest rates of gambling-related health issues. (Morasco, van Egten, & Henry, 2008)







Contact me any time  
if you have questions



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