
Problem Gambling Services

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Greta Coe, Health Systems Division Problem Gambling Services Manager



Definitions

- “Problem gambling” is often used as an umbrella term that includes sub-clinical risky gambling behavior as well as the clinical diagnosis of gambling disorder
- “Disordered gambling” is a clinical diagnosis classified as an addiction disorder in the Diagnostic and Statistical Manual of Mental Disorders (DSM5)
- These terms are often used interchangeably, including in this presentation
- Oregon serves any individual with either problem or disordered gambling for **free**

Problem Gambling in Oregon

- Estimated 2.6% of Oregon adults (about 88,000) experience moderate or serious problems with gambling (2015)
 - Additional 5.4% of adults are at risk of problems with gambling
 - Oregon's prevalence rate has remained the same for the last 10 years and has always been a bit lower than the national average. We might be able to contribute this to our prevention and responsible gambling efforts.
- Estimated 2.2% of Oregon adolescents are at-risk or meet the definition of disordered gambling (2016)
- For each person with a serious problem, many others are affected (e.g., spouse, children)

Oregon's Problem Gambling Services System

- Oregon's Problem Gambling Services is part of the large behavioral health system.
- Oregon is considered a national leader in problem gambling services
- Currently, 1% of Oregon Lottery revenue funds Problem Gambling Prevention and Treatment Services statewide
 - Biennium budget of approximately \$16 million
- On January 1, 2023, gambling disorder treatment became a Medicaid covered service in Oregon with a federal match
- All services are **free** for both individuals struggling with gambling, families, and others impacted negatively

Problem Gambling Services

Oregon uses the public health approach that combines prevention, harm reduction, and multiple levels of treatment focusing on quality-of-life issues for individual impacted by gambling, their families and communities

- Prevention and awareness programs in 34 counties
- 24/7 statewide helpline
- Client finding outreach and referral pathways projects
- Treatment
 - Minimal intervention program (home-based, telephone, statewide)
 - Outpatient: 46 programs in 34 counties
 - Respite: 2 sites in Josephine and Baker County
 - Residential: 1 site in Marion County
 - Prison Based: 2 programs

Treatment Metrics

**Data on this slide may seem outdated due to transition to new data collection not yet being fully implemented. Data also represents numbers prior to COVID pandemic and implications.

- In FY 2018-9, 947 Oregonians received problem gambling services
 - As did 117 family members or others negatively impacted
- A recent survey reported that, at six-month follow-up, of those who completed treatment:
 - 51 percent reported no gambling
 - 38 percent reported much less gambling
- Individuals surveyed provided a very strong endorsement of willingness to recommend the program to others



Recent Accomplishments

- Ensuring culturally relevant treatment services for Latinos, African Americans, Native Americans and Asian Americans
- Implementation of Criminal Justice and Problem Gambling Consultant Contractor position within the Oregon Department of Corrections
- Completion of Community Readiness Assessments in all 36 counties



Future Service Improvements

- Development of new 5-year Strategic Plan
- Development of Problem Gambling Peer Center of Excellence
- Expansion of PG Peer services in contracted agencies and community-based organizations
- Development of PG prevention, treatment and recovery systems within tribal behavioral health programs
- Including gambling related questions within Oregon's Behavioral Risk Factor Surveillance System (BRFSS)

How to Prepare for the Future

- Ensure all gambling opportunities include or contain responsible gambling and harm reduction strategies and tools
- Ensure new gambling opportunities support **free** publicly funded problem gambling services

Thank You

The logo for the Oregon Health Authority is centered within a light blue, curved rectangular background. The word "Oregon" is written in a smaller, orange, serif font and is positioned above the "Health" portion of the word "Health". The word "Health" is written in a large, dark blue, serif font. A thin dark blue horizontal line is positioned below the "Health" text, and the word "Authority" is written in a smaller, orange, serif font below this line.

Oregon
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