

PROBLEM GAMBLING SOUTHWESTERN CT



**Confidential, 24/7
Problem Gambling
Helpline
(888-789-7777)**

What is Problem Gambling?

Gambling is any activity where a person risks an item of value, such as money or property, on the outcome of an event which is determined mostly by chance.

Gambling becomes a problem when it gets in the way of work, school or other activities, harms your mental or physical health, hurts you financially, damages your reputation, or causes problems with your family or friends.



In 2021, CT legalized sports betting and online gambling. It has led to an **increase in gambling addiction** and higher numbers of people have seeking help.



By October 2022, calls and chats to the CT problem-gambling hotline **were up by 134%** compared to October 2021.



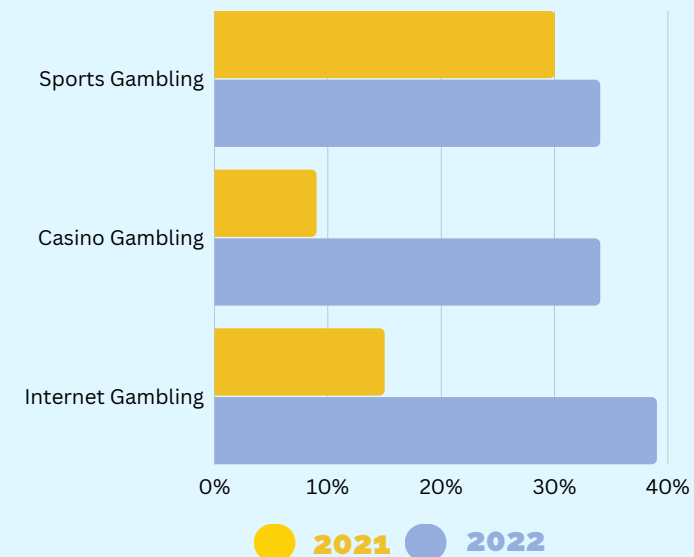
The National Council on Problem Gambling indicated that **60% - 80% of high school students report gambling** for money in 2022.



The proportion of **young adults aged 18-25 admitted to treatment for problem gambling in Region 1 more than doubled in one year**, from 9% in 2021 to 20% in 2022.

*In the United States, about **2 million adults** meet criteria for severe gambling problems in a given year, and another **4-6 million** would have mild or moderate gambling problems.*

CCPG Helpline calls for SW CT suggest that the types of gambling might also be changing, increases between 2021 and 2022 were found for contacts (chats or calls) related to the below topics.





PROBLEM GAMBLING IN SOUTHWESTERN CT

Gambling disorder often exists as a comorbidity. Based on the Disordered Gambling Integration (DiGI) Program site in SW CT, we know the following:



More than one-third of clients who have a gambling problem **also have an alcohol use disorder.**

More than 90% of clients who have a gambling problem **also have a substance use disorder.**



Between 2020 and 2022, **a yearly increase in clients with a gambling disorder occurred.** The percentage **more than doubled**, jumping from 1.2% to 3.4%.

For More Info

Find resources and more www.thehubct.org/gambling or scan the QR code below.



Risk Factors for Problem Gambling

- A family history of problem gambling
- A history of depression and anxiety
- A history of risk-taking or impulsive behaviors
- Having an early big win or easy access to a preferred form of gambling
- A recent loss or change, such as divorce, retirement, or close death
- Having a substance use disorder (SUD) or alcohol use disorder (AUD)
- Holding mistaken beliefs about odds of winning
- Financial Problems

Those who reported any substance use in their lifetime were more likely to **perceive less risk of gambling** and **less peer disapproval for gambling.**

The incidence of self-reported gambling in their lifetime increased incrementally by grade from **3.45% in Grade 7 to 9.57% in Grade 12**, and **males were almost 3 times more likely than females to report gambling.**