



## FACT SHEET Iowa Gambling Treatment Program

### Problem Gambling In Iowa

During the past twenty years Iowa has seen a boom of gaming opportunities. In 2009, there are 20 casinos, 2600 lottery outlets, over 3000 social and charitable gaming licenses, and countless internet and other illegal gaming opportunities. This has created easy access to gambling in every county of the state.

### Problem Gambling Defined

For most people, gambling is recreational. However, for some people, gambling leads to serious problems. Problem gambling means participation in any form of gambling activity that creates a negative consequence to the gambler or to the gambler's family, place of employment, or community. The adjacent table identifies the signs and symptoms of problem gambling.

Problem Gambling Signs and Symptoms
1. Preoccupation with gambling
2. Need to gamble with increasing amounts of money in order to achieve the desired excitement
3. Repeated unsuccessful efforts to control, cut back or stop gambling
4. Restlessness or irritability when attempting to cut down or stop gambling
5. Gambling as a way to escape
6. After losing money gambling, returning another day to "get even"
7. Lying to conceal the extent of gambling
8. Committing illegal acts to finance gambling
9. Jeopardizing or losing significant relationships because of gambling
10. Relying on others to provide money to relieve financial problems caused by gambling

### Program Overview

The Iowa Gambling Treatment Program (IGTP) recognizes that problem gambling is an issue that impacts not only the individual but also the family and community. Therefore, IGTP utilizes a broad community-based strategy to assure education and treatment statewide.

Services funded by IGTP include:

- Counseling for persons affected directly or indirectly by problem gambling.
- Evidence-based education and outreach services to decrease the number of persons who are problem gamblers.
- Information about problem gambling and treatment referral through the 1-800-BETS OFF helpline.
- Transitional housing for persons receiving problem gambling treatment who have no other safe housing option
- Training for counselors providing problem gambling treatment and common co-occurring disorders.

## Clients Served

Gambling treatment, education and transitional housing services are provided by 10 agencies in 11 regions across the state. Through these agencies and their partners, all 99 Iowa counties are served.

Fiscal Year	Number of hours of problem gambling education and prevention	Number of clients receiving counseling services	Number of Calls to 1800-BETSOFF helpline*
2001	1657	944	2189
2002	1717	842	1557
2003	1922	919	2322
2004	1925	938	2231
2005	3447	1009	2756
2006	3500	1205	3297
2007	5963	1146	3613
2008	4814	940	3820

\*Gambling specific. The total call number is higher.

## Funding

The Iowa Gambling Treatment Fund receives 0.5 percent of the gross lottery revenue and 0.5 percent of the adjusted gross receipts from the casinos as well as any money or thing of value obtained by or owed to a voluntarily excluded person by a casino licensee as a result of wagers made by the person after the person has been voluntarily excluded. If moneys appropriated to the fund in a fiscal year exceed \$6 million, the amount exceeding \$6 million is transferred to the Rebuild Iowa Infrastructure Fund.

Iowa Gambling Treatment Program FY 09 Budget	
Gambling Treatment, Education and Support Services	\$4,239,594
Substance Abuse Treatment	\$2,215,000
IDPH/Administration	\$181,145
IDPH Program Licensure	\$100,000
IDPH Surveys	\$9,000
FY08 Appeal Boards	\$102,177
<b>TOTAL</b>	<b>\$6,846,916</b>

## Problem Gambling Prevalence Studies

Two studies measuring the prevalence of problem gambling have been done in Iowa using an independent national research firm. Both studies examined lifetime prevalence rates of problem gambling among Iowans using a sample of 750 respondents in 1989 and 1500 respondents in 1995. Respondents were drawn from Iowa's general population, aged 18 and over. The lifetime prevalence of problem gambling in 1995 was 5.4% (+/-1.1%), which was an increase over 1.7% (+/-0.9%) prevalence in 1989.

## Co-Occurring Substance Abuse and Problem/Pathological Gambling

The U.S. Department of Health and Human Services Treatment Improvement Protocol (TIP 42) reports the rate of pathological problems among people with substance use disorders as ranging from 9 to 30 percent. The rate of substance abuse among people with pathological gambling has been estimated at 25 to 63 percent. These rates do not include nicotine dependence.

Currently, the IDPH Division of Behavioral Health is aligning gambling and substance abuse licensure and service delivery, consistent with the 2008 legislative direction in SF 2425.