

## 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."



Michelle Calvert, LPC, PKCGC is a Licensed Professional Counselor as well as a Provisional Kansas Certified Gambling Counselor. She has a Master's in Counseling Psychology and Bachelor's in Psychology from the University of Kansas. Michelle serves all ages focusing on trauma work and gambling addiction. Michelle uses attachment based play therapy, Sand Tray Therapy, Cognitive Behavioral Therapy, Motivational Interviewing and Solution-Focused Therapy.

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