

LAWS: UNLAWFUL INTERNET GAMBLING ENFORCEMENT ACT OF 2006

- Made it illegal for banks and credit card companies to allow money to be transferred to online casinos or gambling websites



- Sharply reduced U.S. play on internet gambling sites
- Unintentionally fostered growth of daily fantasy sports...

Laws: Professional & Amateur sports protection act (PASPA) of 1992

- Outlawed sports betting in most of the United States, with exception of four grandfathered states: Nevada, Delaware, Montana and Oregon
- Currently only Nevada allows traditional sports betting through licensed bookmakers

KEY ARGUMENT OF DAILY FANTASY SPORTS INDUSTRY

"Game of Bunkies??"

COMMON LEGAL DEFINITION OF GAMBLING:

- PRIZE:** Anything of value the sponsor awards in a promotion. (Example: goods/services with a monetary value or items of value.)
- CHANCE:** A process beyond the participant's direct control determines the outcome. (Example: an instant-win game at a fast food restaurant.)
- CONSIDERATION:** Requires money or significant effort. (Example: attending a sales presentation, downloading a file.)

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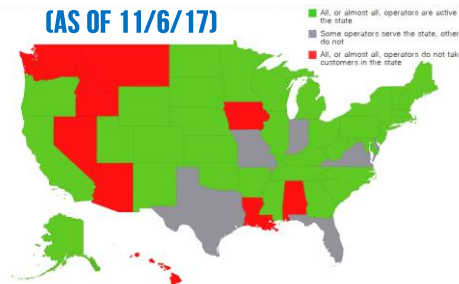
LET'S TAKE IT FROM A PRO.

“ Do they pay money to play?
And do they win something?
Then it's gambling. ”

- JOE NAMATH



DFS: CURRENT STATE(S) OF AFFAIRS (AS OF 11/6/17)

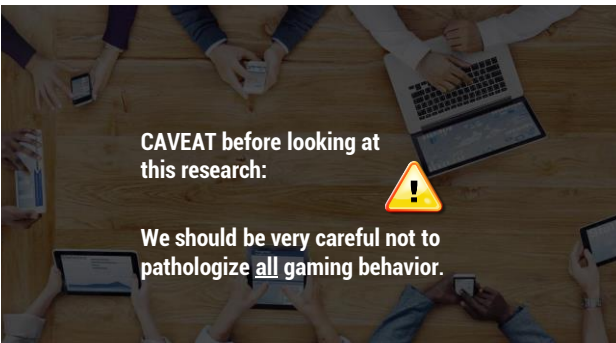


Source: <http://www.legalsportsreport.com/daily-fantasy-sports-blocked-allowed-states/>




Much like the technology itself, research is new.

**RESEARCH:
THE GREAT
UNKNOWN.**

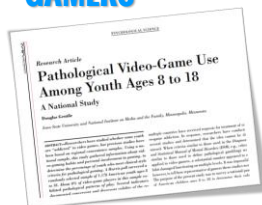


CAVEAT before looking at this research:



We should be very careful not to pathologize all gaming behavior.

YOUTH "PATHOLOGICAL" VIDEO GAMERS



- Sample of 1,178 youth in the U.S.: 8.5% of youth gamers were classified as "pathological gamers"
- >80% play video games at least occasionally
- "Pathological" gaming: (using 5 of 10 of DSM-IV; this was prior to DSM-5)

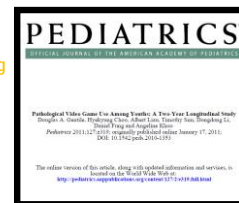
Gentile, D. (2009). Pathological video-game use among youth ages 8-18: A national study. *Psychological Science*, 20, 594-602.

YOUTH "PATHOLOGICAL" VIDEO GAMERS

n=3,034 – grades 3, 4, 7 & 8

9% pathological gaming

- Less empathy
- More impulsivity



Source: Gentile, Choo, Liu, et al. (2011). [Pathological video game use among youth: A two year longitudinal study](#)

IGD & PATHOLOGICAL GAMBLING:

Similarities between those with internet gaming disorder (IGD) & pathological gamblers:

- Less sensitive to loss
- More reactive to gaming and gambling cues
- More impulsive choices

Fauth-Bühler, M., Mann, K. (2015, Nov.) Neurobiological correlates of internet gaming disorder: Similarities to pathological gambling. *Journal of Addictive Behaviors*

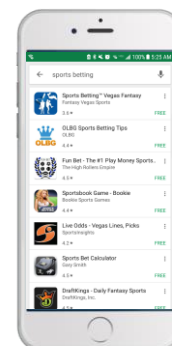
THE FREEMIUM ISSUE.

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



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

King et al., 2010



OUR DATA.

(Getting better, but still sucks.)

What do we ask kids in surveys about gambling?



Do you gamble?



K.E. Scholes-Balog et al. / Journal of Adolescence 37 (2014) 215–224

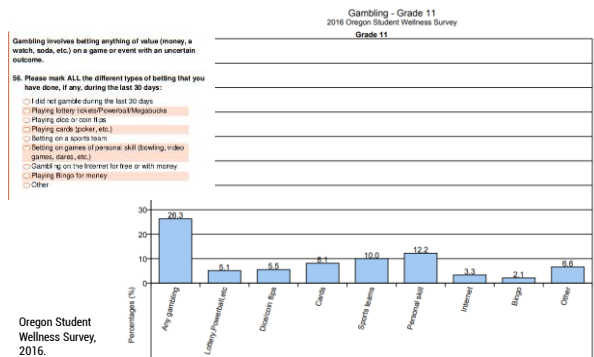
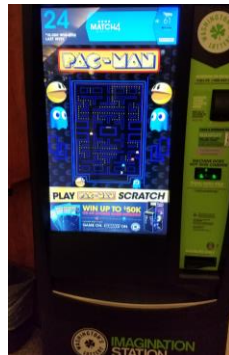
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Problem gambling

In the young adult survey, participants were first asked **'have you ever gambled'**. Respondents who indicated they had gambled (ever) were then required to answer two items to measure 'problem gambling': 1) 'have you ever tried to keep your family or friends from knowing how much you gamble?', and 2) 'has there ever been a time when you thought you had a gambling problem?'. Each of these items had the following response options: 'No', 'Yes, but not in the past 12 months', 'Yes,

Also, we don't think of many non-"Vegas-y" things as gambling.

Lottery machine at Sea-Tac Airport, 2017



WHAT ABOUT FANTASY SPORTS & STUDENT ATHLETES?

NCAA didn't ask in their 2012 survey.
And they haven't released their 2016 survey data yet ☹️

Martin et. al (2016) - PY participation from highest to lowest (n=692):
club/intramural sports (gambling 69%) (fantasy sports gambling: 36%)
DI (gambling 30%) (fantasy sports gambling: 8%)
non-athletes (gambling 13%) (fantasy sports gambling: 7%)

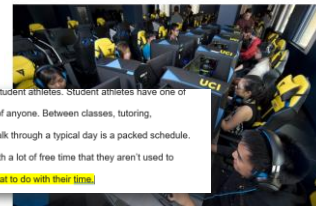
Martin et al., 2016.

OTHER UNTAPPED AREAS OF DATA.

UC Irvine debuts the first public college esports arena in the US

Esports is the future of competition. Period; UC's acting director of esports Mark Deppen.

UC Irvine Esports | Facebook | 6 Comments | 5444 Likes



develop a gambling problem. One of those groups of people is student athletes. Student athletes have one of the most intense daily schedules while in season of a sport out of anyone. Between classes, tutoring, practice/games, weightlifting, conditioning, watching film, and walk through a typical day is a packed schedule. Once student athletes' college careers are over they are left with a lot of free time that they aren't used to having. **The free time can often cause them to not know what to do with their time.**

I got really into gaming and playing fantasy sports (mostly football and baseball, but really anything) after my surgery on my ACL 2 years ago. The recovery was long and frustrating. I thought I was all good because I didn't get hooked on pain pills or drinking a lot of alcohol. But being an athlete and competitive, it felt good to get into something that I could be good at even while on the couch. At first it helped me get through being depressed over not being able to play the sport I love and even share the same experiences with my teammates. Then it started getting in the way of my school and relationship with my girlfriend. When my knee was finally better, I kind of snapped out of it because I could play again. But I can see how people get hooked and lose a lot of money. I won and lost but was lucky I came out pretty even.

University of Oregon student athlete, July 2017.



RISK & PROTECTIVE FACTORS BY DOMAIN

FAMILY

- Family conflict
- Family history antisocial behavior
- Parental gambling
- + Encouragement of prosocial behavior

COMMUNITY

- Exposure to gambling
- Availability & accessibility
- Media portrayal

SCHOOL

- Academic failure & poor school performance
- Low school commitment

INDIVIDUAL/PEER

- Male + Female
- Early initiation + Prosocial involvement
- Rebelliousness
- Delinquency
- Impulsivity
- Competitiveness
- Interaction w/ antisocial peers
- Friends' use of drugs
- Substance use, tobacco use, alcohol use
- Psychological distress, mental health issues

Barnes et al., 1999; Hayatbakhsh et al., 2006; Johansson et al., 2009; Playfu & Gei, 2007; Scholes-Balog et al., 2014; Sheard et al., 2010; Volberg, 2008; Winters et al., 2002

LIKELY SHARED GAMING RISK FACTORS.



What is almost always
a key risk factor?
TRAUMA.

J. Hynes | 11/16/17 | www.preventionlane.org/newyork

Exposure to **early childhood trauma**
has consistently been associated with
disordered gambling.

(Hodgins et al. 2010; Kraus et al. 2003; Najavits et al. 2010; Petry and Steinberg 2005; Taber et al. 1987)

ACEs - ADVERSE CHILDHOOD EXPERIENCES

Growing up (prior to age 18) in a household with:

- Physical abuse
- Emotional abuse
- Sexual abuse
- Emotional or physical neglect
- Loss of parent due to divorce, abandonment, or death
- Substance use
- Mental illness
- Incarcerated household member

ACE points are attributed for exposure to each type of adverse event (0 to 10).

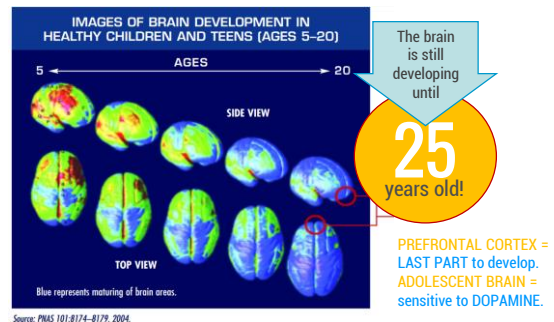
Centers for Disease Control and Prevention. <http://www.cdc.gov/ace>

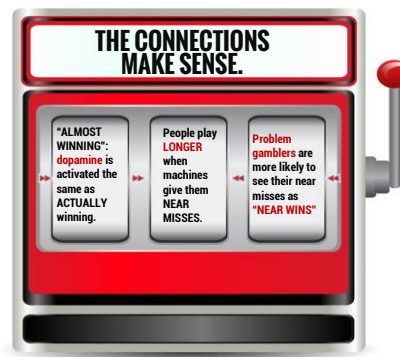
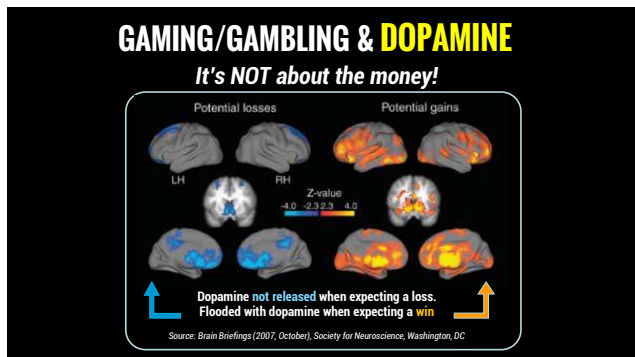
GAMBLING & ACEs



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

Poole et al., 2017





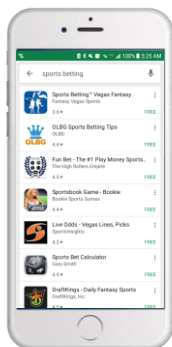
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King et al., 2010



Problem gambling is *one component* of problem behaviors...



...but it doesn't get addressed.

Table 26: Communication About the Risks of Gambling

	Grade 6 State	Grade 8 State	Grade 11 State
Parents have talked to you about the risks of betting/gambling	49.4	48.5	36.4
Teachers have talked to you about the risks of betting/gambling	19.2	23.2	18.0

GOOD MATH INTENTIONS, BUT WITH POTENTIAL OTHER IMPACTS.

From the Wall Street Journal:

We want to make sure that at the younger age, there's a format for fantasy and a way to play that will allow you to engage. But also use it educationally. It's a complex game, fantasy. You should be able to learn a lot, particularly around math. How many points do I need? How many points does this player get? We're also trying to work with groups to get the concept of fantasy based into the curriculum of elementary schools. If you love football and you teach them math through football, the chances are you may teach them better math and more quickly.

Source: <http://ftw.usatoday.com/2014/08/nfl-fantasy-football-elementary-school-curriculum>

**OK...SO
THEN
WHAT?**



HISTORICAL ROLES & APPROACHES

Tobacco 

Substance Abuse 

Problem Gambling 

INTEGRATION IS KEY.

SUBSTANCE USE DISORDERS	GAMBLING DISORDERS
U.S. Pop. With Past Year Problem ¹ 20.8 Million 7.8% aged 12+	U.S. Pop. With Past Year Problem ² 5.45 Million (3.8 times smaller) 2.2% aged 18+
2016 Public Funds Invested into SUD Treatment ³ \$24.4 Billion \$14.7 B Federal \$9.7 B State	2016 Public Funds Invested into Problem Gambling Services ⁴ \$71.6 Million (341 times smaller)

¹ 2015 National Survey on Drug Use and Health. ² Williams, R.L., Volberg, R.A. & Shover, R.M.G. (2012). ³ SAMHSA Spending Estimates - Projections for 2010-2020. ⁴ APGSA & NCPG National Survey (2016)

Researchers recommend overall prevention initiatives as most effective.

- i.e.,
- Prevention efforts that address **RISK FACTORS** common to other problem behaviors;
 - Prevention efforts that address **PROTECTIVE FACTORS** (e.g., prosocial behaviors)

Example curricula: Good Behavior Game, parenting programs, etc.



NATL COUNCIL PROB GAMBLING

POLICY, ADVOCACY & COALITION BUILDING.

- Consumer protection guidelines
- Amendments for fantasy sports legislation



NATL COUNCIL PROB GAMBLING

POLICY, ADVOCACY & COALITION BUILDING.

NCPG Prevention Committee:
Has a new "Emerging Trends"
task group. Info:

www.ncpgprevention.org



PREVENTION

APPROPRIATE SURVEYS.

- Youth: More than "Do you gamble."
- Key informants: community readiness survey.
- Community: Attitudes about gambling.

TREATMENT

SCREENING & SERVICES.

Screening! SBIRT?

Policy: Working to get problem **gambling treatment** providers being able to provide services for (and BILL for!) individuals with gaming problems

FOR THOSE WHO CAN:

POLICY & ADVOCACY.

Engaging community members & partners to advocate on any laws involving online gambling / fantasy sports (can use NCPG guidelines as a tool).



FOR PEOPLE IN RECOVERY:

Friends
Sponsors
Etc



Counselors: Be mindful of HIPAA, ethics codes!



HELPFUL APPS IN GENERAL:

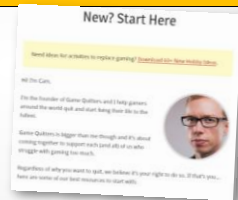


- Mindfulness apps – those that encourage breathing, meditating, etc.
- Exercise apps – physical activity to encourage natural dopamine release and reduce stress.
- Recovery apps (SoberTool, etc.)
- Use caution if concerned about screen addiction.
- Moderation is key!!

FOR ADDICTED GAMERS:

Super duper helpful resource.

GAME QUITTERS:
www.gamequitters.com



Explore More



<https://netaddictionrecovery.com/video-game-addiction.html>

Videogame addiction rehab? Hope or help?

Revised by Wade Dewar and Addition

Websites claiming to treat Internet use and videogame

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OLGA® On-Line Gamers Anonymous®

Sharing our experience, strength and hope to help each other recover and heal from problems caused by video game addiction.

Home - Forums - Chat Rooms - Meetings - Professionals - Member Access

About OLGA® & OLG-Anon

Welcome to our website! Please read about our website features first.

Warning! On-Line Gamers Anonymous®, founded in 2002, is a self-help fellowship. We share our experience, strength and hope to help each other recover and heal from problems caused by excessive game playing, whether it be computer, video, console, or all-thing. Our community includes functioning gamers (OLGA members), family members, loved ones, friends, concerned others (OLGA-anon members), and those who do not wish to be in them (OLGA-anon members). We know how powerful, cunning, baffling and destructive excessive game playing can be. It can be devastating to the real-world lives of gamers and to those close to them. OLGA® OLG-Anon provides resources for open discussion, support, education and referrals. We advocate and provide a 10-Step Program of recovery.

We strengthen ourselves by helping one another. Participating in OLGA® OLG-Anon is a healing journey for all of us. We respect the need for privacy and ask that you please do not post any information to this: **Who you see here, what you hear here, when you leave here, let it stay here.** Thank you for your courtesy.

Warning! Our community is open to all who seek support. We are not an actual group, nor do we sponsor such operations. Our message boards are available to all, regardless of age or group. We will work to share our experiences, strength and hope and encourage peers to do the same. We are not responsible for any actions taken by our members. Every day we experience new members. Sharing this with our website is a gift. We are grateful for your support and participation. www.olganon.org

Take me to:

- Recovering Gamers
- Family and Friends
- Community
- Outreach
- Press/Media
- Professionals

About OLGA®

For Immediate Support

to OLGA® for you!

High resolution PDF

Rules

Who We Are

Frequently Asked Questions

Our News

Other tips for those in recovery & in general

- **SET MOBILE CONTROLS:** set them (your mobile carriers', not just the device!)
- **WATCH YOUR CREDIT CARD:** don't link it to-- or unlink it from--your phone!!
- **MONITOR BEHAVIOR:** Keep computer use in open area – if you can (desktop computer). Use monitoring apps to monitor apps!

AWARENESS/EDUCATION

PARENTS, EDUCATORS, KIDS.

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



Download free fact sheet:
<http://www.preventionlane.org/maine>

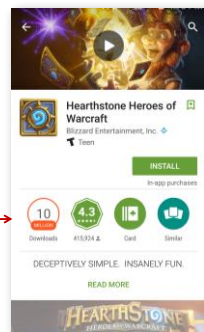


COMMUNICATE
expectations.

USE TECH
to your advantage.



MONITORING



MONITORING

OK, so maybe you won't have fun. But at least you will learn something!

- Check out the games/apps WITH your kids
- Play with your kids or sit with them while they play. You will have fun and learn about their gaming, too.

MOBILE DEVICES & PARENTAL CONTROLS

- Major mobile services (e.g., AT&T, T-Mobile, Verizon) offer family protection plans
- Features include: GPS, purchase blocking, turning off browsing/data/texting, time of day, etc. ⚠️
- See www.preventionlane.org/online-safety for a list of helpful links to these services



Practicality alert: Some features CANNOT be blocked when user has access to WiFi (so...you may need to change your WiFi password often!)

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WHEN TO ACT. ⚠️

- **Pay attention to clues:** restlessness, withdrawal, lack of interest, different friends, signs you've learned about alcohol & other drug behaviors
- **INTERVENE if you see warning signs.** (Get intervention tips: www.drugfree.org/intervene)

