

Integrating Substance Use & Gambling Recovery Services through Peers

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Why are you here?

Why are we talking about this?

Pick one of the following to answer:

Let us know why you chose to come to this session.

What are the gaps/barriers in the integration of peer work that you see?

What are the gaps/barriers in the integration of problem gambling services that you see?

Why is sharing and respecting lived-experience important?

What is Gambling?

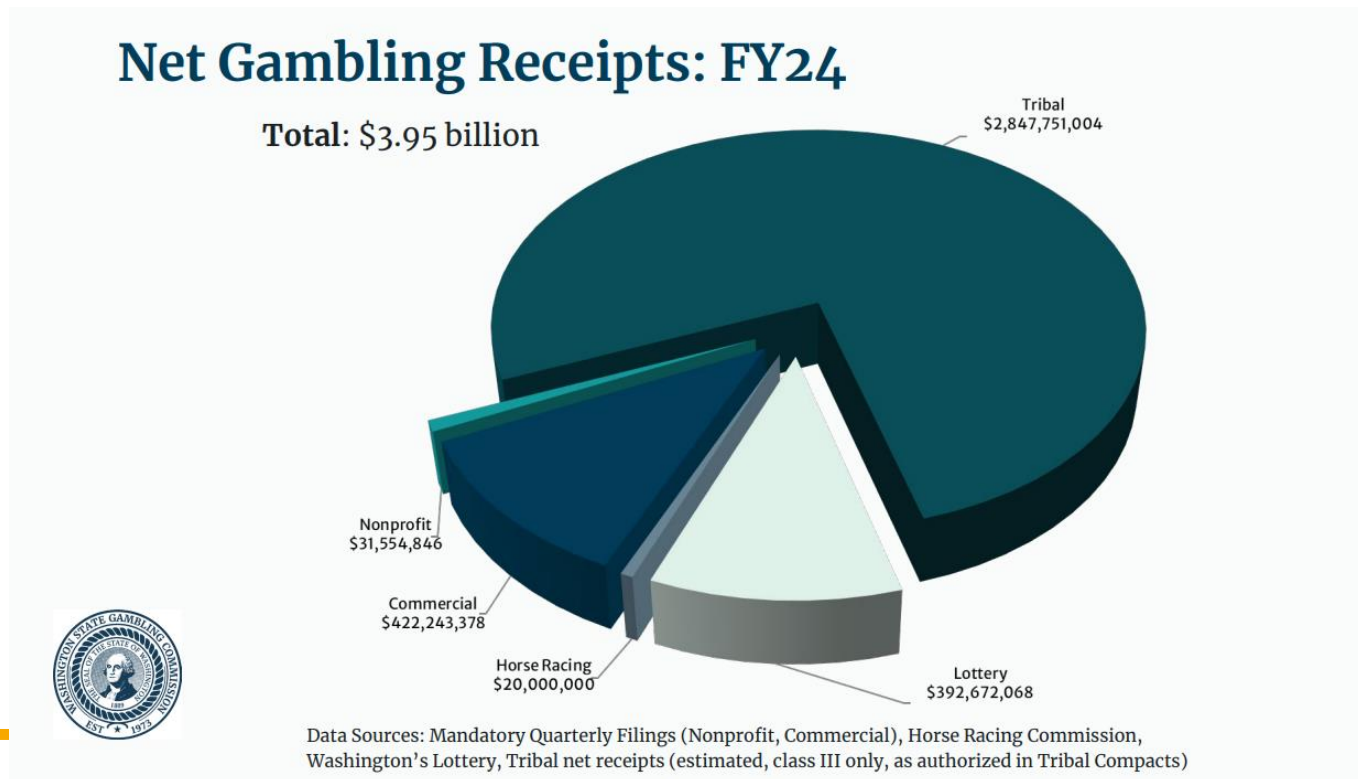
3 elements:

- Bet something of value
- To win something of value
- Outcome is at least partially out of your control

Net gambling receipts (legal) SFY 2024

B) \$3.95 Billion

(72% from Tribal gambling, 28% from commercial gambling)



How many adults are at risk for problem gambling in WA State?

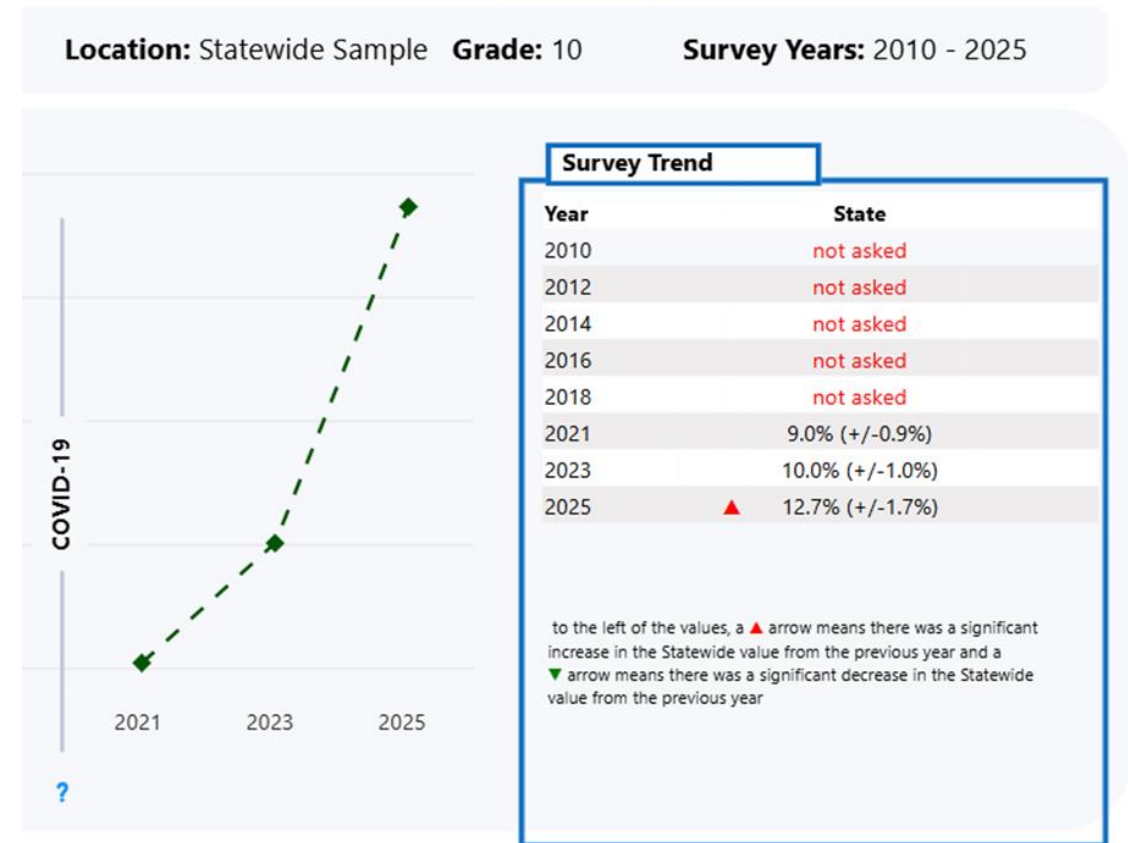
Among adults who gambled:

- ▶ **3.5% -- moderate-to-severe risk** for problem gambling/Gambling Disorder (~90K adults)
- ▶ **16.5% -- increased risk (risk not zero)** for problem gambling (~420K adults)

Based on 2021 WA State Adult Problem Gambling Prevalence Study (Problem Gambling Severity Index <1+)

What % of 10th graders in reported gambling in 2025?

- One in eight 10th graders reported gambling in the past year – this is a significant increase from 2021 & 2023.
- Not legal to gamble until 18
- Online gambling is also illegal in WA State
- Youth who gamble are twice (2x) as likely to develop a gambling addiction than adults



What % of Young Adults (ages 18-25) reported gambling in 2025?*

- ▶ **28% reported having gambled in the past year**
 - ▶ 18-20 yrs – 24%
 - ▶ 21-25 yrs – 31%

- ▶ **Of those reported gambling -- 5.5% reported having probs**
 - ▶ 18-20 yrs – 4.2%
 - ▶ 21-25 yrs – 6.3%

**Preliminary data from the WA State 2025 Young Adult Health Survey (ages 18-25)*

What increases risks for problem gambling?

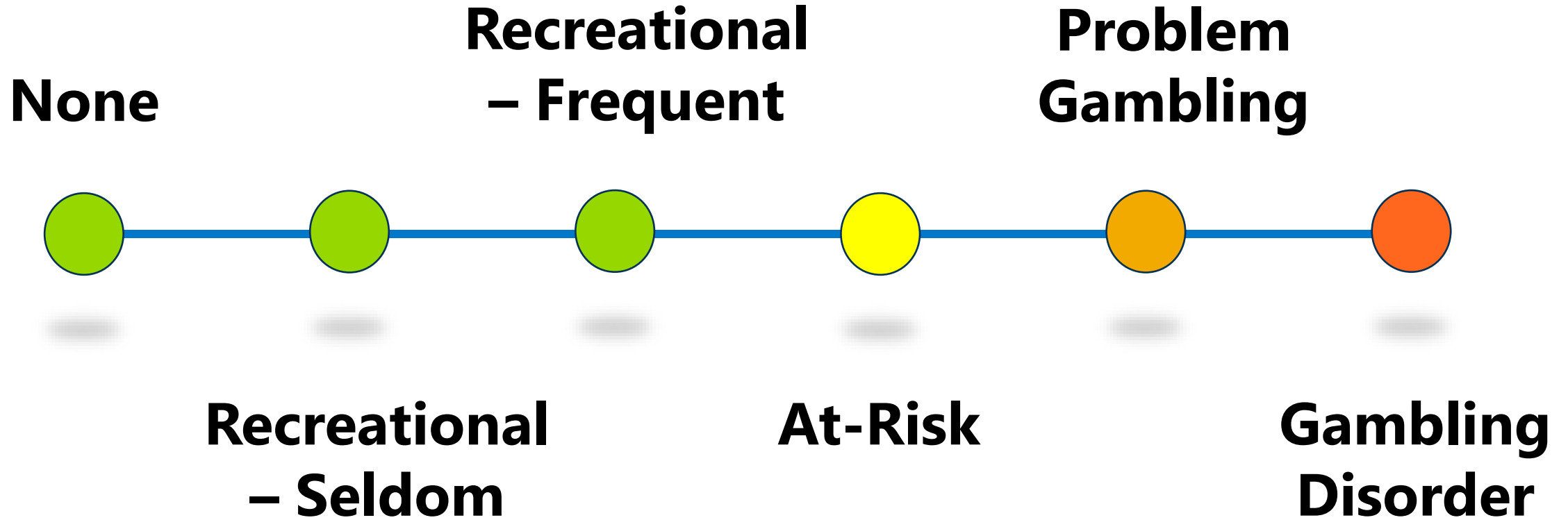
- ▶ Online gambling
- ▶ Multiple types of gambling
- ▶ Population known to be at an increased risk
- ▶ Co-occurring with SUD and/or mental health issues

For Youth:

- Gambling before age 18 - Simulated gambling
- Living in a 'gambling positive' environment
- Other risk factors known to impact Youth

When/where can gambling cause problems?

Anywhere on this spectrum! (mild to severe)



(Delfabbro & King, 2022)

What are some signs of Problem Gambling?

1. Betting more than can afford
2. Tolerance
3. Chasing losses
4. Selling items to get gambling money
5. Concerns about their gambling
6. Mental or physical health problems
7. Relationship issues or arguments
8. Financial problems or bailouts
9. Guilt about gambling or gambling outcomes

(Adapted from the Problem Gambling Severity Index, Ferris & Wynne, 2001)

How does PG/GD impact a person's life?

Physical Health

Mental Health

Suicidal ideation and attempts

Substance Use and Recovery

Illegal activity

Family and Relationships

Work

Finances



Can Gambling Disorder really cause serious harm or death?

- ▶ **SUICIDE RISK:** Suicide attempts in treatment services range from 7-30%, with 22-80% suicidal ideation. Suicidality increases with the severity of gambling-related problems. (Marionneau & Nikkinen, 2022)
- ▶ **PHYSICAL HEALTH COMPLICATIONS:** obesity, diabetes, heart problems, sedentary lifestyle, increased alcohol/tobacco, digestive issues, headaches, sleeping difficulties. (Black et al, 2013; Lam & Mok, 2017; Hing et al, 2016; Pilver & Potenza, 2013; Patten et al., 2018; Lutri et al., 2017; Parhami et al., 2013; Bonnaire et al., 2017)
- ▶ **DOMESTIC VIOLENCE:** Domestic family violence (DFV) and Intimate Partner Violence (IPV) rates among GD treatment-seeking populations vary from 19-56%, 50% of Gam-Anon members reported experiencing DV. 11% of perpetrators report problem gambling. (Hing et al., 2022)

How are family and loved ones impacted?

(Svensson et al., 2013; Wenzel & Dahl, 2009; Lorenz & Shuttlesworth, 1983)

Financial problems	Alcohol abuse	Depression	Anger	Conflict/abuse
Hopelessness	Anxiety	Isolation (particularly women)	Fear of job loss (more so men)	Obsessive-compulsive
Sleep problems	Headaches	More sick days	GI problems	Breathing problems

Why do people supporting recovery & treatment services need to know this information?

What roles do Peers have in Behavioral Health?

- Youth & Family
- Crisis Responders
- Peer Bridgers
- Peer Respite
- Forensic Peers
- Supportive Housing/Employment
- Recovery Navigators
- Recovery Coaches

What responsibilities do Peers have?

- Sharing BH lived experience
- System navigation
- Resource mining
- Goal setting and advocacy
- Group facilitation
- Bridging care
- Upholding state-wide and organizational ethics

What training options exist for Peers? (CPSS, etc.)

- **80-Hour CPSS training**
- **CACPS (Crisis) training**
- **Supervisor of CPSS training**
- **Self-Paced (online)** – CPSS Pre-Requisite, Gap, Pre-Requisite Crisis, Intro to WRAP, Ethics and Boundaries, Documenting Peer Support, Housing, Employment, Intersection of BH and the Law
- ECPG's ***Intro to Gambling and Gaming for Recovery Specialists*** – coming soon! (30 hours)

How can I get training to become a Peer?

1. Apply for the CPSS Training
2. Complete the training and testing successfully
3. Apply through DOH for the CPSS credential

What is unique about Gambling Peers?

- Destigmatization
- Navigation of hidden triggers
- Offering of specialized recovery tools



What are the core competencies for Peers?

BH Peer Specialists

(SAMHSA, 2026)

- Recovery Oriented
- Person-Centered
- Voluntary
- Relationship-focused
- Trauma informed
- **62 items of guidance**

Gambling Recovery

Peers (OHA, 2023)

- Knowledge
- Relationships
- Mentorship
- Advocacy
- Core Values
- Professional Role
- **74 items of guidance**



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Do Peers have to have lived experience with gambling to be supportive?

Myth: Peers can only support people who have the *same* lived experience.

Fact: Peers can support any person with behavioral health by utilizing the principles of peer support, remaining nonjudgemental, curious and person-centered with a focus on the individual's recovery goals and needs.

How can I get training and credentials to become a Gambling Peer?

1. Review International Gambling Recovery Specialist (IGRS) requirements through IPGGC
<https://ipggc.org/certifications/igrs/>
 - First-hand experience with problem gambling, personally or as an affected individual, experience as peer, 30hrs training, supervision
2. Complete CPSS training + 100 hours experience (paid or volunteer)
3. Complete ECPG's ***Intro to Gambling and Gaming for Recovery Specialists – Core Training*** (IGRS-Core) – 8 hours of application
4. Apply to IPGGC to become an IGRS



Who can screen for problem gambling? (*)

Myth: Only clinicians can screen for problem gambling

Fact: Anyone can! Peers can, clinicians can, medical providers can, case managers can, probation officers can, a person can even complete a screening by themselves. Let's ALL do it!

Don't worry, we'll show you how.

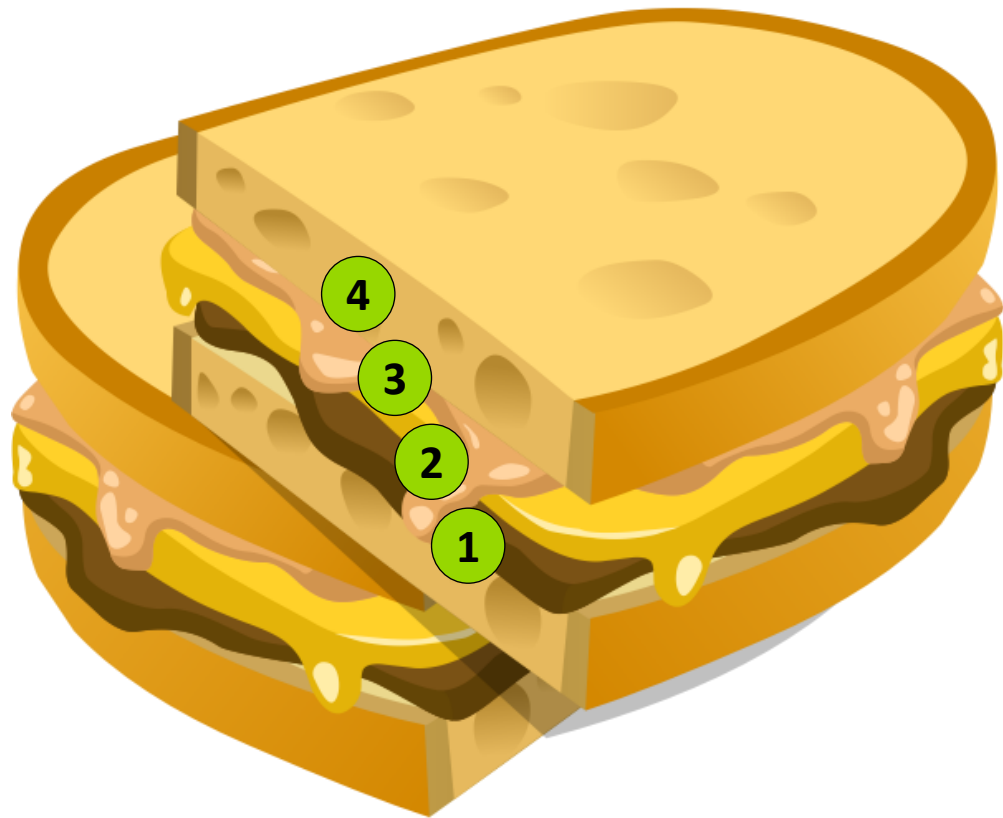
() screening vs. assessment*

Simple screening best-practices

- 1) Complete the screening verbally (but self-administered is still better than nothing.)
- 2) Start by defining what is meant by gambling (see previous slide for example script)
- 3) Ask screening Qs without judgement
- 4) Provide feedback + brief intervention/recommendation if indicated. (see next 4 slides for example scripts)
- 5) Provide a resource list/referral = *"Just in case you or someone you know might need it one day."*



The SBIRT sandwich for Screening



- 1) **Define & Clarify** =
what it is, normalization
- 2) **Validated Screening Q's** =
Ask the Q's as they are written
- 3) **Feedback/Brief Intervention** =
Report outcome of screening
and recommendation
- 4) **Referral list** =
For everyone. *"Just in case you or
someone you know might need it one
day."*



PGSI (Problem Gambling Severity Index) (a.k.a. CPGI)

- ▶ *“Just like we ask all patients about tobacco use and medical history, we also ask about gambling. By gambling, it means any form of gambling...casino gambling, lottery or scratch off tickets, bingo, keno, sports betting, any gambling games played on a mobile device, or even betting on games with family or friends, etc.”*

Thinking about the last 12 months...

Have you bet more than you could really afford to lose?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Still thinking about the last 12 months, have you needed to gamble with larger amounts of money to get the same feeling of excitement?

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When you gambled, did you go back another day to try to win back the money you lost?

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Have you borrowed money or sold anything to get money to gamble?

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Have you felt that you might have a problem with gambling?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Has gambling caused you any health problems, including stress or anxiety?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Have people criticized your betting or told you that you had a gambling problem, regardless of whether or not you thought it was true?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Has your gambling caused any financial problems for you or your household?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.

Have you felt guilty about the way you gamble or what happens when you gamble?

0 Never. **1** Sometimes. **2** Most of the time. **3** Almost always.



PGSI (Problem Gambling Severity Index) (a.k.a. CPGI)

- ▶ TOTAL Score is 3
- ▶ 0= None-problem gambling
- ▶ 1 to 2 = low level of problems
- ▶ 3 to 7 = Moderate level of problems
- ▶ 8 or more = Problem gambling and possible loss of control (Highest risk) (27 is highest)
- ▶
- ▶ *“Based on your answers provided you scored 3, which is in the [no problems/low/moderate/problem gambling] range. My recommendation would be to get a more thorough evaluation from a trained specialist to see what options they might be able to recommend. If it’s okay with you, I can give you a list of providers to choose from and provide assistance if you need it.*
- ▶
- ▶ [Hand them a resource list, if they’d like your assistance for a referral to a specialist, then do so.]

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Can I use a simple feedback script?

- ▶ Define gambling
- ▶ Ask the questions verbally and without judgement
- ▶ Then....
- ▶ **No's/score not indicated** = *"It looks like you are not having any of these gambling-related harms. If it's okay with you, I'd like to give you a resource list anyway, just in case you or someone else you know might need it one day."*
- ▶ **Yes/score indicates referral** = *"It looks like you are having some of these gambling-related harms. If it's okay with you, I'd like to give you a resource list where you can get the opinion of a specialist, and just in case someone else you know might need it one day."*

What might a brief intervention look like?

- ▶ “Gambling should remain a recreational or entertainment activity and only use funds from that area of a person’s budget. Ideally, gambling never causes any guilt, stress, financial issues, arguments, or other problems. But as you may be able to guess, sometimes it does. Therefore, when someone I’m working with is experiencing any degree of harm from gambling, I want to make sure they get access to whatever they need to address their concerns and prevent any more problems from occurring, as early as possible. Early detection and intervention can prevent future harms. That’s why I’m making this recommendation for you as well.”

Screen + Refer

- ▶ Pick a short screening tool
 - Lie/Bet (2 Qs)
 - BBGS (3-4 Qs)
 - SBIRT (9 Qs)
 - PGSI (9 Qs)
 - NODS-FMR (10 Qs for family)

Download Screens in English and Spanish:
www.evergreencpg.org > Awareness >
Resources and Downloads

- ▶ Have a resource List available
 - ▶ **WA State Problem Gambling Helpline: 1-800-547-6133**
 - ▶ **WA Providers Directory:**
https://www.evergreencpg.org/help-and-hope/treatment_services/counselor-directory/
 - ▶ **International Provider Directory:**
<https://www.igccb.org/counselor-directory/>
 - ▶ **GA:** <http://www.gamblersanonymous.org/ga/>
 - ▶ **Gam-Anon:** www.gam-anon.org
 - ▶ **ECPG website:** www.evergreencpg.org
 - ▶ **State PG website:** WA HCA Problem Gambling Program
 - ▶ **GamBan or BetBlocker**
 - ▶ **Forums like r/problemgambling, podcasts, self-help**



Can this model be used for Gaming?

YES! = Gaming Screeners + Referral Lists

Pick a screening tool

- GDT (4 Qs)
- IDS9-SF (9 Qs)
- IDS (15 Qs)
- IGDS9-SF (9 Qs)
- IGD20 (20 Qs)

Download Screens in multiple languages from
<https://www.halleypontes.com/tests/>

Have a resource List available

- Gamequitters
- Computer Gaming Addicts Anonymous (CGAA)
- International Provider Directory:
www.igccb.org/counselor-directory/
- Internet and Technology Addicts Anonymous (ITAA)
- Online Gamers Anonymous (OLGA/OLG-Anon)

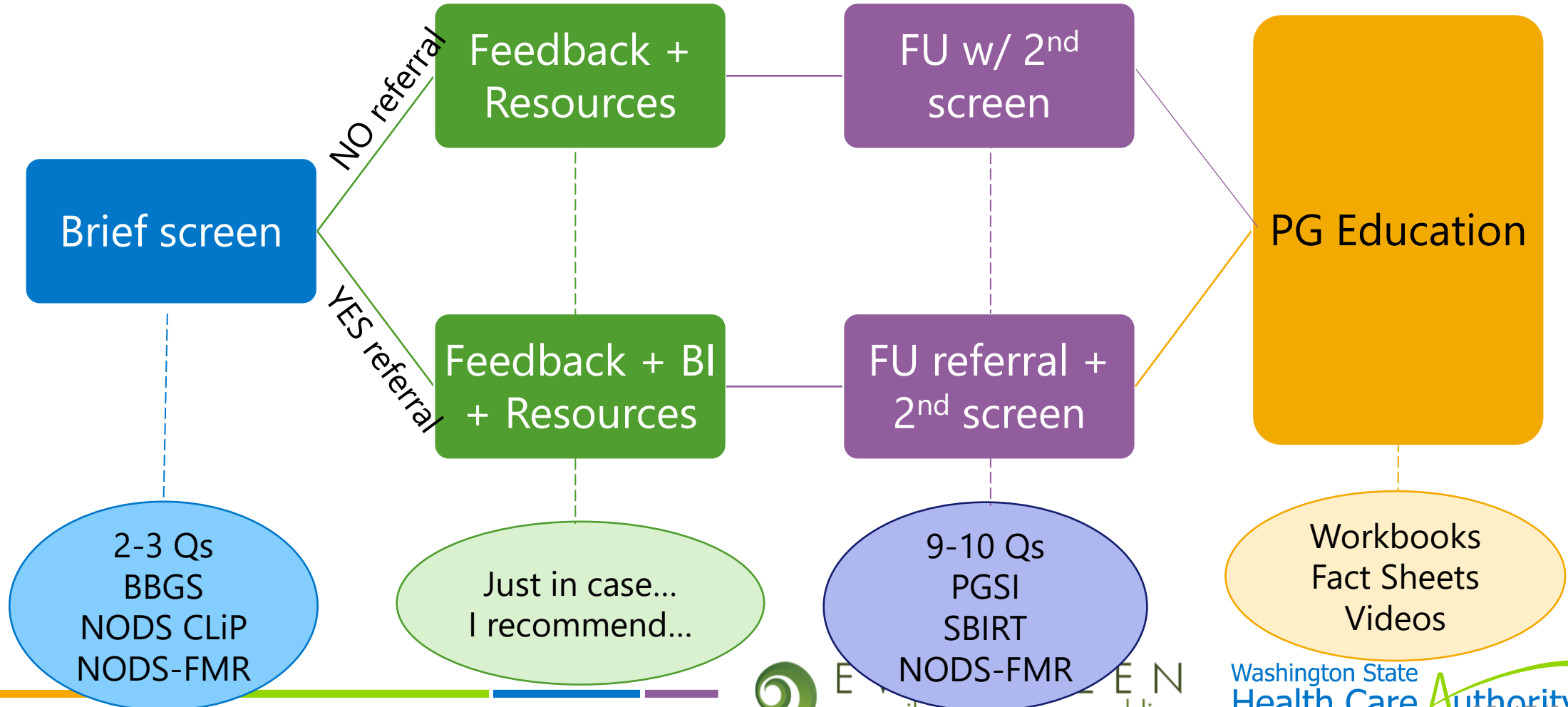


1. Screen

2. Respond

3. Follow-Up

4. Educate



How can we bring aboard a Peer specialist?

Recruitment:

<https://washingtonpeerjobs.org>

<https://washingtonpeernet.org>

Preparation:

[Operationalizing Peer Support](#)

Questions?



Resources – Peer Support, Training, Treatment

- **Peer Support Program** – HCA : <https://www.hca.wa.gov/billers-providers-partners/program-information-providers/peer-support>
- **Operationalizing Peer Support:** <https://www.hca.wa.gov/billers-providers-partners/program-information-providers/organizations-peer-support-programs>
- **GA:** <http://www.gamblersanonymous.org/ga/>
- **Gam-Anon:** www.gam-anon.org
- **WA State Problem Gambling Program:** <https://www.hca.wa.gov/free-or-low-cost-health-care/i-need-behavioral-health-support/problem-gambling>
- **WA Providers Directory:** https://www.evergreencpg.org/help-and-hope/treatment_services/counselor-directory/
- **International Provider Directory:** <https://www.igccb.org/counselor-directory/>
- **Evergreen Council on Problem Gambling:** www.evergreencpg.org
- **Problem Gambling Helpline: 1-800-547-6133 (chat, text, call—24/7):**
www.evergreencpg.org



Contact info

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References – WA State Overview

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 - <https://www.hca.wa.gov/assets/program/wa-state-adult-problem-gambling-prevalence-study-final-2021.pdf>
- [2025 WA State Healthy Youth Survey \(askhys.net\): www.askhys.net](http://www.askhys.net)
- 2025 WA State Young Adult Health Survey (preliminary data): roxane.waldron@hca.wa.gov
- 2022 WA State Problem Gambling Task Force Recommendations Report to Legislature:
 - (main report): https://wsgc.wa.gov/sites/default/files/2023-11/PGTF%2520REPORT%2520BODY_FINAL_2022-12-19.pdf
 - (appendices): https://wsgc.wa.gov/sites/default/files/2023-11/PGTF.1%20REPORT%20APPENDICES_FINAL_2022-12-19.pdf
- [Net Gambling Receipts SFY 2024 \(WSGC\): https://wsgc.wa.gov/sites/default/files/2025-01/2024%20Net%20Gambling%20Receipts.pdf](https://wsgc.wa.gov/sites/default/files/2025-01/2024%20Net%20Gambling%20Receipts.pdf)

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