








## **Section 2**

### **Oregon Problem Gambling Services**

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## Oregon Problem Gambling Services

- *Each year more than 2,000 clients receive treatment and 60% of successful program completers report no gambling 6 months after treatment.*
- *More than 2.4 million Oregonians are reached each year by prevention and outreach efforts.*

Oregon's Problem Gambling Services are part of the State Department of Human Service's Addictions and Mental Health Division. Problem gambling treatment services are guided by the principles of a bio-psycho-social model approach. Problem gambling prevention services are guided by a public health approach that takes into consideration biological, behavioral, economic, cultural and policy determinants influencing gambling and health. Oregon Problem Gambling Services encompasses prevention, reducing negative impacts of gambling and multiple levels of treatment.

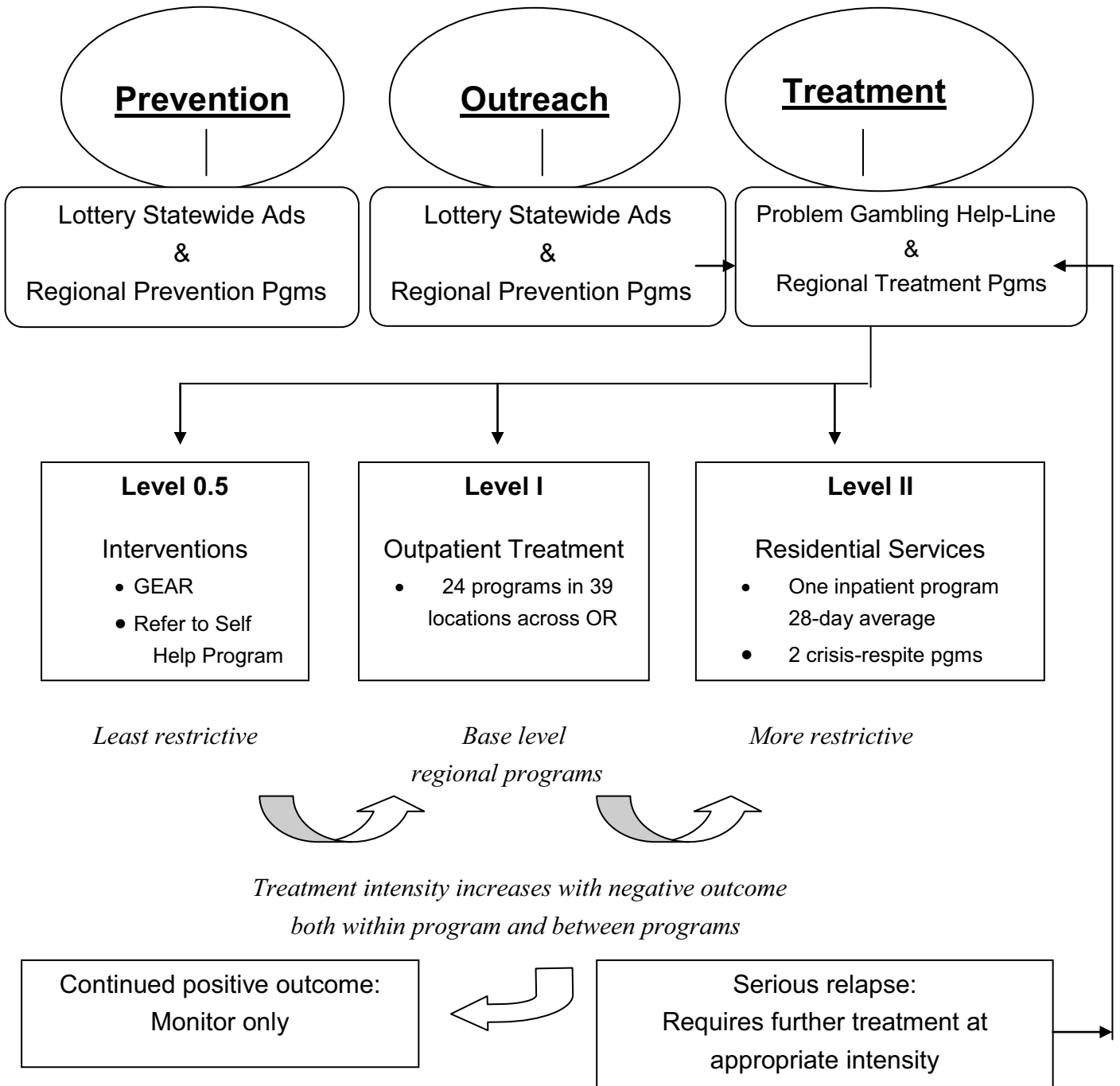
### **Funding**

Oregon's Problem Gambling Services funds come from the legislatively enacted Gambling Treatment Fund. The Oregon Lottery is directed to transfer 1% of their net proceeds to this fund. Oregon Department of Human Services Addictions and Mental Health Division is responsible for the creation and maintenance of a state-wide prevention and treatment system as well as providing education and policy analysis to legislature and Governor's Office.

### **Service delivery overview**

Three service areas make up Oregon's Problem Gambling Services: prevention, outreach and treatment. Program design follows the framework recommended by the Institute of Medicine's (IOM) Continuum of Care. The diagram which follows depicts Oregon's Problem Gambling Services.

# Oregon Problem Gambling Services



## **Prevention**

Problem gambling prevention programs are directed at avoiding or reducing the emotional, physical, social, legal, financial and spiritual consequences of disordered gambling for the gambler, the gambler's family, and the community. Oregon's prevention efforts are guided by the Center for Substance Abuse Prevention's (CSAP) six core prevention strategies and delivered by three separate, yet related, administrative bodies.

1. Department of Human Services' (DHS) Problem Gambling Services promote healthy public policy and develop collaborative relationships between various stakeholder groups.
2. County Governments develop and implement regionally specific prevention plans that include measurable goals and objectives that empower communities and strengthen community action.
3. The Oregon Lottery allocates about \$1.2 million annually for public awareness and education programs designed to provide clear and consistent messages regarding healthy and unhealthy gambling behavior. These campaigns use television, radio and print media.

## **Outreach**

Common outreach activities include case finding among high-risk populations, which involves screening for gambling problems within mental health programs, alcohol and drug abuse programs, corrections departments, and at-risk youth programs. Additionally, providers at the local level use problem gambling funds to do general awareness and outreach activities such as providing presentations to various groups, creating public service announcements, exhibiting at conferences and meetings, etc. Finally, the Oregon State Lottery's awareness campaigns generate thousands of calls to the Problem Gambling Help-Line.

## **Treatment**

### **Problem Gambling Help-Line (1877-MY-LIMIT).**

The Help-Line is staffed 24-hours a day by certified problem gambling treatment counselors. Counselors are also available by telephone, interactive chat, or email by accessing the helpline website: [1877mylimit.org](http://1877mylimit.org). Callers are informed that **problem gambling treatment services in Oregon are free of charge and**

**confidential.** When appropriate, counselors conduct brief assessments and motivational interviews with callers. The counselor then makes referrals based on screening information, clinical judgment, and available resources. To facilitate a successful referral, Help-Line counselors use three-way calling to place the caller in contact with the referral agency, and offer follow-up calls to provide further support.

Treatment options, from least to most intensive, include:

**GEAR (Gambling Evaluation and Reduction) program:** is a treatment option for individuals with less severe gambling problems and is the first home-based gambling counseling program in the United States. It combines phone consultation with a certified gambling counselor, workbook exercises, and referral resources to give participants the tools and motivation to make good choices about if and how much to gamble. . *See also: GEAR information for counselors p. 2-6).*

**Outpatient Treatment:** 39 outpatient treatment locations throughout the state of Oregon provide group, individual, couples and family counseling.

**Respite programs:** are available at two locations in the state. Respite is available for clients enrolled in one of the outpatient facilities

**Residential treatment** program is located in Salem, Oregon. Eleven beds are dedicated to problem gambling clients.

Treatment facilities in each county are listed on the Problem Gambling Helpline website at [1877mylimit.org](http://1877mylimit.org); click on the “ I Need Help” tab at the top of the page, then click on the hotlink to providers).

### **Treatment Statistics 7/07-6/08 (Moore, 2008)**

1. 2012 gamblers received treatment in outpatient, residential, and minimal intervention programs.
2. The average gambling debt per client was \$22,000.
3. Approximately 30.6% of the clients reported alcohol related problems.
4. Approximately 48.4% reported any suicidal thoughts and 7.4% reported attempting suicide in the past six months.
5. 15.2% more clients were served over the previous year.

6. The total gambling debt reported of all clients entering services was \$44,276,489.
7. Video poker was identified by 64.7% of the clients as their primary game of choice, followed by slots/line games at 24.0%.
8. The state-wide problem gambling helpline received 2297 specific calls for help with 92.7% being referred on to treatment.
9. Nearly 50% of the gamblers reported working full-time and for those who reported a household income, the annual average was \$33,985.
10. Approximately 76.3% of the gamblers reported their primary gambling venue as a lottery retailer followed by 13.2% casinos.
11. Approximately 13.7% of the gamblers reported having any problems with illegal drug use.
12. Sixty clients reported gambling debts in excess of \$100,000.
13. Approximately 57% reported they either jeopardized or lost a significant relationship or job because of gambling.
14. Approximately one in three clients (36%) reported going beyond what was strictly legal to obtain money with which to gamble.
15. Treatment programs that are within 50 miles of a casino are significantly more likely to enroll gamblers who report their primary gambling venue as a casino than other treatment programs.

County-specific statistics are included in the Appendix to this guide.

## **What is GEAR? Information for counselors**



The Gambling Evaluation and Reduction Program (GEAR) is the first home-based gambling counseling program in the United States. It combines phone consultation with a certified gambling counselor, workbook exercises, and referral resources to give participants the tools and motivation to make good choices about if and how much to gamble.

### **Why should I refer a client to the GEAR program?**

GEAR may be a treatment option for the following clients:

- Individuals with less severe gambling problems
- Clients who are unable to make it to treatment, whether due to location or treatment times
- Clients who may be resistant to treatment or who are in the precontemplation stage of change.

Phone counseling and the GEAR workbook are available in Spanish. GEAR offers treatment for family members.

### **How do I refer a client to the GEAR program?**

Call the Problem Gambling Helpline at 1-877-MY-LIMIT

### **How can I help prepare a client for the GEAR program?**

GEAR is a structured program. Clients can expect a minimum of 4 to 6 phone sessions. Clients will be asked to make a commitment to complete the GEAR workbook and additional reading as necessary.

When a client calls the Helpline to enroll in the GEAR program, the client will be scheduled for an initial phone session with a certified counselor, which includes an assessment and determines level of commitment. This session will take 45 to 60 minutes. Upon completion of the assessment, the GEAR workbook is mailed to the client and the next phone session will be scheduled.

## Oregon's problem gambling helpline is also online

home about sitemap privacy

Need Help...  
Have Questions?  
**LIVE CHAT HELP**  
a gambling counselor  
is currently  
**ONLINE**  
click here

Oregon Problem Gambling Helpline

Do I Need Help? I Need Help! Directory Contact

**Free Confidential Help!**

If you are (or someone you know is) gambling too much, you can call the Oregon Problem Gambling Helpline or chat live online with a certified gambling counselor. All information shared is confidential and this service is FREE to Oregon residents.

The Oregon Problem Gambling Helpline has been in operation since 2001. Trained professional staff members are available 24 hours a day, 7 days a week to listen, educate, answer questions, and refer people to free confidential treatment services.

Our staff is available through Live Chat, by Instant Messaging, Email or you can reach us by phone at 1-877-MY-LIMIT. We're here to help!

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## Email...chat...instant message

If you are (or someone you know is) gambling too much, you can call the Oregon Problem Gambling Helpline or chat live online with a certified gambling counselor. All information shared is confidential and this service is FREE to Oregon residents.

- Information on problem gambling and who is at risk.
- Access to provider across the state and treatment options.
- A list of all gambling treatment providers across the state.
  - List of GA meetings in Oregon

**1877mylimit.org**