Building, Maintaining and Evaluating a Statewide Treatment Program for Problem Gambling

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## Relevant Financial Relationships

**Dr. Fong**

<table>
<thead>
<tr>
<th>Name</th>
<th>Commercial Interests</th>
<th>Relevant Financial Relationships: What Was Received</th>
<th>Relevant Financial Relationships: For What Role</th>
<th>No Relevant Financial Relationships with Any Commercial Interests</th>
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<tbody>
<tr>
<td>Reckitt Benckiser</td>
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<td>Honorarium</td>
<td>Speaker’s Bureau</td>
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<td>One80 Treatment Center</td>
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<td>Psyadon Pharmaceutical</td>
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<td>Research Grant</td>
<td>Research</td>
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Building
n=7,121 respondents, 18 years and older
Problem gambling  2.2%
Pathological gambling  1.5%
~1,000,000 problem/pathological cases
Highest Risk:  African-Americans, Disabled, Unemployed
California Problem Gambling Treatment Services Program

www.problemgambling.ca.gov
(2009 – Present)
GAMBLING PROBLEM?
FREE CONFIDENTIAL HELP
1-800-GAMBLER
(426-2537)

GAMBLING MAKES ME FEEL LIKE MY WHOLE LIFE IS IN THE SHADOWS
FOR FREE 24/7 HELP
CALL: 1-800-GAMBLER
Problem Gambling Telephone Interventions (PGTI)

- 1-800-GAMBLER (Spanish)
- 1-888-968-7888 (Chinese Languages)

Weekly sessions over the phone
- Intake, 6 sessions, end of session

Staffed by trained therapists

Problem Gamblers and Affected Individuals

Goal is to engage and transition to live treatment
CPGTSP
Outpatient Provider Network

• >250 authorized providers
  – (30 hrs of training, 10 hrs supervision)
  – MFT, LCSW, PhD

• Ongoing monitoring/support

• Therapeutic freedom

• Treatment blocks

• Access by: 1-800-GAMBLER or online directory / therapist locator
CPGTSP
Intensive Outpatient Program

- 3 days / week for 4 weeks (12 days)
- Comprehensive, integrated treatment
- Separate gambling-specific treatment
- Utilizes evidenced-based care
- Referrals from OP and RTC
- Operates in Los Angeles
  - Beit T’Shuvah Right Action Program
CPGTSP
Residential Treatment

• Provide highest level of care for most severely ill
• 30 days of treatment, >15 hrs / week
• Integrated treatment with SUD
• Located in Los Angeles and SF
  – Beit T’Shuvah: 310-204-5200
  – Health Right 360: 415-762-3705
CPGTSP: Clinical Innovations at UCLA

- Efficacy of manualized treatment and determine best practices
- Enhancing effectiveness of counselors in providing treatment
- Mindfullness for problem gambling
- Manualized therapy for romantic partners of PG
if poker becomes a problem...

For help call: 1-800-GAMBLER
www.problemgambling.ca.gov
Maintaining
CPGTSP Maintenance

- Supervision
- Compliance Monitoring Report
- Yearly Summit
- CEU requirement
- Phase I and II trainings
- Stakeholders Meeting
Evaluation
Early Treatment Indicators Report (2009-6/12)

- Characteristics of CPGTSP Clients
- Treatment Utilization
- Treatment Impact
- Client Feedback about the CPGTSP
- Characteristics of CPGTSP Providers
CPGTSP Data

- Large database on gamblers and affected individuals
  - Some time required for the database to mature
  - Capabilities of the data management system are still being explored
Gamblers Served by Modality

- **PGTI**: 1383 (61%)
- **Outpatient Treatment Network**: 542 (24%)
- **Residential Treatment**: 110 (5%)
- **IOP Only**: 159 (7%)
- **Clinical Innovations**: 38 (2%)

- **Total**: 24 (1%)
Affected Individuals Served by Modality

- Outpatient Treatment Network: 403 (92%)
- PGTI: 25 (6%)
- NICOS: 11 (2%)
Highlights from the Early Treatment Indicators Report

• Across all treatment components:
  – Reduction in PG symptoms, gambling behavior, and the harm caused by gambling
  – CPGTSP clients met 8 out of 10 DSM-IV criteria for pathological gambling
  – Preferred form of gambling across all clients was slot machines, followed by casino table games
Highlights from the Early Treatment Indicators Report

- AIs were mainly spouses or partners of gamblers
- AIs spent less time in treatment than gamblers
- More sessions received, better the outcomes
- Client feedback regarding their experience in the CPGTSP was highly positive
## Change in NODS Scores for Outpatients

| Variable               | N   | Mean | SD  | Paired t Test Value | Pr > |t| |
|------------------------|-----|------|-----|---------------------|-------|---|
| At Intake              | 1293| 8.16 | 1.85|                     |       |   |
| At End of Treatment    | 1293| 6.66 | 3.1 |                     |       |   |
| Difference             | 1293| 1.5  | 3   | 18.02               | <.00  |   |
Proportion of Outpatient Clients Who Gambled by Treatment Visit

Graph showing the proportion of outpatient clients who gambled by treatment visit. The x-axis represents the visit number, ranging from 0 to 16. The y-axis represents the proportion, ranging from 0 to 100. The data points show a trend of decreasing proportion as the number of visits increases.
Data Strengths

- Very large sample
- Capturing information at point of entry
- Tracking in-treatment information
- Overlapping data points across forms
- Universal forms allow some comparisons across treatment modality
- Broadness of data collection can generate questions for in-depth study
Now what?

• Research partners needed!
• Ongoing quality assurance
• Increase visibility of CPGTSP
• Seek permanent funding
• Balance supply and demand
• Forge more collaborations
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