

UO Problem Gambling Awareness & Prevention Project
University of Oregon/Lane County H&HS
Project Description (workplan rev. 09/08)

PROJECT GOALS

The purpose of this project is to carry out campus-based problem gambling awareness and prevention efforts in partnership with the University of Oregon (hereafter referred to as UO) Substance Abuse Prevention Program.

Goal #1: Implement an evidence-based problem gambling prevention/outreach project to increase student awareness on campus about the effects of problem gambling, and promote awareness that problem gambling is a preventable and treatable public health problem. Social norms will be used to carry out this goal.

Goal #2: Increase awareness among select UO staff about problem gambling, including the similarities between problem gambling and other problem behaviors; increase skill-building for proper identification and referral of students who have problem gambling issues.

Goal #3: Educate UO housing staff and students living on campus about concerns regarding online gambling; reduce favorable attitudes of online gambling among students living on campus.

POPULATION & JUSTIFICATION

Students:

A meta-analysis of published studies of college students estimated the prevalence rate of lifetime problem gambling at 5.6 percent - approximately twice the rate found in the adult population (Shaffer & Hall, 2001). A 2007 survey specific to gambling habits at UO, commissioned by Lane County Problem Gambling Prevention and conducted by Northwest Survey and Data Services (NSDS), found that almost one-quarter of student gamblers have identified with at least one criterion for problem gambling, though only about three percent of students identified themselves as having a gambling problem.

Results of the Lane County survey provide a foundation for which to conduct the efforts submitted in this proposal. According to the survey, gambling is a common behavior for University of Oregon students. In the past year, over half of all students have engaged in some form of gambling. Although gambling is fairly common, it is rare for students to gamble more frequently than once a month. It is also rare for students to bet large sums of money. The recommendation of NSDS was for Lane County to include social norms in on-campus problem gambling prevention efforts.

Researchers at McGill University in Toronto have recommended (as reported by DeJong, DeRicco, Anderson, 2006): emphasizing personal risks associated with gambling; denormalizing gambling by reporting prevalence data, showing that regular gambling is not a majority behavior; and calling attention to actions by gambling industry to draw people into “games designed to make individuals repeatedly lose money.”

Most University students were unaware of the resources available to them to help with

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gambling problems. According to Northwest Survey & Data Services' summary of the UO survey, "Lane County may want to consider a campus-based information center for resources to help with problem gamblers." This recommendation will be followed as a key component of this project.

Another facet this project will address is online gambling among students living on campus. Online gambling, while currently illegal in the United States, still continues to be popular among college students, who are able to get around current laws. A recent *Oregon Quarterly* article outlines this issue at UO (Werner, 2007).

Staff:

The National Association of Student Personnel Administrators (NASPA) has encouraged college officials to increase their awareness of the potential health risks associated with gambling, and to integrate problem gambling related materials into student prevention and treatment programs. This project will carry out the NASPA recommendations.

IMPACT/APPLICABILITY/REPLICABILITY

The impact of the project would be increased awareness among students and staff about the issue of problem gambling, and increased identification and referral of problem gambling for state-funded problem gambling treatment. Additionally, through policy development and implementation, availability and accessibility of gambling opportunities will be reduced. This project would be both applicable and replicable for other colleges and universities throughout Oregon.

This project would implement, and evaluate the college problem gambling prevention/outreach model as proposed by the Addictions & Mental Health Division; this program would be the first comprehensive college problem gambling awareness program in the state. By completing this project, we would make a reality the model of the concepts produced by AMH. Lane County staff will be available to provide in-services to other state-funded PGS programs, as well as other colleges/universities across the state, who may be interested in conducting similar comprehensive projects.

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STAFF/QUALIFICATIONS

Julie Hynes is Lane County's problem gambling prevention coordinator. Ms. Hynes is a Certified Prevention Specialist and will provide training and technical assistance to the University of Oregon student coordinator and work with UO Substance Abuse Prevention Program (SAPP) staff.

Tom Favreau is the Director of University of Oregon's Substance Abuse Prevention Program, Conference Manager and Practicum Supervisor. SAPP provides education and increases awareness in the areas of alcohol and other drug prevention, as well as problem gambling. Mr. Favreau is the project's principal investigator.

Ann Kokkeler is the University of Oregon's Substance Abuse Prevention Program (SAPP) Coordinator, Conference Manager and Practicum Supervisor. Ms. Kokkeler will be providing supervision to the student coordinator.

REFERENCES

DeJong, W., DeRicco, B., & Anderson, J. (2006). Gambling: The new addiction crisis in higher education. *Prevention File*, 21(1), 11-13.

Shaffer, H. & Hall, M. (2001). Updating and refining meta-analytic prevalence estimates of disordered gambling behavior in the United States and Canada. *Canadian Journal of Public Health*, 92(3), 168-172.

Werner, M.J. (2007). All in? The stakes are rising as Internet poker gains popularity among college students. *Oregon Quarterly*, 3, 20-23.

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**UNIVERSITY OF OREGON PROBLEM GAMBLING AWARENESS & PREVENTION PROJECT
 REVISED WORKPLAN, SEPTEMBER 2008**

Objectives	Revised Timeline	Description of Deliverables
<p>Project #1: Student Awareness Building</p> <p>Goal: Using local data, implement an evidence-based problem gambling prevention/outreach project to increase student awareness on campus about the effects of problem gambling, and promote awareness that problem gambling is a preventable and treatable public health problem.</p>	05/2008	<p>1-A. Convene Substance Abuse Prevention Team and Substance Abuse Prevention Program Coordinator to further the implementation plan and assign roles.</p>
	09/2008	<p>1-B. Hire and train student coordinator and identify responsibilities.</p>
	09/2008-06/2009	<p>1-C. Develop and distribute educational materials (including posters, table tents, etc.) outlining the warning signs of gambling and 24-hour gambling help line and 1877mylimit.org website. Develop one public service announcement. Submit two articles or guest editorials per year to <i>Daily Emerald</i> newspaper. Include social norms in advertising/ sponsoring on-campus sports events.</p>
	01-03/2009	<p>1-D. Develop on-campus awareness efforts for Oregon Problem Gambling Awareness Week, including one specific written material, online information, and one public service announcement.</p>
	06/2008-06/2009	<p>1-E. Deliver a minimum of three presentations to orientation sessions in summer and Greek pledge classes.</p>
<p>Project #1: Student Awareness Building (cont.)</p>	03/2008-06/2009	<p>1-F. Online resources: Link to lanecounty.org/prevention/gambling/college.htm and 1877mylimit.org from student life (student health center & counseling and testing center) and athletics department websites. Provide information about problem gambling on UO sites as appropriate.</p>

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Project #2: Staff Training Goals: Increase awareness about problem gambling among select University of Oregon staff; increase skill-building for proper identification and referral of students who have problem gambling issues.	09/2008-06/2009	2-A. Increase awareness of various on-campus departments, including: counseling staff, health center staff, peer educators, housing staff, and athletic department staff.
	09/2008-06/2009	2-B. Train aforementioned staff on signs of problem gambling, local resources available to address problem gambling, and identification and referral.
Project #3. On-Campus Online Gambling Awareness & Reduction Goal: Educate UO housing staff and students living on campus about concerns regarding online gambling; reduce favorable attitudes of online gambling among students living on campus.	09/2008-06/2009	3-A. Educate housing staff to on identification of gambling problems.
	09/2008-06/2009	3-B. Develop prevention efforts to address online gambling based upon survey findings. Materials about online gambling legality and odds will be delivered to students living on campus. Deliver three presentations per year to housing staff outlining legality and odds of online gambling.