

## GAMBLING ADDICTION

Gambling activities may include the following:

- Betting
- Bingo
- Casinos
- Commodities Market
- Dog/Horse Races
- Gaming Machines
- Internet Gambling
- Keno
- Lotteries
- Pools
- Sports Betting
- Spread Betting
- Stock Market
- Sweepstakes

Have you ever worried that you or someone you know may have a gambling addiction? To help determine if more action is needed, there are several key characteristics of this disorder to consider:

- Absent or tardy to work
- Chasing losses
- Illegal acts
- Inability to stop regardless of winning or losing, and despite constant vows to quit
- Increased preoccupation with gambling
- Jeopardizing health and relationships in order to gamble
- Lying
- Neglect of responsibility
- Relying on others for money to relieve a financial problem due to gambling
- Restlessness or irritability when attempting to cut down or stop gambling
- Seeking bailouts
- Use of alcohol, sleep, or drugs to escape



In addition to these characteristics, a person with gambling addiction may incur physical and mental issues. Some examples of physical issues are:

- Fatigue
- Gastrointestinal symptoms
- Headache
- Impatience with family or friends and mood swings
- Memory loss
- Psychological/physical withdrawal
- Sleep disorders
- Sweating & trembling

### IN KANSAS

- In 2006, 62,047 adults made up the pathological and problem gambling population.
- In 2006, 9,687 adolescents made up the pathological and problem gambling population.

*According to the Kansas Council on Problem Gambling*

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Some examples of mental issues are:

- Having coexistent suicidal thoughts
- Mental health disorders like depression
- Bi-polar disorder
- Chronic personality disorders
- Substance use disorders

### Fast Facts:

(According to the National Council on Problem Gambling)

- 85% of U.S. adults have gambled at least once in their lifetimes (60% in any given year).
- About 1% are pathological gamblers (clearly addicted). Problem gamblers account for another 2 to 3%.
- Legal gambling is available in 48 states; Hawaii and Utah are the only exceptions.
- 6% of Nevada adults may be problem or pathological gamblers (twice the national rate).
- 2% of adolescents may be problem gamblers.
- 10% of Nevada's youth are considered 'at risk' to develop a gambling problem.
- 48 percent had considered suicide and 13 percent had attempted it."

Deanna Vogler, LCPC, NCC, has a Master of Science from Fort Hays State University in Hays, KS and is a Licensed Clinical Professional Counselor. Also a National Certified Counselor, Vogler has 20 years of experience in counseling with more than 10 years of grant writing experience. She is a full-time therapist and owner of Vogler Counseling & Consulting Services, Inc., in Dodge City, KS. Vogler began working as a PRN staff member at Youthville in April 2009.

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