

## Problem Gambling Helpline 1-800-589-9966

### MOST CALLS by COUNTY

Cuyahoga	1487
Franklin	517
Hamilton	410
Montgomery	230
Lucas	204
Summit	175
Mahoning	105
Butler	95
Stark	62
Lorain	61
Trumbull	50
Lake	46
Warren	40
Portage	40

◆ Callers' Ages	18-34	25%
	35-54	35%
	55+	40%
◆ Calls to new Chat Line	54	
◆ Reasons for Seeking Help	Financial problems	60%
	Family problems	25%
	Mental health problems	6%
	Employment	4%
	Legal	3%
	Physical health	1%
	Substance abuse	1%

### SFY 2016-17 RESEARCH

#### Statewide Gambling Survey — Round Two Underway

Currently underway is Round Two of the Ohio Gambling Survey, a follow-up to the 2012 survey that provided a baseline look at gambling prevalence prior to the opening of 11 new gambling venues. The second survey on gambling activity and attitudes will gather enough responses to generate Alcohol, Drug Addiction and Mental Health Services county board-level data estimates. Results are anticipated in early fall of 2017.

#### OHYES! Youth Gambling Survey\*

In SFY 16, a portion of the Problem Casino Gambling and Addictions fund supported a survey of Ohio youth that looked at risk factors for multiple problem behaviors. Five questions were included to measure gambling activities among the more than 40,000 participating students in grades 7-12.

⇒ Past year gambling frequency	14.3%
⇒ Gambled more than planned	3.8%
⇒ Felt bad about amount bet	3.2%
⇒ Hid gambling from family/friends	1.7%
⇒ Lied to important people about gambling	1.1%

\*Ohio Healthy Youth Environments Survey (OHYES): Data are preliminary and results are not generalizable to the statewide student population. For more information, visit [www.ohyes.ohio.gov](http://www.ohyes.ohio.gov).

### STATEWIDE PERFORMANCE MEASURES UPDATE

MEASURE	SFY16 TOTALS		
	SFY14	SFY15	SFY16
Number reached by community-based problem gambling prevention messages	5.6 million -community prevention only		
Number of community coalitions engaged in problem gambling prevention	10 [Drug-Free Community & PG-specific Coalitions]		
Number who called the Helpline	9,727	5,414	5,884
Number screened with approved tools	25,966	35,444	44,236
Number treated/diagnosed for gambling disorder	924	1,001	1,028

### UPCOMING for SFY 2017

- ◆ Continue to embed "Be the 95%" messaging into local communities.
- ◆ Continue to educate clinicians, supervisors, and preventionists and extend outreach to sister agencies.
- ◆ Assess/build community readiness; provide technical assistance.
- ◆ Sept. 2016 - Treatment Engagement presentation at National Council on Responsible Gambling Conference.
- ◆ Participate in NCRG Public Health Policy on Gambling Disorder Advisory Committee.

**Annual Report on Problem Gambling Services SFY 2016-17**

presented to the

John R. Kasich, Governor  
Tracy J. Plouck, Director



Pursuant to Sec. 5119.47 of Amended HB 59, 130th GA



### MILESTONES for SFY 2016

#### Expansion of Problem Gambling Treatment

The Ohio Problem Gambling Helpline now lists 83 service locations for treatment of gambling disorder. This marks a significant increase in accessibility to care, with just 23 treatment sites two years ago. Call **1-800-589-9966** for the Problem Gambling Helpline.

- ⇒ Increased by 25% the number of Ohioans screened for gambling disorder to more than 44,000.
- ⇒ Increased the number of Ohioans diagnosed and/or treated for gambling disorder by 3%.
- ⇒ Five Ohio clinical supervisors graduated from the inaugural class of the Problem Gambling Treatment Supervision Fellowship Program.
- ⇒ Community-based awareness-building and problem gambling prevention reached more than 5 million Ohioans.
- ⇒ In-person outreach by OhioMHAS and grantees to 5,000-plus Ohioans in presentations and exhibits.
- ⇒ More than 2,300 local behavioral health partners used the Community Toolkit at [the95percent.org](http://the95percent.org).
- ⇒ Online quiz participants for "Be the 95%" campaign website totaled 7,200 and 52,000 site visits. Estimated campaign media impressions = 88 million.
- ⇒ Eighteen months of strategic planning with stakeholders led to the ratification of the Ohio Problem Gambling Services Strategic Plan at the Problem Gambling Conference in March, 2016.

#### "Be the 95%" Problem Gambling Education and Awareness Campaign Sweeps National Awards

Wrapping up its first year, the Ohio for Responsible Gambling "Be the 95%" campaign won awards for Public Awareness, Social Media, Website and Best in Prevention Showcase at the National Conference on Problem Gambling. In Ohio, the campaign won an Addy for Best Website from the American Advertising Federation.

The campaign provides tools and education for anyone who gambles or is concerned about a gambler at [www.the95percent.org](http://www.the95percent.org).

Community-based behavioral health organizations have shared the campaign using the online Community Toolkit and \$310,000 in local prevention spending from the Casino Gambling and Addictions fund.

The campaign was developed with funding from the Ohio Casino Control Commission Voluntary Exclusion Program, and is being disseminated statewide with funding from the Ohio Lottery Commission.



## SFY 2016 HIGHLIGHTS & CAPACITY-BUILDING

- ♦ **Ohio Problem Gambling Advisory Board & Strategic Plan:** Just launched August, 2016, was the Ohio Problem Gambling Advisory Board with a volunteer group of interested professionals and individuals in recovery who bring expertise, diversity and enthusiasm to beginning implementation of the Problem Gambling Strategic Plan. A workgroup met in Fall of 2015 to finalize a Strategic Plan with the direction of Jeffrey Derevensky, PhD, McGill University, Montreal.
- ♦ **Gambling Endorsement:** To date, 26 Chemical Dependency Counselors have earned the Gambling Endorsement (GAMB) and 12 have applications in process.
- ♦ **Gamblers Anonymous Meetings:** In recognition of the value of 12-step meetings for many individuals' recovery and that Ohio has a shortage of Gamblers Anonymous (GA) meetings, a GA "how-to" meeting was held at the March Problem Gambling Conference to help professionals and those in recovery learn how the meetings are run and how to offer space to hold a meeting. Another GA meeting was held after the first day of the Ohio Recovery Conference in June.
- ♦ **Ebased Academy Gambling 101** new two-hour CE/RCH course was launched in January, 2016, and by July nearly 800 people had enrolled. Visit [ebasedacademy.org](http://ebasedacademy.org) to learn more or take the course.
- ♦ **Progress Continues toward Ohio's Evidence-based & Promising Programs:**
  1. **Risky Business:** Problem gambling prevention program for juvenile justice-involved youth ages 13-17. Plans are underway to continue data collection and expand Risky Business to at-risk and "universal" prevention audiences in 2017.
  2. **Smart Bet:** A problem gambling prevention curriculum for 18-25 year-olds. Four regional Training of Trainers were held for 80 professionals to ensure a consistent roll-out of the model.
  3. **"Campus Cents" E-based Gambling/Financial Wellness Program:** The curriculum was developed in SFY 2015 for 18-25 year-olds. In SFY 2016, the content for version one of the newly named "Campus Cents" program was fully developed and produced. A team including problem gambling preventionists, collegiate financial experts, evaluators and web-based program designers conducted focus groups and presented the content to college age students. The program will be piloted in 2017 with 500 Ohio college students prior to submission to the National Registry of Evidence-based Programs and Practices (NREPP).
  4. **Rupcich Model:** This Ohio pilot study by Zepf Center was designed to discover the effectiveness of a new group-based, facilitated, 12-week disordered gambling treatment manual. In SFY 2016, 97 clients participated, plus the control group. Participating agencies are The Counseling Center (Portsmouth), Zepf (Toledo), Clermont Recovery Center/GCBH (Batavia), Maryhaven (Columbus), and Recovery Resources (Cleveland). Comparison tests show marginal improvements in each measure: self-esteem, reduced gambling cravings, and reduced problem gambling severity. In SFY 17, the Center for Addiction Treatment (Cincinnati) will join the study.
- ♦ **Continuous Quality Improvement (CQI):** Resources were developed to enhance building of community readiness, and two presentations provided this information to professionals. CQI Project Lead Matt Courser, PhD, Pacific Institute for Research and Evaluation, worked with 30 counties on community assessment planning throughout SFY 2016. This effort will continue in SFY 17 with mini-grants and training and technical assistance on implementation of the Tri-Ethnic Community Readiness Model.
- ♦ The national **Association of Problem Gambling Service Administrators (APGSA)** elected OhioMHAS Problem Gambling Services Chief Stacey Frohnapfel-Hasson to its board for a two-year term.



## FOCUS ON ACCESSIBILITY to a CONTINUUM OF CARE

- ♦ **Workforce Development:**
  - ⇒ The first-ever **Problem Gambling Treatment Supervision Fellowship Program** was coordinated by Recovery Resources of Cleveland and led by Heather Chapman, PhD, NCGC II, BACC, Director of the Gambling Treatment Center at the Louis Stokes Cleveland VA Medical Center. The competitively chosen Fellows worked with Dr. Chapman over nine months to learn the fine points of problem gambling treatment and best practices in supervising clinicians in this area.
  - ⇒ **Jon E. Grant, JD, MD**, Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago, presented a seminar in Central Ohio in October, 2015, on Identification and Treatment of Gambling Disorder. Sponsored by the National Council for Responsible Gaming (NCRG), the full day event brought together 75 clinicians from around the state.
  - ⇒ **2016 Ohio Problem Gambling Conference** focused on the theme of "Community Readiness," and brought more than 200 professionals together to learn from national and state experts in problem gambling prevention, intervention, treatment, recovery, administration and responsible gambling. The conference is funded by the Problem Casino Gambling and Addictions fund, the Ohio Lottery Commission, and registration fees.
  - ⇒ **Gambling Disorder Treatment Training** series provided Stage 1, Stage 2 and Advanced Gambling Disorder Treatment regional trainings at four locations in Ohio for 140 treatment professionals (with Ohio Lottery Commission funding). Trainers included Marilyn Rule, MSW, LISW-S, LICDC-CS, Director of Problem Gambling for Zepf Center, Toledo; Dr. Heather Chapman; Deborah Haskins, LCPC, Assistant Professor/Director of Counseling Programs, School of Education at Trinity Washington University, who spoke on Cultural Competency; and Lori Ruggle, Ph.D., NCGC II, Director of Maryland Center of Excellence on Problem Gambling, who spoke on Gambling as a Co-occurring Disorder.
  - ⇒ **Problem Gambling Prevention Training** included Carl Robertson, MRE, M.Div., Prevention Manager, Maryland Center of Excellence on Problem Gambling, University of Maryland, School of Medicine, who trained 100 prevention professionals on **Smart Choices** - a problem gambling prevention program aimed at 13-17 year-olds. **Smart Bet** (see previous page) was also offered regionally for young adults.

### Incorporating Regional Trainings to Support Local Communities and Youth Gambling Prevention

I attended the Risky Business session at OPEC. I implemented the SMART CHOICES program with several schools last year. On the first day of the program with the 7th grade class, a student walked into class, and I immediately noticed that he had shaved off all his hair. When I inquired, he explained he lost a bet with his father two nights ago. He explained that he was embarrassed and did not come to school the next day. With his permission, I used the situation as an opportunity to implement the program. Students were very receptive and understood problem gambling can occur when they lose a valuable item to a game that is not guaranteed in their favor.

With that success, I am interested in using the Risky Business program with several of our high-risk high school programs this school year. I will be contacting the presenter in setting up a time to train myself along with one/two other staff members at our location.

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