

# NC SPORTS GAMBLING AND GAMING SUMMIT

## Treatment and Prevention for Problem Gambling



**Date:** March 8, 2019

**Registration:** 8-9 a.m.

**Training:** 9 a.m.-4 p.m.

**\*Registration fee:** \$15

**Location:** NC State University

**McKimmon Conference and Training Center**

1101 Gorman St. Raleigh, NC 27606

Lunch is provided 12-1 p.m.

For questions contact: 919-843-6083

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### Program Description

The United States is facing the biggest potential expansion of gambling in its history as a result of the recent Supreme Court decision to overturn the Professional and Amateur Sports Protection Act (PASPA). Individuals involved in amateur and professional sports are at higher risk for gambling problems, and gambling problems are a threat to the health of athletes and to the integrity of the game. With the revolutionary shift in attitudes towards sports betting by the professional leagues and the action of dozens of states to pass sports betting bills, there is an urgent need to prepare for an increased occurrence of gambling addiction and problem gambling, as well as to provide solutions (*from the National Council on Problem Gambling*). In addition to traditional sports betting modalities, rates of gaming disorders and Esports betting are on the rise. This one-day summit will explore the need for developing strategies to combat the rise of gambling disorder related to the constantly expanding gambling landscape.

### Audience

Educators; collegiate athletic advisors; mental health professionals including psychologists, clinical social workers, licensed professional counselors, marriage and family therapists, substance abuse counselors, pastoral counselors; clergy; school counselors; school administrators; recreational therapists; peer support specialists and all those interested in learning about sports and gaming problem gambling.

## AGENDA

8-9 a.m.	Registration
9-9:15 a.m.	Introduction: Smith Worth, State Opioid Treatment Authority Administrator, NC Department of Health and Human Services, Division of Mental Health, Developmental Disabilities, and Substance Abuse Services
9:15-10:30 a.m.	Morning Plenary: Daniel Trolaro, MS, <i>The Future Is Now: Overview of Sports Betting in New Jersey</i>
10:30-10:45 a.m.	Morning Break
10:45 a.m.-12 p.m.	Morning Session: Jon Grant, JD, MD, MPH, <i>Sports Gambling/ Gaming: When Is It an Addiction and What Can We Do About It?</i>
12-1 p.m.	Lunch
1-2 p.m.	Afternoon Session: Julie Hynes, MA, RD, CPS, <i>E-gaming</i>
2-2:30 p.m.	Spotlight on NC: Alison Drain, MPA, MSW
2:30-2:45 p.m.	Afternoon Break
2:45-4 p.m.	Afternoon Keynote: Cam Adair <i>Video Game Addiction Masterclass for Mental Health Professionals</i>

## SPEAKERS



### **Daniel Trolaro, MS**

Daniel J. Trolaro is the Assistant Executive Director for the NJ Council on Compulsive Gambling. He graduated from The College of New Jersey with a BS in Finance and a concentration in Economics. He also holds his MS in Psychology from California Coast University. Dan has spoken at dozens of events around the country about internet and mobile device gambling as well as emerging trends in sports gambling. Whether speaking on prevention strategies, treatment resources, responsible gaming or recovery resources, Dan discusses the concept of gambling, addiction switching, co-occurrence, and behaviors associated with this devastating addiction.

### **Jon Grant, JD, MD, MPH**

Jon E. Grant is a Professor of Psychiatry & Behavioral Neuroscience at the University of Chicago where he directs a clinic and research lab on addictive, compulsive and impulsive disorders. Dr. Grant is the author of over 350 peer-reviewed scientific articles and is the Editor in Chief of the Journal of Gambling Studies.



### **Julie Hynes, MA, RD, CPS**

Julie is the Director of Responsible Gambling with the Massachusetts Council on Compulsive Gambling. She has specialized in addictions and problem gambling prevention since 2002. She previously coordinated the Problem Gambling Prevention Program with Prevention Lane, was faculty with the University of Oregon, and is current Secretary of the Board of Directors of the National Council on Problem Gambling. A Certified Prevention Specialist, Julie is passionate about keeping pace with the latest in evidence-based prevention strategies as well as changing tides of gaming and gambling in the United States. Julie is a past recipient of the Wuelfing Prevention Award from the National Council on Problem Gambling.

### **Cam Adair**

Cam Adair is the founder of Game Quitters, the world's largest support community for video game addiction, serving members in 94 countries. Named one of Canada's top 150 leaders in Mental Health, his work has been published in Psychiatry Research, and featured in two TEDx talks, Forbes, BBC, the New York Times, NPR, CNN, and ABC 20/20, amongst others. He's an internationally recognized speaker, entrepreneur, and YouTuber with over 2M views. Born in Canada, he currently lives in California.



# SESSION DESCRIPTIONS

## The Future is Now: Overview of Sports Betting in New Jersey

Consistently, there are more creative and fast paced forms of entertainment to help people escape, cope, or adjust to the stressors of life. Whether finding it through substance, social media, YouTube, or a variety of other methods, individuals are becoming more daring, tech savvy and tech dependent. From a technology perspective, one area that has seen explosive growth exists in the world of internet and sports gambling. The rise in popularity of eSports, Daily Fantasy Sports (DFS), and now legalized forms of sports gambling has resulted in an increase in gamblers worldwide seeking fast-paced action, escape, and a chance to win money. That being said, it has also resulted in an increase in calls and requests for help.

Problem gambling is linked to many individual, public health, and social problems including: depression, suicide, significant debt, bankruptcy, family conflict, domestic violence, neglect and maltreatment of children and criminal offenses. As with any addiction, treatment and early intervention utilizing various approaches can be very effective. This workshop will provide an overview and analysis of sports gambling, emerging trends in the sports gambling market, the behavioral, emotional and psychological warning signs, and the prevention, treatment, and recovery resources available for those seeking assistance.

### Learning Objectives

1. Participants will be able to identify the top trends impacting the sports betting gambling markets
2. Participants will describe how New Jersey is handling the expansion of sports betting and the impact it is having around the state
3. Participants will be able to discuss issues surrounding prevention, treatment, and recovery for those struggling with sports gambling and addiction

## Sports Gambling/Gaming: When Is It an Addiction and What Can We Do About It?

Sports gambling/gaming produces short-term reward that may engender persistent behavior despite knowledge of adverse consequences, i.e., diminished control over the behavior. Diminished control is a core defining concept of addiction. This talk will discuss the clinical presentation of sport gambling/gaming, review the evidence for similarities between this behavior and substance addictions, and present evidence-based treatment approaches for these behaviors.

### Learning Objectives

1. Participants will be able to identify the clinical presentation of sports gambling/gaming;
2. Participants will be able to describe the neurobiology and cognitive aspects of sports gambling/gaming and the similarities to substance addiction; and
3. Participants will be able to list evidence-based approaches to the treatment of sports gambling/gaming.

## E-gaming



In the last few years, lines have increasingly blurred between what is considered “gaming” and “gambling.” In this presentation, we will cover some recent trends in video gaming that connect with gambling, including the latest in daily fantasy sports, microtransactions, and esports. Participants will gain a real-world understanding of these trends, in addition to key issues related to problem gambling and populations at special risk.

### Learning Objectives

1. Participants will be able to identify three recent trends in electronic gaming, and how these forms can present risk for problem gambling.

## Spotlight on NC

The North Carolina Problem Gambling Program offers mini grants to colleges and universities to promote problem gambling education and outreach to students, faculty and staff. The funds are utilized to provide screening for problem gambling, implement research, engage in outreach programs, and draft and advocate for policy changes on gambling. In addition, mini grants are available for middle schools, high schools and at-risk community-based programs to implement an evidenced-based problem gambling program called Stacked Deck. Educators are trained, provided technical support and given all of the materials needed to implement the program. The panelists will discuss how they utilized the grants and make an impact in the area of problem gambling at their institutions.

### Facilitator

Alison Drain, MPA, MSW, North Carolina Problem Gambling Program Prevention Coordinator

### Panelists

1. Robert M Cox, EdD, LPC, LCAS, CSI, CCMHC, ACS
2. Darion Bayles, MED Candidate of Higher Education
3. Tracy Poe, LPC, DCC
4. Alex Howard, DrPH
5. Chris Burwell

## Video Game Addiction Masterclass for Mental Health Professionals

Video game addiction is real and a tsunami of it is coming that mental health professionals are not prepared for. In this masterclass, Cam Adair shares his personal journey of overcoming his addiction to the gaming world and offers key insights into how gaming and social media are designed to keep people hooked. He also takes an evidence-based approach to help you identify those at-risk, how to communicate effectively with patients, and what the practical strategies are to help them succeed in recovery. Named one of Canada's Top 150 Leaders in Mental Health, this is a presentation you cannot afford to miss.

### Learning Objectives

1. Participants will be able to describe how video games are designed to keep people hooked.
2. Participants will list the four emotional needs gaming fulfills.
3. Participants will be able to assess at-risk gamers (including a screening tool).
4. Participants will be able to identify the four key steps and other practical tips to recovery.

## CONTINUING EDUCATION

Contact Hours: 5.5

UNC School of Social Work (SSW) has been approved by NBCC as an Approved Continuing Education Provider, ACEP #6642.

UNC SSW, #1406, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) [www.aswb.org](http://www.aswb.org) through the Approved Continuing Education (ACE) Program.

This course has been submitted to the North Carolina Substance Abuse Professional Practice Board for approval for 5.5 SS contact hours.

We will confirm your registration by email. Successful completion includes full attendance for the day. Within 7 days of the conclusion of the event, you will receive an email notifying you that the evaluations and certificates are ready.



NC DEPARTMENT OF  
**HEALTH AND  
HUMAN SERVICES**



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\* Last day for refund: February 22, 2019