Problem Gambling Services

Critical Program Updates

This is our primary communication tool to provide state-funded Program Gambling Services providers with Critical Program Updates. Please take time to ensure that you are up to date on clarifications and changes to our system that will appear here.

From the desk of Paul D. Potter:

Many of you may just now be absorbing the impact of the Problem Gambling budget reductions for fiscal year 2010-2011. For some, the reductions are slight, and for many the reductions are significant. You may even feel that it threatens your program viability. Our task as a system is to successfully navigate this temporary downturn in revenues so we can come out of this with basic infrastructure intact. This will require us to use creative and collaborative problem-solving. Some of you have called or emailed with ideas, recommendations and requests. These are all appropriate and helpful. Please keep them coming. I will take all of these into considerations as I guide us through this budget cycle.

This is an opportunity to examine our business model from all aspects to ensure that we are being effective stewards of public funds while making problem gambling prevention and treatment services available to any Oregonian that needs them. Our goal is to avoid limiting access to services whenever possible. There are a number of potential next steps that could be taken to assist in managing our current resources. Two steps we are strongly considering implementing in the near future are:

- Placing a limit on services to one year
- Allow co-pays and set the co-pay amount (i.e., $5. per visit)

The following steps we urge you to consider:

- Encourage utilization of brief therapy approaches where appropriate (See Jackie’s article in this Newsletter)
- Maximize use of group counseling

I look forward to the dialogue with all providers on these issues at our next Provider Meeting or contact me by phone or email with your rants and raves.
National problem gambling conference: volunteer opportunities

There are still a few spots open for volunteers to help out at the national conference in June in Portland—if you’re interested please email Wendy ASAP at wendy.hausotter@state.or.us. Volunteers have their conference registration fee waived in exchange for a few hours’ work.

2011 PGS Conference

And speaking of conferences, the next one will be an Oregon-specific conference sponsored by the state problem gambling services office—it will be held in 2011, dates and location to be arranged. Due to budget cuts, we will have to find a location that is free so if any of you have or know of a meeting place that holds up to 120 comfortably and is free, please let us know—email wendy.hausotter@state.or.us. We may also be asking some of you to volunteer to do workshops and sessions, so watch for that opportunity in the coming months.

ISSR Trainings

A number of you have already signed up for one of the statewide ISSR trainings. At this writing, Paul D. Potter intends to be at all ISSR trainings to answer any problem gambling specific questions. If you have not yet registered for one of the statewide trainings, the current ISSR trainings are full; however, we can answer questions that are specific to problem gambling as they come up. Please contact Paul D. Potter or Jackie Fabrick with any problem gambling specific questions.

Revised GPMS Forms Webinar (1.5 ceu)

Reminder: New GPMS forms will go into effect July 1, 2010—appropriate agency staff should plan to participate in one of the two following webinars to learn about the new forms: 4/22 or 5/27 from 3-4:30 pm
Announcements and registration info will be forthcoming—for now share this info with those
who should participate so they can put it in their calendar!

**Prevention Tip Sheet**

**Oregon Problem Gambling Awareness Week: tell us what you did**

Each year the National Council on Problem Gambling asks states to report on Problem Gambling Awareness Week activities. We compile that information and send it in to them, so please send an email listing any OPGAW activities to wendy.hausotter@state.or.us by April 5.

At the State level, we had good media coverage with our press release and op-ed being picked up by several papers including the Salem Statesman-Journal, the Oregonian, Eugene Register-Guard and Mental Health Oregon website.

( [http://www.statesmanjournal.com/article/20100310/OPINION/3100425/1049](http://www.statesmanjournal.com/article/20100310/OPINION/3100425/1049) )

We’ve already heard of one new OPGAW “event” -- the first ever video search which was sponsored by Lane County; check out the winning video at [www.preventionlane.org/videos.htm](http://www.preventionlane.org/videos.htm).

**Great Resource**

Budgets are tight so it’s more important than ever not to reinvent the wheel: if you’re looking for resources or information, check out the problem gambling prevention coordinator’s website at [www.probлемgambarлинprevention.org](http://www.probлемgambarлинprevention.org); we update it all the time, so it’s worth going there first!

**Art Search ended Mar. 19…entries due to PGS by**

If your area participated, please send up to 5 entries (if you have more than that, you should select the top 5) by April 2 to:

Greta Coe  
500 Summer St NE  
E 86  
Salem, OR  
97301

The selection committee will meet on April 12 to pick the entries that will end up in the 2011 awareness calendar and all will be notified after that date.
Brief and Short-Term Treatment for Problem Gambling

As the problem gambling research field slowly, but steadily grows, efficacious treatment approaches for problem gamblers also grows! The research points to the effectiveness of brief and short-term treatments for problem gambling, including Motivational Interviewing and Cognitive-Behavioral treatment. The benefit of these interventions is that they are short-term, often manualized approaches that can be completed in less than ten treatment sessions.

**Cognitive-Behavioral Treatment**

Many providers attended Dr. Benjamin Morasco’s presentation at the 2008 conference in Medford and have already received training in this first approach. Nancy Petry developed an eight-session cognitive-behavioral treatment for problem gamblers\(^1\). This approach reinforces non-gambling and has been used in individual and group formats. Session topics include:

- Functional analysis
- Increasing pleasant activities
- Self-management planning
- Coping with urges and cravings
- Assertiveness training and gambling refusal skills
- Changing irrational thinking
- Planning for emergencies and coping with lapses

In studies comparing the approach to a control condition of referrals to GA, the CBT approach has been found to be effective\(^2\).

**Motivational Interviewing**

Motivational interviewing (MI) has also been shown to be effective in the treatment of problem gambling (see attached articles). MI incorporates counseling techniques including reflective listening, summarizing, supporting self-efficacy, completing decision balance exercises and readiness rulers for motivation to change. Diskin and Hodgins\(^3\) compared participants in one MI session compared with a control interview. The MI participants reported fewer days gambling per month, spent less money gambling per month, and significantly less distress than the control group.

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Upcoming opportunities
If this is an area of interest to you, PGS will be forming a curriculum review committee. The intent of this committee is to review curriculum and make recommendations. Look for more information and details in coming newsletters.

Resources
As new research accrues, we will continue to keep you informed. For your convenience, cited articles are attached to this newsletter. PGS has Nancy Petry’s book available on loan. Please contact Greta Coe at greta.l.coe@state.or.us to borrow. For more information regarding brief and short-term therapies for problem gambling, please contact Jackie Fabrick.

If you’d like to see past issues of this newsletter, go to: http://www.oregon.gov/DHS/addiction/gambling.shtml scroll down to “Problem Gambling Services Announcements”

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Staff changes? Please notify Patricia ASAP so we can keep our records current! patricia.alderson@state.or.us or 503-945-9710