

Problem Gambling: Prevention for Process Addictions



KANSAS

Problem Gambling: Prevention for Process Addictions



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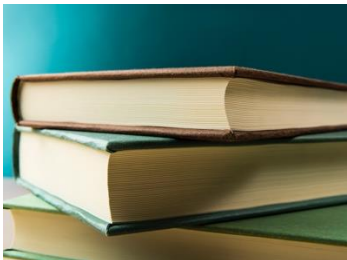
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Problem Gambling: Prevention for Process Addictions

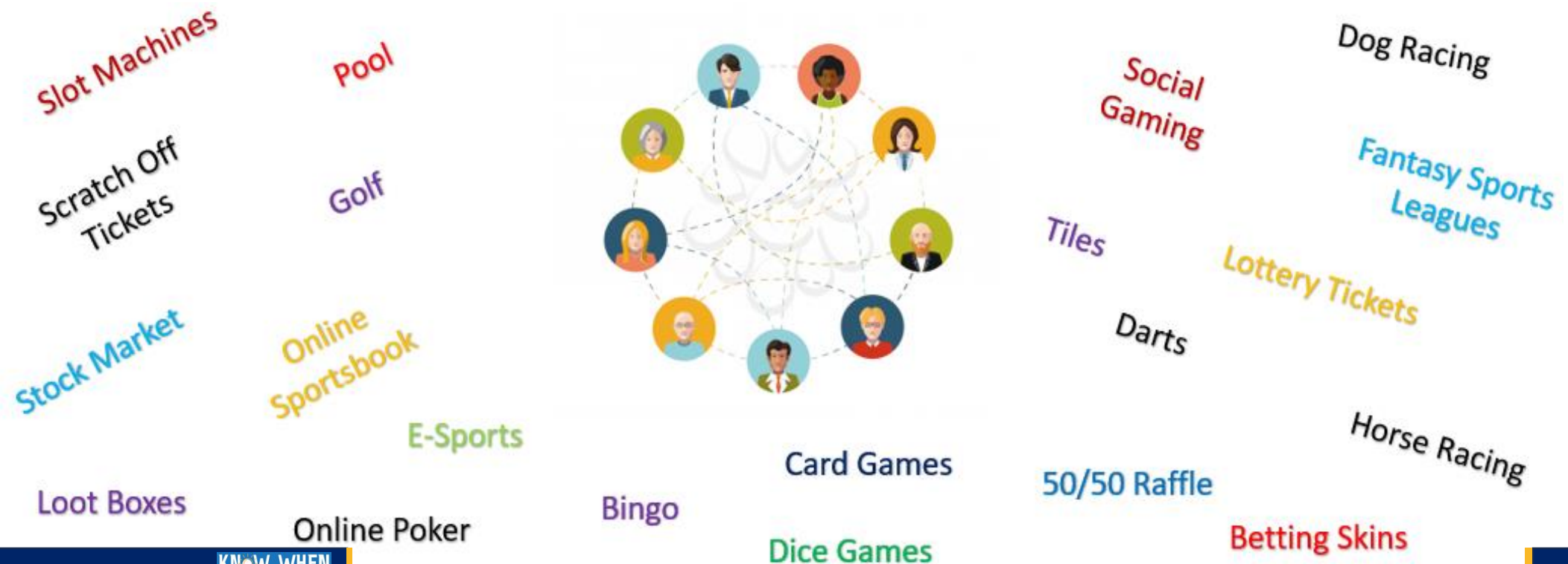
Learning Objectives

- Gain a general understanding of gambling, responsible gambling, problem gambling, and process addiction.
- The panel of presenters will share personal insights around pivotal moments in their lives that may have guided them in a different direction had there been preventive measures readily available.
- They will share lessons learned in overcoming obstacles around their own Problem Gambling Disorder and personal successes on their recovery journey.



Gambling Literacy: What is Gambling?

Gambling is risking money or material valuables on an uncertain outcome, with the possibility of winning a prize or cash reward. This element of **risk and uncertainty** is a fundamental part of gambling.



Gambling Literacy: What is Responsible Gambling?

Responsible Gambling is gambling that is fun, entertaining, and recreational.

Responsible Gambling tools are not intended for someone experiencing gambling-related harm.

Healthy Play

- Think of Gambling as Entertainment
- Set Monetary Limits & Stick to Them
- Never Gamble Alone
- Balance Between Gambling & Other Activities
- Don't Chase Your Losses
- Know Your Odds
- Don't Gamble to Relieve Stress
- Don't Gamble When You Feel Sad or Depressed
- Set Time Limits & Stick to Them
- Take Frequent Breaks



Gambling Literacy: What is Problem Gambling?

The Three Stages of Disordered Gambling

Stage 1: Winning

The experience of winning big encourages a player to continue gambling.



Stage 2: Losing



Gambling starts to preoccupy more of their life and wallet in hopes of winning again.

Stage 3: Desperation

The gambler desperately tries to earn back what they lost and hurts their relationships in the process.



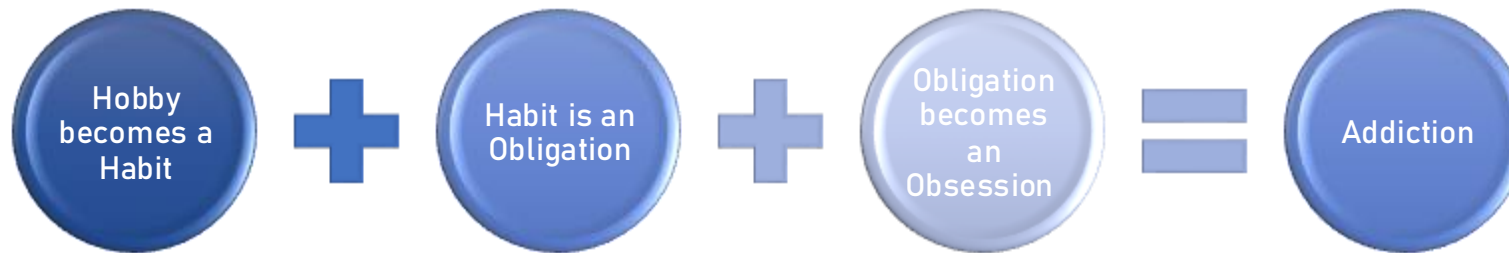
Problem Gambling is characterized by **difficulty limiting money** and/or **limiting time spent** on gambling (impaired control) which leads to **adverse consequences** for the one who gambles, others, or the community.

Warning Signs

- Preoccupation with Gambling: Thinking about gambling all the time.
- Feeling the need to bet more money and more often.
- Chasing Losses- Attempting to win back your money.
- Feeling restless or irritable when trying to stop or cut down.
- Feeling like you can't control yourself (cannot stop gambling).
- Gambling despite negative consequences.

What is an Addiction?

Process Addiction, also known as a **Behavioral Addiction**, is a pattern of compulsive engagement in certain behaviors or activities despite the negative consequences they may bring.



A habit typically becomes an addiction when it progresses from a voluntary behavior to a compulsive one.

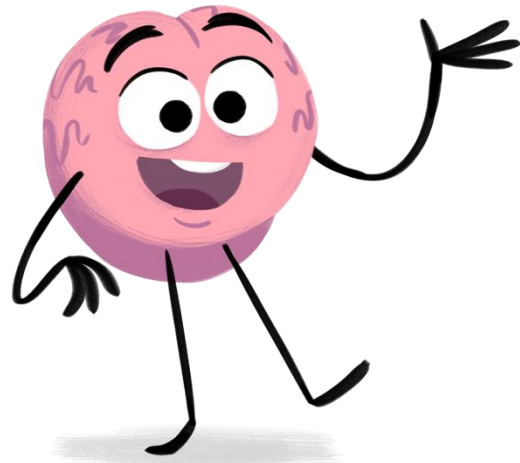
Types of Behavior Addictions



Signs & Symptoms of Behaviour Addictions



Chemical Addictions vs. Process Addictions

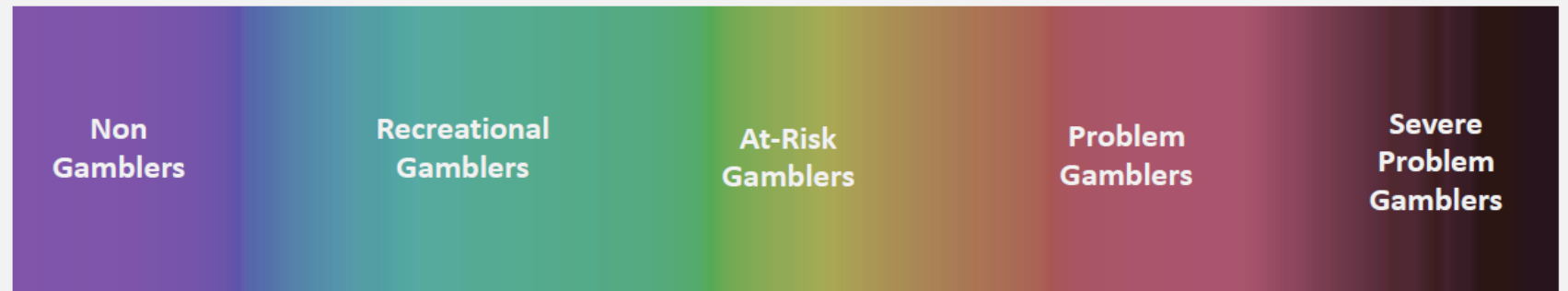


How does gambling affect the brain?

GAMBLING PARTICIPATION

Most People

Few People



People can move back and forth across this continuum

- Enjoyment
- Recreation
- Socializing

- Betting more \$ than planned
- Spending more time gambling than planned
- Borrowing \$ to gamble
- Illusions of control

- Impaired control
- Experiencing negative consequences
- Affecting family, friends, community

- Sustained impaired control
- Experiencing significant negative consequences
- Recurring problems over time

SEIGMA Survey, 2017, UMass School of Public Health & Health Sciences

2025 Kansas Gambling Survey & Kansas Resources

Depression & Suicide

Depression

4x

Suicidal Thoughts

5x

Suicide Plans

9x

Suicide Attempts

50x

Adults in the HIGH RISK Problem Gambling category
**ARE MORE LIKELY TO EXPERIENCE DEPRESSION
 AND SUICIDAL THOUGHTS AND BEHAVIORS**
 than adults in the low risk category

Among those at HIGH risk for problem gambling, **63%** indicated their depression was linked to gambling

In 2025

71%

of Kansas Adults Surveyed
 Engaged in
 Gambling Activity

In 2025

94%

of Adults Surveyed in the
HIGH RISK CATEGORY
 acknowledged
 they have a gambling
 problem

PROBLEM GAMBLING



RESOURCES



Many people think that a gambling addiction only affects one person. That's simply not true. Family, friends, and co-workers can be caught up in the negative side of someone else's addiction.

It's estimated that 1 in 7 Kansans are negatively affected by the gambling of a friend or family member. It's important to understand the subtle signs of problem gambling and how it can affect you physically, emotionally, and financially.

1-800-GAMBLER HELP FOR PROBLEM GAMBLING
 Kansas Department for Aging and Disability Services



There are more ways than ever to gamble. From online sportsbooks and fantasy sports gambling to lottery, casinos, online poker, and more. All of these ways can be fun and exciting but aren't always harmless. It's easy for gambling to become a problem. Know when enough is enough.

Problem gambling can often lead to depression, stress, and even suicide. It can affect your work life, your home life, and your relationships with family, friends, and co-workers. It can impact your grades, your daily activities, and future opportunities through school and beyond. Know when enough is enough.

1-800-GAMBLER HELP FOR PROBLEM GAMBLING
 Kansas Department for Aging and Disability Services



Many of us have played sports at some time in our lives. Many more of us watch sports and enthusiastically follow our favorite teams. We might even bet on sports. The most important play-gamblers can make is knowing when enough is enough.

If you choose to gamble, do so responsibly. Understand the risks involved, don't chase your losses, and never gamble under pressure. Keep things fun, and always make the play to get help if you have a problem.

1-800-GAMBLER HELP FOR PROBLEM GAMBLING
 Kansas Department for Aging and Disability Services

In 2025

62%

of Adults Surveyed Reported
 their gambling caused
 health problems
 such as stress or anxiety

In 2025

51%

of Adults Surveyed Reported
 they had to get help
 from others
 with living expenses
 due to gambling

In 2025

56%

of Adults Surveyed Reported
 they lied to others about
 how much they gamble
 or how much money
 they lost gambling

Resources

1. Midwest Consortium on Problem Gambling and Substance Abuse (MCPGSA) Basic Training for Problem Gambling Counselors, compiled by Wiley Harwell, Loreen Rugle, Tana Russell, and Kenzie Simpson.
2. Gambling has a long history dating all the back to ancient times. The first known record of gambling was in 2300 B.C. The first record of playing cards was in China in 800 A.D. The first casino was invented in Italy in 1600.
<https://pausebeforeyouplay.org/2022/01/a-brief-history-of-gambling/>
3. National Coalition on Problem Gambling (NCPG), Problem Gambling FAQ, www.ncpgambling.org
4. The Council on Compulsive Gambling of NJ, The Three Stages of Disordered Gambling, <https://800gambler.org/winning-losing-and-desperation-the-stages-of-disordered-gambling/>
5. NCPG Singapore <https://www.ncpg.org.sg/rg>
6. SEIGMA Survey, 2017, UMass School of Public Health & Health Services
7. Kansas Department for Aging & Disability Services, <https://www.kdads.ks.gov/services-programs/behavioral-health/problem-gambling>
8. Brain Connections <https://brainconnections.ca/>
9. Liberty House Clinic <https://www.libertyhouseclinic.co.uk/behavioural-addiction/>
10. Rob Minnick <https://www.odaatgamblingawareness.com/>
11. DC Virginia Counseling Psychotherapy <https://dcvacounseling-psychotherapy.com/falls-church-therapy-services/addictions-behavioral-compulsions/>



Call.
1-800-GAMBLER



Text.
800GAM



hi. Chat.
Chat Online

Lived Experience Panel on Prevention

Linda

Linda's gambling addiction came later in life. She has been in recovery for 15 months and is an active member of the Southeast Kansas Player Health Alliance. lafox@live.com



Adam

Adam is the creator and host of ***The Modern Meeting Podcast***. His belief that as gambling continues to evolve and expand, the recovery conversation should evolve with it. modernmeetingpod@gmail.com



Alisha

Alisha's gambling became a problem when a casino opened close to her home. She found herself frequenting the casino as an escape. She has been in recovery for 17 months. alisha67@msn.com

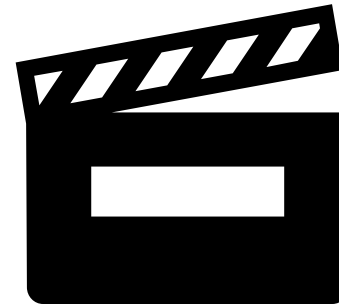
**The panelist views are their own and not specifically those of Kansas Department for Office of Aging and Disability.*

Rob Minnick's Prevention Message



Rob is in recovery from a gambling addiction and shares his story of addiction and recovery on social media. On average he reaches about 18 million people monthly across his platforms.

In this video, Rob provides insight about prevention he feels may have helped him.



Rob Minnick



Get in Touch!

Prevention Panel Meeting Link

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 233 033 733 917

Passcode: PW3oq6Qw

Dial in by phone

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Phone conference ID: 241 707 418#

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