

THE NEXT LEVEL OF PREVENTION

**COVID's Acceleration
of Public Health Need**

Julie M. Hynes, MA, CPS

Tana Russell, SUDP, NCTTP, WSCGC-II

2020 Washington State Prevention Summit

ocpg
OREGON COUNCIL ON PROBLEM GAMBLING


EVERGREEN
council on problem gambling

THANKS FOR BEING HERE!



Especially now with all you have going on.



Please feel free to stretch!



**References are included.
The full slide deck will be made available to you.**



OBJECTIVES

1

State several trends and impacts of youth gaming and gambling

2

Understand prevention science connecting problem gambling with other behavioral health outcomes

3

Use evidence-based prevention strategies to help address youth gaming & gambling.



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Use evidence-based prevention strategies to help address youth gaming & gambling

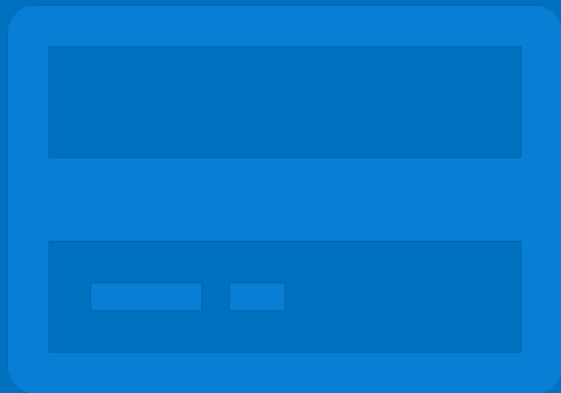
ART

1

TRENDS, DEFINITIONS & IMPACTS



VIDEO GAMING TRENDS



CAVEAT & MYTHBUSTING.

Average age of gamers =

33

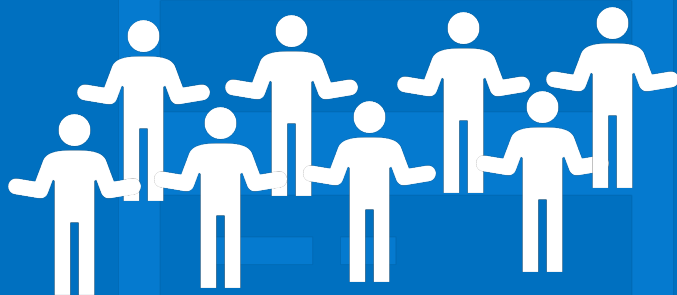
Under 18:

21%



Over 18:

79%



54%

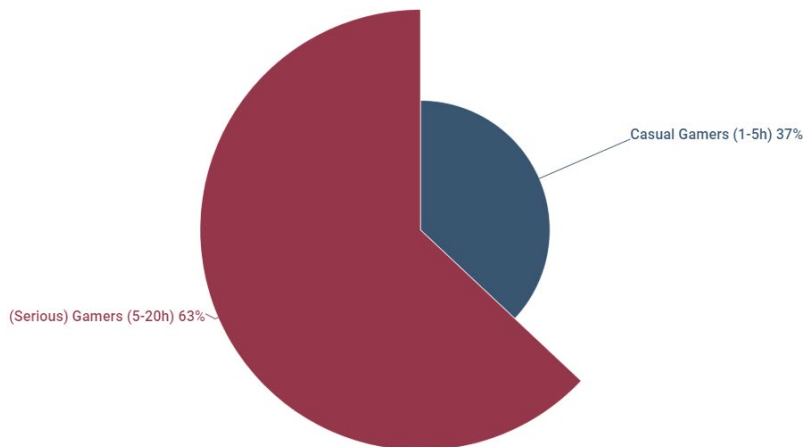


46%

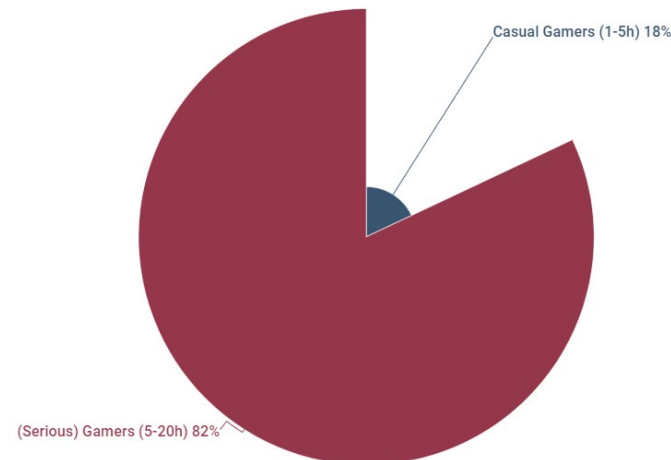
COVID-19 GAMING TRENDS

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

Gamers, Pre-COVID:



Gamers, During COVID



TOP GROSSING iPHONE MOBILE GAMING APPS IN U.S., JUNE 2020

\$3,000,000

\$2,500,000

\$2,000,000

\$1,500,000

\$1,000,000

\$500,000

\$0

Ranked by Daily Revenue in U.S. \$

Roblox

Fortnite

Candy Crush
Saga

Coin Master

PUBG
MOBILE - 2nd
Anniversary

Gardenscapes

Pokémon GO

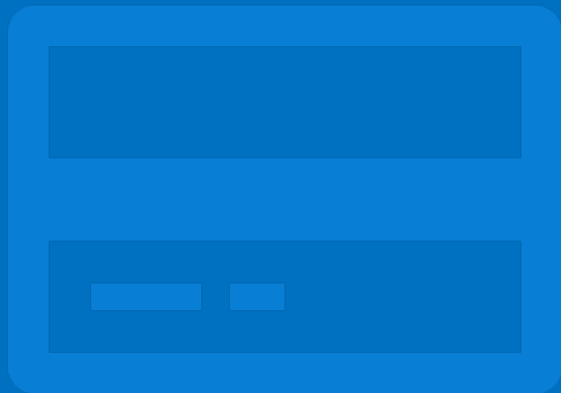
Homescapes

Toon Blast

Clash of Clans



GAMBLING TRENDS



GAMBLING TRENDS

- Legalized sports wagering (WA: pending)
- In-game wagering
- Fantasy sports
- Social casino games
- Casinos
- Lottery and paper games
- Most start gambling with family/friends at a young age

DEFINITION: GAMBLING

Risking something of value

is the **hoping of obtaining**

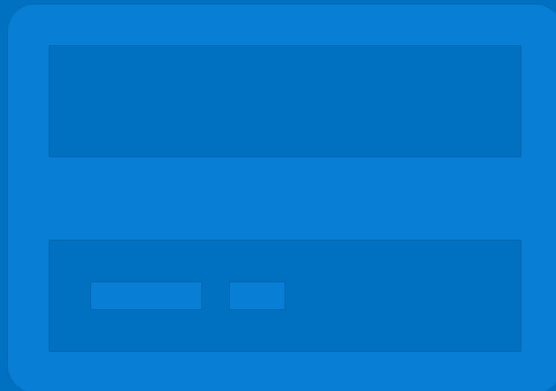
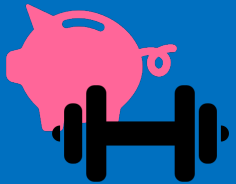
something of greater value.

DEFINING GAMBLING LEGALLY.



1. PRIZE:

Anything of value the sponsor awards in a promotion.



DEFINING GAMBLING LEGALLY.



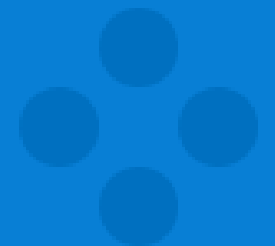
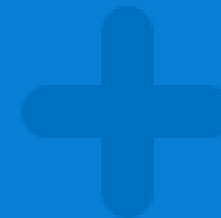
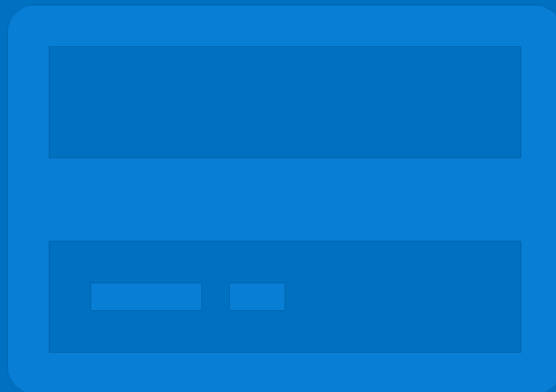
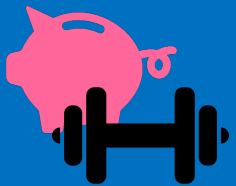
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Anything of value the sponsor awards in a promotion.



2. CHANCE:

Outcome is beyond the participant's direct control.



DEFINING GAMBLING LEGALLY.



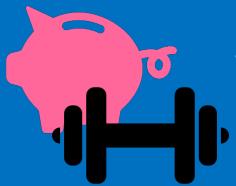
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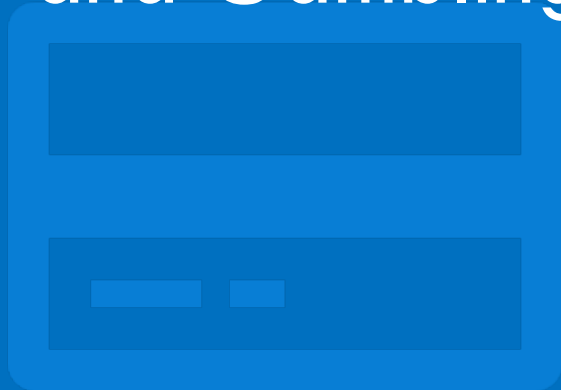
3. CONSIDERATION:

Requires money or significant effort.



CONVERGENCE.

Of Gaming and Gambling...in a nutshell



REAL MONEY FOR PRETEND MONEY / PRIZES

The screenshot displays a mobile slot game interface with the following elements:

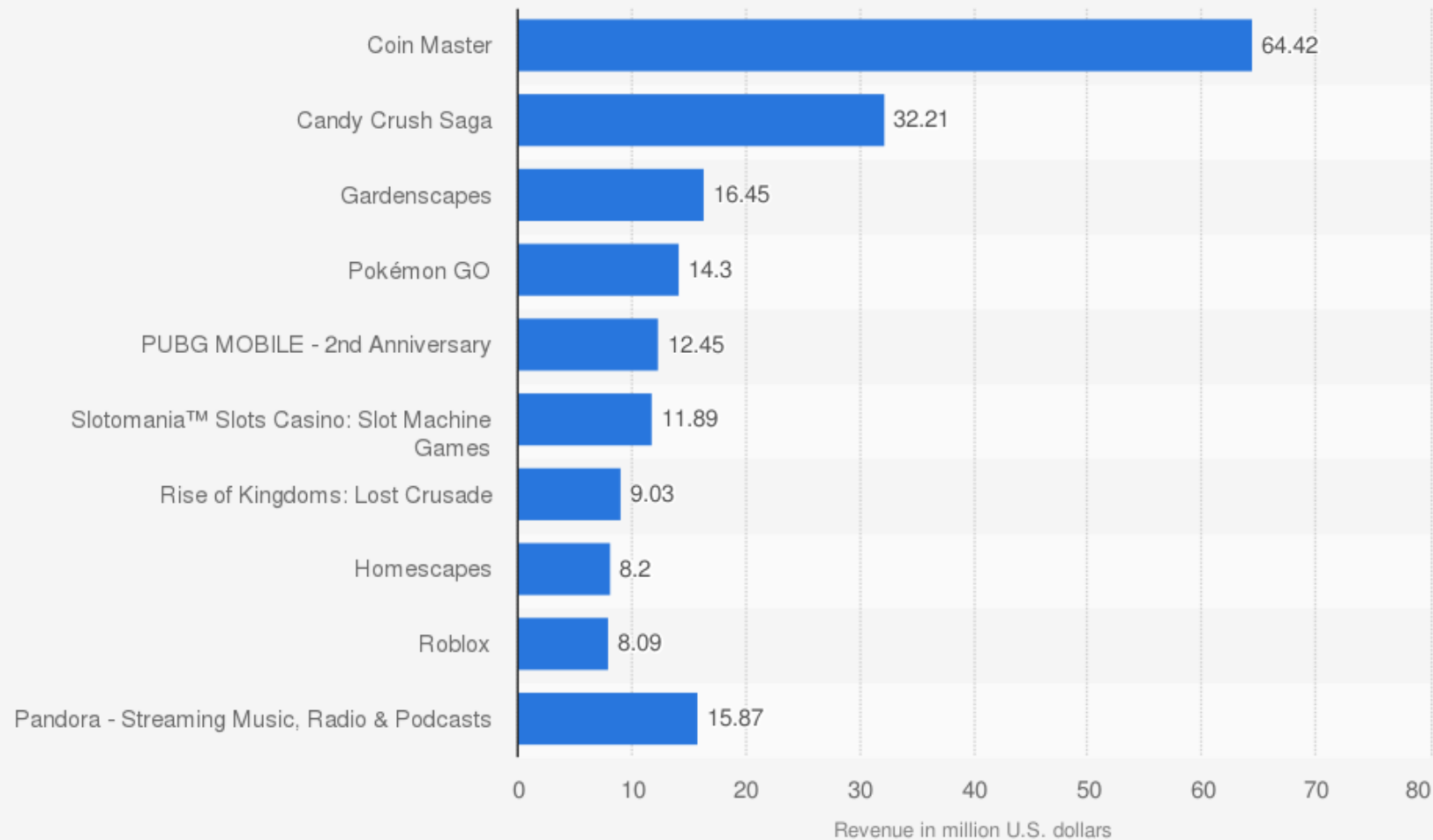
- Top Bar:** Home icon, multiplier 'x1', timer '03:40:27', balance '1,495,000', 'BUY COINS' button, diamond icon with '2', and settings gear.
- Jackpot Progress:** GRAND 50,011,267, MAJOR 2,004,385, MINOR 507,201, MINI 101,850.
- Gameplay Area:** A 5x3 grid of symbols including safes, bulldogs, gold bars, keys, and bank buildings. The rightmost reel shows a 'FAST JACKPOT' feature with 'MINI' and 'MAJOR' dollar signs.
- Mission Bar:** A character icon, 'Mission' label, a progress bar at '1/5', and 'SPIN 5 TIMES' text.
- Right Panel:** A '5 OR MORE SCATTERED' bonus indicator and 'TRIGGERS PIGGY BONUS' text.
- Bottom Bar:** 'LOCKED' icon, bet adjustment buttons (-, 10,000, +), 'TOTAL BET' label, 'TOTAL WIN' display showing '11,000', 'MAX BET' button, and 'SPIN HOLD FOR AUTO' button.

**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

THE CONVERGENCE ISN'T ALWAYS OBVIOUS.

Leading Android apps in the Google Play Store in the United States in March 2020, by revenue (in million U.S. dollars)

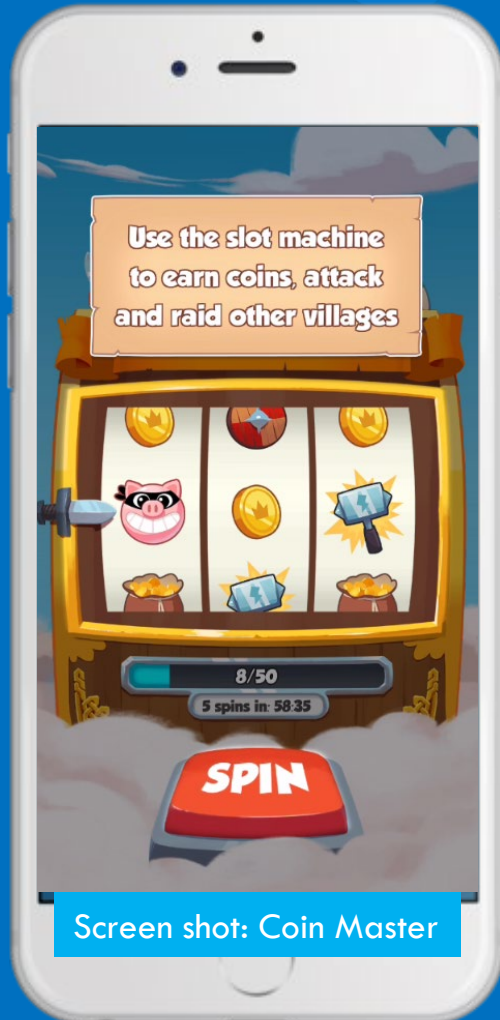


Source
Priori Data
© Statista 2020

Additional Information:
United States; March 2020; total revenue in Google Play Store

<https://www.statista.com/statistics/692344/top-apps-in-google-play-by-revenue-usa/>

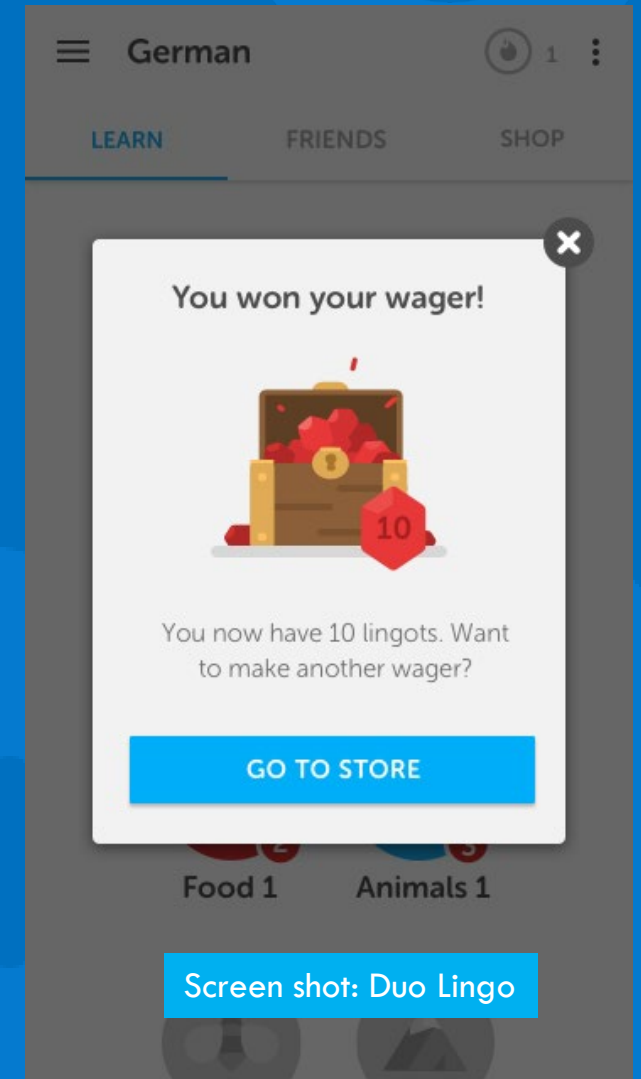
Sometimes maybe it's not "REAL gambling,"
but it sure looks similar!



Screen shot: Coin Master

**GAMES WITH
SLOT-BASED
MECHANICS
ARE
EVERYWHERE.**

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

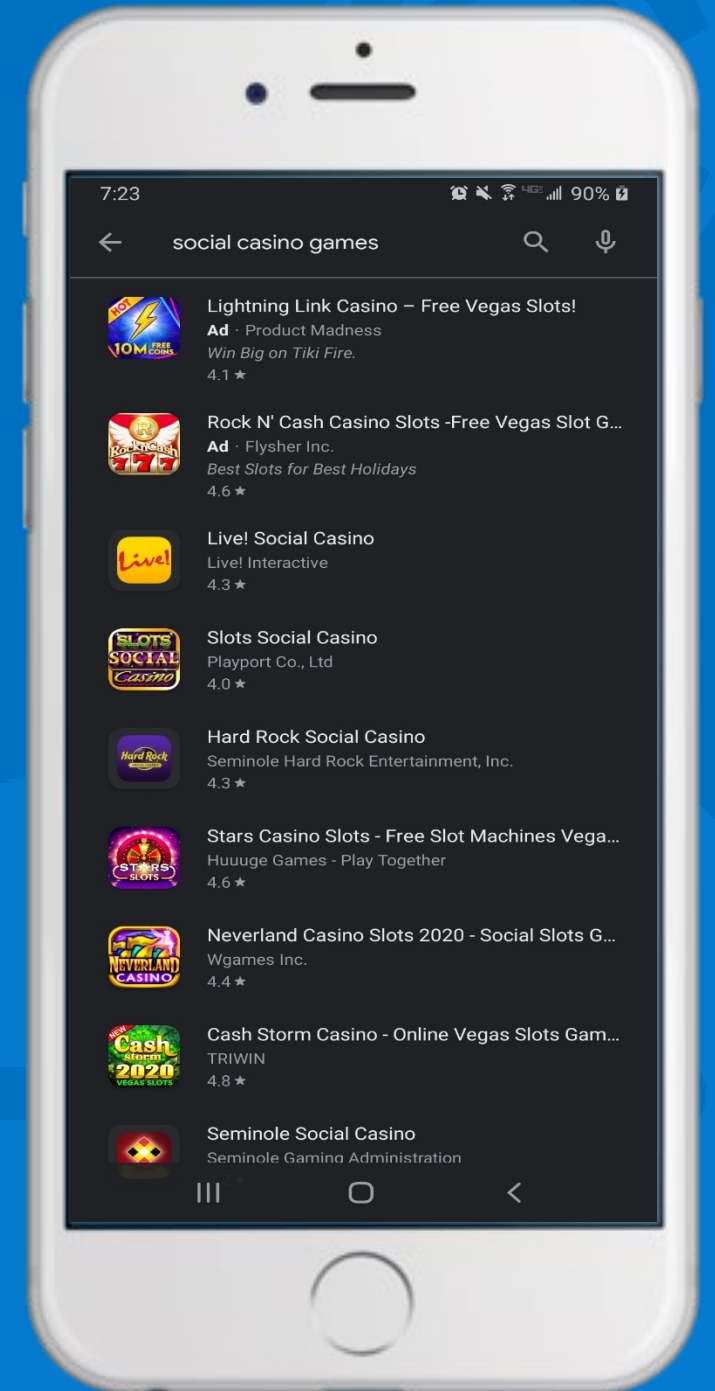


Screen shot: Duo Lingo

& 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



RESEARCH: SIMULATED GAMBLING GAMES.

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

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

Sources: Gainsbury, Hing, Delfabbro, & King, 2014;
Hollingshead, Kim, Wohl, & Derevensky, 2016



COVID: CATALYZING ESPORTS BETTING

TRADITIONAL SPORTS



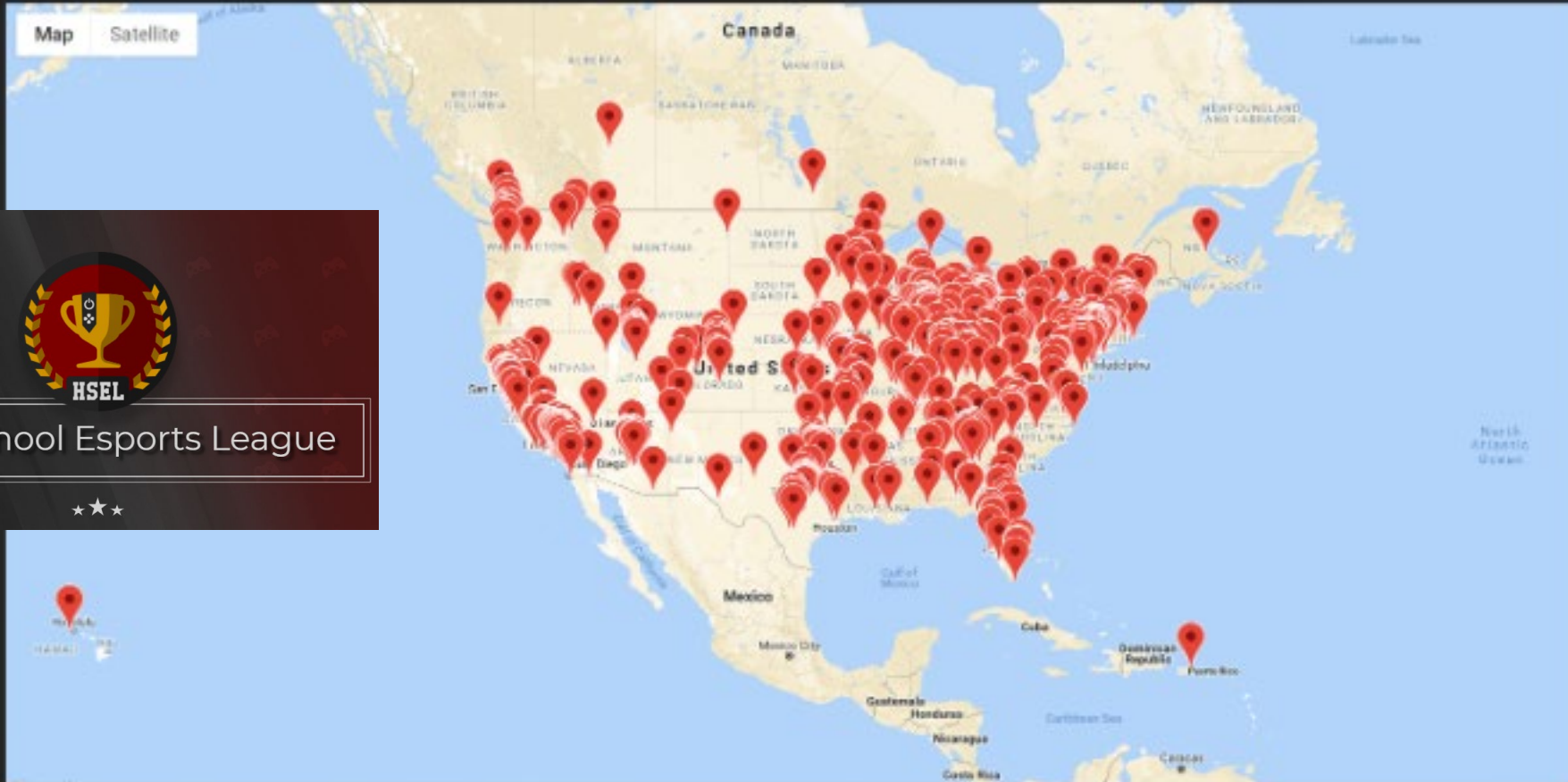
etc...

ESPORTS



etc... and new games keep coming...

The Largest League



High School Esports League



Students: 21,700 - Schools: 1,107

Source: <https://www.highschoolesportsleague.com/starter-packet>

OK, BUT WHAT ABOUT ESPORTS & IN-GAME BETTING?

ESPORTS:

- Direct competition
- Fantasy

OTHER:

- Skins
- Loot boxes & other microtransactions

With Real-Life Games Halted, Betting World Puts Action on E-Sports

Computer-vs.-computer games of FIFA livestream to gamblers on Twitch. Fantasy contests carry League of Legends lineups. In the coronavirus age, video games have grown into a darling for casinos.

By **Seth Schiesel** **The New York Times**

June 8, 2020

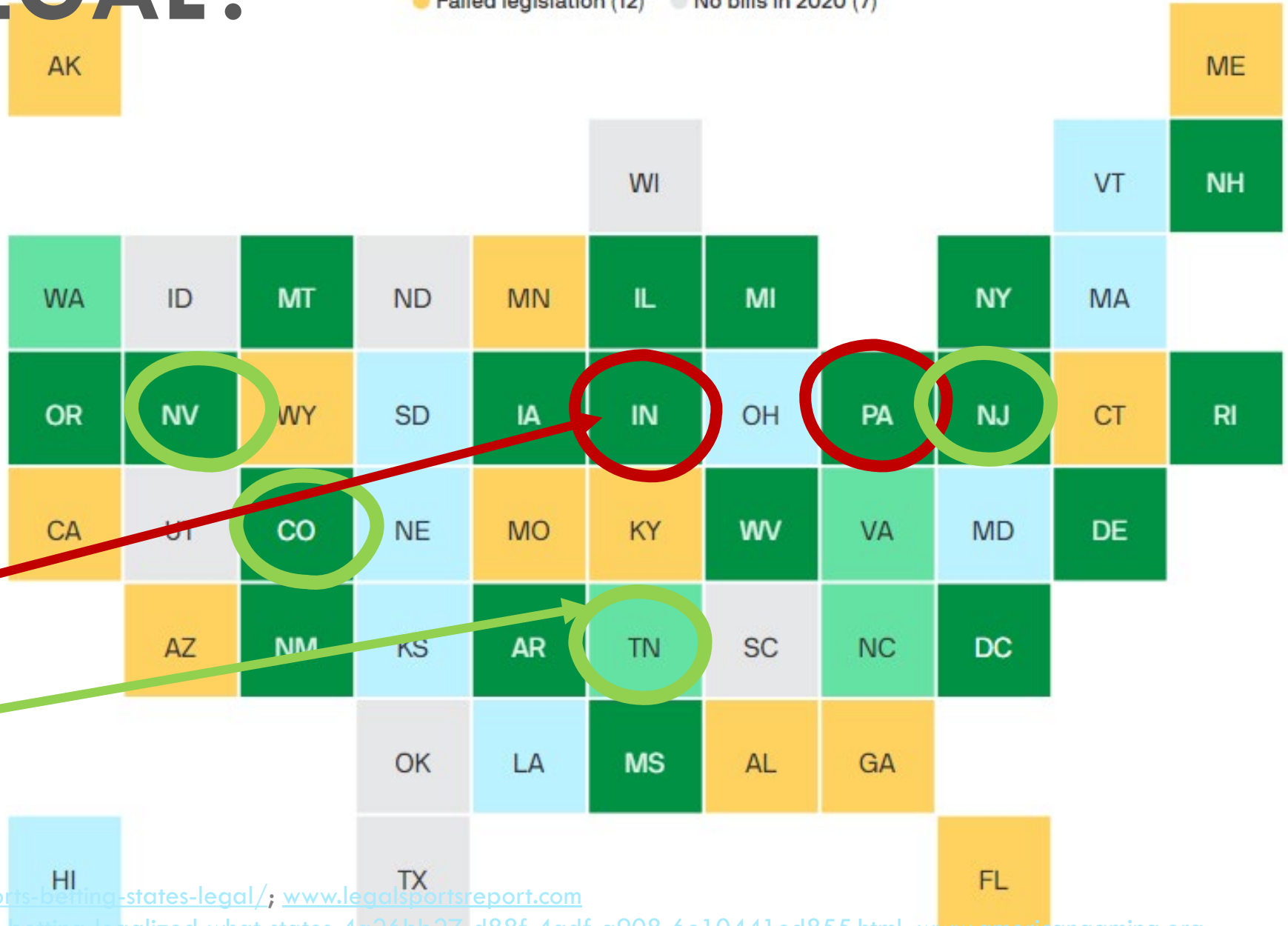


BUT IS IT LEGAL?

Only a few states say anything about esports.

As of Aug. 6, 2020

- Legal (19 states)
- Passed bill (4)
- Active bills (9)
- Failed legislation (12)
- No bills in 2020 (7)



Nope.

Yep.

Data sources: <https://www.thelines.com/esports-betting-states-legal/>; www.legalsportsreport.com

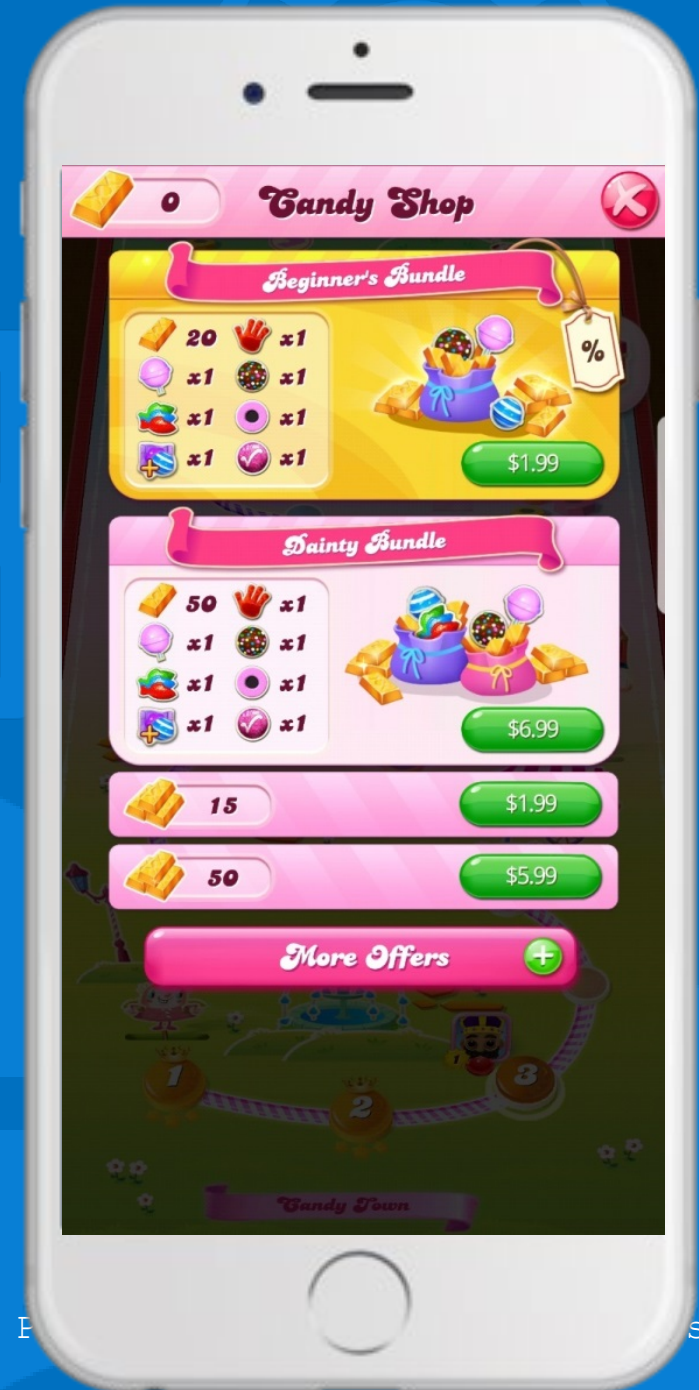
Image source: <https://www.axios.com/sports-betting-legalized-what-states-4a26bb27-d88f-4adf-a908-6e10441ed855.html>; www.americangaming.org

“MICROTRANSACTIONS”

REAL \$,
VIRTUAL PRIZES

(BTW, this game earned \$18M in
May 2020.)

Data source: sensortower.com



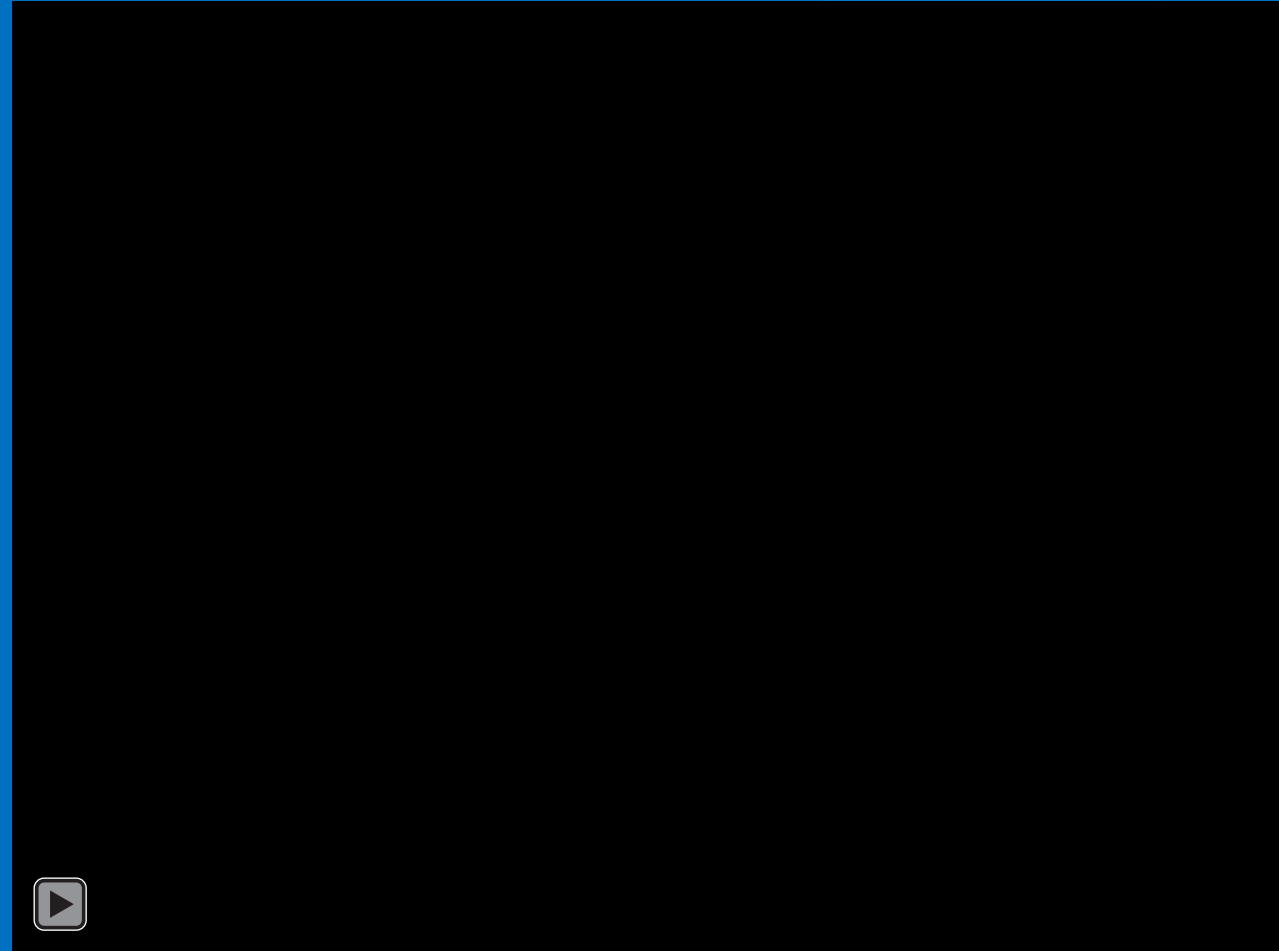
2020 WA P

SS

LOOT BOXES

Loot boxes (or “packs” or “crates”) are in **58%** of top games on the Google Play iPhone stores

>93% of the Android & iPhone games that featured loot boxes were deemed **suitable for children aged 12+.**



Data source: Zendle, et al. (2020, Jan.) <https://doi.org/10.1111/add.14973>;

Image sources: <https://www.forbes.com/sites/insertcoin/2019/01/29/ea-surrenders-in-belgian-fifa-ultimate-team-loot-box-fight-raising-potential-red-flags/#1f87db2e3675> ; Target.com (FIFA Points)

LOOT BOX RESEARCH

- Paying for loot boxes linked to problem gambling (Zendle & Cairns, 2018)
- Over 90% of gamers had opened a loot box (Brooks & Clark, 2019 –*adult gamers*)
- Rare loot box opening triggers arousal & rewards responses, greater urge to open more (Larche et al., 2019)

Lure of the 'loot box' looks a lot like gambling

UNIVERSITY OF BRITISH COLUMBIA



PRINT E-MAIL

An increasingly popular feature of modern video games is attracting gamers who share the beliefs and behaviours of problem gamblers, new UBC research has found.

Gamers who are drawn to "loot boxes"--randomly generated prizes of undisclosed value that can be attained or purchased within a game--bear a closer resemblance to problem gamblers than they do to problem gamers, according to the study published April 16 in *Addictive Behaviors*.

"Our study is among the first to investigate the links between loot boxes and gambling," said Gabriel Brooks, a PhD student from UBC's Centre for Gambling Research and



IMAGE: GABRIEL BROOKS IS A PHD STUDENT IN CLINICAL PSYCHOLOGY AT THE UNIVERSITY OF BRITISH COLUMBIA. [view more >](#)

CREDIT: UBC MEDIA RELATIONS

<https://link.springer.com/article/10.1007/s10899-019-09913-5>

Larche et al., 2019

NEW

ESRB RATING

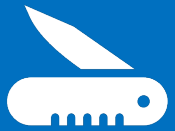
4/13/20



This new Interactive Element, In-Game Purchases (Includes Random Items), will be assigned to any game that contains in-game offers to purchase digital goods or premiums with real world currency (or with virtual coins or other forms of in-game currency that can be purchased with real world currency) for which the player doesn't know prior to purchase the specific digital goods or premiums they will be receiving (e.g., loot boxes, item packs, mystery awards).

In-Game Purchases (Includes Random Items) will be assigned to all games that include purchases with any randomized elements, including loot boxes, gacha games, item or card packs, prize wheels, treasure chests, and more. Games that have the In-Game Purchases (Includes Random Items) notice may also include other non-randomized paid elements.

“SKINS” : CONSIDER THEM LIKE VIRTUAL SNEAKERS



Weapons



Clothing



Dances / emotes

“SKINS:”
collectable
items not
typically
helpful in
game play

Skins examples:

<https://www.legalsportsreport.com/esports-betting/>

Image source: <https://images.app.goo.gl/T6KuZsTZk6T2i7cN8>

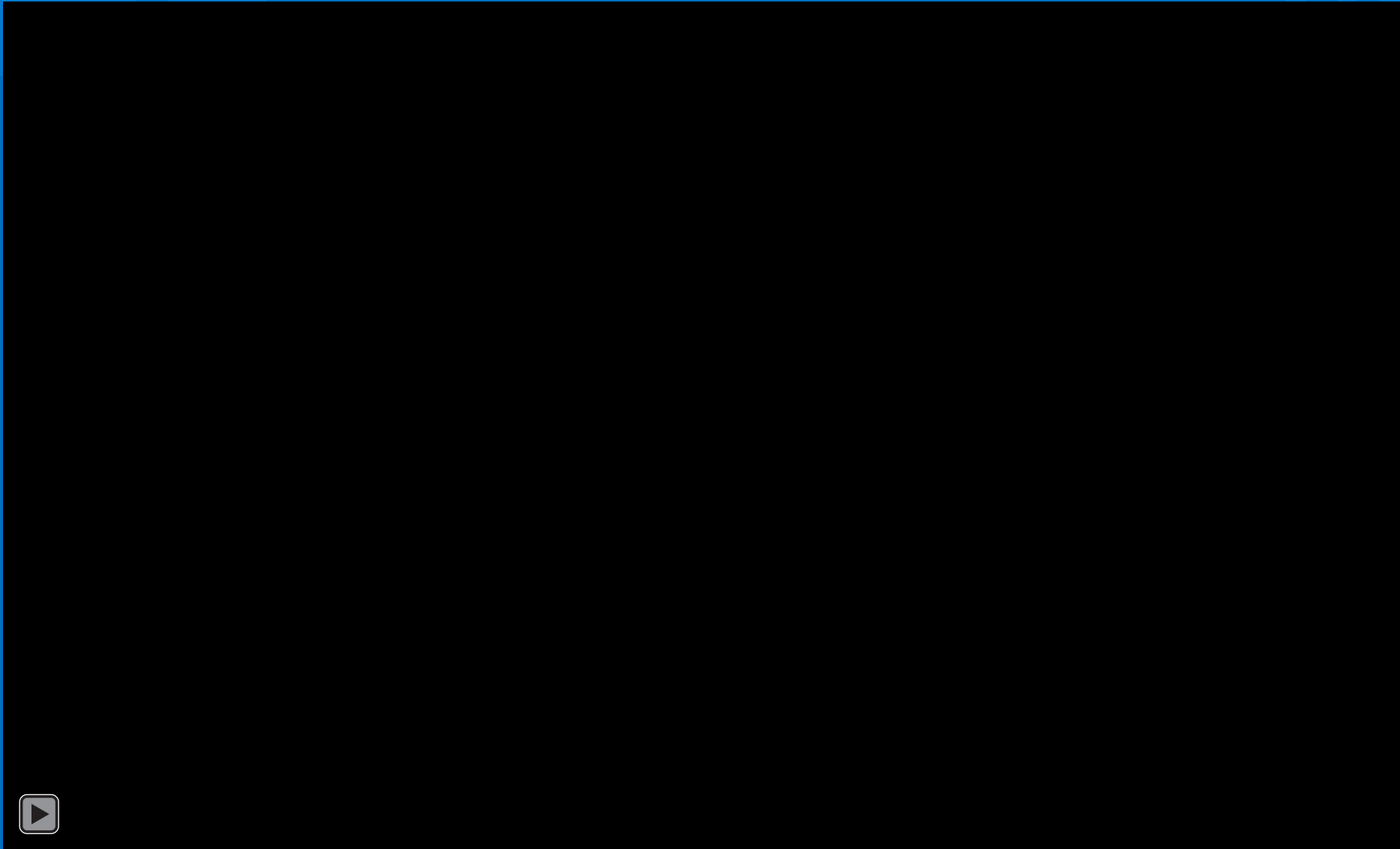
SKINS

Among gamblers, those who bet skins had higher rates of at-risk and problem gambling than those who did not (23% vs. 8%).



Wardle, H. (2019, December). The same or different? Convergence of skin gambling and other gambling among children. *Journal of Gambling Studies*, 35, 1109-1125. <https://link.springer.com/article/10.1007/s10899-019-09840-5>

SKINS: REAL \$ → CHANCE FOR COINS → SKINS



<https://csgoempire.com>

HOW ARE KIDS ABLE TO GET/SPEND THE MONEY?



Photo source: Hynes, Jan 2020

SKINS & LOOT BOX PURCHASES SHOW UP ON BILLS AS “XBOX,” ETC.

Screenshot source:

<https://www.target.com/s?searchTerm=video+game+gift+cards>



Xbox Gift Card (Digital)

Xbox

★★★★☆ 64

\$15.00 - \$50.00

Buy 1 get 1 10% off gaming gift cards

Choose options



PlayStation Store Gift Card (Digital)

Sony

★★★★☆ 43

\$25.00

Buy 1 get 1 10% off gaming gift cards

Add to cart



Roblox Gift Card (Digital)

Roblox

★★★★☆ 82

\$10.00 - \$100.00

Buy 1 get 1 10% off gaming gift cards

Choose options



Nintendo eShop (Digital)

Nintendo



Steam Gift Card

InComm



Fortnite V-Bucks Gift Card

Epic Games

ART

2

CONNECTIONS & RISKS

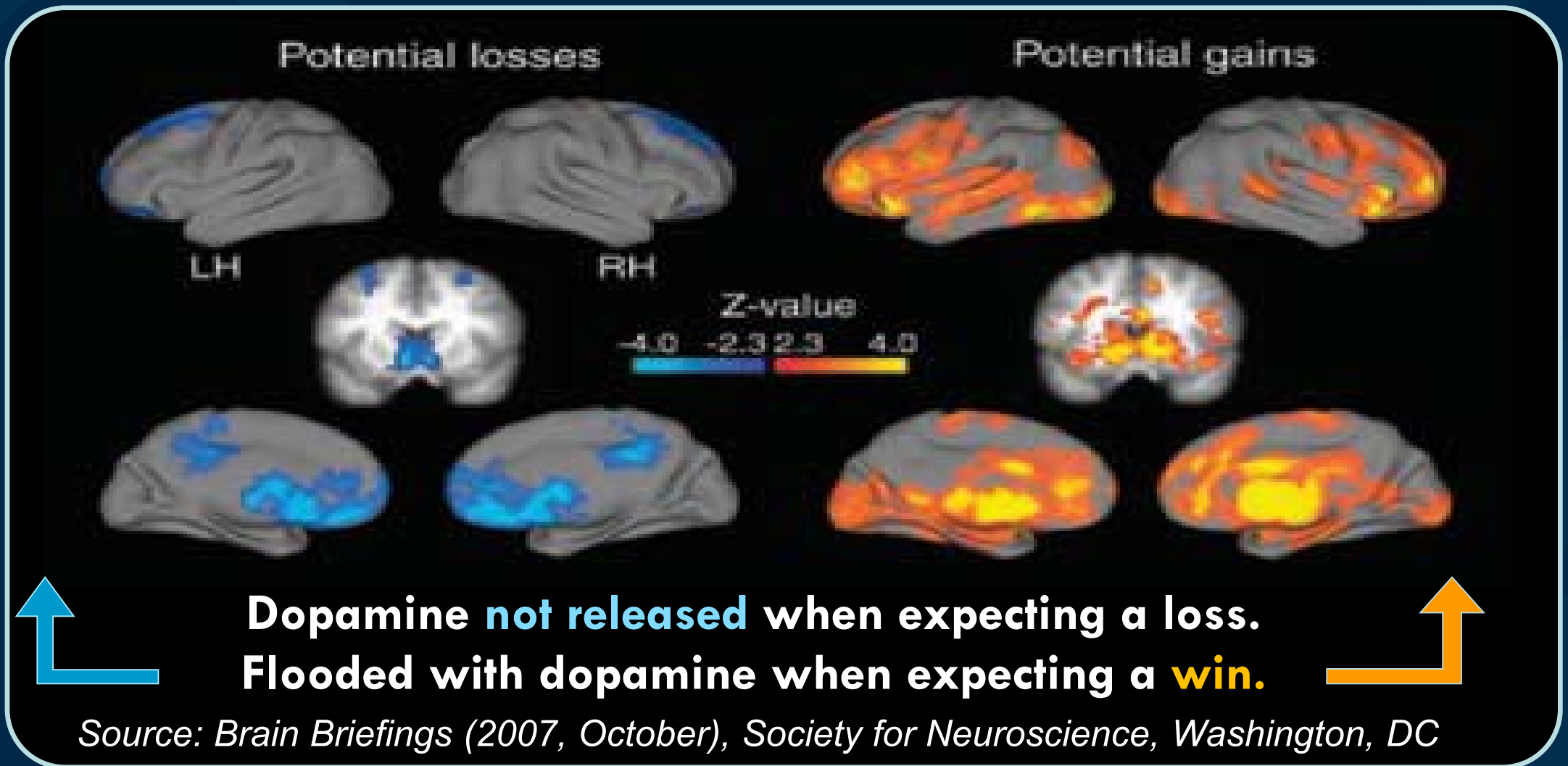
KEY COVID CONSIDERATIONS & WHY GAMING WILL ONLY RISE

- Isolation
- Boredom
- Less opportunity for connection/competition
- Young people:
 parents often working,
 fewer activities / school
- Adults:
 unemployment / busy

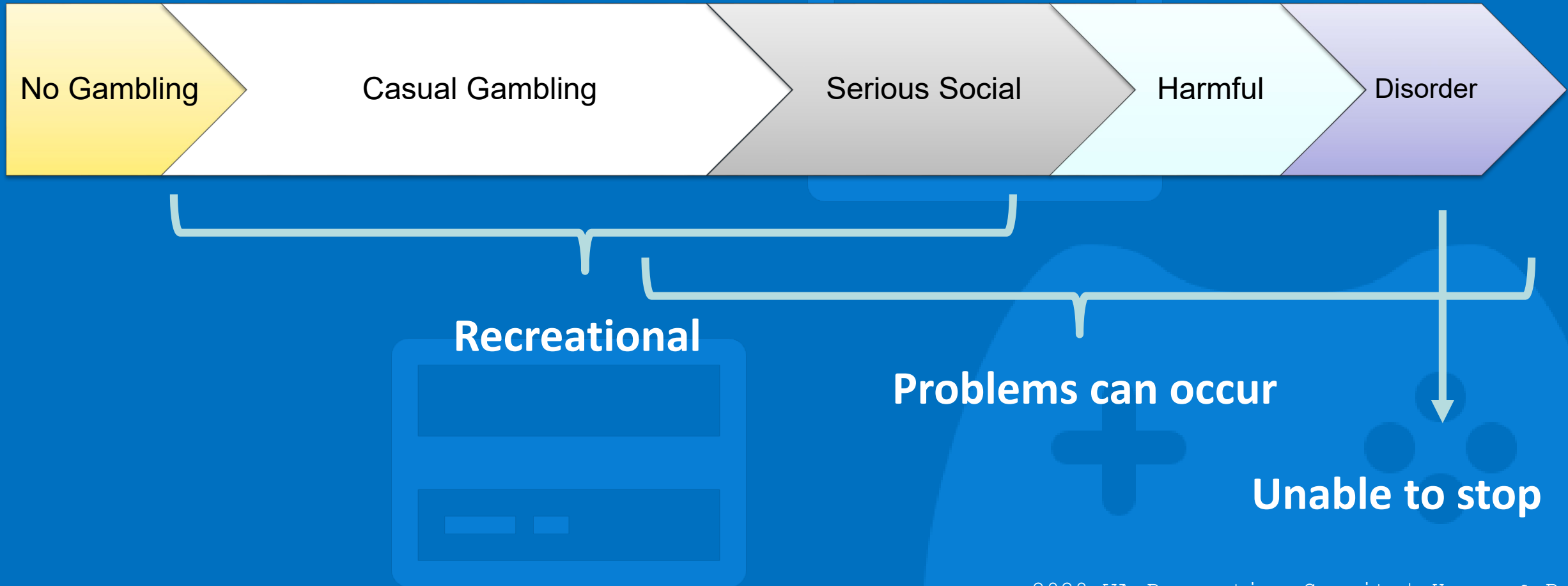


GAMING/GAMBLING & **DOPAMINE**

It's NOT about the money!



PROBLEM GAMBLING AS ON A CONTINUUM.




WHAT WE KNOW:

2019 WHO - ICD-11: Gaming Disorder

6C51 Gaming disorder

Parent

Disorders due to addictive behaviours

Show all ancestors 

Description

Gaming disorder is characterized by a pattern of persistent or recurrent gaming behaviour ('digital gaming' or 'video-gaming'), which may be online (i.e., over the internet) or offline, manifested by: 1) **impaired control** over gaming (e.g., onset, frequency, intensity, duration, termination, context); 2) **increasing priority** given to gaming to the extent that gaming takes precedence over other life interests and daily activities; and 3) **continuation or escalation** of gaming despite the occurrence of negative consequences. The behaviour pattern is of sufficient severity to result in significant **impairment in personal, family, social, educational, occupational or other important areas of functioning.** The pattern of gaming behaviour may be continuous or episodic and recurrent. The gaming behaviour and other features are normally evident over a period of at least 12 months in order for a diagnosis to be assigned, although the required duration may be shortened if all diagnostic requirements are met and symptoms are severe.

Exclusions

- Hazardous gaming (QE22)
- Bipolar type I disorder (6A60)
- Bipolar type II disorder (6A61)

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

Proposed Internet Gaming Disorder criteria:

Tolerance
Withdrawal

Unable to quit/cut back
Preoccupation

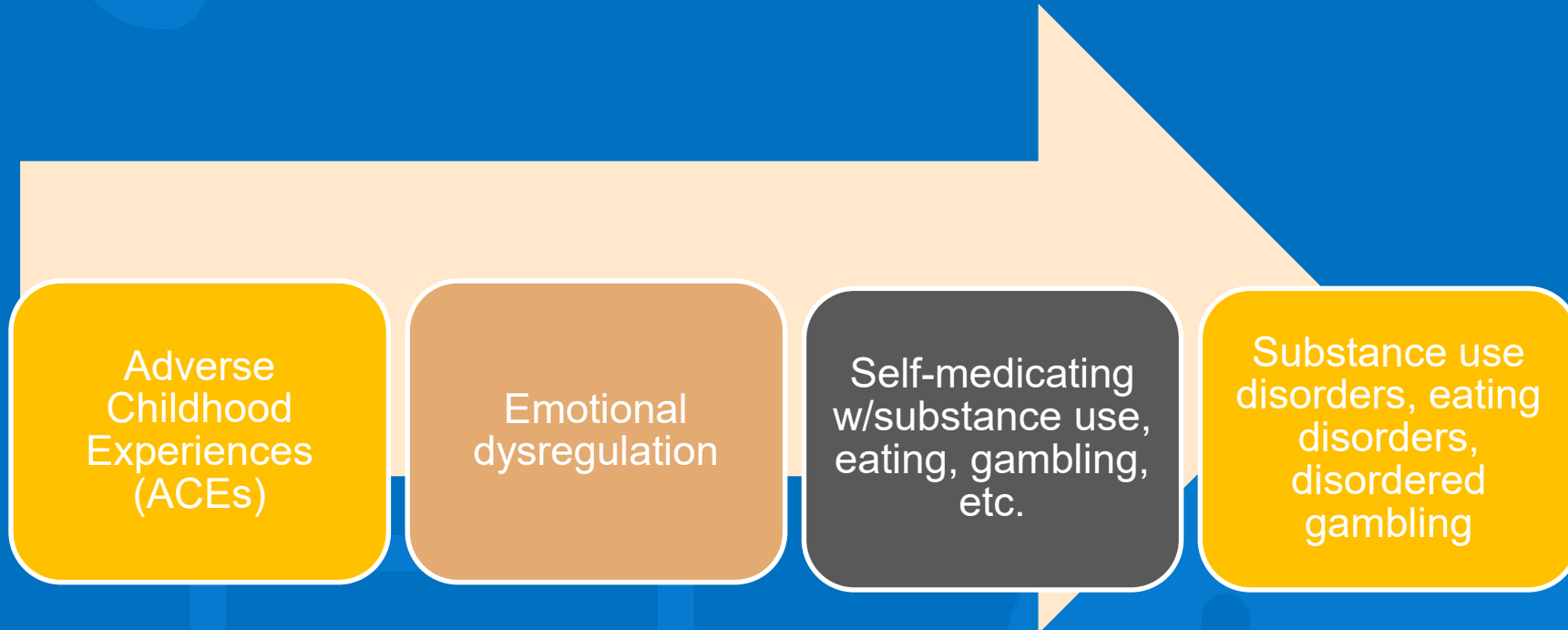
Use of gaming to relieve negative moods
Continue to game despite problems

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

TRAUMA.



GAMBLING & ADVERSE CHILDHOOD EXPERIENCES



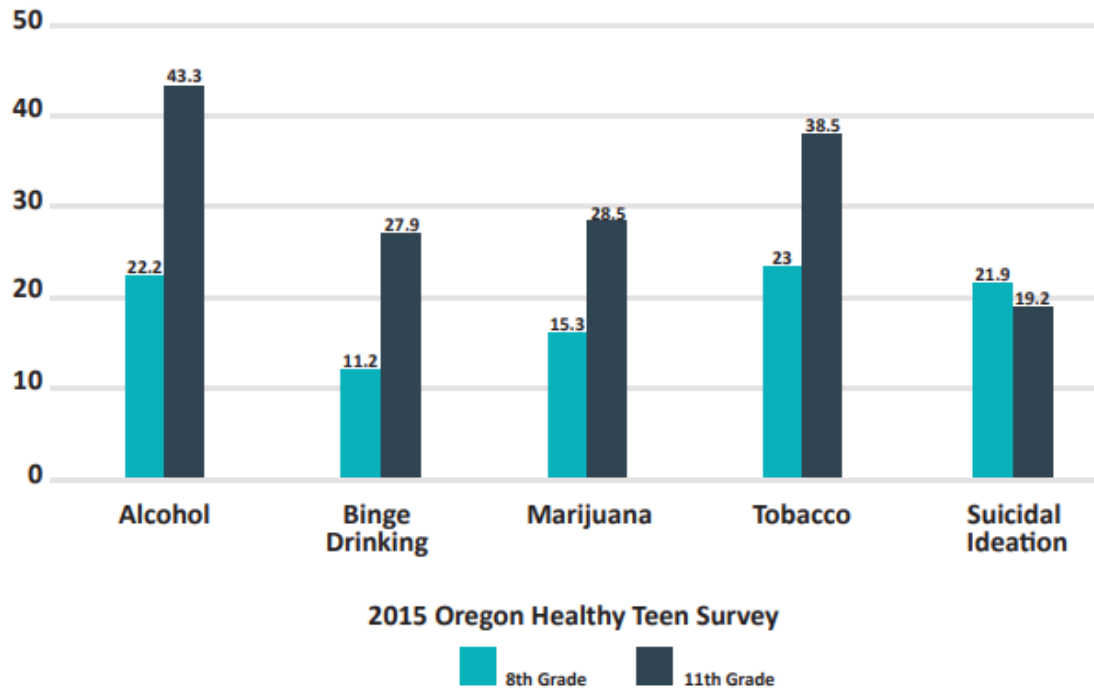
**Associated w/ ADHD, personality disorders
&... **Disordered gambling****

Source: Poole et al., 2017;

Other data on childhood trauma & gambling: Hodgins et al. 2010; Kraus et al. 2003; Najavits et al. 2010; Petry & Steinberg 2005; Taber et al. 1987

YOUTH RISKY BEHAVIORS DATA

Youth who report gambling also report engaging in these risk behaviors



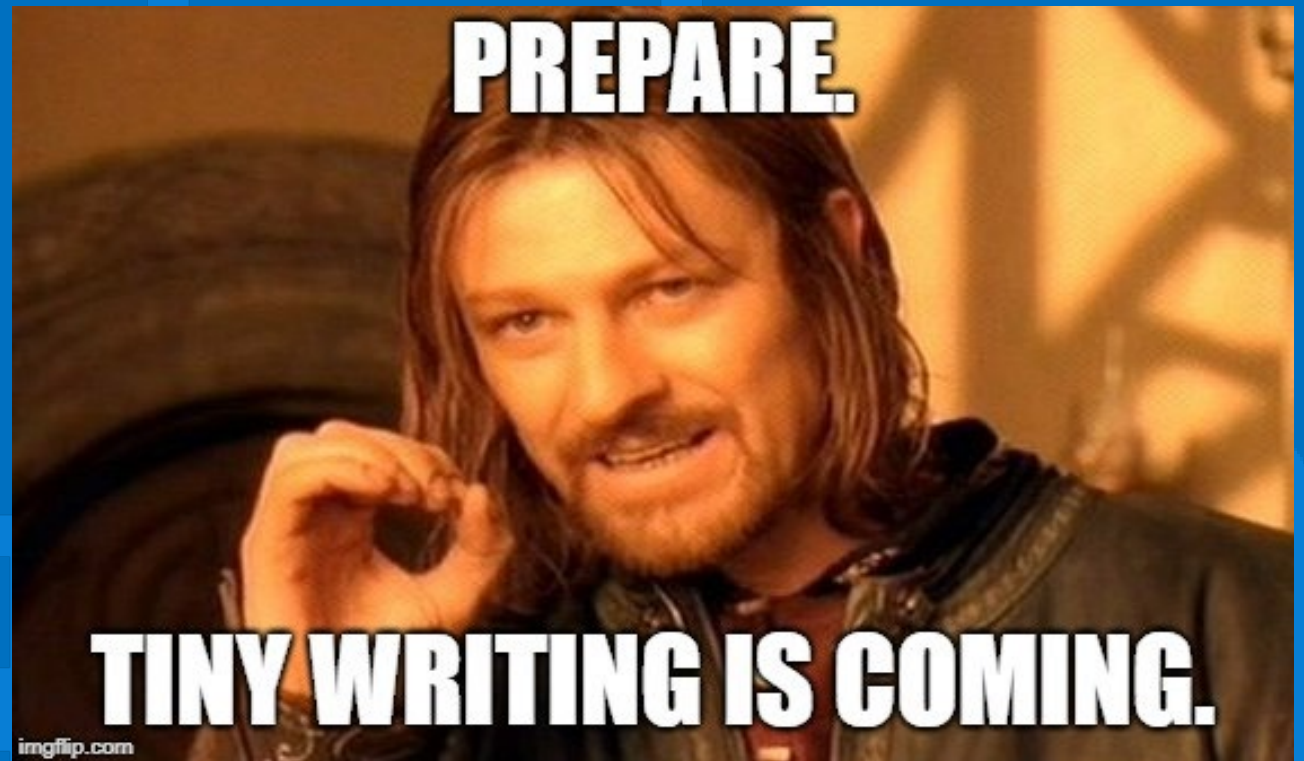
Data Source: Oregon Health Authority;

report at [http://oregoncpg.org/wp-content/uploads/2018/01/OCPG Handbook 3-12-18.pdf](http://oregoncpg.org/wp-content/uploads/2018/01/OCPG_Handbook_3-12-18.pdf)

There is no current collection of youth gambling data on WA State Healthy Youth Survey

RISK & PROTECTIVE FACTORS

Note: The following three slides are provided to you as a resource to digest and use in your own practices.



COMMON RISK & PROTECTIVE FACTORS

INDIVIDUAL & PEER

- Male
- Early initiation
- **Early big wins**
- **Greater confidence of winning**
- **Impulsivity**
- **Competitiveness**
- Interaction w/ antisocial peers
- **Friends' use/pressure**
- ATOD use
- Time spent (gaming)
- Psychological distress, mental health issues (gaming: anxiety)



- + Female
- + Prosocial involvement
- + **Early losses**
- + **Boredom**
- + **Awareness of risk**

COMMON RISK & PROTECTIVE FACTORS

FAMILY

- Family conflict
- Family history antisocial behavior
- **Parental involvement**
- **Parental history**



+ Encouragement of
prosocial behavior

YOUTH GAMBLING RISK & PROTECTIVE FACTORS BY DOMAIN



COMMUNITY

- Exposure
- Availability & accessibility
- Media portrayal



SCHOOL

- Academic failure & poor school performance
- Low school commitment

+ Connection

ART

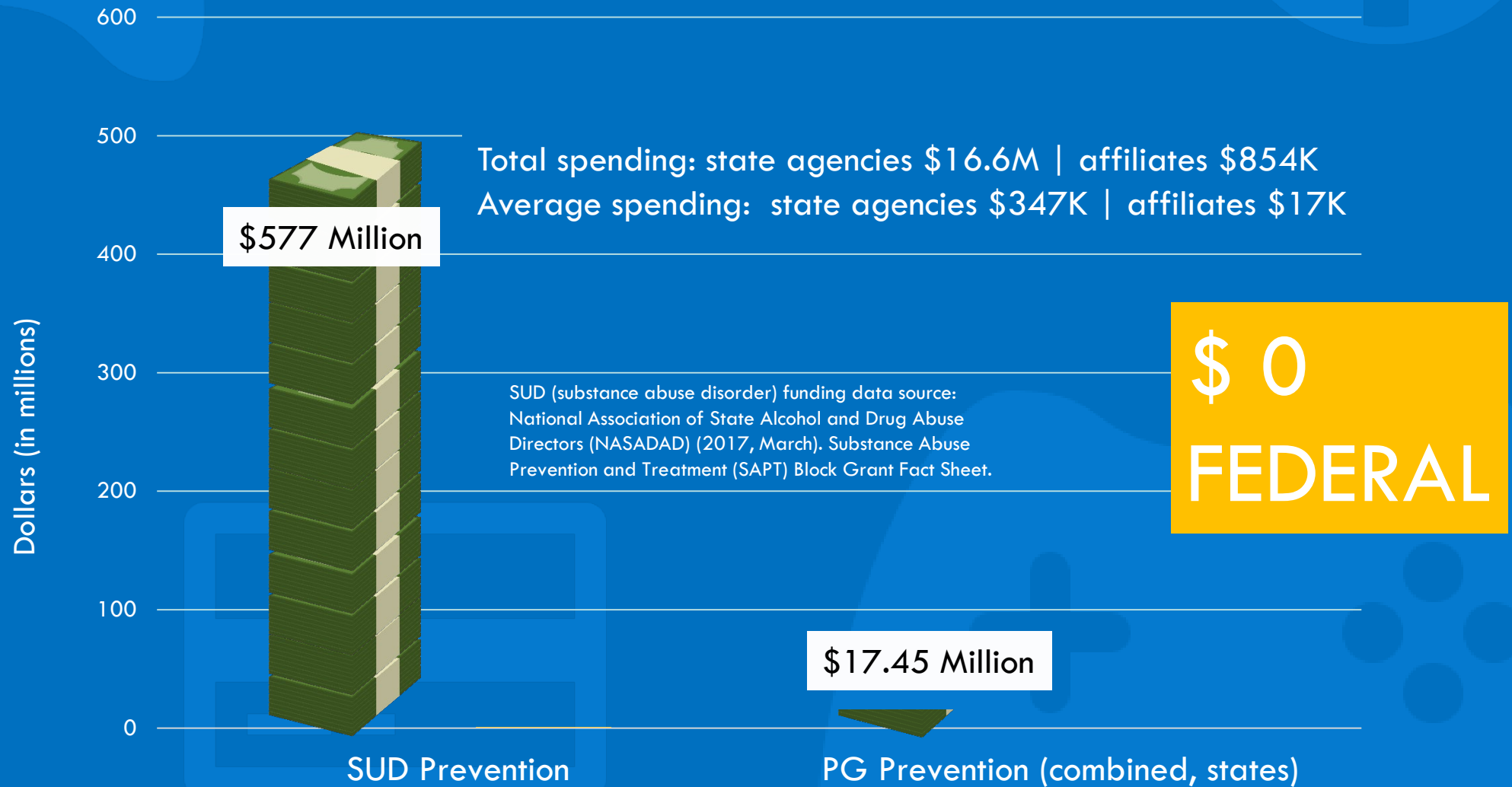
3

TOOLS TO
ADDRESS
THE ISSUES

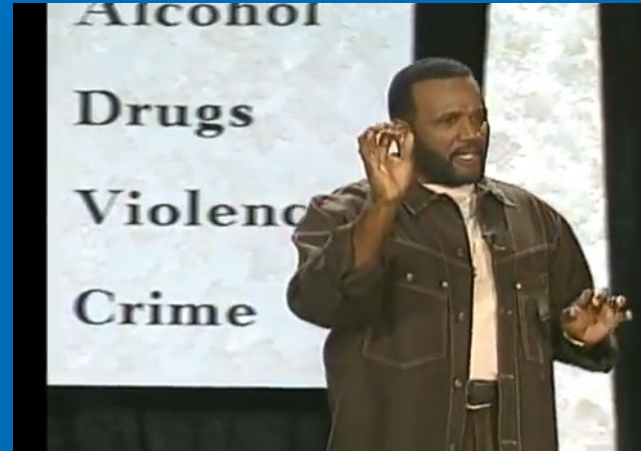
YOU CAN DO THIS!

Using same strategies effective already in your work (i.e., you don't have to know all of the details of skins & who won the COD tournament!)


Spending on Problem Gambling Prevention



2020: We Tend To Know What Not To Do.



...sad,
...minutes, someone dies as the result of
an alcohol related collision.
Today, I died, and I never got the chance to tell you . . .



EVERY15MINUTES.COM
The National Every 15 Minutes Organization

D.A.R.E.

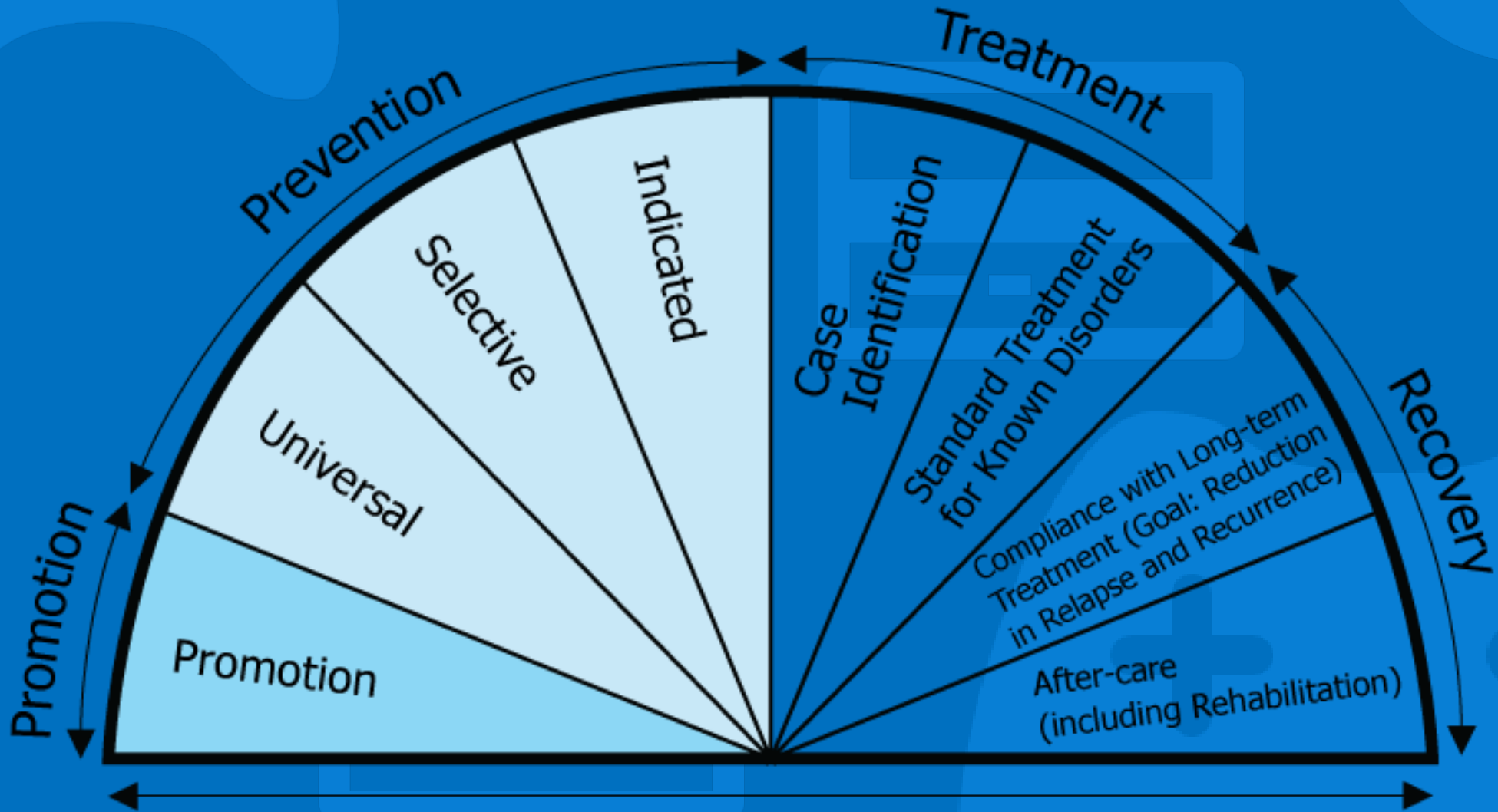


WHAT WE DO USE:

FEDERAL PREVENTION STRATEGIES

- **Information Dissemination and Community Awareness**
- **Education and Skill Development**
- **Alternative Activities**
- **Community-based Processes Development, Capacity Building and Institutional Change**
- **Environmental (Social Policy)**
- **Problem Identification & Referral**

CONTINUUM OF CARE



When you see this icon, it means we have included resources on that slide for you.



GREAT RESOURCES IN YOUR BACKYARD!



Evergreen Council
on Problem Gambling

www.evergreencpg.org



The screenshot shows the website's header with the logo and navigation menu. The main content area features a large banner with Spanish text and a collage of photos. To the right, there are three columns with icons and text describing Treatment, Training, and Awareness programs.

EVERGREEN
council on problem gambling

Home | Resources | News & Events | Blog | Membership | About ECPG | Contact Us | Donate
| Problem Gambling Awareness Month | Cart

Treatment | Training | Awareness | Youth Programs | Gaming Industry

When Gambling Becomes a Problem, There's Hope **Help Starts Here 1-800-547-6133**

Si el juego está creando problema a usted y a su familia, **hay ayuda y esperanza.**

PAUSA. RESPIRA. CONECTA.

Recuerda que no estás solo

Treatment >
Problem gambling (addiction) is a complex health issue that often requires treatment.

Training >
Problem gamblers have specialized needs that require properly trained professionals.

Awareness >
The Good News: Problem Gambling is treatable and preventable.

AWARENESS/EDUCATION

PARENTS, EDUCATORS, KIDS.



Include gambling
in conversations
about alcohol &
other drugs, **AND**
technology.



CHANGETHEGAMEOHIO.ORG



GAMBLING PROBLEM? 1-800-589-9966 LIVE CHAT

Brought to you by:  

[OUR MISSION](#)

[THE ISSUE](#)

[EDUCATION](#)



[QUIZ](#)

[GET INVOLVED](#)

[CONTACT](#)



Children who gamble before age 12 are at 4x greater risk.

It can start before kids are teens.

The earlier a person is introduced to gambling, the more likely they are to develop problems as adults.

[FOR EDUCATORS](#)

[WATCH VIDEO](#)

PREVENTION CONSIDERATIONS



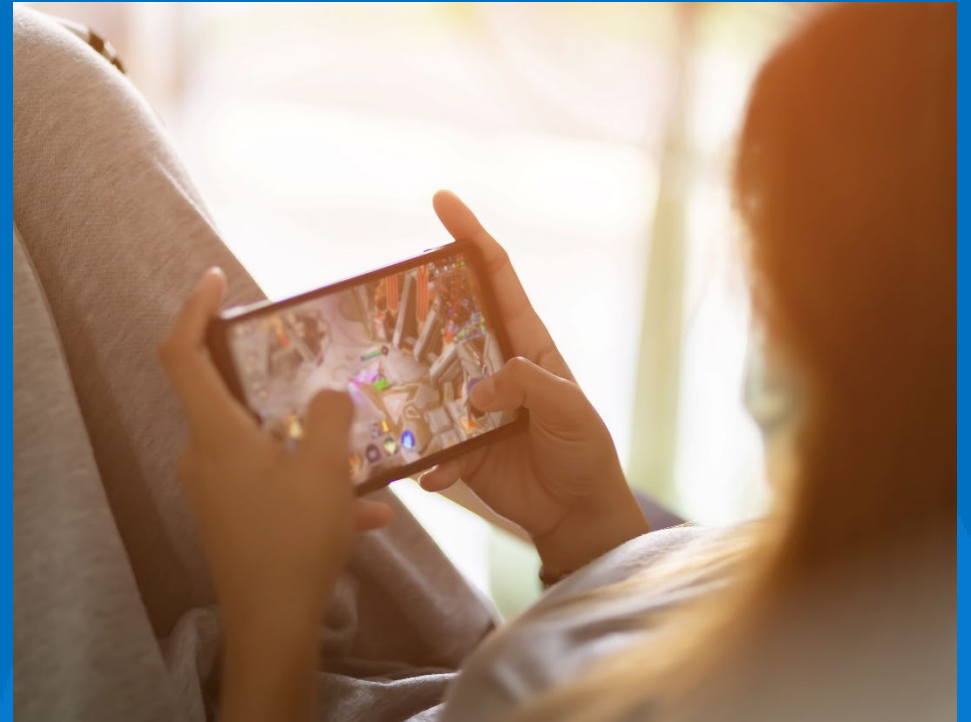
For <25, talk brain development. For all: set (game-oriented) limits, monitor.



Keep devices (consoles) in open areas. Set location / time rules for laptop, mobile devices.



Moderation. Keep talking. Plan for post-COVID.



RESOURCES FOR MONITORING



https://support.steampowered.com/kb_article.php?ref=5149-eopc-9918



<https://www.playstation.com/en-us/network/legal/ratings/>



<https://support.apple.com/en-us/HT201304>



Turn off autoplay:
<https://www.businessinsider.com/how-to-turn-off-autoplay-on-youtube>



<https://www.qustodio.com/>
<https://bark.us> & other apps

How to set up parental controls on Xbox, Windows 10 and Android

By Henry St Leger March 30, 2020

Those pesky kids



(Image: © Epic Games)


<https://www.techradar.com/how-to/xbox-parental-controls-console-windows-10-and-android-tools-explained>

APPS

- **Mindfulness apps – all those ones you already know about 😊 (Calm, Headspace, etc.)**
- **Stress reducers (e.g., Sanvello)**
- **Exercise apps – natural dopamine release and reduce stress.**
- **Mix it up & use moderation!**



INTERVENTION CONSIDERATIONS

 Watch for signs: Irritability/restlessness, Hiding phone/device, Unusual money issues, less interest in outside activities (even for COVID times).

 Intervene: gamequitters.com & ncpgambling.org for screening resources.



HELP FOR GAMERS:



Programs. Videos. Resources. Support Groups. And so much more!



www.gamequitters.com

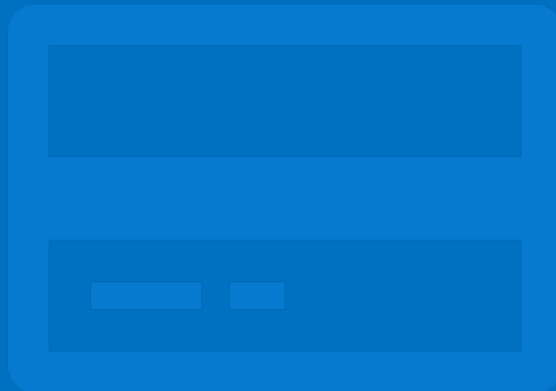


<https://www.youtube.com/watch?v=91VfwoMDYK0&t=69s>

NEW CERTIFICATION!



- International Gaming Disorder Certificate (IGDC) with the International Gambling Counselor Certification Board (IGCCB)
- Evergreen Council will soon be providing trainings:
Stay tuned!



“We are hardwired to connect with others;
+ it’s what gives purpose and meaning to our lives.”

– *Brené Brown*

**THE HEART
OF IT ALL.**



THANK YOU!

Let's stay in touch.

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Image: <https://imgflip.com/memegenerator/36584403/Skeleton-Computer>

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OREGON COUNCIL ON PROBLEM GAMBLING


EVERGREEN
council on problem gambling

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Note: Additional references are listed throughout the slide deck.

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