

A Comparison of Outcome Efficacy Between Residential and Intensive Outpatient Treatment For Disordered Gambling

As Measured By GAMTOMS

Reece Middleton, MA, LAC, CCGC

Louisiana Association on Compulsive Gambling

With Assistance from:

R. Kent Dean, Ph.D., LAC, CCGC

Morris Crichlow, MS, LPC

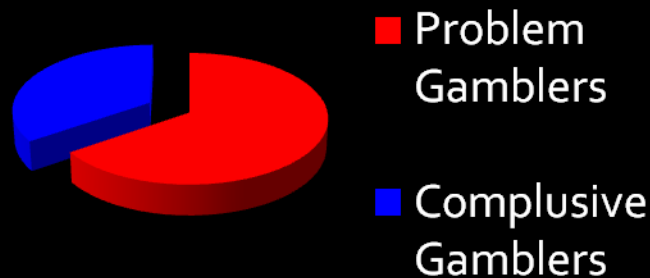
Denise Brewer, MS

The Programs

LACG IOP

PROGRAM RATIONALE

Incidence in Louisiana



Problem gamblers: 3%

Compulsive gamblers: 1.6%

Louisiana Study of Problem Gambling.

Nelson Mandela School of Public Policy, Southern University, 2002

LACG's Other Modalities

Non-Intensive Outpatient Group/Individual Sessions

Center of Recovery – CORE

LACG IOP

PROGRAM RATIONALE

Psychiatric IOP

Applied to Relatively Stable Patients

Applied Also to Addictive/Compulsive Disorders

LACG's Commitment

Seamless Integration of Modalities

Education, Treatment and Support For

Compulsive Gamblers With/Without

Psychiatric Co morbidity

Family and Other Significant People

Guide Everyone to Stable Recovery

LACG IOP

PROGRAM DESCRIPTION

IOP Term: Six Months

Four Evenings a Week

Monday

Tuesday

Thursday

Friday

5:30pm - 8:00pm

The Program is free to all Louisiana residents



CORE

Center of Recovery

CORE – Center of Recovery

Center of Recovery –Core is a 36 day residential treatment program for Disordered Gambling which addresses individual treatment needs by providing daily group therapy (3-4 hours per day in two groups); family therapy, educational components, weekly individual counseling, financial planning, recreational /music therapy, problem solving, spirituality group process, and 12-step involvement. Co-occurring disorders are addressed. Physicians and Registered Nurses are on call. Staff coverage is assured 24 hours per day, 7 days per week through the presence of Resident Managers, in addition to: Counselors, Therapists and administrative staff.

The program is free to Louisiana residents.

CORE-Center of Recovery

TREATMENT SCHEDULE

SUBJECT TO CHANGE

WEEKDAYS

6:00 – 8:30 am	Wakeup, breakfast, chores
8:30 – 9:00 am	Goals
9:00 – 10:00 am	Education Group
10:15 – 12:00 pm	Process Therapy Group
12:00 – 1:00 pm	Lunch
1:15 – 2:30	Group Sessions (Monday, Tuesday, Wednesday, Friday)
	Thursday – Outing (2:00– 4:00 pm)
3:00 – 4:00 pm	Assignments (Monday, Tuesday)
	Money /Financial Management (Wednesday)
	Music Therapy/Step Study (Friday)
4:00 – 5:00 pm	Phone Time (Except Wednesday)
5:00 – 7:00 pm	Dinner & Personal Time
7:00 – 8:30 pm	GA Meeting
8:30 – 9:00 pm	Goals Group
9:00 – 10:00 pm	Meds & Personal Time
10:00 pm	Lights Out/Bed

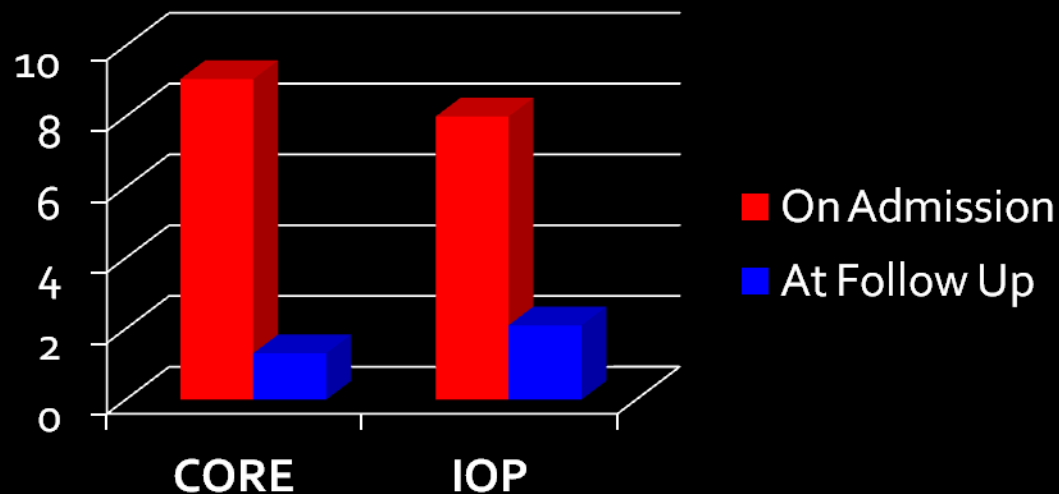
WEEKENDS

6:30 – 8:00 am	Wake/up, Breakfast, Chores
8:30 – 9:00 am	Goals
9:00 – 10:30 am	GA Meeting (Saturday)
	Client Expectations and Red/Blue Book Study (Sunday)
10:30 – 12:00 pm	In-House Community Service (Saturday)
	Personal Time (Sunday)
12:00 – 1:00 pm	Lunch
1:00 – 5:00 pm	Visitation***
5:00 – 6:00 pm	Dinner
6:00 – 7:00 pm	Personal Time
7:00 – 9:00 pm	GA Meeting (Saturday)
	Movies/ Recreation (Sunday)
9:00 – 9:30 pm	Goals Group
9:30 – 10:00 pm	Personal Time
10:00 pm	Lights Out/Bed

*** = Attendance at Family Group/Lecture 1:00 – 2:30 pm Saturday is *mandatory* in order to visit. There is no lecture on Sundays.

[illegible]

Endorsement of DSM IV-TR Pathological Gambling Criteria



CORE:

Average Score on Admission: 9.06

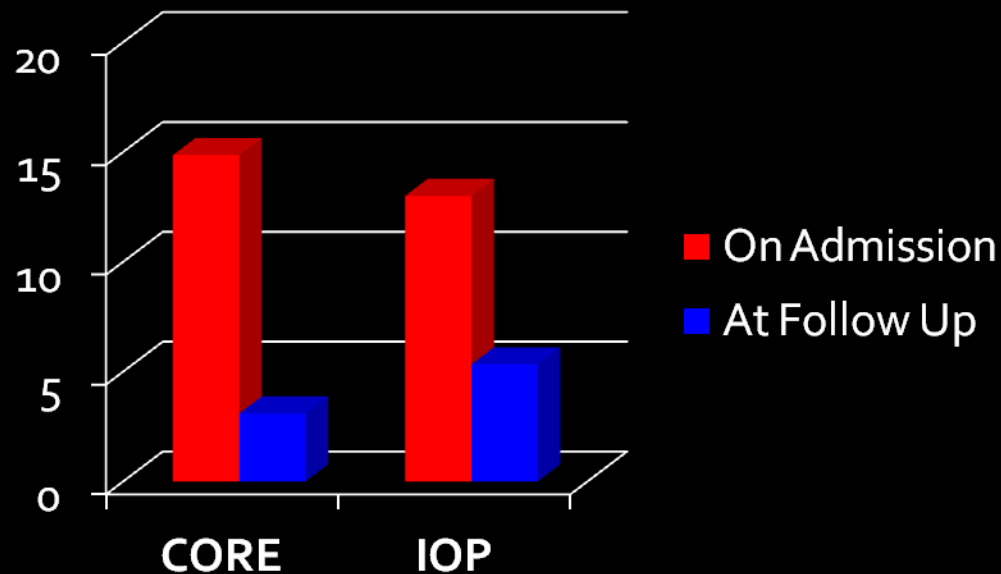
Average Score at Follow Up: 1.31

IOP:

Average Score on Admission: 8

Average Score at Follow Up: 2.1

Endorsement of South Oaks Gambling Screen Criteria



CORE:

Average Score on Admission: 14.86

Average Score at Follow Up: 3.09

IOP:

Average Score on Admission: 13

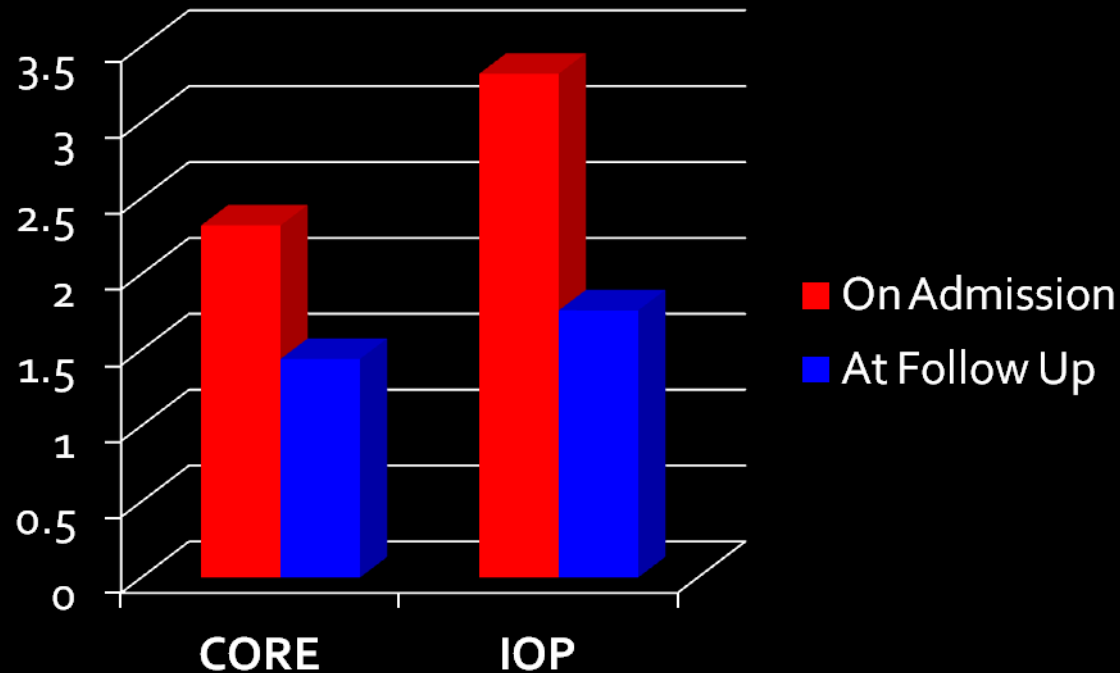
Average Score at Follow Up: 5.33

Mental Health Symptoms* Include:

- Severe Depression
- Severe Anxiety and/or Tension
- Hallucinations
- Trouble Comprehending, Concentrating, and/or Remembering
- Compulsive Behavior, such as; Binge-Eating, Fasting, or Sexual Activity
- Difficulty Controlling Violent Behavior
- Chronic and Serious Thoughts of Suicide
- Attempted Suicide
- Being Prescribed Medication for any Psychological or Emotional Problems

***These mental health symptoms do not include use of alcohol, tobacco, or other drugs.**

Number of Mental Health Symptoms in Past 30 Days



CORE:

Average Score on Admission: 2.32

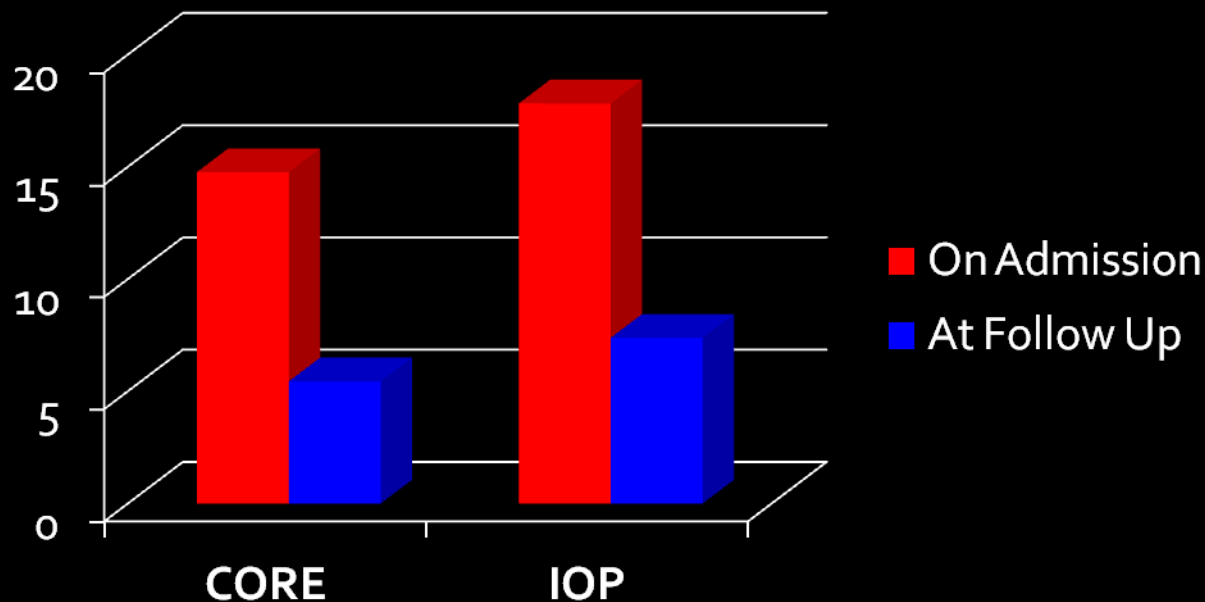
Average Score at Follow Up: 1.44

IOP:

Average Score on Admission: 3.32

Average Score at Follow Up: 1.76

Number of Days on which Client Experienced Mental Health Symptoms in Past 30 Days



CORE:

Average Score on Admission: 14.76

Average Score at Follow Up: 5.44

IOP:

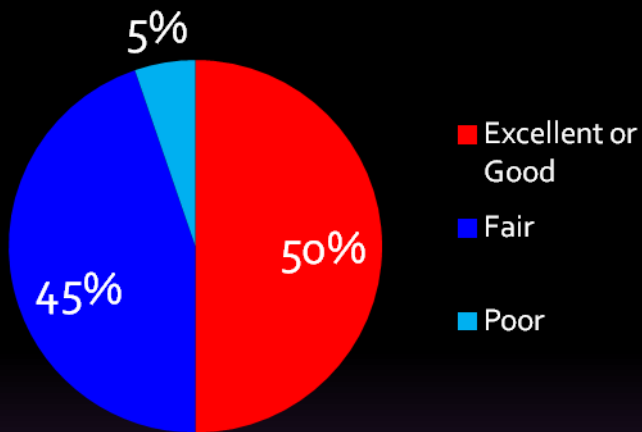
Average Score on Admission: 17.82

Average Score at Follow Up: 7.38

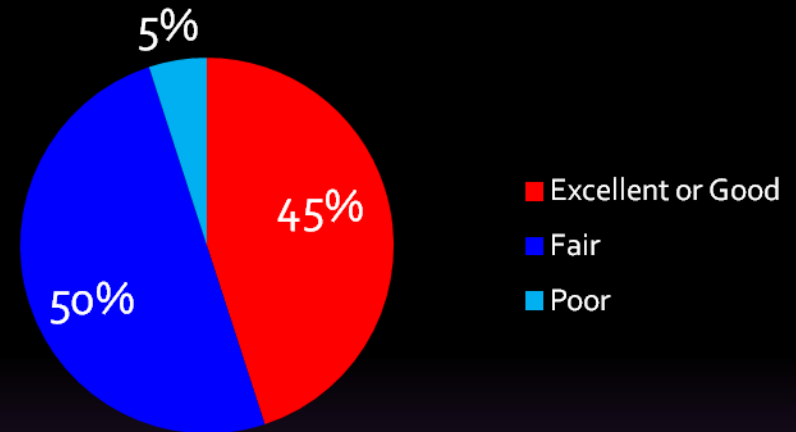
How is the Client Coping with Life Stress?

Emotional Health

CORE



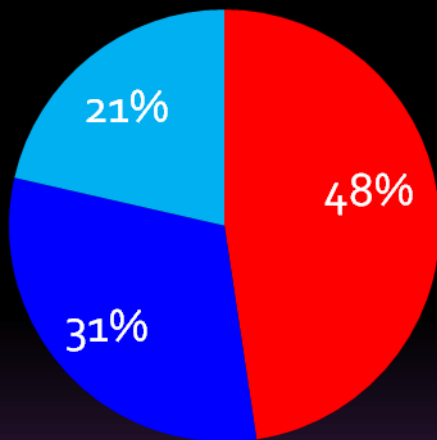
IOP



How is the Client Coping with Life Stress?

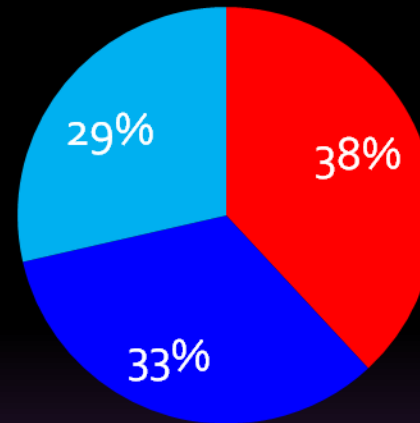
Recreation

CORE



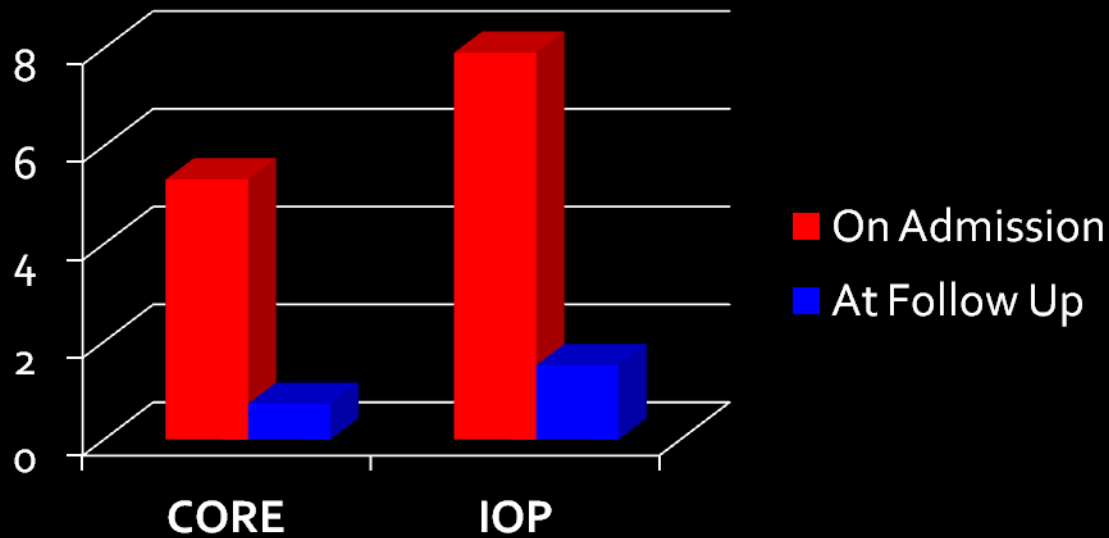
■ Excellent or Good
■ Fair
■ Poor

IOP



■ Excellent or Good
■ Fair
■ Poor

Days of Family Conflict in Past 30 Days



CORE:

Average Score on Admission: 5.32

Average Score at Follow Up: .73

IOP:

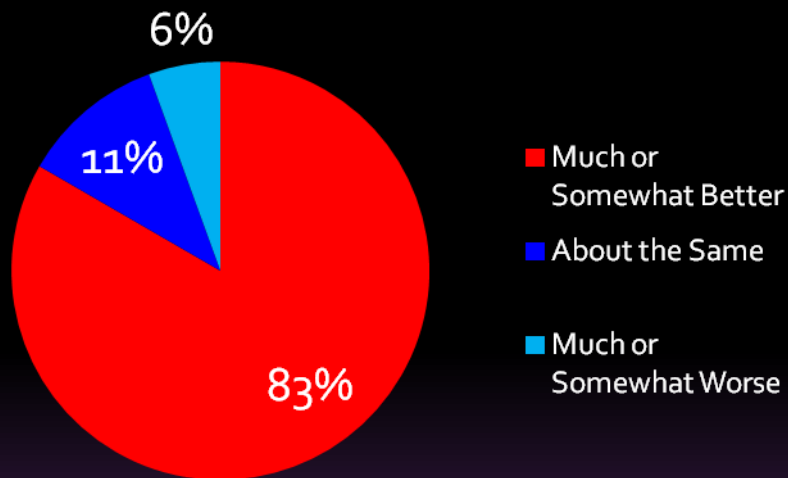
Average Score on Admission: 7.91

Average Score at Follow Up: 1.52

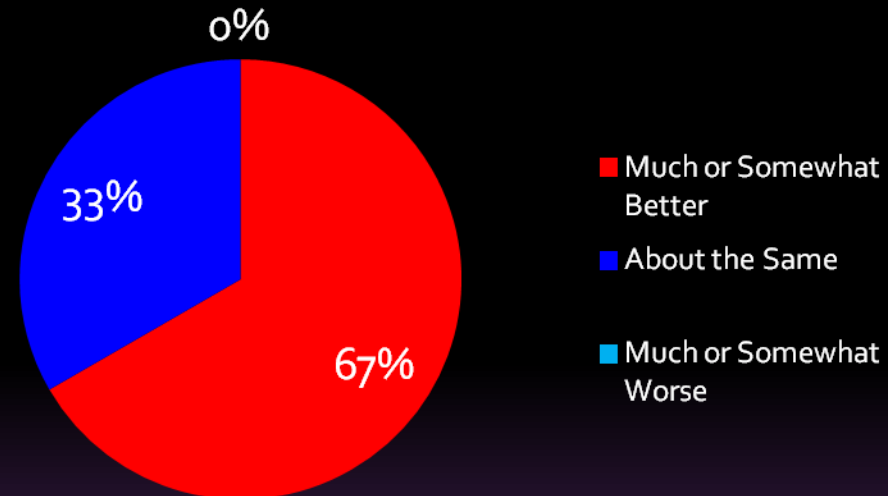
Client's Current Life Functioning vs Pre-Treatment

Significant Other Relationships

CORE



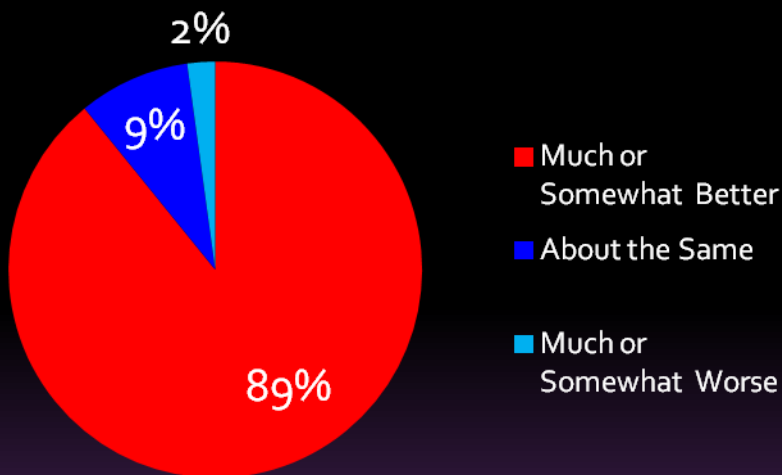
IOP



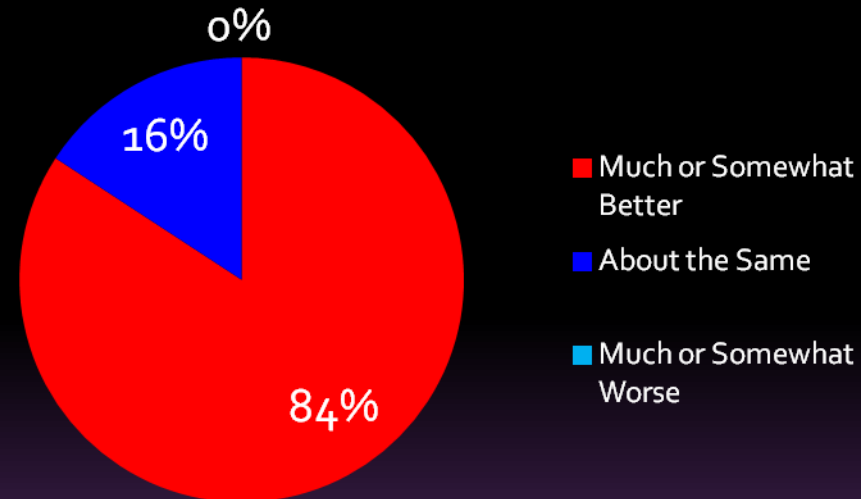
Client's Current Life Functioning vs Pre-Treatment

Immediate Family Relationships

CORE



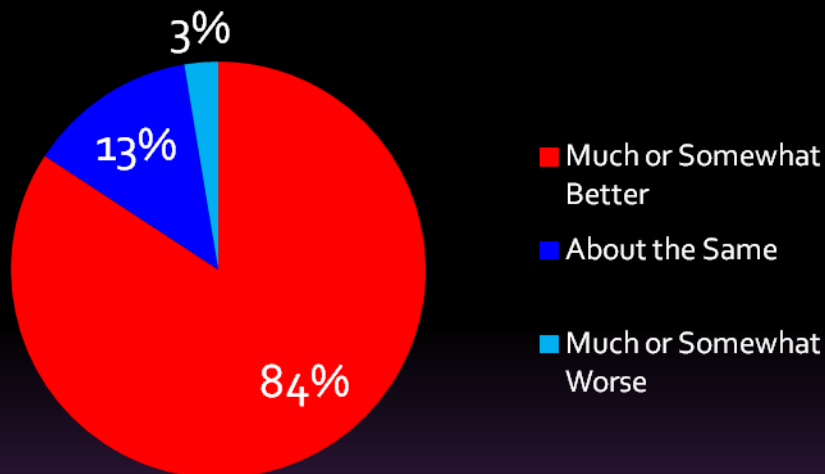
IOP



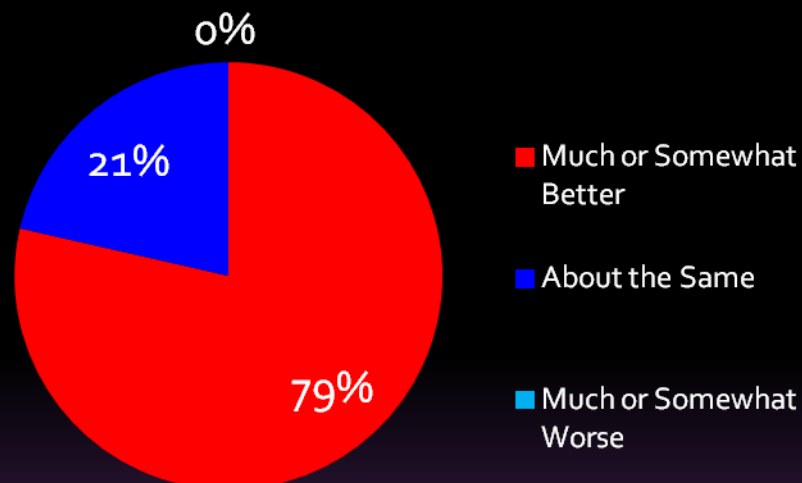
Client's Current Life Functioning vs Pre-Treatment

Job Performance

CORE



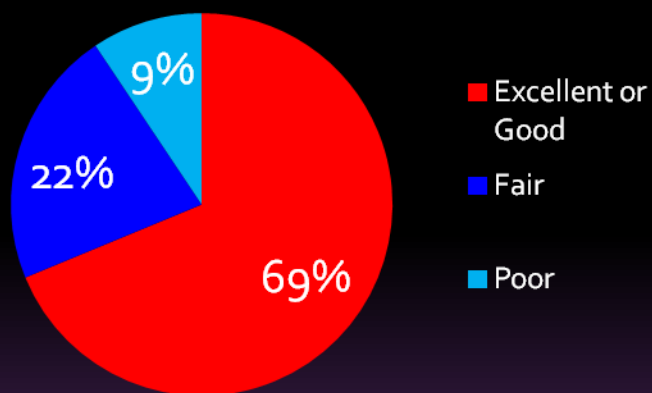
IOP



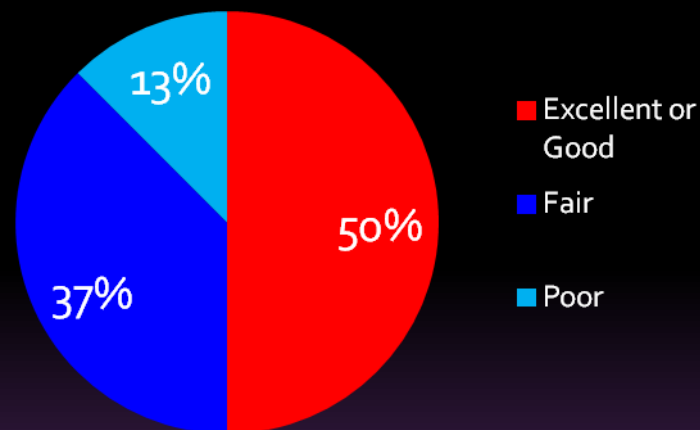
How are the Client's relationships at Follow Up?

Spiritual Relationship

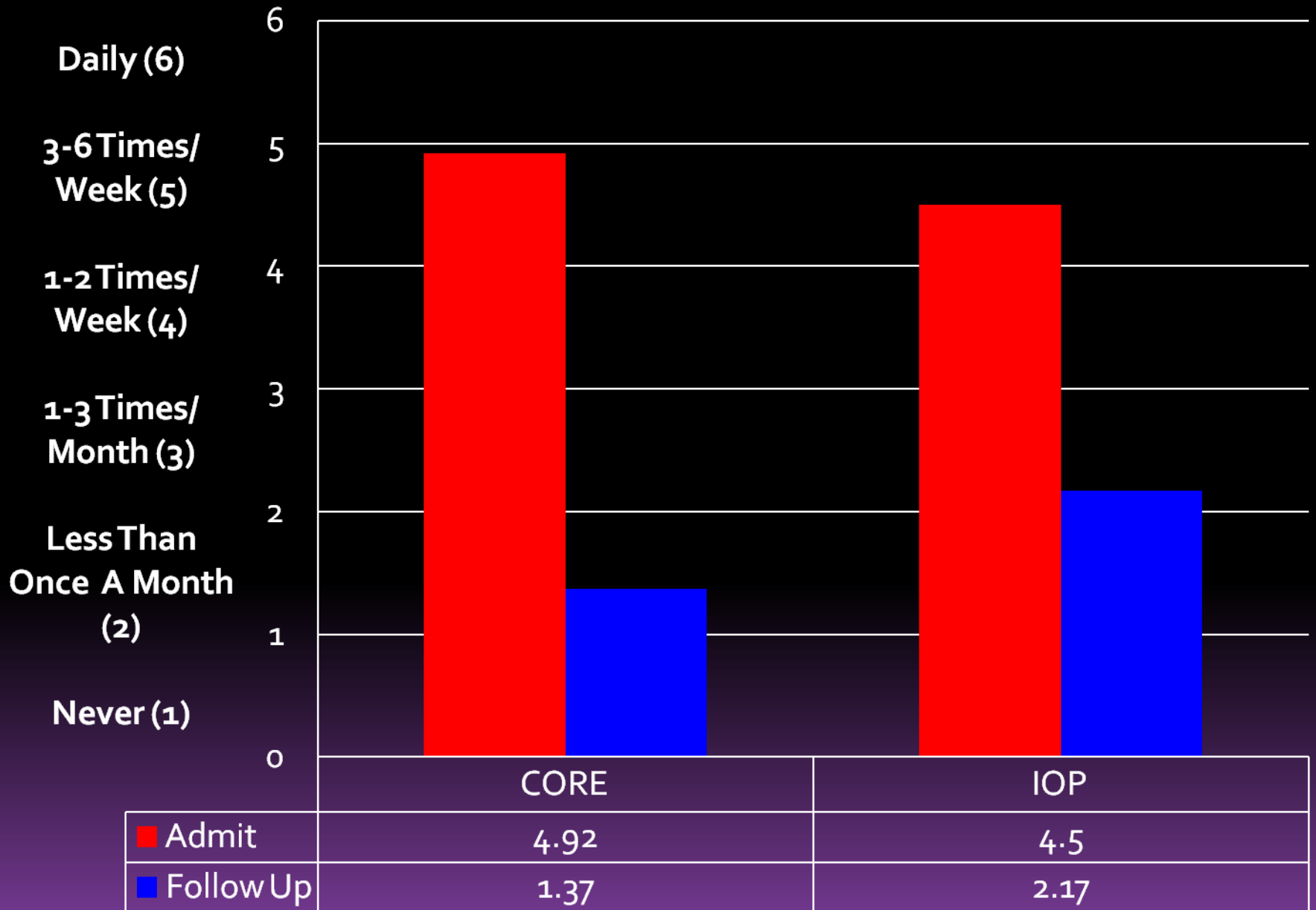
CORE



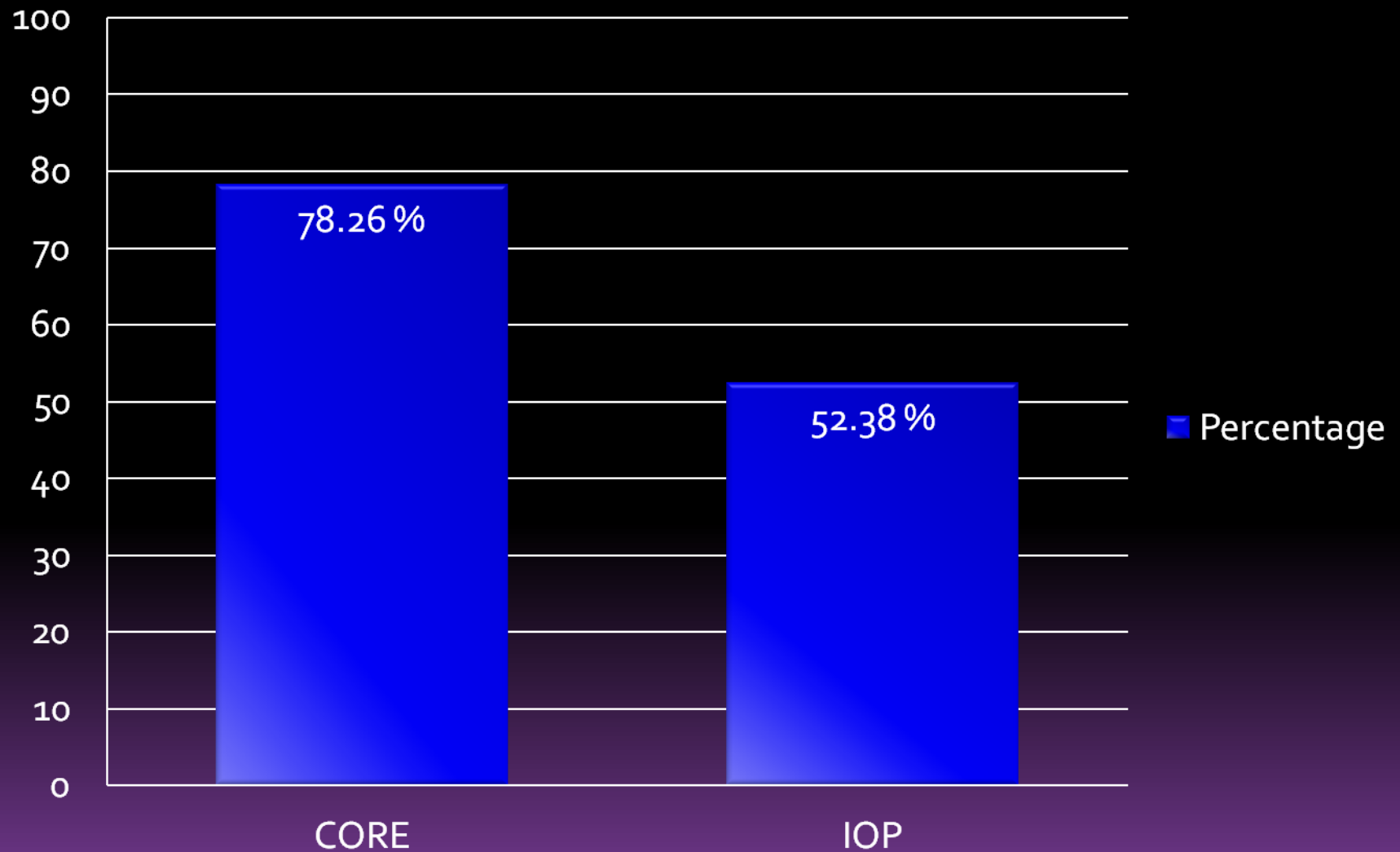
IOP



Gambling Frequency



Percentage of Clients Reporting Abstinence From Gambling At Follow Up



CONCLUSIONS

Whereas, it is apparent that each of the Programs is clearly efficacious, as evidenced by major improvements in all evaluated life areas for clients of both, it seems that Residential Treatment, for those able to accomplish it, would have the Advantage. It is further indicated that continued involvement in recovery-oriented activity, such as, Aftercare and 12-Step Programs produces sought-after results for all participants.

Contact:

Reece Middleton, MA, LAC, CCGC

Phone: 318-227-0883

Email: reecemiddleton@helpforgambling.org

Websites:

www.centerofrecovery.org

www.helpforgambling.org