

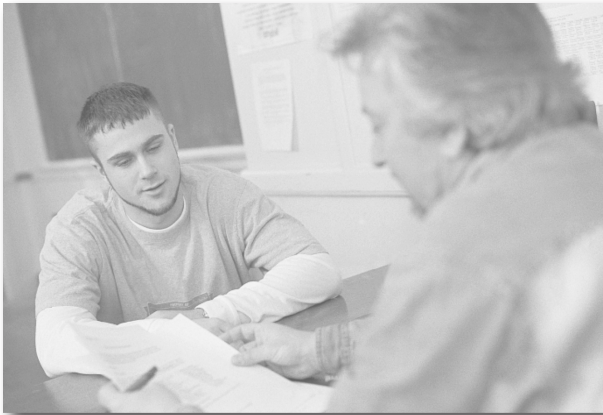
Clinicians

Gambling disorders are often accompanied by substance abuse. Research shows that about 50% of all people with gambling disorders have had problems with alcohol or other drugs.*

If you are a clinician, remember to ask these simple questions: **

1. Have you ever felt the need to bet more and more money?
2. Have you ever had to lie to people important to you about how much you gambled?

In the event that a client responds “yes” to these questions, the screening/assessment process needs to continue.



*Statistical information taken from the Massachusetts Council on Compulsive Gambling website.

**Lie-Bet Screening Instrument, (Johnson et al., 1988)

The Wisconsin Council on Problem Gambling

- Provides education and awareness on the issue of problem and compulsive gambling.
- Provides training for treatment providers.
- Offers a 24-hour Helpline.
- Maintains neutrality on the topic of legalized gambling.
- Is a model for other states in the country.
- Is one of 34 affiliates on the National Council on Problem Gambling in Washington, D.C.
- Is the only organization in Wisconsin dedicated to assisting thousands of problem and compulsive gamblers.

Help is just a call or click away

Call: 1-800-GAMBLE-5

(1-800-426-2535)

Text: 920-888-HELP (4357)

Live chat available online



Scan this QR code with your smart phone to view our website.



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Gambling Disorders & Substance Abuse

& Similarities & Differences



WISCONSIN COUNCIL
ON PROBLEM GAMBLING

Similarities

1. Acquired tolerance
2. Inability to stop
3. Denial and rationalization
4. Progression (phases/stages)
5. Depression, anxiety/mood swings
6. Chasing the first win/high
7. First drink/first win remembered
8. Blackouts/brownouts
9. Addiction used to escape from pain
10. Preoccupation
11. Low self-esteem/high ego
12. Dysfunctional families
13. High of gambling not unlike cocaine rush
14. Use of rituals
15. Immediate gratification
16. Long duration
17. Withdrawal
18. Loss of spirituality and life management skills
19. Continuation of use, despite consequences

Differences

1. Progression is more rapid with pathological gambling.
2. There is more secrecy with pathological gamblers.
3. Gambling is a “hidden addiction” which is more difficult to detect.
4. There is no saturation point, you cannot overdose on gambling.
5. “Double or nothing” attempts to chase, control or win.
6. Severe financial problems requiring immediate attention.
7. No “test” can detect pathological gambling.
8. No ingestion is required for the high.
9. There are minimal resources available for gamblers and their families.
10. Gambling is considered by many to be a moral weakness, reflecting poor judgment, irresponsibility and/or greed.
11. Prevention message is not easily accepted by communities.
12. Substance abuse is accepted as treatable by society.
13. Substance abusers, drug of choice is notable while the pathological gambler considers self as remarkable.
14. Treatment is often not reimbursable.

What Can Family Members & Significant Others Do?

Get support for yourself. Join a family support group and attend self-help groups.

Support your loved one's efforts in his/her recovery process.

Have patience.

Listen. Be positive. Do not criticize.

Be clear that you care about your loved one, but set limits around disruptive behaviors.

Understand that relapse can be part of the recovery process.

Recognize that your loved one's self-esteem and understanding about the effects of substance use will improve with the recovery process.

Get information for yourself. The more you know, the more you will understand recovery and the more helpful you can be.

