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
California Prevalence Study (2005)

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
1-800-GAMBLER
1-800-486-8591
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
- Mindfulness 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: 1,383 (61%)
- Outpatient Treatment Network: 542 (24%)
- NICOS: 110 (5%)
- IOP Only: 38 (2%)
- Clinical Innovations: 24 (1%)
Affected Individuals Served by Modality

- 403 (92%)
- 11 (2%)
- 25 (6%)

Legend:
- PGTI
- NICOS
- Outpatient Treatment Network
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
| 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  | 01  |
Proportion of Outpatient Clients Who Gambled by Treatment Visit
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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