

RESOURCES

Your First Step to Change

A self-help toolkit of resources to help start the journey toward recovery from problem gambling behavior can be found at www.mnapg.org/resources.

Personal Financial Strategies for the Loved Ones of Problem Gamblers

A workbook prepared by the National Endowment for Financial Education and the National Council on Problem Gambling is designed to help you deal with personal financial issues due to gambling before they become a major financial problem. Find it at www.mnapg.org/resources in the self help publication section.

Sign up for *Northern Light*

MNAPG's quarterly newsletter provides in depth information on trends in the state and national arena - found at www.mnapg.org

Interested in learning more?

Invite MNAPG to present to your staff on a variety of gambling topics.

Visit www.MNAPG.org for a variety of resources, podcasts, articles and recovery stories. Follow us @MinnesotaAPG on Facebook, Instagram or Twitter

Warning Signs of Problem Gambling

A diagnosis of gambling disorder (DSM-V) requires meeting at least four of the following during the last 12 months. Often referred as the "hidden addiction," it can take some time before anyone notices that someone has a gambling problem. Gamblers, by nature, know how to bluff. Know the signs.



Increased frequency of gambling activity



Increased amount of money gambled



Gambling for longer periods of time than originally planned



Bragging about wins, but not talking about losses



Pressuring others for money when financial problems arise



Lying about how money is spent



Escaping to other excesses (alcohol, drugs, sleep, video games, etc.)



Denying there is a problem



Minnesota Alliance
on Problem Gambling

Minnesota Alliance on Problem Gambling
www.MNAPG.org
info@mnapg.org
612-424-8595

Follow us on @MinnesotaAPG
Facebook, Instagram, LinkedIn and Twitter

As the state advocate for problem gambling, we are available for community presentations.

Minnesota gambling helpline
1-800-333-HOPE (4673)

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Why Screen for Gambling Disorder?

Learn the importance of screening your clients for gambling disorder if you are a substance use disorder or mental health provider.



Why Screen for Gambling Disorder

GAMBLING: the act of risking something of value, including money and property, on an activity that has an uncertain outcome.

Why Screen for Gambling Disorder?

Gambling disorder is often a co-occurring, yet frequently overlooked addiction. Here are some reasons to screen for gambling disorder:

- Gambling disorder leads to financial, emotional, social, occupational and physical harms.
- Individuals with substance use and mental health disorders are at higher risk for having a gambling problem.
- People with gambling-related problems are more likely to smoke, consume excessive amounts of caffeine, have more emergency department visits and be obese.
- Many cases of gambling disorder go undetected, due to limited assessment.
- Unaddressed gambling problems are likely to add to treatment costs and service utilization.
- Gambling can be a relapse risk factor for those in recovery from substance use disorder.

- Problem gambling may exacerbate psychiatric symptoms. Relationship violence and child abuse are correlated with problem gambling and severely aggravated if substance use is involved.
- Someone with a gambling problem will affect 7 to 10 people in their circle.
- Integrative approaches recognize the complexities of addiction and mental health.
- Help is available and it works.

Who Should Screen for Gambling Disorder?

- Addiction service providers
- Mental health service providers
- Physicians (e.g., primary care and emergency medicine)
- Gerontologists
- Pediatricians
- Educators
- Youth community leaders
- Employee assistance plan service providers
- Active military and veterans

Screening Positive for Gambling Disorder – Next Steps

Using the brief bio gambling screen is easy, but you need to know the next steps if your client screens positive.

- **Refer client to an expert.** If a client screens positive, this is not a diagnosis for gambling disorder. Rather, it's an indication for further assessment to determine what help is best for them. If no one on your staff is qualified to do further assessments for problem gambling, Minnesota has trained problem gambling counselors. Make a referral by visiting our website www.mnapg.org/professionals.
- **Encourage clients to take comparative survey.** Many clients may not be interested in seeking immediate treatment for their gambling issues. In that case, encourage them to take a survey of gambling behavior that compares them with other Minnesotans. www.mnapg.evolutionhealth.care/cyg-u.
- **Provide information.** Provide clients with resources. Our website, www.mnapg.org, includes in-depth information about gambling disorder, including inspiring stories about people in recovery and links to workbooks and peer support groups.

Brief Bio Gambling Screen

- During the past 12 months, have you become restless, irritable or anxious when trying to cut down or stop gambling?
- During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?
- During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

