

RESPONSIBLE GAMING



WHAT IS AN ADDICTION?

A state of being enslaved to a habit or practice or to something that is psychologically or physically habit-forming such as narcotics or gambling, to such an extent that when you stop it causes great difficulties.

There are two types of addictions:

- a. An addiction to Substances (ganja etc.)
- b. An addiction to a Process or Behavior (Gambling)

Addiction Facts

- Addiction is disease of emotions (feelings)
People use substances/behaviors to mask feelings, overindulgence of the same will exaggerate feelings and increase a desire to repeat frequently leading to loss of control.
- Addiction and Psychiatric issues
Many persons with addiction related issues also suffer from psychiatric issues. This is usually in the form of mood and anxiety disorders such as depression and obsessive compulsive disorder.

WHAT IS THE DEFINITION OF GAMBLING?

Gambling is an activity in which something of value is risked on the outcome of an event when the probability of winning or losing is less than certain (Korn & Shaffer 1999)

WHAT ARE THE RATES OF GAMBLING DISORDERS WORLDWIDE?

- 0.2% - 5.3% of people worldwide are estimated to be experiencing gambling related problems depending on the country.
- 0.2% in Norway to 5.3% in Hong Kong. In the United States, rates of gambling disorders range from 0.4% to 1.1% of adults
- 10-12% of people with gambling problems present for help
- Jamaica Child and Adolescent Gambling Survey 2007
1 in 5 adolescents deemed as having or at risk for having a gambling related issue

FACTS ABOUT GAMBLING DISORDERS

- People with gambling problems have issues with the way that they think about the activity.
- Persons with gambling disorders often times engage in rituals that they believe enhance their chances of winning.
- People with gambling related problems also develop familial, social, occupational and health problems.

- **The causes or origins of gambling disorders is complex and multi-factorial-** there are many routes and avenues that take persons into a gambling addiction and it is important to understand the how and why to provide support and treatment.
- Studies show that gambling addictions light up the same areas of the brain as drug addictions. Dopamine ! Dopamine ! Dopamine !

In the brain, dopamine functions as a neurotransmitter -a chemical released by neurons (nerve cells) to send signals to other nerve cells. The brain includes several distinct dopamine pathways, one of which plays a major role in the motivational component of reward-motivated behavior.

REASONS FOR DISORDERED GAMING

- Escape - Try to escape day-to-day problems and stress.
- Problems - Some have psychological or psychiatric problems such as depression or anxiety which may lead them to gamble as a coping strategy.
- Big wins early - Many players win "big" early on in their gambling experience and continue to pursue winning without success. The big early win sits as a reminder that one shouldn't quit as it can be done again.

WHAT IS RESPONSIBLE GAMING?

Responsible Gaming describes a situation where individuals, communities, governments and gaming industry players adhere to agree upon principles and policies that enable gambling activity to be safe and fair. In so doing minimize the possible negative effects of gambling related disorders and increase the likelihood of economic benefit for all.

Why it's important that gaming establishments concern themselves with responsible gambling/ gaming?

- We need to care about our customers and work to provide an enjoyable healthy entertainment experience.
- If our customers enjoy their experience they are more likely to come back.
- Ideally, all our customers would gamble within their limits, but some do not.
- Those that repeatedly overspend are likely to develop a gambling disorder if they have not already. Persons with gambling disorders are unable to set limits.

When the problem becomes bad enough:

- we lose the customer -this happens through treatment, through incarceration, by moving away, and even by suicide.
- lose status as a good corporate neighbor
- lose sustainability



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WINNING WAYS TO KEEP GAMBLING SAFE

- Decide ahead of time how much money you want to gamble with.
- Play, knowing that it is likely that you will lose more often than win-so make sure you are playing with money you can afford to lose.
- Make informed decision about your gambling-know the odds.
- Think of gambling as a form of entertainment-not a way to make money.
- If you win big, enjoy! But remind yourself it will probably never happen again.
- Don't gamble when you are tired, bored, anxious, depressed or angry.
- Keep track of how much time and money you spend on gambling.
- Take your family and friends seriously. If they are worried about your gambling, they might be seeing something you don't see. Do not gamble alone.
- Only use your own money to gamble. Don't borrow.
- Realize that in most forms of gambling you have no control over the outcome of the game-it's random.
- When gambling, take breaks-walk around, eat, or go outside to clear your head.
- Keep your head clear when you gamble.
- Balance gambling with other leisure activities.
- Go gambling with someone who does not have a problem with gambling.
- Don't make the hole bigger-don't chase your loses.
- Don't take your credit and bank cards with you when you gamble.
- Set a time limit on how long you will gamble
- Make your own decisions about gambling; don't gamble because others want you to.
- Don't use gambling to avoid negative feelings/situations, anger, hurt, depression etc.
- Do not gamble with money set aside to pay everyday expenses.
- Accept losses as the cost of entertainment.
- Talk to someone you trust if you are concerned about your gambling.



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