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**Nevada Problem Gambling Study
Annual Report Brief, Fiscal Year 2021**

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Knowledge.

Research.

Innovation.

History of State-Funded PG Treatment in Nevada

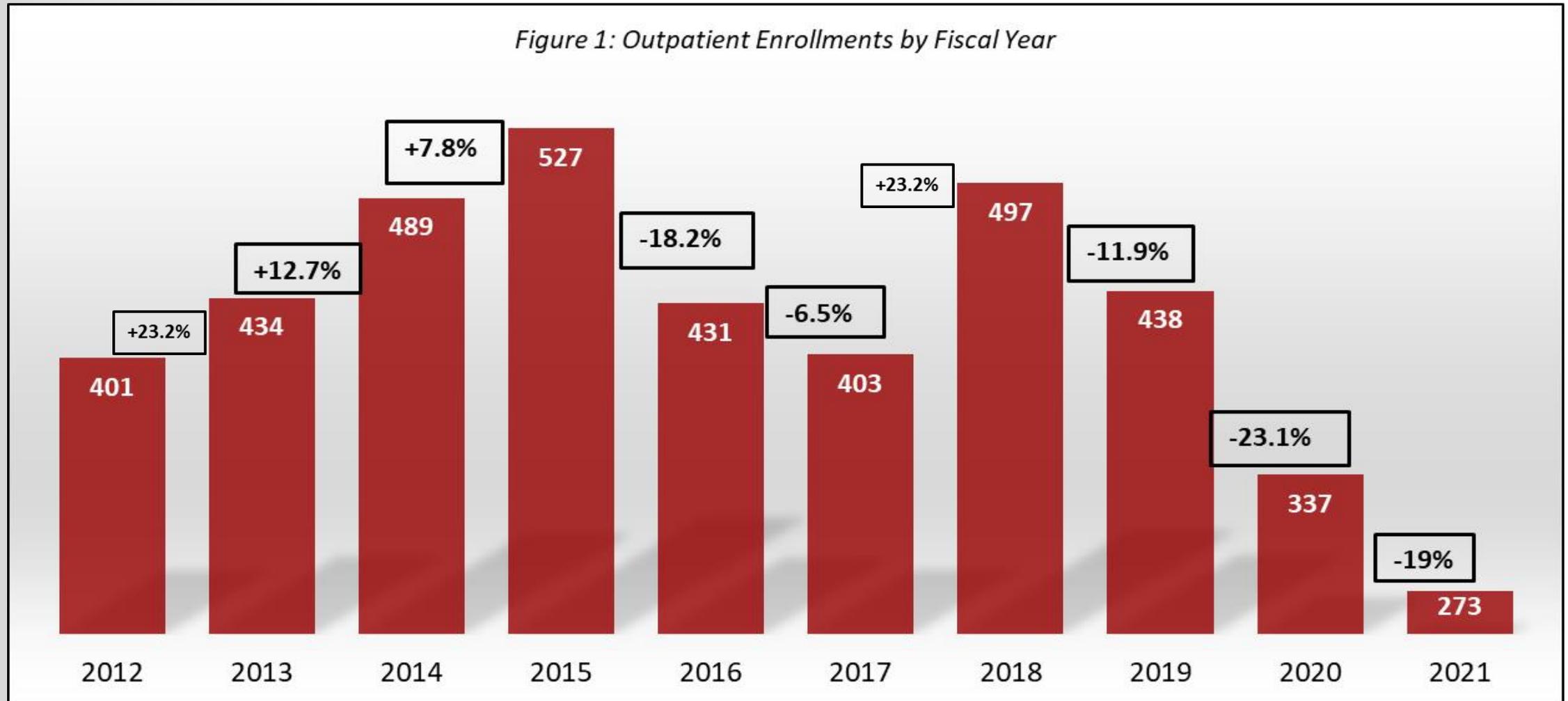
- Nevada established the Problem Gambling Fund in 2005 when Senate Bill 357 passed.
- The Advisory Council on Problem Gambling –a specially appointed advisory panel determines the ways that funds will be utilized.
- The Problem Gambling Fund has been utilized to support four main areas of service: Prevention and Education, Problem Gambling Treatment, Research and Evaluation, and Workforce Development.

FY21 Treatment Providers

- International Problem Gambling Center, Las Vegas
- Mental Health Counseling and Consulting, Henderson
- Bristlecone Family Resources, Reno
- Reno Problem Gambling Center, Reno
- Churchill Council on Alcohol and Other Drugs/New Frontier, Fallon

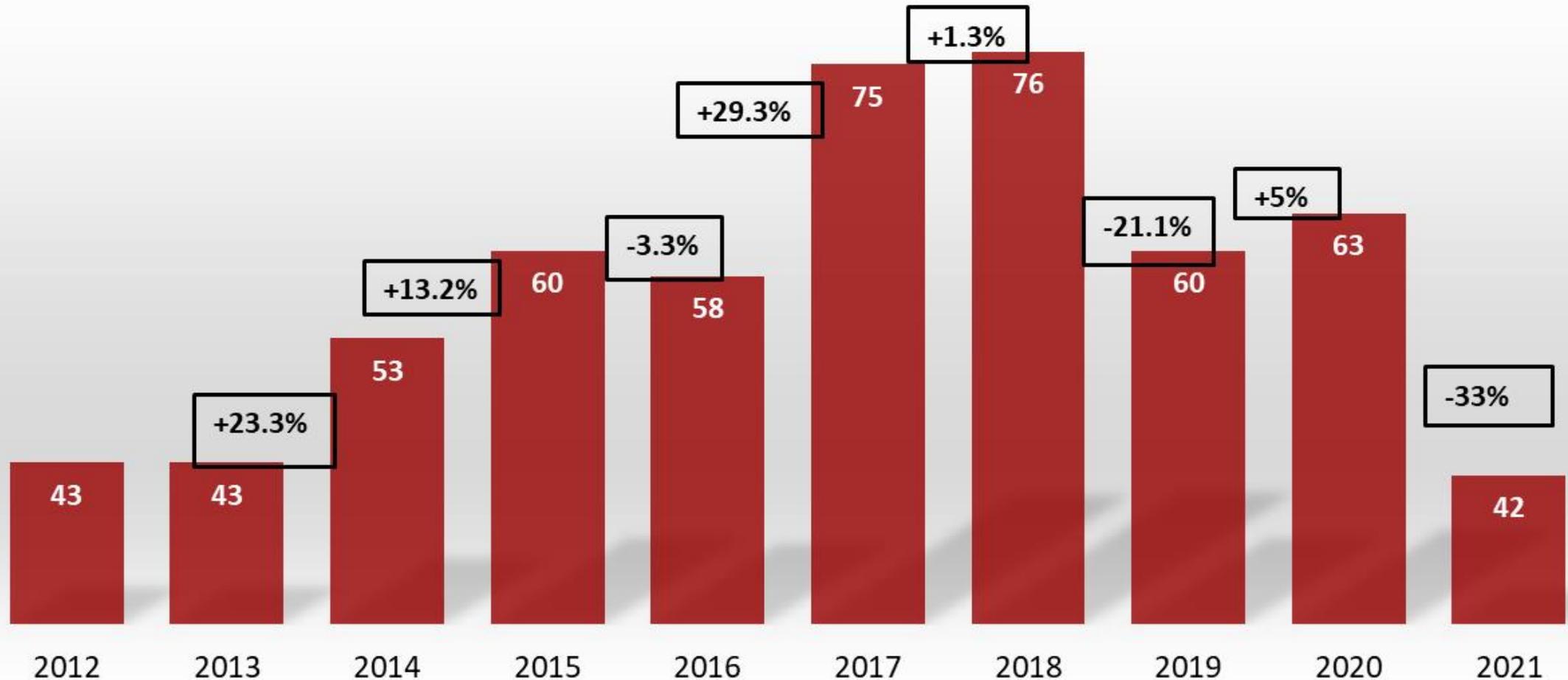


Outpatient Enrollments by Fiscal Year

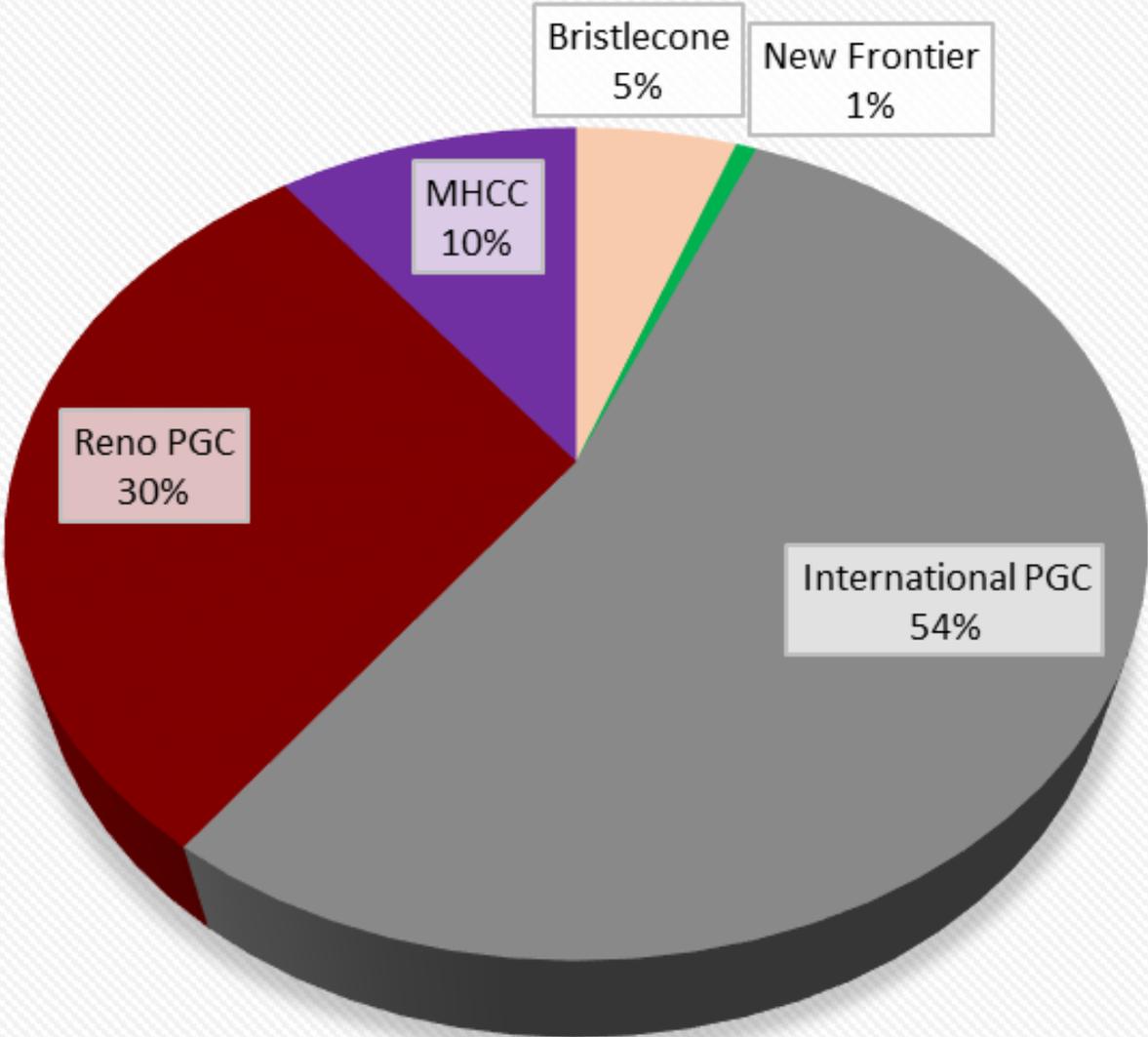


Residential Enrollments by Fiscal Year

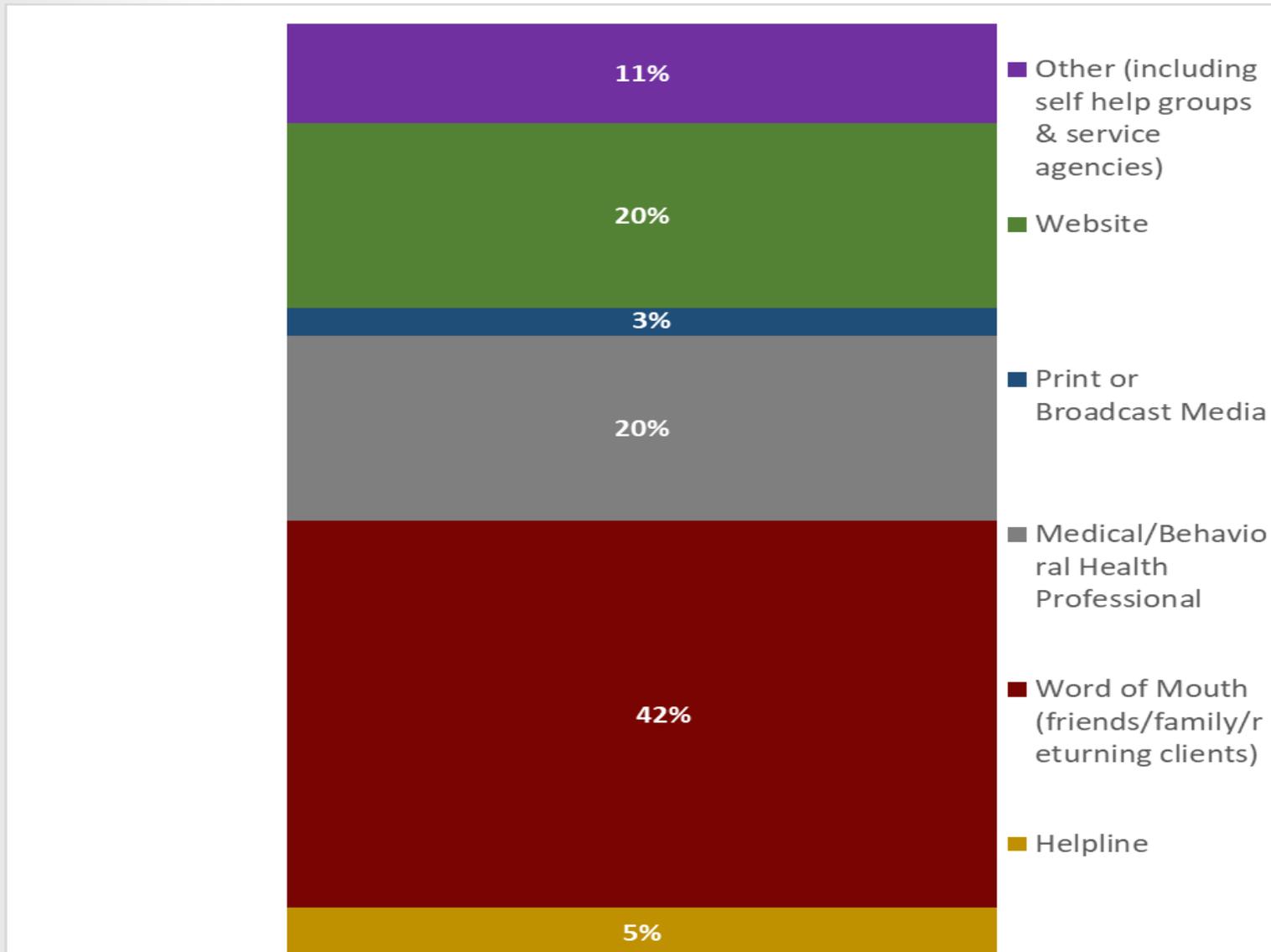
Figure 2: Residential Enrollments by Fiscal Year



Proportion of Clients Served by Clinic FY21 **UNLV** | IGI



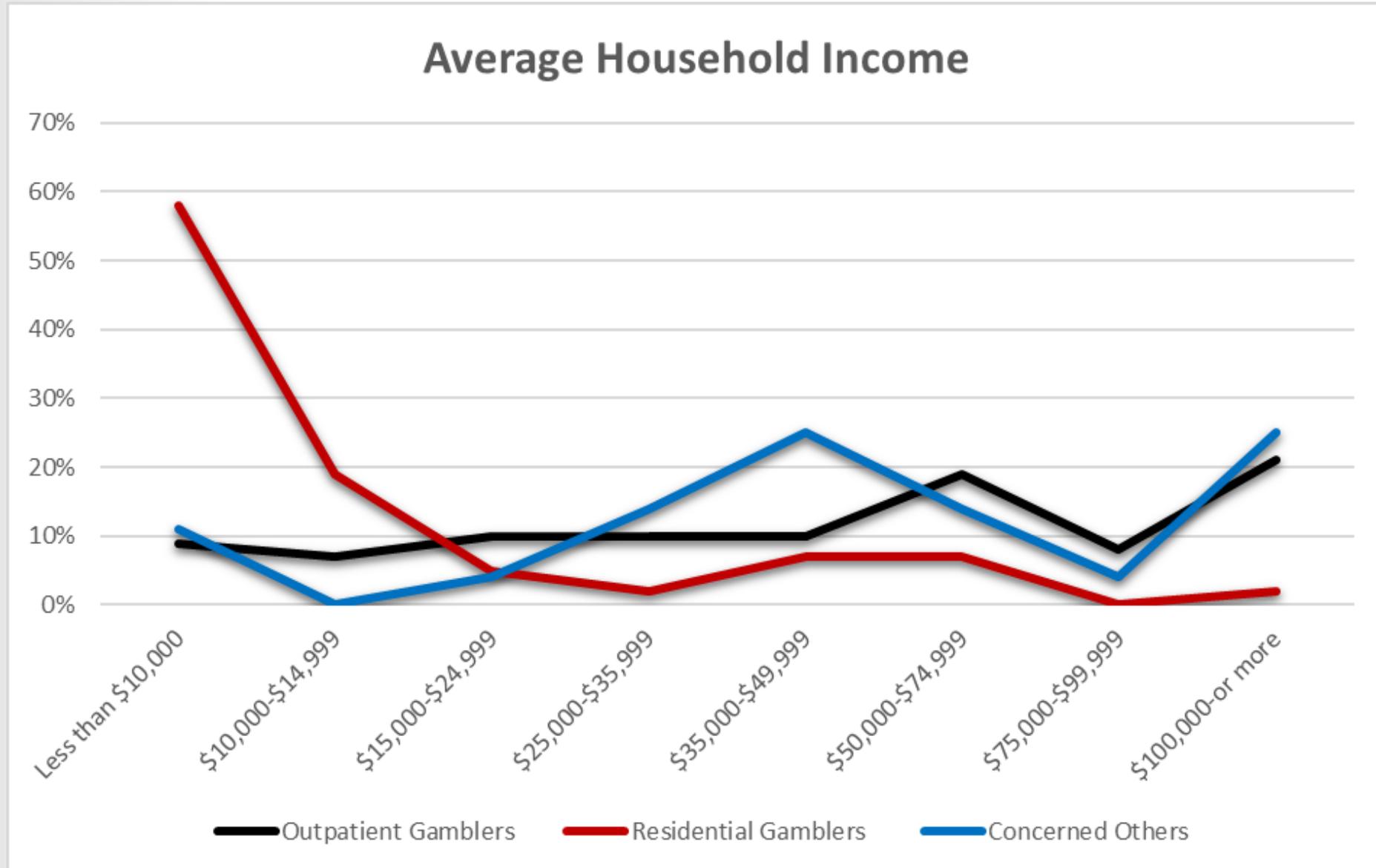
How do clients hear about Treatment?



Funding Utilization

FY21 Funds used by Treatment Providers		\$621,000
Treatment	88% (all services)	
Outpatient groups and individual counseling	50%	
Residential treatment	19%	
Intakes, Assessment only, transitional housing, supervision of interns,	20%	
Program and Treatment Support Activities (Add-ons)	11% (all PTS)	
Advertising	7.6%	
Data reporting/quality assurance	2%	
Workforce development	.5%	
Treatment materials	2%	
Continuing Care Services	.8%	
Aftercare (12 months post discharge)	.5%	
Extended aftercare (13-36 months post discharge)	.3%	

Demographics of Treatment Population: Income **UNLV** | IGI



Demographics of Treatment Population: Race/Ethnicity

Race	Treatment Population	Nevada Population*
White, non Hispanic	66%	48%
Hispanic or Latino/a	12%	29%
Native American or Alaska Native	.7%	2%
Asian	6%	9%
Black or African American	12%	10%
Native Hawaiian, Pacific Islander, and others	3%	.8%

*Source US Census ACS 2019

Treatment Population Stability and Health

	Residential	Outpatient
Problems with substances and other addictions (0-11)	2.4	1.2
Personal losses experienced as a result of gambling (0-9)	8.9	7.5
DSM-5 Score (0-9)	7.5	7.6
Family history of problem gambling	5%	53%
Family history of any addiction	79%	66%

Treatment Outcomes

- In FY21, we conducted a total of 191 follow-up interviews with problem gambling treatment clients and 24 interviews with concerned others at 5 different gambling treatment programs.
- We assess six broad categories: (1) access to treatment services, (2) treatment quality and helpfulness, (3) treatment effectiveness, (4) overall ratings of treatment services, (5) reduction in gambling behaviors, and (6) engagement with community support groups.
- Quotations in this document are from the clients we interviewed.

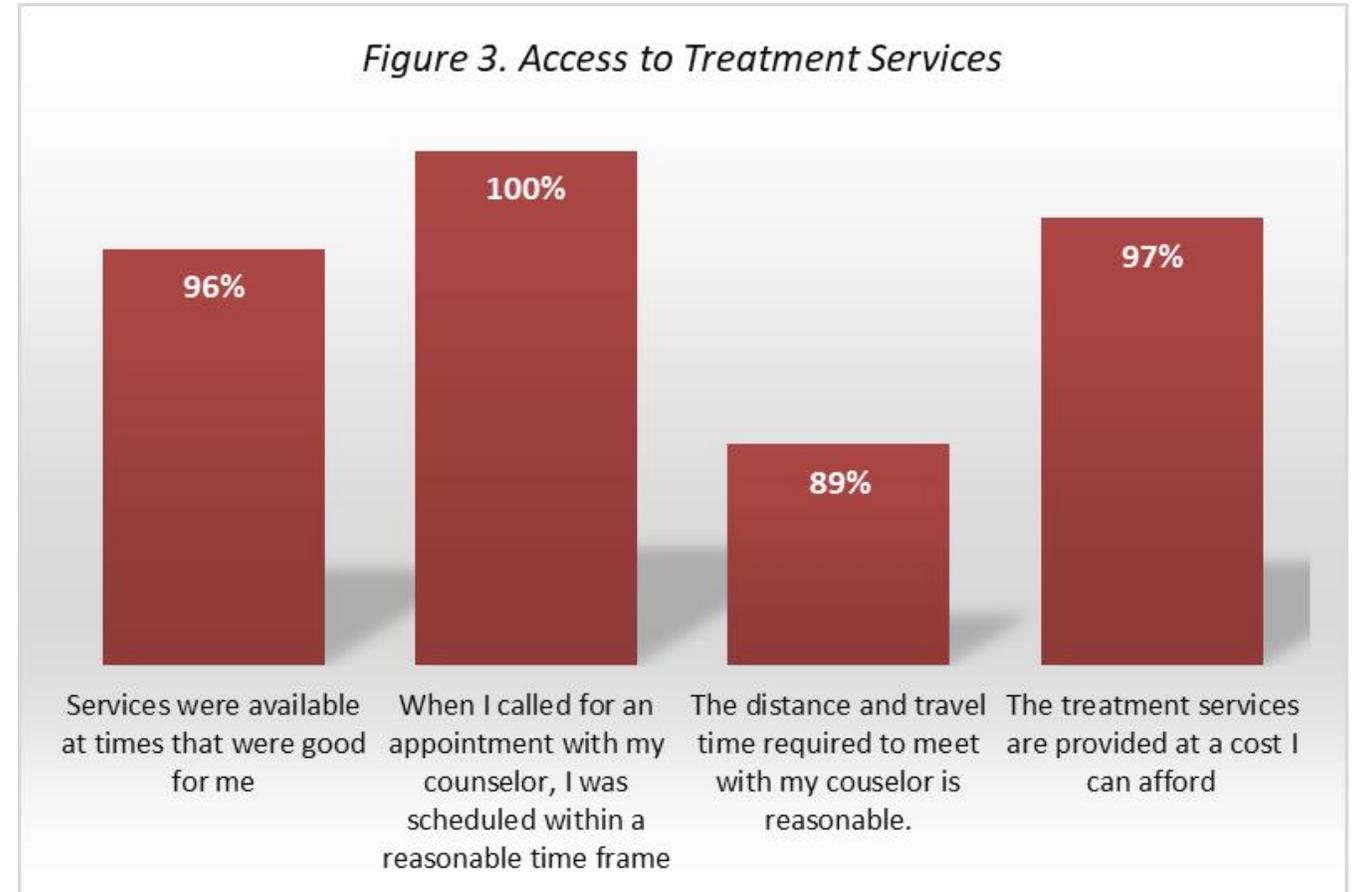
Treatment Outcomes: Access to Services

“This program works because of having access to them, knowing that they are there, free services, and access to support”

“Their availability was astounding, they are there 24/7, they are always there and available for me anytime, because when you have an addiction it's nice and really important to be able to reach out anytime.

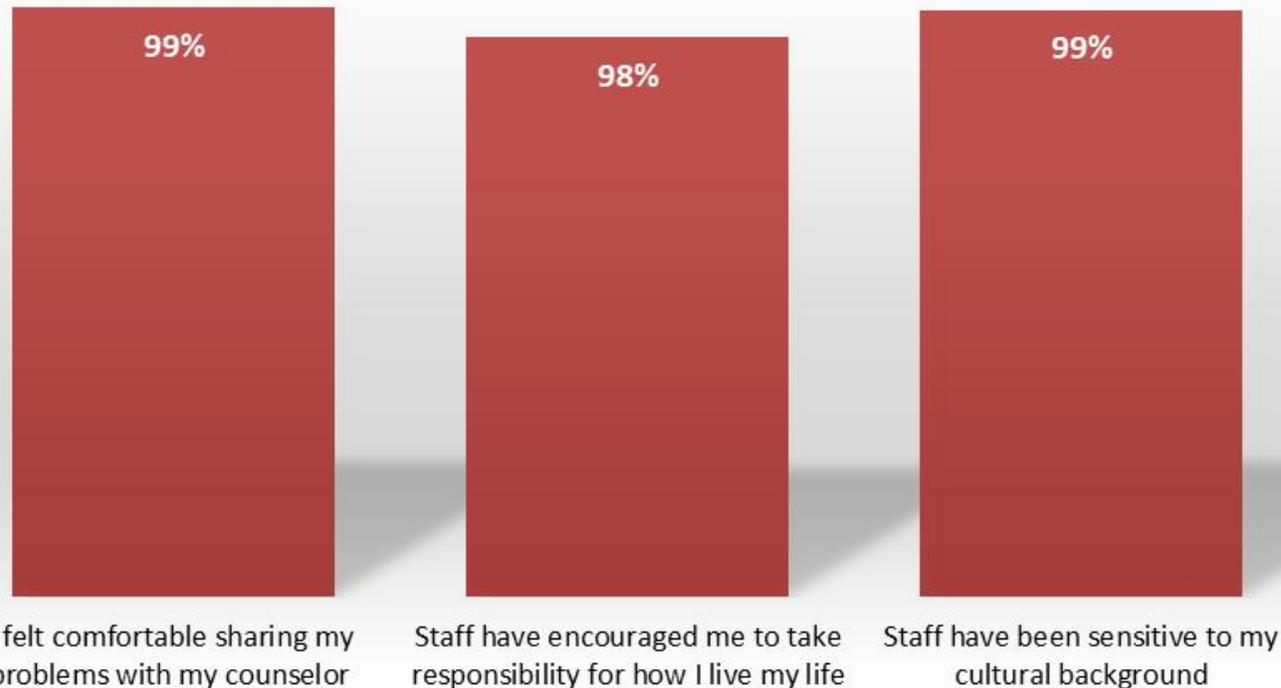
“I had a grant. If I had not had the grant I would not have been able to do the program. So, it's very helpful and important for people like me to have these grants available. GA alone was never enough for me; it is only when I received the grant and was then able to get into the program that I finally succeeded.”

Figure 3. Access to Treatment Services



Treatment Outcomes: Quality and Helpfulness (1)

Figure 4. Treatment Quality

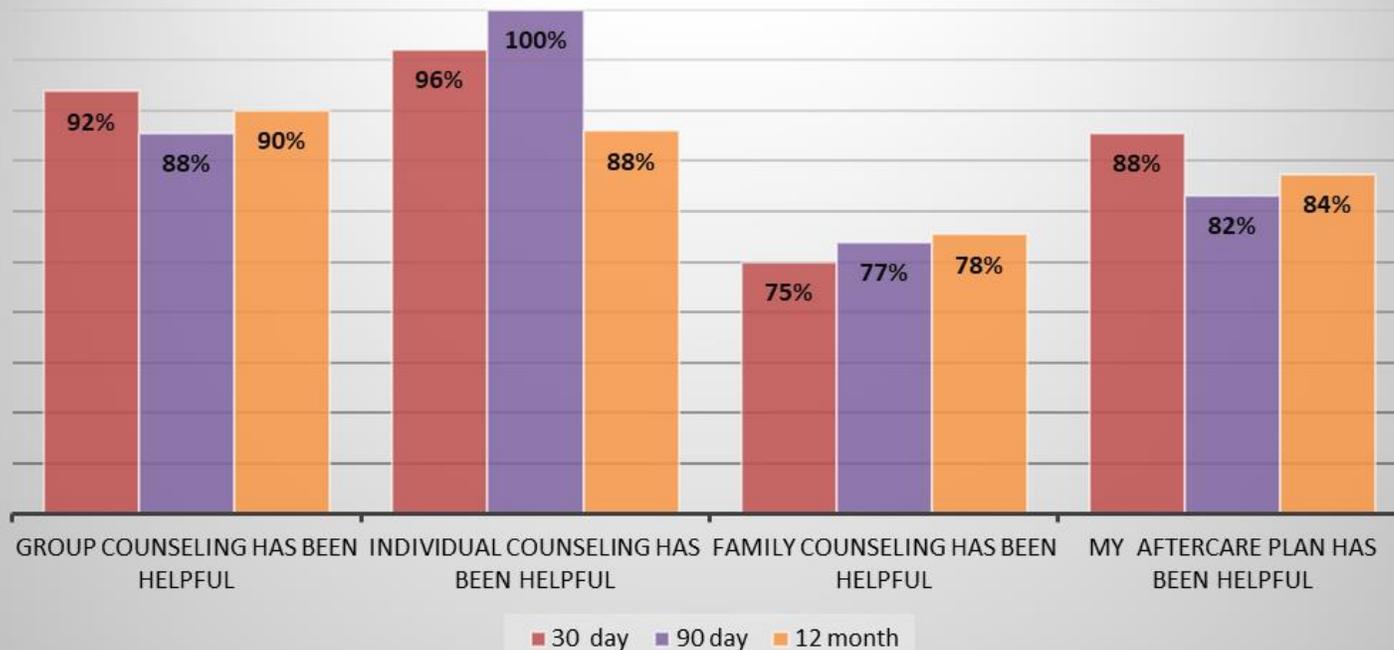


“The guidance and weekly homework that my counselor gives me, he goes above and beyond, and he holds me accountable and nobody had ever done that before. Especially helpful are the mindfulness exercises. Also, figuring out the “why” and working from there.”

“I was able to verbalize feelings and secrets with my counselor that I had kept from everybody in the world for all my life. And I still have not done it completely. Being able to do it with a non-judgmental person and someone who is not going to repeat them to anyone else was very significant to me and it was very liberating to me.”

Treatment Outcomes: Quality and Helpfulness (2)

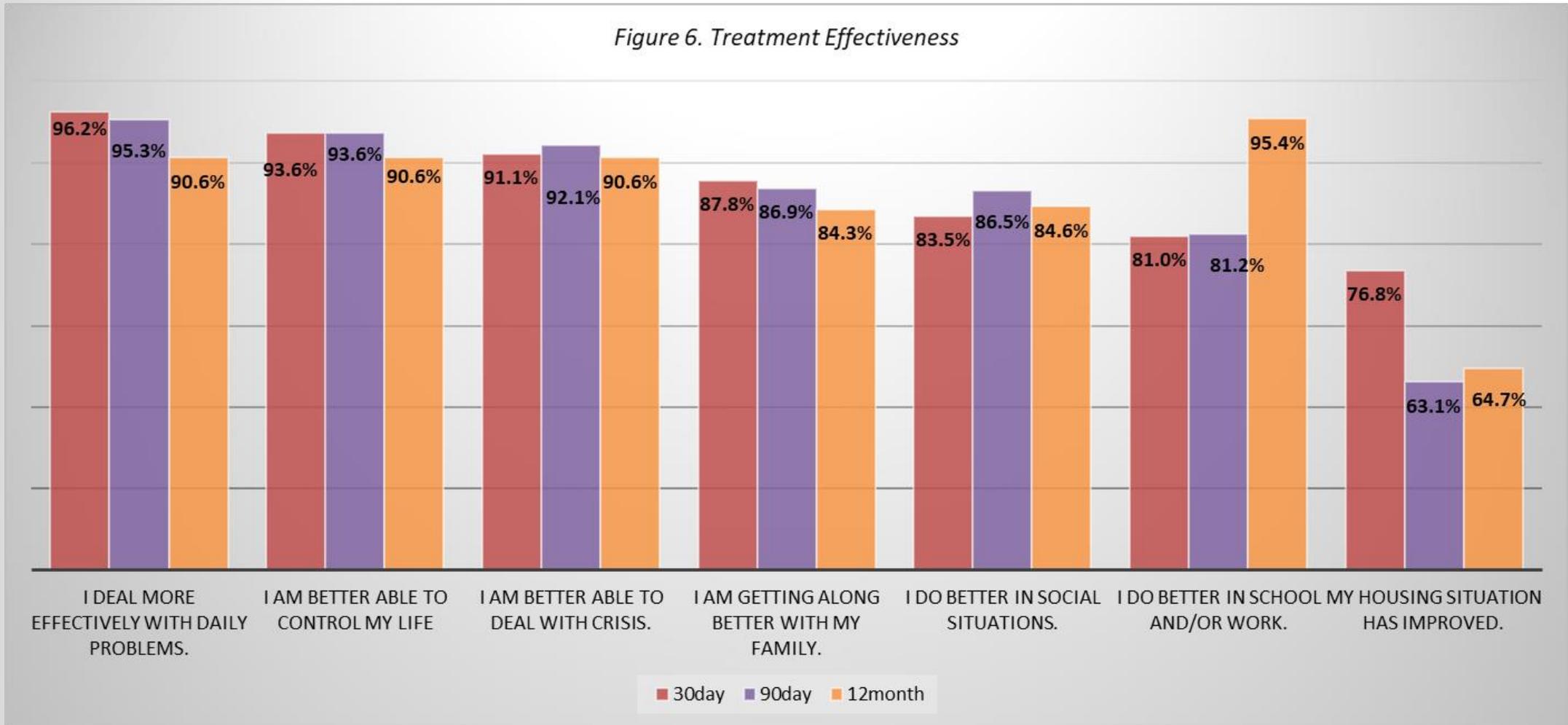
Figure 5. Treatment Helpfulness



“Every single piece of the puzzle was necessary. It was very balanced, even the uncomfortable parts. Everything had its purpose. I can't say enough good things. Great group, I feel so fortunate so have found it. Everything had to be the way that it was to be successful.”

Treatment Outcomes: Treatment Effectiveness (1) UNLV | IGI

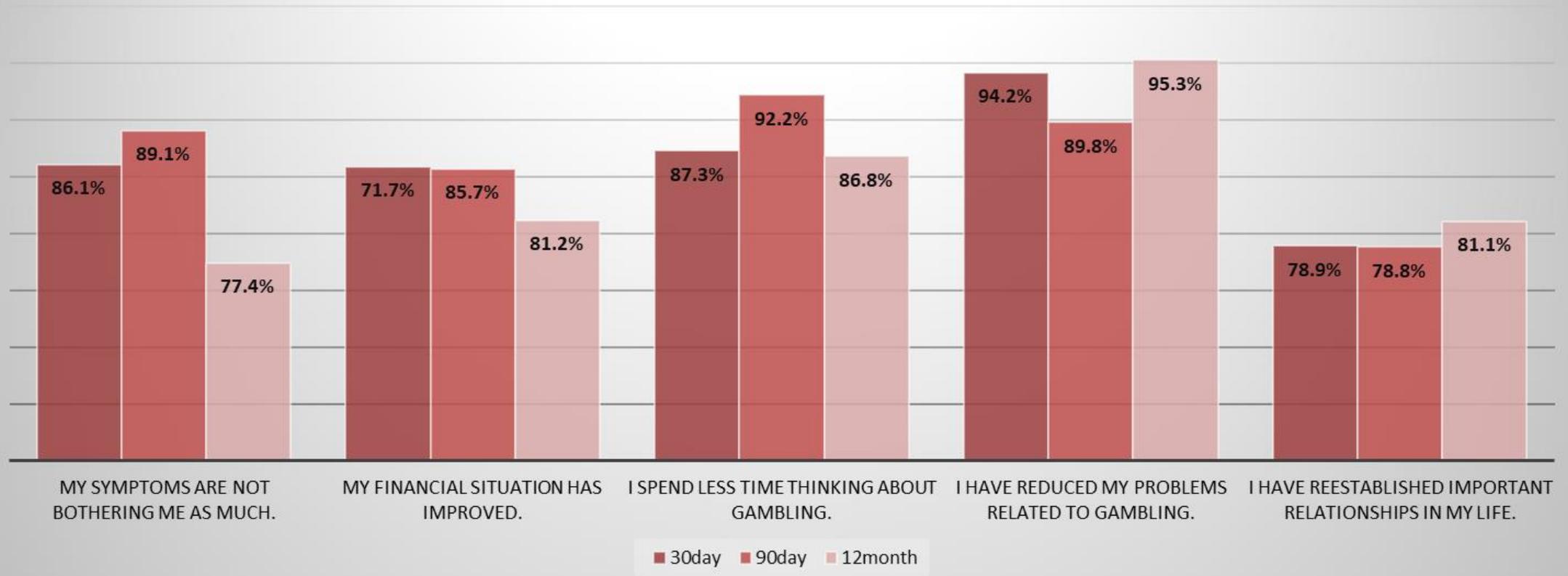
Figure 6. Treatment Effectiveness



“I would recommend this program to anyone, it helped me immensely”

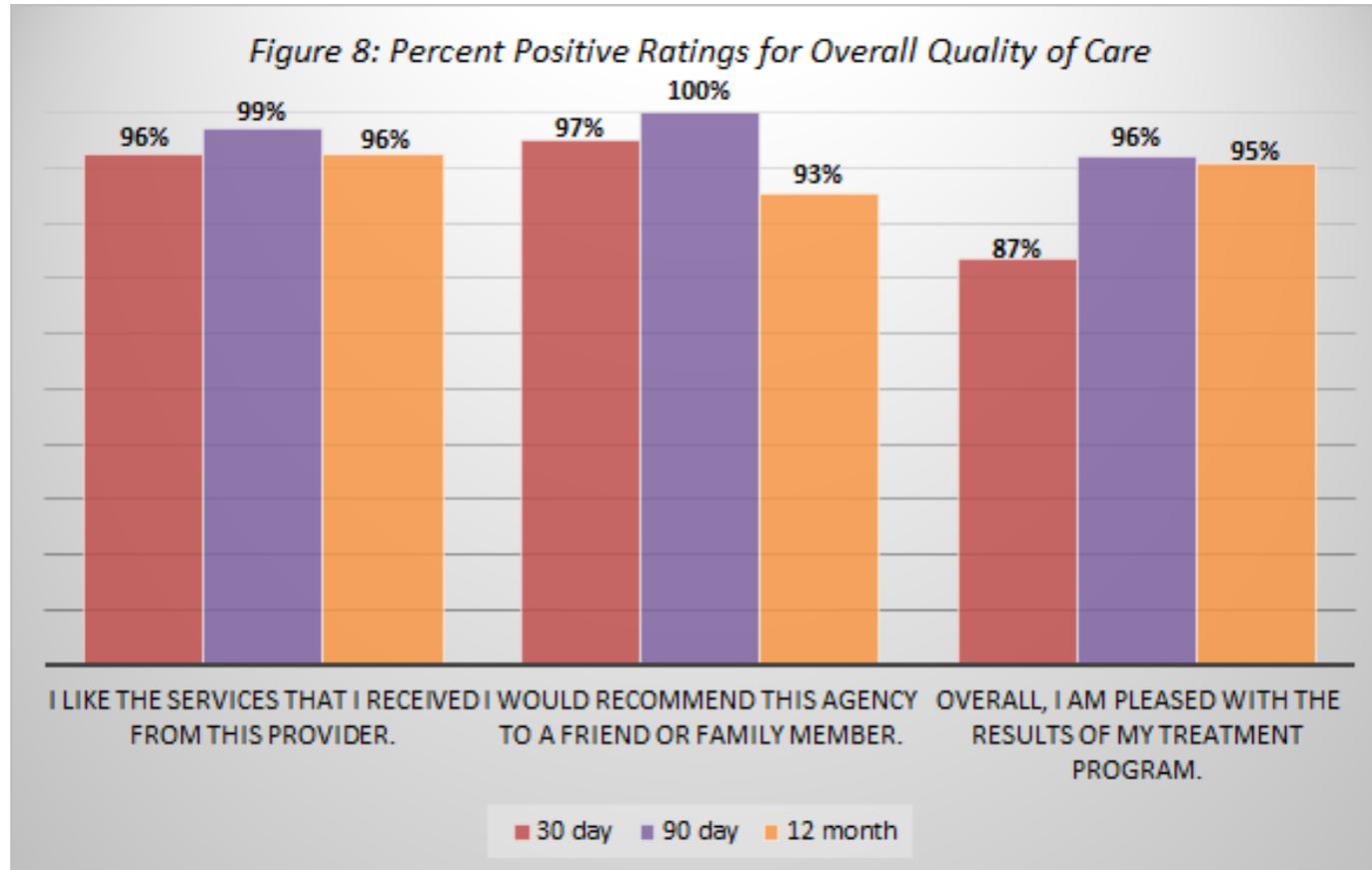
Treatment Outcomes: Treatment Effectiveness (2)

Figure 7. Treatment Effectiveness



“Made me more at peace, less chaos in my life. I learned how to deal with everyday life without gambling. I learned how to make better choices, without reacting. It was life changing.”

Treatment Outcomes: Overall Quality of Care



“This place saved my life.”

“There is no negative, I have only experienced positive things in this journey through this program.”

Treatment Outcomes: Impact on Gambling Behaviors

Which of the following statements best characterizes your gambling since enrolling in the program	30 day	90 day	12 month
....I have not gambled since enrolling into the program.	56%	52%	36%
....I had one “slip” where I gambled, then got back on my recovery program.	24%	19%	8%
....I’ve had several “slips” since enrolling in the program and am back on track.	11%	20%	43%
....My goal is controlled gambling, and I am able to gamble without problems.	5%	5%	6%
....I am not meeting my goal to stop or control my gambling.	4%	5%	8%
Thinking back to the period of time when you gambled most heavily, have you reduced your gambling since this time?	97%	98%	98%

Treatment Outcomes: Engagement with Community Support Groups

Community Support Groups	30 day	90 day	12 month
Do you currently attend Gamblers Anonymous meetings?	71%	48%	45%
Have you found these meetings to be helpful?	93%	97%	89%
Do you currently attend any other community peer support meetings?	19%	30%	30%
Have you found these other meetings to be helpful?	94%	100%	88%

“I wish there would be at least one GA meeting that they could broadcast or incorporate via Zoom for example during one of their sessions to let other people know how peer support works and how it is important to others to continue on everyday of the week.”

“The pandemic has affected my treatment because less meetings are available, but I have been able to work around it with GA and AA, even though even in the community less meetings are available. I try to go to any 12 steps meetings (GA, AA, NA) whatever is available because it is all the same program anyway.”

Covid-19 Effects and Response

- New enrollments and engagement with treatment decreased dramatically in FY21.
 - Clients have faced increased challenges accessing care and increased stress due to pandemic related changes.
- “I got Covid. It has been a very difficult year. It has impacted my ability to go to meetings, get treatment, to find work and many other things. It has been a nightmare. Thank God I'm recovering now and thank God my counselor is willing to call me on the phone.”*
- “With Covid my attention span does not last on zoom meetings on the computer and that is why I have not attended any. However, when they closed the casinos down I had nowhere to go, aside from online gambling, so it helped my recovery.”*
- “Pandemic has made it worse because I feel like I'm stuck in my home, and it created more stress in general.”*
- “When Covid first hit, it sent me on an online gambling "tornado" especially because the programs were closed and I had no help.”*

Treatment Outcomes for Concerned Others

- Concerned others expressed feelings of relief when learning about problem gambling. They felt empowered to help the people in their lives with gambling problems, and they gained tools to help themselves cope with the enormous stress related to their loved ones' gambling.

“Being able to sit face to face with the counselor helped me keep things in perspective about what I can do and what isn't helpful for me to do. When the casinos closed, the gambling was not an issue, now it is an issue again. My daughter in-law is the gambler. This was affecting my son and the children. There was less turmoil because there was no going to the casinos for all that time. The money was staying in their accounts, but now the casinos are open, the money is disappearing again.”

“Getting to interact with other gamblers was really helpful because I don't have much of a relationship with the gambler in my life, so this helped me a lot to understand the problem and how the disease works and how the gamblers think.”

“Learning to set boundaries without feeling guilty and learning acceptance was very helpful; people who work there are so kind and professional. I love it!”

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Strong evidence that treatment works!

Clients report improvements in quality of life, reduction in gambling behaviors and gambling related problems, and attribute those changes to the support they received from their problem gambling programs.

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