



Iowa Problem Gambling Services State Fiscal Year 2024 Annual Report

May 2025

Katie Bee
Project Manager

Jennifer Robertson-Hill
Bureau Chief

IOWATM
Health and
Human Services

Table of Contents

Office of Problem Gambling Prevention & Treatment Services	3
Overview	3
Funding	3
Services and Utilization	3
Next Steps	4
Appendix	5
Glossary	5

Office of Problem Gambling Prevention & Treatment Services

Overview

The Iowa Department of Health and Human Services (Iowa HHS) administers funding through the Substance Use and Problem Gambling Services Integrated Provider Network (IPN) grant, which supports 19 service areas. Together, awarded providers work 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, their employer or community. IPN providers are responsive to the needs of Iowans and work to reduce the negative impacts associated with gambling. The following services occurred in State Fiscal Year (SFY) 2024:

- In Iowa, 149,242 individuals were served with problem gambling individual-level or population-level prevention services.
- In Iowa, 7,112 direct hours were provided towards problem gambling community outreach, engagement, family education, or crisis services.

Funding

Iowa HHS 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 1: Office of Problem Gambling Program Expenditures 2022-2025

Activity	2025 (Budget)	2024 (Actual)	2023 (Actual)	2022 (Actual)
Treatment Services	\$1,185,043	\$1,011,592	\$1,061,603	\$898,154
Prevention Services	\$632,421	\$635,210	\$612,714	\$645,287
Recovery Support Services	0	0	0	0
Your Life Iowa Helpline/Website	\$206,250	\$200,000	\$200,000	\$206,250
Surveillance (BRFSS)/Outcome Monitoring	\$28,000	\$28,000	\$35,221	\$35,221
Health Promotion	\$605,261	\$589,932	\$1,197,857	\$113,966
Training/Professional Development	\$15,000	\$22,830	\$134,793	\$56,595
Data Reporting System (IBHRS)	\$20,000	\$20,000	0	\$1,208
Administration Costs	\$300,139	\$264,926	\$321,047	\$325,680
TOTAL	\$2,992,114	\$2,772,490	\$3,563,235	\$2,282,361

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 like transportation assistance and recovery peer coaching for persons receiving problem gambling counseling.
- Training and professional development for prevention specialists and counselors.

Table 2: Iowa Problem Gambling Services - Utilization

State Fiscal Year	# of Prevention Hours ¹	# of Patients Screened and Referred to Gambling Treatment ²	# of Gambling Contacts to 1-800-BETS OFF ³	Traffic to 1800BETSOFF.org
2021	1,566	*	1,411	41,640
2022	2,005	1,350	1,569	35,640
2023	2,558	1,533	1,523	118,183
2024	3,646	1,434	1,363	74,002

In August 2021, Iowa transitioned data collection systems to the Iowa Behavioral Health Reporting System (IBHRS). This was in response to the Iowa legislature who mandated that Iowa align substance use disorder and problem gambling treatment services. Due to this transition, Iowa HHS has updated the number of patients screened and referred to gambling treatment figures to reflect data in this system at the time of reporting.

Iowa HHS continued 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” and “Help for Them and You” campaigns to raise awareness of 1-800-BETS OFF and Your Life Iowa to encourage Iowans experiencing problems with gambling, or persons seeking additional information, to reach out for help.
- Provided upwards of 12 hours of collaborative training opportunities to further the level of competency of substance use and problem gambling professionals in Iowa.
 - Problem gambling clinical webinar series
 - 47th Iowa’s Annual Governor’s Conference on Substance Use Prevention, Treatment, and Recovery

Next Steps

The Iowa Legislature passed House File (HF) 2673 on May 15, 2024. The law creates a new behavioral health system that works to address prevention, education, early intervention, treatment, recovery support and crisis services statewide. The behavioral health service system will address mental health and addictive disorders that include but are not limited to alcohol use, substance use, tobacco use, and problem gambling.

To learn more about the Iowa Department of Health and Human Services alignment efforts or to review the HHS Service Delivery Alignment Assessment Report, please visit the [HHS System Alignment](#) page of the Iowa HHS website.

¹ Number of prevention hours reflects IPN grant funded providers.

² This is the number of unique patients who received a gambling screen and were recommended to an ASAM level of care as reported by all licensed problem gambling treatment providers.

³ 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 2018.

Appendix

Glossary

1-800-BETS OFF: A helpline and website devoted to raising awareness of problem gambling and providing assistance to those Iowans who are 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).