

The Institute for Gambling Education & Research

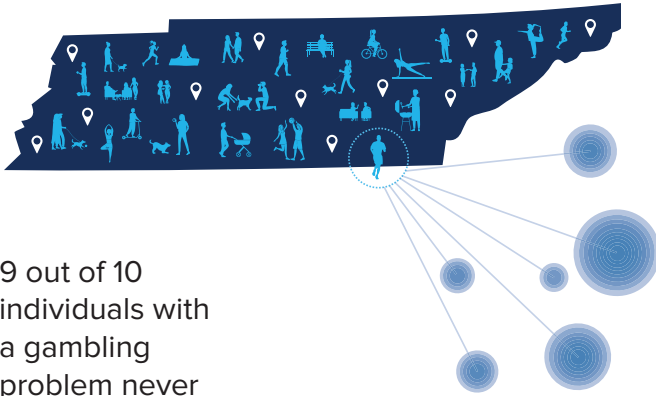
Services for All Tennesseans

THE PROBLEM

Gambling Disorder: when gambling causes harm in a person's life and efforts to stop or reduce gambling are difficult, despite continued harms and financial distress.

1.

More than 250,000 Tennesseans experience gambling disorder symptoms.



2.

9 out of 10 individuals with a gambling problem never seek treatment.

3.

Each person with a gambling problem will negatively impact six other people.

4.

Gambling-related harms include mental health problems, failed businesses, criminal activity, broken families, bankruptcy and even suicide.



LIVED EXPERIENCES

A mother who lost a daughter finds the best way to leave her problems behind is to disappear in the stress-free world of a casino.

A business owner who wakes in the middle of the night to get work done before the new sports betting lines are listed for events that evening. This lifestyle results in loss of time with family and the slow deterioration of his life savings.

A young veteran whose partner asked him to leave their home after once again finding evidence of gambling losses and lies about finances.

THE CHALLENGE

Gambling continues to grow...



- The United States incurred nearly \$53 billion in commercial gross gaming revenue in 2021.
- Tennessee Education Lottery continues to grow to over \$2.08 billion in revenues.
- Another \$2.73 billion was wagered in Tennessee on sports betting in 2021.
- Gambling problems are stigmatized and perceived as a failure of self-control.
- Individuals with gambling disorder are hesitant reach out for help.
- Treatment providers are often unacknowledged about this problem.

THE SOLUTION

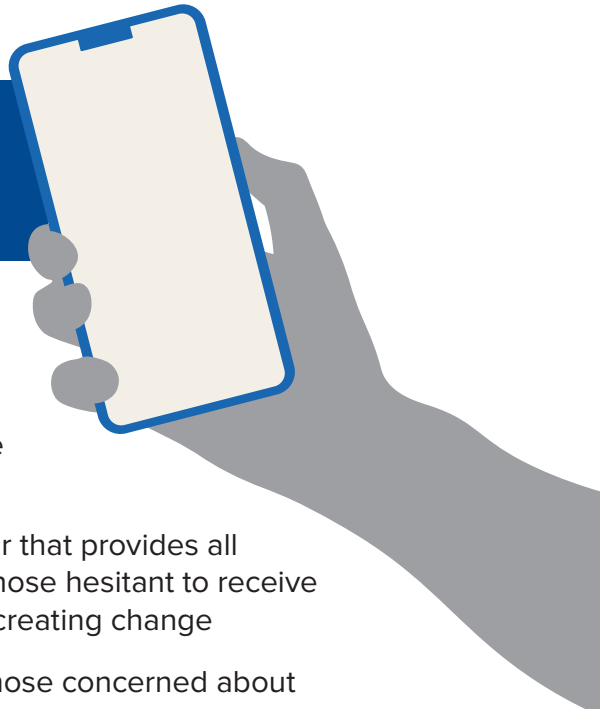
Our Mission

Create and actively manage an accessible, engaging evidence-based system of care to reduce the risk of gambling-related harms for all Tennesseans.

Our Strategy

Continue our longstanding relationship with the Department of Mental Health and Substance Abuse Services to build:

- An **online resource** center that provides all Tennesseans, including those hesitant to receive therapy, with options for creating change
- A web-based portal for those concerned about another's gambling
- Access to information for service providers including an online referral system
- Regional clinics that offer **telehealth and/or in-person treatment** with an intentional and concerted effort to **support historically under-served communities**



Promoting Access for All Tennesseans

- **Developing** the online system of care for key target audiences:
 - The public
 - Concerned family and friends
 - People with gambling problems
 - Health service providers
- **Operating** clinical service content that implements, manages and coordinates telehealth and in-person services at both treatment centers.
- **Providing** community outreach materials and training programs, including programming to support historically underserved communities.
- **Conducting** continuous evaluation and research on services to monitor and enhance the effectiveness of services.
- **Promoting** research to expand our knowledge about gambling disorders and related issues.



THE GAMBLING CLINIC ONLINE

– A DETAILED PLAN

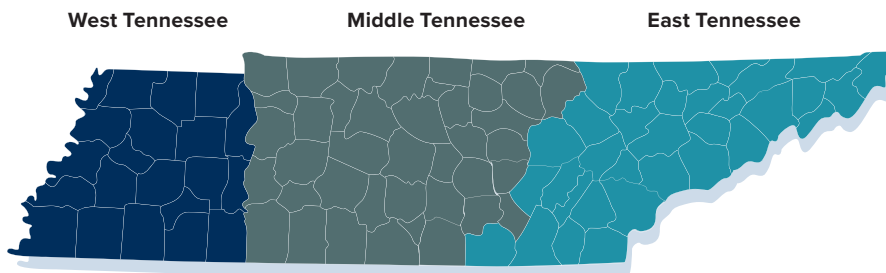
Partnering with experienced Nashville-based web developer Aroluxe with funding provided by TN MHSAS, the portal will be dynamic and interactive using the best practices in online education. Content will be presented in a motivational style to enhance self-reflection and engagement among clients.

General public/gambling awareness

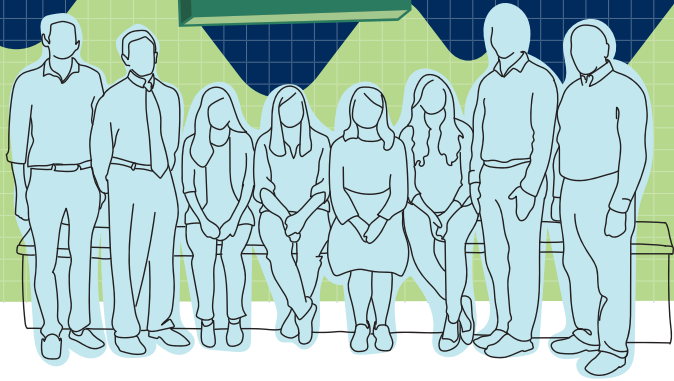
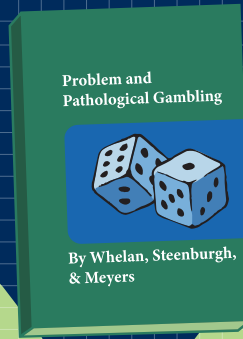
- Tutorials for responsible play
- Worksheets for setting limits on time or money
- Education about risks associated with adolescent gambling
- Steps to find alternatives to wagering due to boredom or escaping distress
- Gambling fact sheets/frequently asked questions (e.g., understanding the risk of parlays in sports wagering)

Resources for loved ones

- Self-assessment and guide to promoting change
- Workbook and online tools, including video examples, for building conversation skills
- Financial and legal information to facilitate controlled risk
- Appointment scheduling system for in-person and/or online consultation



Our research informs our clinical work, and our clinical work informs our research.



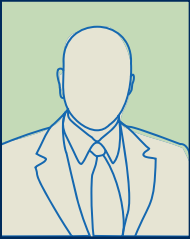
Health care provider resource

- Gambling disorder information
- Provider facilitated screening tool that can also provide a feedback report
- Information to share with concerned family members and friends
- Referral process that connects to The Gambling Clinic – East and West locations
- Brief empirically-based technical reports

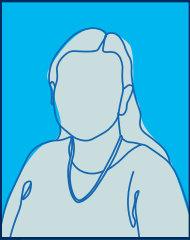
Problem gambling and gambling disorder stepped-care treatment site

- The self-exclusion process explained and facilitated
- Education to enhance expectations and promote understanding of change process
- Suggestions for setting limits and positive play
- Private and confidential self-assessment of gambling behavior
- In-depth self-assessment with brief instant feedback intervention
- Appointment scheduling system for in-person and/or telehealth treatment

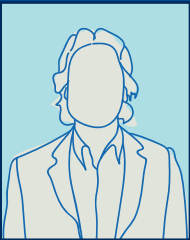
THE GAMBLING CLINIC



Dr. James Whelan directs all operations and future developments. Dr. Whelan and his team, TIGER, have had extensive experience in running a gambling clinic and research laboratory at the University of Memphis for more than 20 years. Dr. Whelan will continue to direct and oversee day-to-day operations.



Dr. Meredith Ginley oversees the ETSU Clinic. Dr. Ginley is an assistant professor and psychologist at East Tennessee State University. She is a contributor to our treatment model and has expertise in addiction services in rural communities. She has also established a treatment center at ETSU.



Dr. Rory Pfund oversees the UofM Clinic. Dr. Pfund is an assistant professor, research psychologist, and clinic director at the University of Memphis. He engages in ongoing assessment and evaluation to promote continuing improvement in gambling disorder treatment.

- In-person and telehealth treatment will be provided by clinical psychology doctoral students.
- Peer Recovery Specialists will coordinate outreach, referrals and recovery support.

IMPLEMENTING THE SOLUTION

Our Legislators' decision to set aside 5% of funds for gambling treatment has provided Tennessee with an opportunity to care for those harmed by gambling.

We at TIGER are answering the call with funding from the Department of Mental Health and Substance Abuse Services to help those in need. For decades, we have partnered with clients to learn about the uniqueness of gambling as an addiction. In turn, the challenges in the clinic have been the focus in the lab.

Over the next five years, our goal will make Tennessee a leader in developing and using empirically-based information to managing gambling harms experienced by the people living in our communities.





This effort makes Tennessee a national and international leader in addressing gambling disorders.

James P. Whelan, PhD
901.678.3736
jwhelan@memphis.edu

THE INSTITUTE FOR GAMBLING EDUCATION AND RESEARCH



Funded by a grant provided by

