

An Introduction to Gambling- related Harms and Treatment Services

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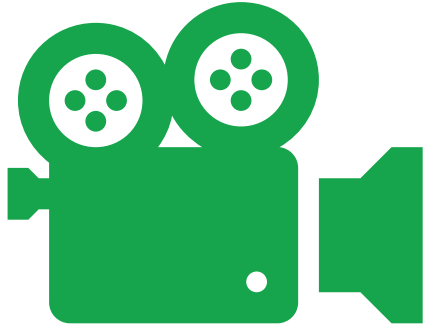
Charlotte Robb
Training and Engagement Lead
Scotland

Natalie McNulty, Treatment Practitioner
Glasgow, GamCare Scotland



Today's session

What can you do if any of the information shared today affects you?



Turn off your camera



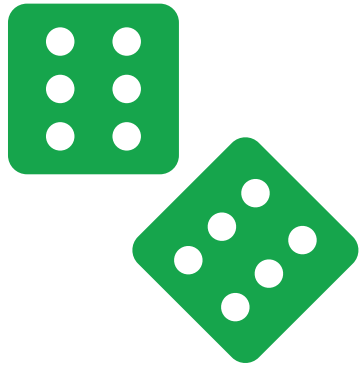
Leave the session



Have a chat after

What we are going to cover

There are three elements to today's workshop:



How gambling-related harm can occur and what it looks like



The impacts of gambling harms on the gambler, and any affected others



Signposting information and information on support services and treatment provided by GamCare

Gambling

Take a moment to think about what gambling...



...looks like



...sounds like



...feels like

What do we mean by...

Gambling?

"To **stake or risk** money or **anything of value** on the outcome of something involving **chance**."



Gambling Disorder?

"Gambling that compromises, disrupts or damages **family, employment, personal or recreational pursuits**."



Gambling-related harms?

"The **adverse impacts** from gambling on the health and wellbeing of **individuals, families, communities** and society."



The gambling continuum



Occasional
Fun, entertaining
Social (gambling
with others)
Sticking to spending
limits



More frequent,
diversifying
Chasing losses
Overspending
Concealment
Difficulty concentrating
on other things
More isolated



Borrowing money
Criminal activity
Constantly thinking
about gambling
Relationships at
home/work starting to
suffer
Suicidal thoughts/actions

Tier 1 – Brief Advice
Tier 2 – Brief Intervention

Tier 3 – Structured
Treatment

Potential risk factors

**trauma, abuse,
neglect**

low self-esteem

**using alcohol and/or
drugs**

**peer disordered
gambling**

**low/high parental
supervision**

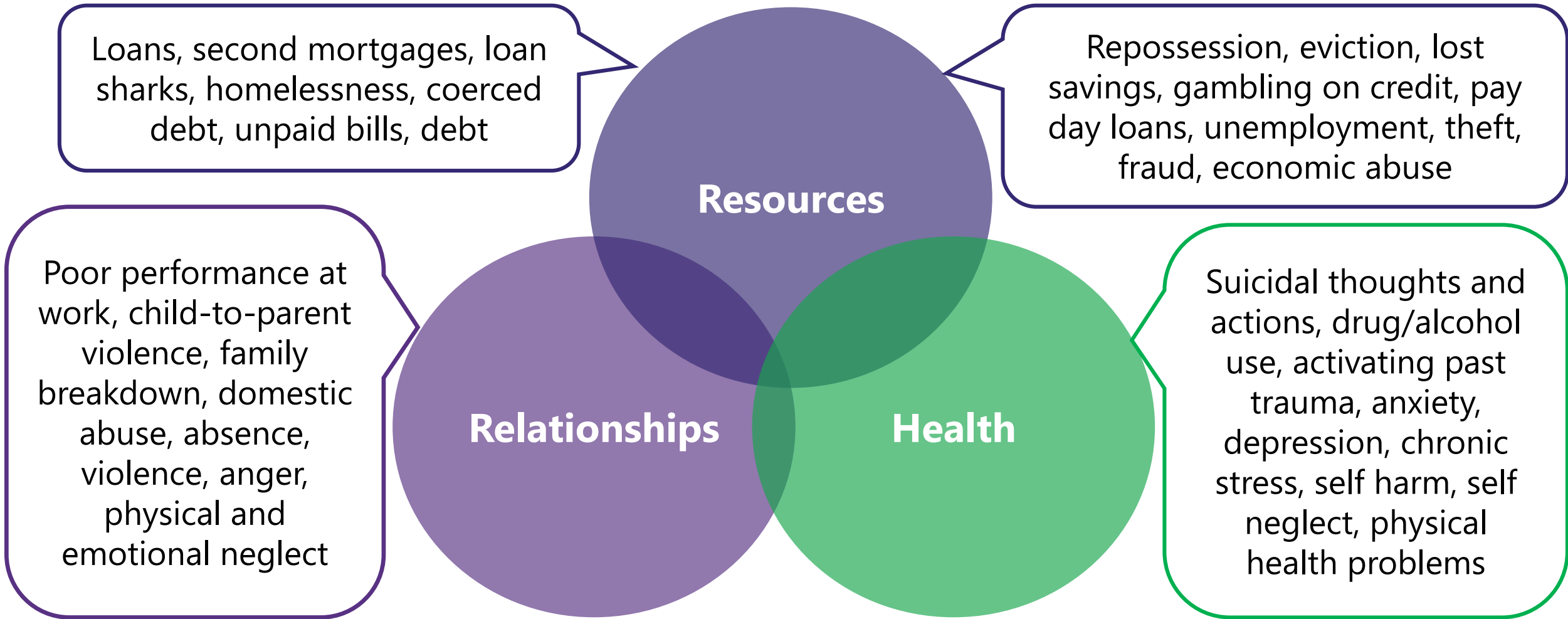
**socio-economic
vulnerability**

social isolation

**contact with the
criminal justice
system**

early big win

Gambling-related harms



What does women's gambling look like?



**To escape,
distract or
forget**

Stress release

**Coping
mechanism**



**Starting to
gamble later in
life**



**Chance-based
games**



**Telescoping –
the rapid
development
of a serious
problem**



**Harder to find
services that
speak to
women's
experiences**

Hidden barriers to seeking support

Shame

Expectations based on traditional gender roles

'Women don't gamble'

Culture and religion

Fears

Loss of confidentiality

Being criminalised

Bringing up past trauma

'Losing my family and children'

Male attitudes in treatment spaces

Awareness

GPs, professionals

Lack of academic evidence and research

Isolation of gambler/AO

"My GP told me it didn't matter so much for me as I wasn't the main breadwinner"

The 'starter'
question

**Has your gambling
or the gambling of
someone close to you
had a negative effect on
your life?**

GamCare Scotland

Delivery in Glasgow, Edinburgh, South and North Lanarkshire

Glasgow areas covering G1 – G53

Edinburgh covers EH1 – EH26

Out with these areas, our partner, the RCA Trust, are commissioned to deliver treatment services

Treatment options:

Individual sessions

- (EBI) Extended Brief Intervention (Tier 2)
- Structured Psychosocial Treatment (Tier 3)

Group sessions

- Recovery Course
- Relapse Prevention (Aftercare)

Online treatment

- CCBT

Treatment options: Individual sessions

(EBI) Extended Brief Intervention (Tier 2):

- Short term treatment (around 4 to 6 sessions maximum).
- Provide an opportunity for a structured, meaningful conversation with someone who is concerned about their or someone else's gambling.
- Sessions can last around 20-30 mins and aim to increase motivation to change using Motivational Interviewing and associated support tools such as goal setting
- provide information/advice or signpost to other services.
- Does not require a comprehensive assessment (only triage/screening assessment)

Treatment options: Individual sessions

Structured Psychosocial Treatment (Tier 3):

- Requires a Comprehensive Assessment
- In-depth and structured conversation (30-50 mins) over a number of weeks
- Sessions are usually delivered weekly, but frequency can be reduced to fortnight or monthly sessions depending on the needs of the service user
- Using a range of interventions (MI, CBT, SMART goals, support network, self-esteem, strength).
- The aim is to help build recovery capital, increase self-esteem and self-efficacy and sustained behaviour change.
- Facilitate referrals to external services, or/and signposting to appropriate agencies (Debt management, GA, CAB etc)

Treatment options : Groups

Gambling Recovery Course (Tier 3):

- Designed for service users currently gambling or not, aims to promote education and self-awareness around their own gambling and provide a peer-to-peer support environment
- Structured psycho-educational group programme
- Between 6 to 10 weeks rolling course - up to 6 participants
- Facilitated by a trained Practitioner, delivered online or Face to Face
- Covers variety of topics relating to changing gambling behaviour (triggers, urges, cycle of behaviours)

Treatment options : Groups

After Care Group – Open Support Group (Tier 2):

- Designed for service users who have successfully completed treatment and stopped gambling and are looking at maintaining their long-term recovery.
- No minimum or maximum number of sessions – service users can attend the group when they need
- Facilitated by a trained practitioner, Online or Face-to-face
- Covers topics brought up by participants depending on the difficulties they have been facing

Online Treatment: CCBT

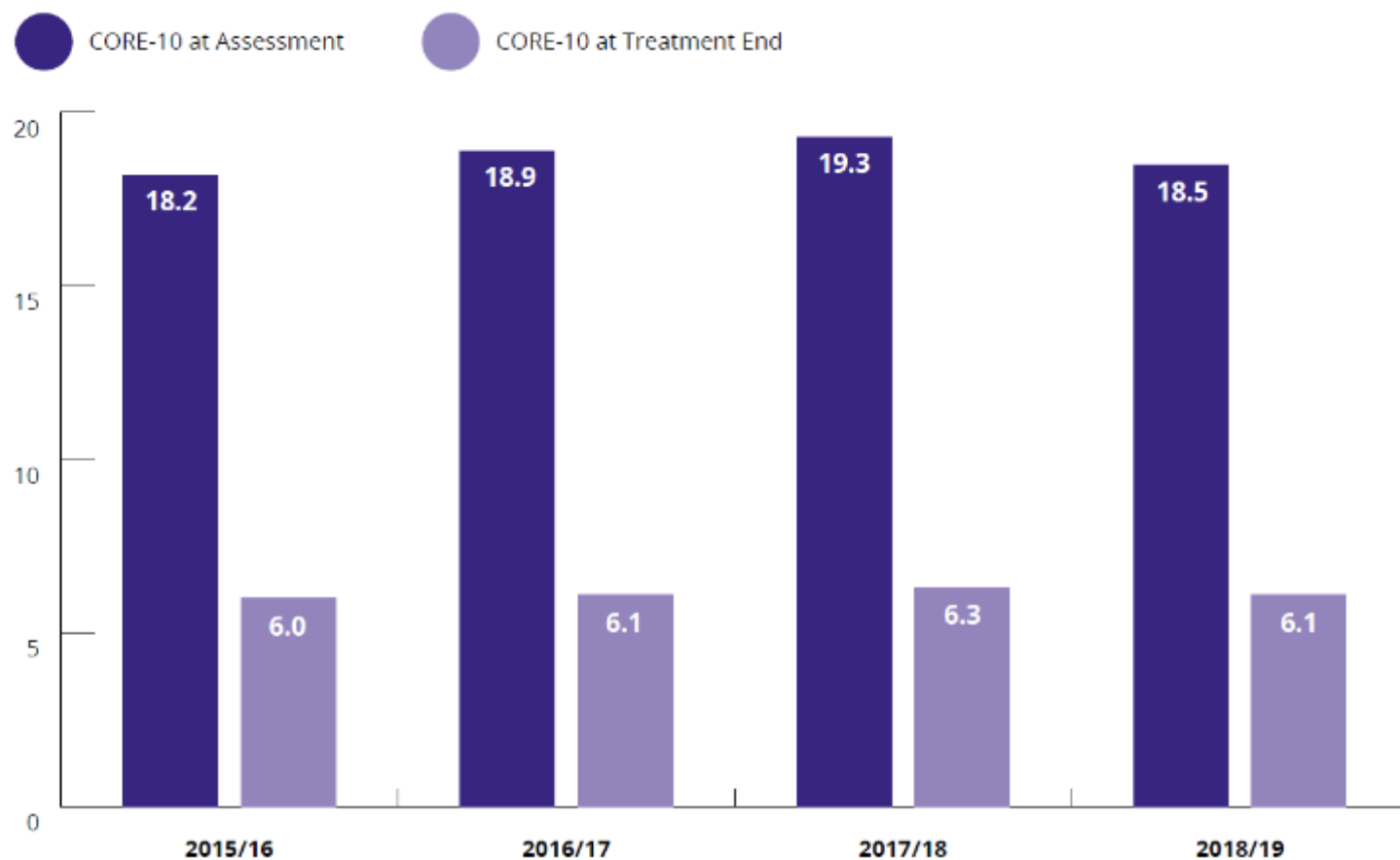
- Introducing GameChange from GamCare – YouTube
- Gamechange: A flexible, online CBT course supported by regular contact with a GamCare practitioner.
- Designed so it can be completed at their own pace, wherever is most convenient, over the course of eight weeks
- Can self-refer & complete a brief online screening – takes approx 20 mins.

Value of Treatment

Score	Indicator
0	Non-Problem Gambler
1-2	Low Level Problem
3-7	Moderate Level Problem
8+	Problem Gambling

Table 46: Pre and Post Treatment PGSI Assessments 2015/16 to 2018/19				
	2015/16	2016/17	2017/18	2018/19
PGSI at Assessment	19.0	19.3	19.6	19.5
PGSI at Treatment End	4.1	3.7	3.6	3.4
PGSI Improvement	14.9	15.7	16.0	16.1

Value of Treatment



Score	Indicator
0-5	Healthy
5-10	Low-Level
10-15	Mild
15-20	Moderate
20-25	Moderate to Severe
25-40	Severe

Lived Experience

Rachel Murphy, Lived Experience Manager

Rachel.murphy@gamcare.org.uk

**Matt Blanks, Peer Aid Manager @
Betknowmoreuk.org**

Women's Programme –

The Women's Voices survey ran from mid-October 2020 and ended on 31st of January 2021. It was promoted through GamCare treatment providers, GamCare website, social media platforms, GamCare forums and staff emails to stakeholders and contacts

Voices of Women who gamble

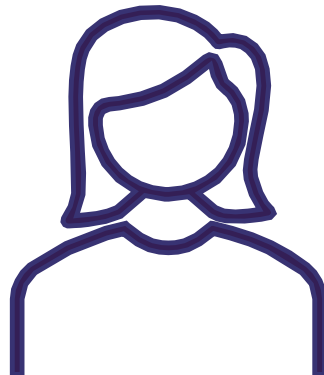
'I became mentally ill and was having daily thoughts about self-harm and suicide. I believed my family would be better off without me. I stopped going out, meeting friends or family and completely isolated myself!'

'I never gambled in public because of the thought of being judged for being a women'

'Hell, suicidal, debt, family issues, trust, helplessness, exhaustion.'

'I ended up suicidal because I couldn't see a way of getting away from the endless emails and exposure.'

'It started during lockdown and has just rocketed since. Slots online. It just increased in frequency and amount very quickly'



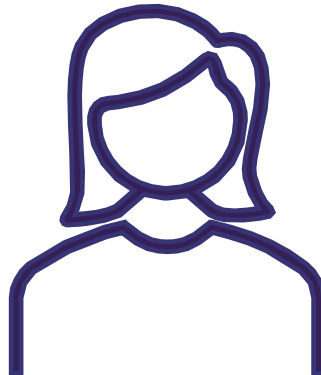
Voices of Affected Others

'His gambling has left us with no savings, no disposal income and a very worn relationship. He is often stressed and aggressive over the gambling'

'We were about to lose our home, when he decided to end his life. My husband sustained life changing injuries due to his suicide attempt and now has memory loss, mobility problems and needs 24 hour care. This has been devastating for his kids and we've had to make major changes to our lives'

The lies , deceit, financial problems have made me ill. I'm a shadow of myself.

'My own mental health suffered for years, and my financial wellbeing was put at risk, because of my son's involvement with stocks and shares and foreign exchange trading in his late teens and his twenties'



'Partner stripped money saved for carpets twice, so we had bare floorboards for years. She also stole from my daughter: money meant for my baby grandson.'

Referral Information & Further Training

Referral for Treatment:

National Gambling Helpline: 0808 8020 133
(24/7, 365 days a year)

Direct referrals to GamCare Scotland

Email: Scotland@gamcare.org.uk

Tel: 0131 261 5220

Team Leader: Lisa Patton

Lisa.patton@gamcare.org.uk

Treatment Practitioner (Glasgow): Natalie McNulty

Natalie.mcnulty@gamcare.org.uk

