



# Iowa Department of Public Health

## FACT SHEET

### Office of Problem Gambling Treatment and Prevention

#### Gambling in Iowa

During the past 12 months, 69% of adult Iowans have gambled. These opportunities come easy as Iowa is home to 21 casinos, 2,500 lottery outlets and countless social and charitable gaming events. Most Iowans gamble as a form of entertainment with no consequence. However, 12% of all adult Iowans and 18% of those who have gambled in the past 12 months reported they experienced one or more of the problem gambling indicators below<sup>1</sup>. For those for whom the price of gambling has gotten to be too much, there is a statewide network of nine licensed programs providing treatment by qualified professionals and related services to residents of all 99 Iowa counties.

#### Program Overview

Services and programs offered through the Office of Problem Gambling Treatment and Prevention are guided by a public health approach that takes into consideration biological, behavioral, economic and cultural determinants that influence gambling and health. This approach incorporates education, prevention, outreach and treatment strategies that minimize problem gambling's negative impacts on individuals, families and communities while recognizing gambling's availability, cultural acceptance, and economic appeal.

#### Problem Gambling Severity Index (PGSI)

1. Bet more than you could afford to lose.
2. Needed to gamble with larger amounts of money to get the same feeling of excitement.
3. Gone back another day to try to win back the money lost.
4. Borrowed money or sold anything to get money to gamble.
5. Felt that you might have a problem with gambling?
6. Have been criticized or told you had a gambling problem, regardless of whether or not you thought it was true?
7. Felt guilty about the way you gambled or what happens when you gamble?
8. Gambling has caused you any health problems, including stress or anxiety?
9. Gambling has caused any financial problems for you or your household?

#### Funded Services

- **Counseling and Treatment** for problem gamblers and those affected by the problem gambling of a family member
- **Education** to inform Iowans of the risks and responsibilities of gambling
- **Prevention** for groups at increased risk of problem gambling
- **24-Hour Helpline and resources** through 1-800-BetsOff and [www.1800BetsOff.org](http://www.1800BetsOff.org)
- **Recovery Support Services** to provide practical assistance to persons receiving problem gambling counseling
- **Training and Professional Development** for counselors providing problem gambling treatment and common co-occurring disorders, including substance abuse.

## Clients Served

Fiscal Year	Number of Hours Problem Gambling Education/Prevention	Number of Clients Problem Gambling Counseling	Number of Calls 1-800-BetsOff*
2005	3,447	1,009	2,756
2006	3,500	1,205	3,297
2007	5,963	1,146	3,613
2008	4,814	940	3,820
2009	5,816	905	3,435
2010	8,515	948	3,942
2011	7,435	789	3,695

\*Gambling specific. The total call number is higher.

## Funding

The Department of Public Health receives an appropriation from the State General Fund for problem gambling services. Final expenditures for FY 2011 (July 2010 through June 2011) totaled \$3,322,897. The budget for FY 2012 (July 2011 through June 2012) is \$3,061,610.

Office of Problem Gambling Treatment and Prevention		
	FY11 Actual	FY12 Budget
Counseling and Treatment	1,080,645	1,420,796
Transitional Housing	79,560	
Education and Prevention	864,532	976,952
1-800-BetsOff Helpline	77,382	76,260
Treatment Outcome Monitoring	86,737	7,500
Adult Gambling Prevalence Study	25,000	
Internet Poker Study (SF526)	2,500	2,500
Health Promotion Campaign	350,700	200,200
Workforce Development	38,042	48,000
Gambling Services Reporting System	177,000	40,000
Administrative Costs	406,902	289,402
FY11 Appeal Board Claims	33,897	
<b>TOTAL</b>	<b>3,222,897</b>	<b>3,061,610</b>

## Treatment

### Effectiveness

Problem gambling treatment outcomes are monitored and analyzed by UNI-CSBR. Finding from the last study found significant improvements in social functioning and decrease in gambling engagement. At six-months follow-up 98% of persons who completed treatment reported that "life is much better" and their gambling engagement was much less than at admission. At admission 51% of treatment seekers reported being late paying bills compared to 19% at discharge.

## Service Transition Plan

IDPH is engaged in a transition to a more comprehensive and integrated recovery-oriented system of care for addictive disorders, built on coordination and collaboration across problem gambling education and treatment, substance abuse prevention, and substance abuse treatment. Changes in this transition will be consistent with 2008 and 2009 legislative direction (SF 2425, HF 811) as well as 2011's mental health redesign (SF 525.)

For more information, contact Mark Vander Linden at (515)281-8802 or [mark.vanderlinden@idph.iowa.gov](mailto:mark.vanderlinden@idph.iowa.gov)

<sup>1</sup> Lutz, G., Gonnerman, M. (2011). Gambling Attitudes and Behaviors: A 2011 Survey of Adult Iowans