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## Highlights

by James Maney, NYCPG Executive Director

**T**he New York Council on Problem Gambling hosted yet another successful Annual Conference. This year's conference was held in Westchester and focused on college age problem gambling.

**This generation deals with historically increased gambling opportunities. The concern over college age gambling is significant. Prominent leaders in the field of problem gambling helped define the major problems facing our college age gamblers and engaged conference participants to strategize on the best ways to battle those obstacles.**



James Maney

At our event, the New York Council on Problem Gambling revealed the findings of a telephone survey of New York state adults aged 18-24 conducted between July 5-12, 2006 by Zogby International™. The sample was randomly drawn from directories of telephone listings and purchased phones and selection probability proportional to population size within area codes and exchanges.

**Among the questions answered were:**

- *What is the frequency and nature of gambling among college-age New Yorkers? To what extent does this population engage in risky gambling?*
- *From whom would this population seek help for a gambling problem?*
- *What is the frequency of gambling among 18-24 Year Old New Yorkers?*
- *What types of gambling are they engaging in?*
- *How many experienced negative consequences from gambling in the past year?*
- *What percentage of gamblers may be at risk for developing gambling problems?*
- *Does gambling frequency and risk vary by gender?; and*
- *Do friends spend too much time betting or spending money on gambling?*

**The Survey found that:**

- *Nearly 10% are gambling frequently;*
- *Nearly 16% of the gamblers experienced at least one negative consequence;*
- *Overall, 5% of gamblers may be at high risk for a gambling problem--an additional 24% may be at moderate risk;*
- *Gambling, gambling frequencies, and the risk of problem gambling are all higher among men than women;*
- *36% think their friends are spending too much time gambling--57% among those in the higher-risk gambling groups think friends gamble too much; and*
- *Parents are still a very important source of help for this population.*

## Highlights . . . continued

The New York Council on Problem Gambling thanks members of our Research Committee, Carlos Blanco, MD, Ph.D, James Schaefer, Ph.D., Robert Rychtarik, Ph.D., and Renee Wert, Ph.D., for the time and effort they provided in developing and summarizing this survey. If you would like a copy of the Survey Findings, please call the New York Council on Problem Gambling at 518-427-1622 or e-mail: [council@nyproblemgambling.org](mailto:council@nyproblemgambling.org).

Also at our Conference, the New York Council on Problem Gambling released the conclusions of a survey created by the Research Committee of the New York Council on Problem Gambling in June 2006 asking for input from College Administrators on college-age gambling. The survey was comprised of an opportunity sample of fifty, (50), New York State Colleges and forty eight Colleges not located in NY, for a total sample of ninety eight (98) colleges.

This survey was serviced through Survey Monkey™ and four college "Listserves": SUNYAOD, SUNY Judicial Officers, Student Health Service, Collegiate BacchusGamma.

### What College Administrators Think:

- That students prefer Texas Hold 'Em Poker (Internet), but the Zogby found students prefer Lottery Scratch-offs;
- That up to 10% of students involved in gambling may need assessment for gambling problems;
- That the majority of gambling takes place on the Internet, and where students live;
- That staff who interact with students need more problem gambling recognition skills: Counselors, RAs, Health Educators, Student Leaders and Greek Letter Organization staff; and
- That serious gambling problems are primarily student debt and social isolation issues



## What's Happening



## You're Invited . . .

### THE NEW YORK COUNCIL ON PROBLEM GAMBLING COLLEGE-AGE GAMBLING SYMPOSIUM

*Gambling and Problem Gambling are frequent  
in College-Age individuals*

### CALL TO ACTION for Those Who Work With the College-Age Population

Where:	Albany Marriott Hotel
When:	December 1, 2006
Goal:	Highlight Issues Provide Leadership Make Recommendations

*If you are interested in participating,  
Call the New York Council on Problem  
Gambling at: (518)-427-1622*

or

**E-mail:** [council@nyproblemgambling.org](mailto:council@nyproblemgambling.org).

### *Legislation Update -- H. R. 6009*

Under legislation introduced by Rep. Marty Meehan (D-MA), the federal government would address the issue of problem gambling through increased public awareness, research on gambling addiction and state involvement and would create the Federal Grant Program to treat gambling addiction. The Comprehensive Awareness of Problem Gambling Act of 2006, H. R. 6009 would appropriate \$ 1 Million to produce public service announcements for use on television and radio during gambling and sporting events, create a \$20 Million fund to pay for research into the causes of problem gambling, spend \$50 million over five years to create a federal grant program for local treatment centers, and encourage states to use money made through gambling on treatment and prevention programs.

Check Out the New Books at the New York Council on Problem Gambling Library



**Counseling Problem Gamblers and Their Families: A Self-Regulation Manual for Individual and Family Therapy** by Joseph W. Ciarrocchi

***Book Description***

Problem gambling is on the increase in today's society, with devastating effects on family finances and relationships. This text aims to pull together clinical wisdom and research findings into a treatment package aimed at developing the component skills for successful recovery.

**Futures at Stake: Youth, Gambling, and Society** by Thomas N. Cummings

***Book Description***

The widespread legalization of gambling across the U.S. has produced concerns for serious social, economic, and health problems. For the first time in this country, an entire generation of young people has reached adulthood within a context of approval and endorsement of gambling as a source of entertainment and recreation. Compared with their adult counterparts, these young people have evidenced a higher level of gambling related problems. In *Futures at Stake*, specialists in psychology, medicine, law, public health, economics, casino management, psychiatry, and criminal justice examine this problem from the perspective of their various disciplines, producing an intelligent, thought-provoking, and valuable survey of what is fast becoming a leading social-health problem across the nation.

The chapters range from discussions of the pathology and treatment of gambling addictions, the legal ramifications of youth gambling, and the social and economic impacts of this problem to the efforts of the casino indus-

try to limit access and appeal to juveniles, future prospects of youth gambling, and possible ways to control the problem. Overall, *Futures at Stake* offers a broadly focused discussion of one of legalized gambling's ugliest and most damaging side-effects. The book is essential reading for health-care professionals, educators, casino-industry managers, and anyone interested in this growing threat to the nation's youth.



**Gambling Problems in Youth: Theoretical and Applied Perspectives** by Jeffrey L. Derevensky

***Book Description***

The field of gambling studies has experienced tremendous growth in recent years. More research in this field has been published in the last fifteen years than in the previous hundred. With government-sponsored or -regulated forms of gambling proliferating worldwide an entire generation is being raised in an environment of easy access to many forms of gambling. The need for better understanding of the problems associated with gambling among young people is acute and growing.

*Gambling Problems in Youth* addresses that need by providing empirically based insights into a wide range of issues from leading researchers. Contributions to this volume address a number of key issues, including:

- *correlates of youth gambling, including depression and substance abuse*
- *neurodevelopmental issues*
- *measurement, assessment, treatment, and prevention*

Finally, by taking on larger questions of so-

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cial policy, *Gambling Problems in Youth* moves beyond the traditional academic and clinical boundaries to place its subject in a discussion of informed and effective legislation.

*Gambling Problems in Youth* will be invaluable to researchers, students, clinicians, school psychologists, and policy makers interested in the confluence of gambling and adolescents.

*Pathological Gambling: A Clinical Guide to Treatment* by Jon E. Grant

#### *Book Description*

The past five years have witnessed dramatic advances in research on pathological gambling—a diagnosis often overlooked by clinicians who are unaware not only of the personal and social consequences of pathological gambling, but also of the possible treatment options. Today, clinicians can choose from an array of treatment options to substantially improve the lives of patients with this disabling illness.

Eloquently attesting to this extraordinary progress, this remarkable clinician's guide comprises the most extensive coverage on public health, clinical characteristics and treatment, psychotherapy and psychopharmacology, and interventions for adolescents, adults, and older adults. Written by the world's leading researchers on psychiatric aspects of gambling, this truly comprehensive volume discusses how to diagnose pathological gambling and provides the tools to do so. Here, 32 experts detail the clinical phenomenology, etiology, and treatment of pathological gambling, highlighting the current clinical approaches most likely to lead to early

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identification, symptom remission, and improvement maintenance.

Useful appendixes provide specific tests, scales, and diagnostic criteria following four major sections of the book:

**Public Health and Epidemiology** discusses prevalence and definitions of recreational, problem, and pathological gambling; the relationship between the different levels of gambling severity; and gambling's effects on societal, familial, and individual health and well-being.

**Clinical Characteristics** covers the symptoms and sequelae of pathological gambling and the differences among adolescents, older adults, and men and women, and shows that pathological gambling—rather than being categorized as a single disorder—shares important features with many disorders, among them obsessive-compulsive spectrum disorders, affective spectrum disorders, addiction, and impulse-control disorder.

**Etiology** details the realms of both psychology (behavioral, cognitive, and dispositional theories) and neurobiology (noradrenergic, serotonergic, dopaminergic, and opioidergic systems as well as familial and inherited factors) to explain the behavior of pathological gambling—knowledge that may prove useful in understanding a range of addictive and impulsive disorders.

**Prevention and Treatment** emphasizes the vital role of the clinician in prevention efforts, including a prevention strategy tailored specifically for adolescents and young adults; discusses a variety of behavioral and pharmacological interventions for patients

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including self-help and professional-based interventions for family members; and concludes with assessments useful in diagnosing pathological gambling and monitoring symptom change.

Psychiatrists, psychiatric researchers, and other mental health care professionals will welcome this book as their most up-to-date source for invaluable knowledge about and research from the world's recognized experts on pathological gambling.

**Pathological Gambling: Etiology, Comorbidity, And Treatment** by Nancy M. Petry

*Book Description*

**Pathological Gambling: Etiology, Comorbidity, and Treatment** examines the prevalence and consequences of problem gambling as well as approaches to treatment. In this comprehensive book, Petry clarifies the current understanding of gambling as a disorder, including its levels of intensity; possible origins in biological, neurological, developmental, and environmental spheres; and special issues surrounding populations that seem to be more susceptible to problem gambling, including youth, ethnic minorities, and those with comorbid affective disorders such as depression.

The author reviews treatments commonly used for pathological gambling as well as nonprofessionally guided interventions such as Gamblers Anonymous. Petry then presents her own brief cognitive-behavioral approach, whose success is empirically proven in the largest known study of psychosocial treatments of problem gamblers.

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This book represents a review of everything currently known about problem gambling as well as promising treatment approaches, making it an invaluable, comprehensive resource for both therapists and researchers in the field of pathological gambling.

**Rethinking Substance Abuse** by William R. Miller & Kathleen M. Carroll

*Book Description*

While knowledge on substance abuse and addictions is expanding rapidly, clinical practice still lags behind. This book brings together leading experts to describe what treatment and prevention would look like if it were based on the best science available. The volume incorporates developmental, neurobiological, genetic, behavioral, and social-environmental perspectives. Tightly edited chapters summarize current thinking on the nature and causes of alcohol and other drug problems; discuss what works at the individual, family, and societal levels; and offer robust principles for developing more effective, humane treatments and services.

**Relapse Prevention** by G. Alan Marlatt and Dennis M. Donovan

*Book Description*

Thoroughly revised and updated, the second edition of this important clinical resource and text reflects two decades' worth of advances in research and practice. Provided is an empirically supported framework for helping people with addictive behavior problems develop the skills to maintain their treatment goals--even in high-risk situations--and deal effectively with setbacks that occur. Refining

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and elaborating the editors' original model, the expert contributors draw on the latest knowledge about specific addictive disorders and the process of change. Extensively rewritten chapters on alcohol, tobacco, and eating disorders have been augmented with new coverage of stimulants, opiates, cannabis, "club drugs," gambling problems, risky sexual practices, and sexual offending. Another important new chapter addresses cultural issues in relapse prevention with diverse clients.

### **The Gambling Addiction Patient Workbook by Robert R. Perkinson**

#### **Review**

**-- Dr. Bob Carr, Director :**

"The addiction field has long needed a comprehensive set of exercises counselors could use to guide patients through good treatment. The workbooks developed by Dr. Perkinson take the patient from the beginning of treatment to the end. They are written in such a manner that Dr. Perkinson is your mentor and is conversing with you, sharing with you his vast area of expertise and knowledge about recovery. These patient exercises meet the highest standards demanded by accrediting bodies."

**-- Lisa Vig, Licensed Addiction Counselor and Nationally Certified Gambling Counselor :**

"I have been working with compulsive gamblers and their family members for 12 years and find this work extremely rewarding and challenging. I have been utilizing Dr. Perkinson's workbooks for 10 years and have found them to be some of the most useful tools

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in helping addicts and gamblers identify the many ways that addiction has impacted their lives. Our clients benefit from the straightforward approach of the workbooks and the clear instructions of how to begin incorporating a 12-step recovery program into their lives. I highly recommend Dr Perkinson's workbooks."

**-- Bob Bogue, CCSII, CCDC III, Clinical Supervisor :**

"I have been in the chemical dependency field for over 28 years. I have worked as a counselor, clinical supervisor and executive director in a number of treatment centers. These are the best exercises for alcoholics, drug addicts and problem gamblers that I have ever seen. I have used them for years and patients find them easy to understand. The material covers everything an addict needs to know to enter a stable recovery. I highly recommend these patient handbooks. Patients love them and they make the counselor's job easy. The book makes the job easy as all you will need to help your patient is in one place."

**-- Ron Scherr, CCDC II, Certified Chemical Dependency Counselor :**

"Dr. Perkinson does an excellent job of bringing together and individualizing 12 step treatment for addicts and gamblers including identifying character defects and relapse prevention. Comments from patients include, 'it has opened my eyes to my gambling and behaviors associated with it' and 'I feel it is easy to work and very self explanatory.'"

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**Understanding and Treating the Pathological Gambler** by Robert Ladouceur

**Book Description**

**Understanding and Treating the Pathological Gambler** provides a combination of theory and practical solutions for the clinician working with pathological gamblers. The first half of this title discusses the history, theories and evaluation of gamblers and gambling while the second provides clinicians with interventions, based on scientific research, for the cessation of abusive gambling, including strategies for long-term abstinence and relapse prevention.

**Written by a world renowned expert on the subject**

**Provides a balanced combination of theory and practical solutions**

**A must for anyone involved in the treatment of pathological gamblers.**

## LENDING RULES

Books may be signed out for a period of 25 days. This starts from the date of shipment from NYCPG ending on the date postmarked on the return shipment.

All materials will be shipped UPS Ground. Unless otherwise specified (i.e. 2 day, priority overnight etc.).

All materials will have a card inside the front cover stamped with the return due date. Remember that this is the latest date in which you are to ship the borrowed material back to NYCPG.

For more titles and materials visit our website at: [www.nyproblemgambling.org](http://www.nyproblemgambling.org).

# HOPE

## For You And Yours

If gambling has caused a problem for you or someone you care about, help is available.

Dial

# 800-437-1611

**PROBLEM GAMBLING 24-HOUR HELPLINE**

New York Council on Problem Gambling, Inc.

### College-Age Warning Signs

- Unexplained absences from school, classes or work
- Sudden drop in grades or failure to complete assignments on time
- Change of personality or behavior
- Exaggerated display of money or other material possessions
- Daily or weekly card game
- Bragging about winning at gambling
- Intense interest in gambling conversations
- Unusual interest in newspapers/magazines/periodicals/sports scores
- Unaccountable explanation for new items of value in possession
- Borrowing or stealing money
- Withdrawing from family and friends
- Uncharacteristically forgetting appointments or dates
- Exaggerated use of word "bet" in vocabulary and/or use of gambling language in conversations (e.g. bookie, point spread, underdog, favorite)