**Gambling and Youth Dr. Carl Robertson August 2, 2013**

**-“Gambling is any activity or game where you risk something of value or money on an outcome that is not guaranteed.” Is the card game UNO gambling? No, but it could be. Is your 401 K gambling? Yes!**

**-Problem Gamblers: People who have problems in their lives due to gambling.**

**-Pathological Gamblers: People who have an Impulse Control Disorder and meet the criteria of the DSM-5. They have failure to resist gambling. It used to be listed under Impulse Control Disorder and now it is list under Substance abuse because the dopamine released in the brain during gambling is equivalent to the amount released when using drugs.**

**-What kids do is ask Mom for money for a video game. Parents never follow up to see the game, or if they do, the kids say they left it at their friend’s house. They really use the money to gamble. Sometimes they will be in the house playing Texas HoldEm with their friends and need to sneak up and steal Dad’s watch to use for the bet.**

**In Baltimore City, 11% of African American youth have the same form of gambling. In all of Md., 6% of the youth (7-12years) gamble (well over 50,000). The percentage doubles by the time people reach adulthood. The big concern is that there will soon be a new casino in Baltimore City.**

**-In Maryland there are 154,000 people that have problems with gambling. It would take more than two times the amount to fill M& T stadium.**

**-ATOD: Alcohol, Tobacco and Other Drugs**

**-Now we have ATOD & G: Alcohol, Tobacco, Other Drugs and Gambling**

**-1 800 522-4700: Gambling hotline in Md. since the 1970’s. Obviously, we have had gambling problems even before the casinos came to Md.**

**-Organization in Md. is called the: Maryland Center of Excellence on Problem Gambling. They offer free resources based on a Resource Grant. This organization does not DO treatment, just resources. However, it DOES train providers and offers continuing education credits.**

**-We are 15 years behind the drug and alcohol campaigns. There is an excellent You Tube commercial out of a certain country, but we need more.**

**-What is needed? 1. Prevention 2. Outreach 3. Awareness and 4. Treatment**

**-Youth and adults gamble for the very same reasons: Money, excitement, enjoyment, social interactions and relief from stress. Remember that the teens have many more dendrites and receptors so they will get hooked very easily.**

**-Gambling has become normalized in our society: arcades, drawings for door prizes, fundraising with car raffles, lottery tickets, scratch off tickets (that parents put in their kids Christmas stockings… wouldn’t put cigarettes, mini liquors or weed in stocking.), and card tournaments on TV.**

**-Where do they gamble? 1. Home 2. Friend’s house 3. School.**

**-Who do they gamble with? 1. Siblings 2. Friends 3. Relatives (go to Bingo with Aunt Sohpie).**

**-How do they gamble? 1. In person 2. Through school bookie 3. Electronic devices all night**

**-How old do you have to be to buy a lottery ticket? 18, but kids walk into grocery stores and buy lottery tickets in under 5 minutes from the machines.**

**-How old do you have to be to gamble on the internet? Trick questions: it is illegal for all ages, but everyone, including kids, does it. Internet is a problem because there are no laws about it (you have no protection if you win and they don’t give you the payoff), it is widespread, it is inexpensive and it can be anonymous. It may one day become legal because it will be seen as tax revenue.**

**-Kids bet on anything, but a lot of it is high school sports and games of skill.**

**-Research shows that gambling has a higher percentage of use than alcohol, drugs or tobacco in grades 7 to 11**

**-Triggers are everywhere: billboards, lottery drawing on the evening news.**

**-\*\*\*\*In order to help, prevention should take place repeatedly over long periods of time via different modalities and mediums.**

**-Preventative programs are just starting in schools. Baltimore City has a pilot school. The will use a program called SMART choices which started in Pennsylvania.**

**-Gambling carries a RISK and should be treated as such.**

**-www.youthgambling.org**