

Teens and Gambling ~ Fact Sheet

Teens most commonly gamble on card games, pools, lottery/scratch tickets, and sports.² Over 10% of teens gamble twice a week or more often.¹ About 4% of boys aged 14-21 have a gambling problem¹. Rates of gambling problems are higher in youth than adults.³



PGS PROBLEM GAMBLING SERVICES

What is gambling? The act of risking something of value, including money and property, on an activity that has an uncertain outcome.

What is social gambling? Social gamblers gamble for entertainment, will not risk more than they can afford, and often gamble with friends. The gamble for a limited period of time and are not preoccupied with gambling.



Signs of gambling problems include:⁴

- Spending more money and time than intended.
- Borrowing or taking money from others to gamble.
- Desperation to win back lost

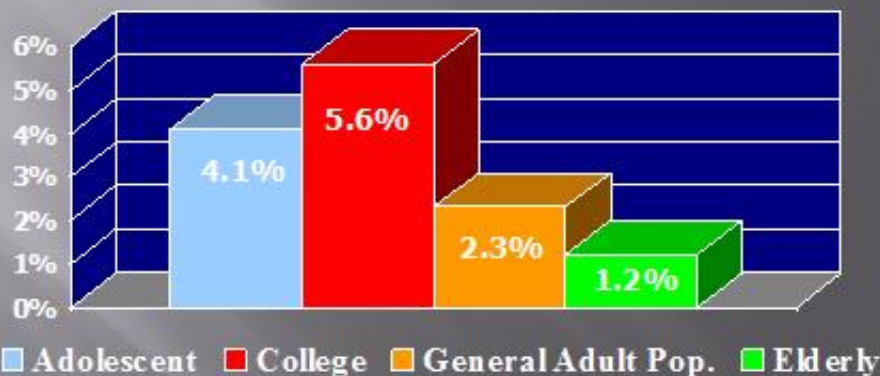
What are risk factors for developing a problem with gambling?

- Gambling at a young age.⁹
- Gambling with parents.⁵
- Having relatives with gambling problems.¹⁰
- Having relatives with drinking problems.¹¹
- Smoking cigarettes, drinking alcohol, or using drugs as a teenager.⁵⁻⁷

MISSION of PGS

To provide a comprehensive network of consumer oriented problem gambling recovery services for people of Connecticut and to foster an environment throughout the State that promotes informed choices around gambling behavior.

Rates of Problem Gambling Across the Lifespan



Carlson & Moors, 1998; Shaffer & Hall, 2001; Moors, 2001; Volberg, 2001



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Problems with gambling can extend to other areas:

- Feelings of guilt, stress, worry, or sadness.⁴
- Loss of friendships.⁴
- Low grades in school.⁵
- Alcohol and other drug use.⁵⁻⁷
- Legal difficulties.^{7,8}
- Suicidal ideation. Up to 25% of youth with gambling problems attempt suicide.⁷



If your kids gamble, they are...



WHAT CAN YOU DO IF YOU KNOW A TEEN WITH GAMBLING PROBLEMS?

- Talk with them about it!
- Encourage them to call the **gambling hotline (1-888-789-7777)** or text (847-973-5684)
- Help them get into treatment (www.ct.gov/dmhas/pgs)



Treatment for Gambling Works!

- Over 75% of persons treated reduce their gambling substantially.¹²⁻¹⁴
- Other psychosocial problems decrease markedly with gambling treatment.^{12,14}
- Youth and college students respond well to brief gambling interventions.¹⁵⁻¹⁶

HELP: Problem Gambling Services, State of CT, Department of Mental Health & Addictions Services, 860-344-2244; www.ct.gov/dmhas/pgs Peer Support, Bettor Choice Program sites, Statewide prevention services. The Connecticut Council on Problem Gambling (CCPG) Helpline 1-888-789-7777, www.problemgambling.org

References: 1) J Gambl Stud 2008;24:119-33. 2) Psychol Addict Behav 2009;23:105-12. 3) Am J Public Health 1999;89:1369-76. 4) J Gambling Stud 2000;16:253-73. 5) Am Acad Child Adolesc Psychiatry 2011;50:150-9. 6) J Stud Alcohol Drugs 2009;70:134-42. 7) J Gambl Stud 2015;31:1121-34. 8) J Am Acad Child Adolesc Psychiatry 2001;40:1324-31. 9) J Gambl Stud. 2006;22:263-74. 10) Psychiatry Res 2006;141:295-303. 11) Arch Gen Psychiatry 2000;57: 666-73. 12) J Consult Clin Psychol 2006;74:555-67. 13). J Contemp Psychotherapy 2009;39:221-29. 14). J Consult Clin Psychol 2008;76:1090-94. 15) Addiction. 2009;104:1569-78. 16) Addiction. 2012;107:1148-58.