

STATE OF IOWA DEPARTMENT OF
Health AND **Human**
SERVICES

Iowa Problem Gambling Services
State Fiscal Year 2022 Annual Report

June 2023

OVERVIEW

The Iowa Department of Health and Human Services (the Agency) funds the Substance Use and Problem Gambling Services Integrated Provider Network (IPN) to ensure Iowans have accessible problem gambling prevention and treatment services. Problem gambling means participation in any form of gambling activity that creates one or more negative consequences to the individual, their family or loved ones, employer or community. IPN contractors are responsive to the needs of Iowans and work to reduce the negative impacts associated with gambling. The following occurred in State Fiscal Year (SFY) 2022:

- In Iowa, 103,301 individuals were served with problem gambling individual-level or population-level prevention services.
- In Iowa, 319 individuals received problem gambling crisis, intervention, treatment and/or recovery support services.

FUNDING

The Agency receives an appropriation from the State General Fund for addiction services that includes funding for problem gambling services and \$1,750,000 from the Sports Wagering Tax Receipt Fund.

Table 2: Iowa Gambling Treatment Program Expenditures 2020-2023

Activity	2023 (Budget)	2022 (Actual)	2021 (Actual)	2020 (Actual)
Treatment Services	\$1,331,736	\$898,154	\$761,464	\$549,845
Prevention Services	\$763,558	\$645,287	\$767,492	\$692,875
Recovery Support Services	0	0	0	0
Your Life Iowa Helpline/Website	\$206,250	\$206,250	\$206,654	\$248,244
Surveillance (BRFSS)/Outcome Monitoring	\$72,100	\$35,221	\$160,400	\$160,400
Health Promotion	\$300,000	\$113,966	\$455,228	\$740,861
Training/Professional Development	\$50,000	\$56,595	\$28,117	\$43,093
Data Reporting System	\$8,600	\$1,208	\$284,486	\$138,082
Administration Costs	\$259,870	\$325,680	\$261,596	\$248,366
TOTAL	\$2,992,114	\$2,282,361	\$2,925,437	\$2,821,766

SERVICES AND UTILIZATION

IPN grant funded problem gambling services include:

- Helpline Referral and Education through the Your Life Iowa and 1-800-BETS OFF website (yourlifeiowa.org/gambling), with telephone (855-581-8111) and text (855-895-8398) options.
- Prevention Services are based on the Substance Abuse and Mental Health Services Administration (SAMHSA) Strategic Prevention Framework (SPF).
- Counseling for persons experiencing problems due to gambling and those affected by the gambling of a family member. This includes telehealth options for eligible persons with barriers to accessing certain face-to-face treatment services.
- Recovery Support Services providing important supportive services like transportation assistance and recovery peer coaching for persons receiving problem gambling counseling.

- Training and professional development for prevention specialists and counselors.

Table 1: Iowa Problem Gambling Services – Utilization

State Fiscal Year	# of Prevention Hours*	# of Patients Treated**	# of Gambling Contacts to I-800-BETS OFF	Traffic to 1800BETSOFF.org
2019	4,766	¹ 488	² 4,602	33,802
2020	2,390	182	[^] 1,511	59,672
2021	1,566	167	1,411	41,640
2022	2,005	319	1,569	35,640

*# of prevention hours reflects IPN grant funded providers.

**# of patients treated includes all licensed problem gambling treatment providers.

[^]Prior to 2020, # of Gambling Contacts to I-800-BETS OFF included all calls, including junk. Starting in 2020 junk calls were excluded from the total contacts.

While the number of Iowans receiving a problem gambling prevention and treatment service increased in SFY 2022, the numbers continue to be lower than recent years. In response to these numbers, the Agency continues to be responsive to the needs of IPN providers and problem gambling service delivery through the following:

- Implemented statewide media campaigns using the [Be #1 at Getting Help](#) (SFY 2022) and [Help for Them and You](#) (SFY 2023) campaigns to raise awareness of I-800-BETS OFF and Your Life Iowa and encourage Iowans experiencing problems with gambling to reach out for help.
- Provided upwards of 15 hours of collaborative training opportunities to further the level of competency of substance use and problem gambling professionals in Iowa.
 - Stacked Deck: Virtual Problem Gambling Prevention Training
 - Problem Gambling Webinar Series
 - 44th Iowa’s Annual Governor’s Conference on Substance Abuse
- Developed and planned the *Problem Gambling and Suicide: Exploring the Prevalence of Suicide Among Those with a Gambling Disorder* webinar which took place in SFY 2023.

NEXT STEPS

The Iowa Department of Health and Human Services has engaged Health Management Associates (HMA) to study the delivery of health and human service programs in Iowa. The assessment will study why the current systems are structured the way they are, and the historical context of such decisions. The study will also examine existing operational capabilities and gaps, and the funding and resource models that drive the current system. During this effort, Iowa HHS will explore ways to integrate work to better serve both internal and external customers and partners, including IPN contractors providing problem gambling services.

¹ 475 patients received a treatment service reported in I-SMART. 13 patients received integrated SUD and Problem gambling services reported to the Central Data Repository (CDR).

² Problem gambling calls to Your Life Iowa, the 24/7 integrated hub for free and confidential help and information for alcohol, drugs, gambling and suicide, launched in July 2018.

Appendix

GLOSSARY

I-800-BETS OFF: Helpline and website devoted to raising awareness of problem gambling and providing assistance to those Iowans who are being negatively impacted by their gambling and related behaviors, and their affected loved ones.

Gambling: The act or practice of risking the loss of something of value upon the outcome of chance or future contingent event not under his/her control in an attempt to gain something of greater value.

Gambling Disorder: Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress.

Your Life Iowa: The 24/7 integrated resource for free and confidential help and information for alcohol, drugs, gambling, mental health (adult/youth) and suicide concerns. Information and assistance are available through the telephone helpline at 855-581-8111, online at YourLifelowa.org, through text at 855-895-8398, and through mobile/internet friendly online chat and social media messaging (@YourLifelowa).