

Gambling Addiction Awareness


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Objectives

- Overview of the National Council on Problem Gambling
- What is Gambling
- Types of Gambling
- Signs and Symptoms
- How to Help
- Resources Available

National Council on Problem Gambling

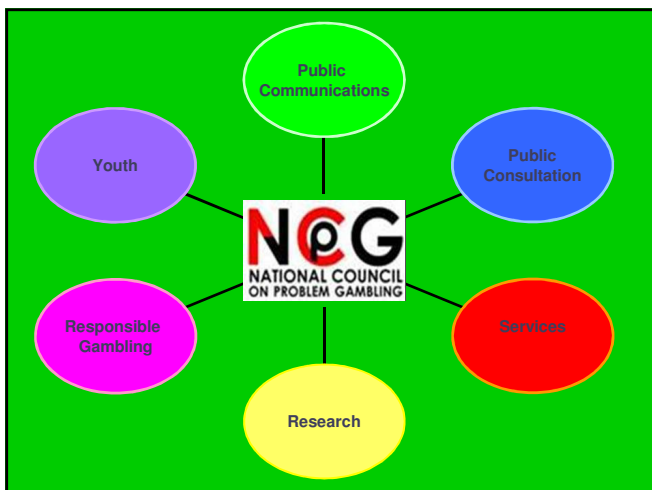


"Working with the community to reduce the impact of problem gambling on individuals, families and society."

- Established Aug 2005
- Terms of Reference:
 - To provide advice and feedback to MCYS on public education programmes to promote public awareness on problem gambling.
 - To decide on funding applications for preventive and rehabilitative programmes.
 - To assess and advise the Government on the effectiveness of treatment, counselling and rehabilitative programmes.
 - To decide on the applications for exclusion of persons from casinos.

National Framework to Address Problem Gambling

National Council on Problem Gambling • Independent, people-sector advisory body to Government	Public Education • Preventive • Raise awareness of problem gambling & Help services • Promote help seeking	Counselling and Support Services in Community • Accessible help for affected persons/families
Professional Medical Treatment • Specialised treatment for pathological gambling and co-morbid conditions	Regulation and Enforcement of Gambling Industry • Regulation of industry • NCPG engages industry to develop "responsible gambling" practices	Research • On gambling/problem gambling • Provide scientific basis for policies for treatment and prevention



What is Gambling?

- [ncpg tvc \(E\)\Excuses TVC Eng 30s Hi-Res.mpg](#)

Overview of Gambling in Singapore

- Legal Operators
 - Singapore Pools – Lotteries (Toto, 4D, Sweep), soccer & motor racing betting
 - Singapore Turf Club – Horse racing
 - Social/Private Clubs – Jackpot machines
 - Integrated Resorts (RWS & MBS) – Casino table games, Jackpots
- Offshore casinos
- Online gambling
- Illegal gambling

Gambling Participation & Problem Gambling



Gambling is Prevalent
 54% of Singapore residents over 18 years old participated in at least one form of gambling activity over the past 12 months

Majority OK, Minority may have problem

Between 0.7–1.2% reported symptoms suggesting probable pathological gamblers

Source: 2007/08 Gambling Participation Survey, Ministry of Community Development, Youth and Sports

Understanding Gambling

- Definition:
 - “Putting something at stake on an uncertain outcome of an event before it happens.”
- It is a **Game of Chance**
- Gambling activities in Singapore:
 1. Casino Gambling (RWS & MWS)
 2. 4-D
 3. Jackpot
 4. Sports Betting
 5. Mahjong
 6. Internet Betting

Key Typology of a Gambler

- Not seen as impulsivity but
- Seen in terms of **COMPULSIVITY**
- ...regardless of the Harm to self and family

H2 Gambling Capital Research Findings on Top Gambling Nation in 2010

Country	Ranked	Amount US\$
Hong Kong		
Canada		
Ireland		
Finland		
Italy		
Australia		
Singapore		

Top 7 Gambling Nation in 2010

Country	Ranked	Amount \$US
Hong Kong	7	
Italy	6	
Finland	5	
Canada	4	
Ireland	3	
Singapore	2	
Australia	1	

Top 7 Gambling Nation in 2010

Country	Ranked	Amount US\$
Hong Kong	7	\$503
Italy	6	\$517
Finland	5	\$553
Canada	4	\$566
Ireland	3	\$588
Singapore	2	\$
Australia	1	\$

Top Gambling Nation in 2010

Country	Amount US\$
Singapore	\$1,174
Australia	\$1,288



Types of Gamblers

- Social Gambler
- Serious Social Gambler
- Professional Gambler
- Problem Gambler
- Pathological Gambler

Types of Gamblers cont

- **Social Gambler** – gambles for fun & occasionally, sticks to limits
- **Serious Social Gambler** – gambles regularly, hobby, does not spend more time or money than can afford, sticks to limits
- **Professional Gambler** – gambles as a way of earning a living
- **Problem Gambler** – begin to have problems
- **Pathological Gambler** – have major problems

Two Distinct Types

- | | |
|--|---|
| <ul style="list-style-type: none"> • Action Gambler <ol style="list-style-type: none"> 1. Domineering/controlling/manipulative 2. Mostly males 3. Energetic, assertive 4. Prefers skills games e.g. horse racing, cards, table games, sports betting, stocks | <ul style="list-style-type: none"> • Escape Gambler <ol style="list-style-type: none"> 1. Gambles to escape problems / relationship issues 2. Significant numbers are female 3. Manipulative / lies / low self esteem 4. Lottery, 4-D, Toto, Jackport |
|--|---|

Irrational Ideas about Gambling

1. Gambling is an important human activity
2. Gambling is a way to earn money
3. My gambling is under control, or can be controlled with some effort 'if I want to'
4. I can win back
5. Borrowing to gamble is okay
6. I have a system to beat the odds
7. I always win in the long run (!?)

Some signs of Problem Gambling

- Need to bet more money more frequently
- Feel irritated when trying to stop
- Think can chase their losses to recover money
- Leads to more financial loss, more gambling
- Spends large portion of their income on gambling

Some signs of Problem Gambling

cont.

- Gambling longer than intended
- Gambling until the last dollar is spent
- Thoughts of gambling losses cause stress e.g. loss of sleep, depression or even suicide
- Using income or savings to gamble while letting bills go unpaid
- Repeated but unsuccessful attempts to give up or control gambling
- Borrowing money to finance one's gambling needs
-

Background Information regarding the Problem Gambler Logic

- “problem gamblers tend to have a poorer understanding of random events compared to non problem social gamblers”*
- “teaching people about randomness may be an important part of both treatment and prevention” *

* Randomness, Does It Matter?
Nigel Turner, PhD, Scientist Centre for Addiction and Mental Health

Background

cont.

- In the 2000 Regular VL Players Follow-up Survey, ‘resolved present players’* stated that, “the realization that they cannot win playing the machines” had an impact in reducing their play.

Nova Scotia Department of Health
*Players who had experienced problems, resolved them, and currently play VL.

For more info of chance rather than skill, go to
<http://www.getgamblingfacts.ca>

www.getgamblingfacts.ca



Winning Streaks??

- When you flip a coin, your chance of getting heads is 50% and your chance of getting tails is 50%
- Thus, if 10 times you get heads, the chance of getting heads or tails on the 11th flip is exactly 50%
- Outcome does not affect the next, many think the losing streak will be followed by wins!

I feel Lucky!?

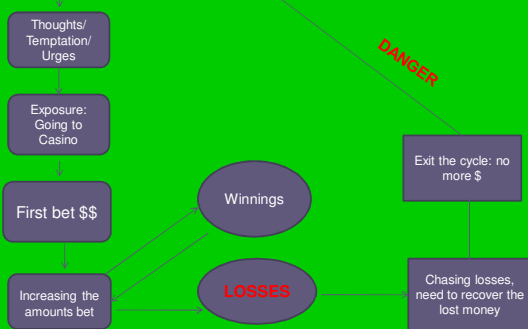
- People with gambling believe they can change their “luck” and affect their chance of winning.
- E.g. choosing ‘lucky’ numbers, clothing...
- Chance is chance

Stages of Gambling Addiction

1. **Winning Phase**
Starts as a social activity, then experiences the Euphoria of Winning thus leads to more Gambling
2. **Losing Phase**
Starts to lose control and become impulsive. Tries to win back losses
3. **Desperate Phase**
Out of control as losses are unmanageable.

PG Behavioural Chain

High Risk Situation



Common Signs That Gambling is a Problem

- Obsessional thinking
- Compulsive behaviour
- Restlessness
- Easily agitated
- Feels bored-empty without the ‘activity’
- Mood swings-from high to low/happy to depression, moody to anger to stonewalling
- Withdrawal from family
- Change in friends
- Ignores consequences

Signs of a Pathological Gambler

1. Increasing preoccupation with gambling;
 2. A need to bet more money, and more frequently;
 3. Restlessness or irritability when attempting to reduce or stop gambling;
 4. Chasing losses;
 5. A loss of control;
 6. Continuation of gambling behaviour despite mounting negative consequences
- Pathological gambling has serious psychological, social and financial consequences.

In Short, a Gambling Addict Experiences...

- Loss of Control
- Change in Affect
- Obsessive/Compulsive Behaviour
- Swings to the opposite continuum
- A Form a Self Sabotage

Gambling Participation by Demographics 2008 Survey

- Chinese (62%)
- Male (60%)
- Aged 40 to 59 (60% - 64%)
- Primary Education and below (61%)
- Average income of \$2,999 and below (60% - 66%)

Prevalence of Probable Gambler

- Male (1.7%)
- Chinese (1.4%)
- Aged 30-59 (1.4 – 1.7%)
- O Level/ITE/VITB education (2.4%)
- Monthly Income of \$1,000 - \$2,999 (2.1 – 2.3%)

MCYS Survey 2007/2008

Gambling Participation by Demographic Groups

Ethnicity	2005 (%)	2008 (%)
Chinese	68	62
Malay	12	22
Indian	30	36
Gender		
Male	61	60
Female	56	49

Gambling Participation

Types of Games	2005 (%)	2008 (%)
All Games	58	54
4D	53	47
TOTO	39	33
Singapore Sweep	31	17
Social Gambling	17	23
Sports Betting	8	9
Table games (local and overseas venues)	3	9
Jackpot machines (local and overseas venues)	7	8
Horse Betting	4	5
Online Gambling	0.1	1

Source of Referrals

Referral Source	No . Of Cases
Problem Gambling Helplines	76.5%
Walk-in	11.1%
Social service agencies (e.g. FSCs)	4.2%
NAMS	0.5%
CDCs	0
Others	7.9%

Awareness of Help Available

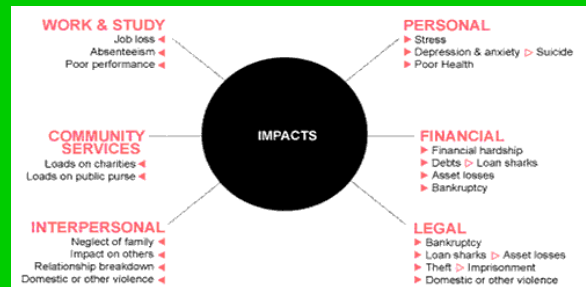
How Cases Knew About Help	% of Cases
Other Family Members (Except spouse)	21.3%
Television	19.7%
Newspaper	16.4%
Internet	11.5%
Spouse	8.2%
S'pore Pools Betting Outlets	6.6%
Credit Counselling S'pore	3.3%
Friends	1.6%
Others	11.5%
Total	100%

MCYS 2008 Survey Key Findings

- 54% that gambles are 18 years and above
- 0.7% - 1.6% are Probable Pathological Gamblers
- More tolerant and accepting of Gambles as a leisure activity

2005 Survey	2008 survey
25%-30%	49%-54%

Possible Effects of PG



Possible Effects of Problem Gambling

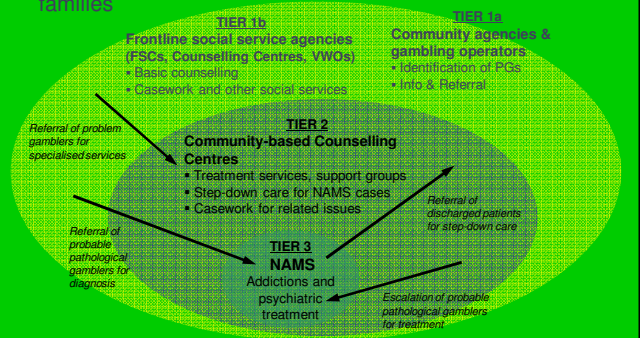
Source: Productivity Commission (1999) Australia's Gambling Industries. AusInfo, p. 7.3.

What Can We Do Then?

- Become the eyes and ears, hands and feet of the community
- Be aware of the different problems that individuals and families present

Support Services and Treatment

- 3 tiered framework to provide help to problem gamblers & families



How to Identify?

- Usually reported by the non-Gambler
- Usual complaints includes:
 - not enough money, can't pay the bills, borrows money from family members
 - Cash withdrawals at RWS, MBS ATMs
 - hardly around, usually at RWS, MBS, coffee shops, 4D outlets, watching horse racing/soccer on specific days
 - preoccupied with other things
 - has excessive betting tickets

How to Identify? Cont

- identified person is more moody, snappy, angry, sleeps less and looks more worried
- leaves home on specific days and times
- returns home later than usual
- missing from Friday night till Sunday
- borrows money from you
- items in the house starts to go missing
- Legal moneylender and Loanshark visitations/notes

Practical Tips for Those Ready for Change

- Avoid being near the Gambling Sites, change your routes
- Temporarily give a family member the rights to manage your finances e.g.
 - how the monthly salary is disbursed and used
 - Cancelling credit cards or safe keeping with someone
 - Do not carry ATM
 - Speak to a Professional and or Pastor to manage the daily problems (frustrations, failure, rejection)

Who To Contact

- **ComCare Hotline**
1800 222 0000
- **National Problem Gambling Hotline**
1800-6-668-668 www.ncpg.org.sg
- **Tanjong Pagar Family Service Centre**
6270 6711
- **National Addictions Management Service (NAMS)**
Tel: 67326837 www.nams.org.sg
- **Credit Counselling Singapore**
Tel: 1800-225-5227 www.ccs.org.sg

Thank You