



PROBLEMATIC GAMBLING IN A COLLEGIATE SETTING

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Learning Objectives

- Current gambling trends of college students with specific information obtained from the University of Nevada, Reno and Truckee Meadows Community College
- Brief history of collegiate recovery programs and the NRAP model
- How to support a problematic gambler within the collegiate setting

Currents Trends in the U.S.

- National: 2-3 %
 - *Minorities*
 - *Males*
 - *High rates of co-occurring*
- Nevada: 3-4 %
- College-Aged: 6-8 %
 - *Athletes*
 - *Sports fans*
 - *Greek members*
 - *Males*



<http://www.collegegambling.org/>

College Specific Environmental Factors

- Lack of parental control
- Access to internet
- Access to money: credit cards, employment, scholarships, and loans
- Transition from adolescence to adulthood: independence and new peer influences
- Gambling-centered activities on campus
- Marketing

College Specific Consequences/Signs

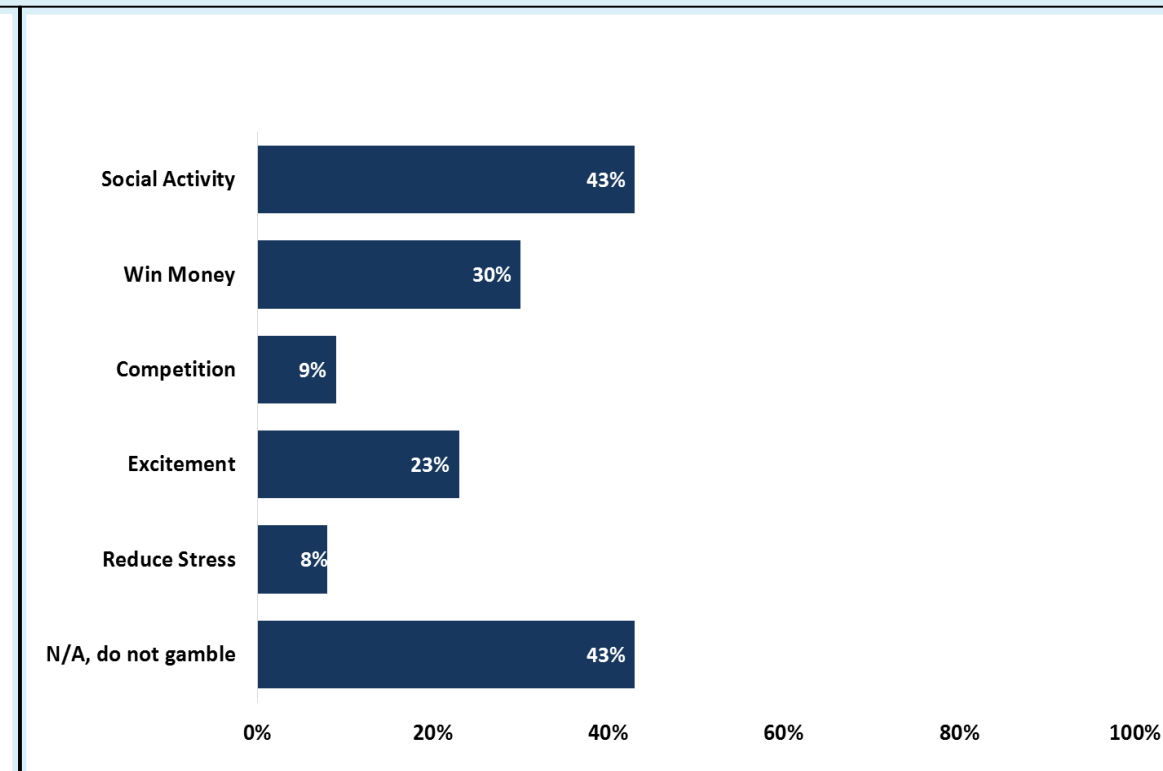
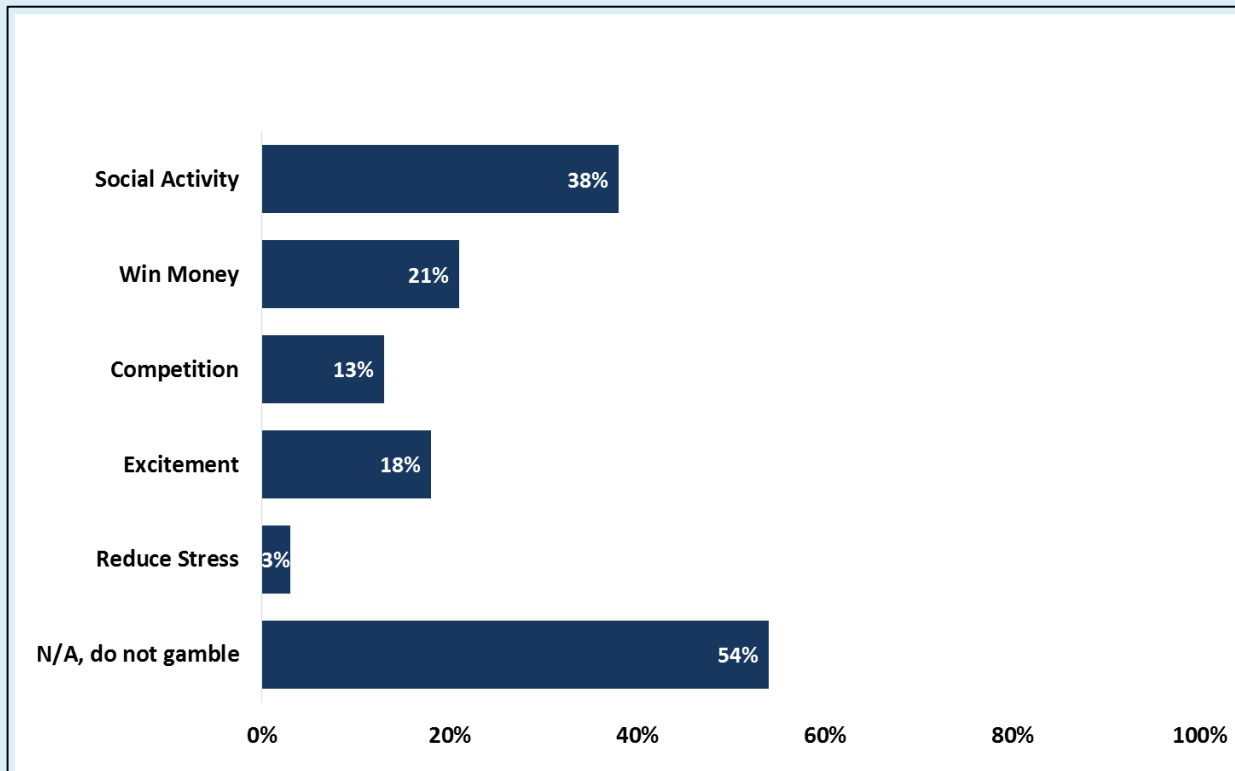
- Frequent, unexplained class absences
- Sudden drop in grades
- Preoccupation with gambling
- Feast/Famine cash flow
- Exaggerated display of money/materials
- Use of mind-altering substances
- Risky Sexual Behavior
- Organizes sports pools
- Obsession with sports statistics

Why Students Are Gambling?



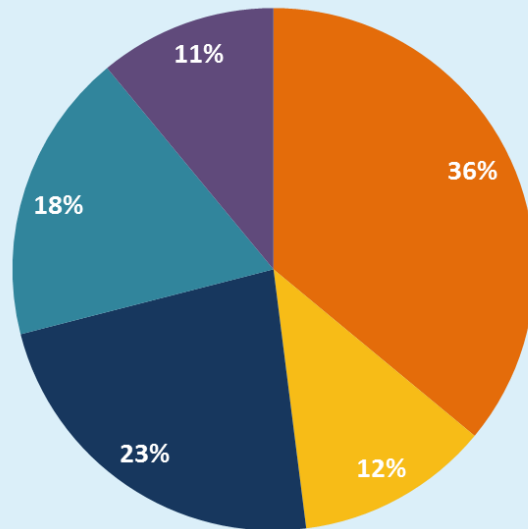
University of Nevada, Reno (UNR)

Truckee Meadows Community College (TMCC)

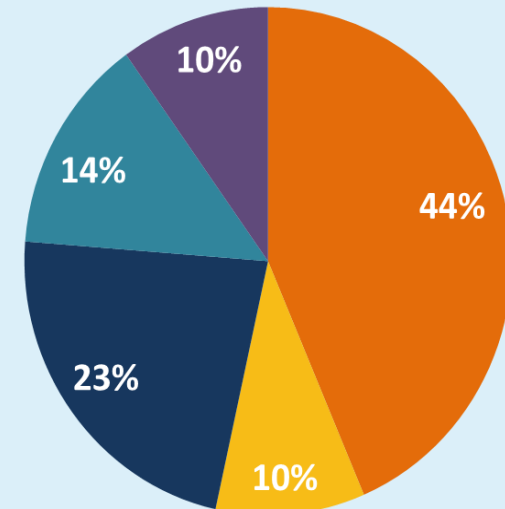


Gambling While Drinking

UNR



TMCC



■ Never ■ Rarely ■ Sometimes ■ Most of the Time ■ All of the Time

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COLLEGIATE RECOVERY PROGRAMS



Collegiate Recovery Program (CRP) History

- 1977 Brown University: Support meetings on campus
- 1983 Rutgers University: Sober housing
- 1986 Texas Tech University: 1st recovery program, primarily faculty ran
- 1997 Augsburg College: 2nd recovery program, focus on peer services
- 1997-2012: Additional 35 programs established including NRAP
- 2013-Present: 150 total CRPs w/ a variety of services



Components of a CRP

Key

- Mutual aid support groups on campus
- Dedicated staff
- Dedicated space
- Sobriety is the primary focus

Additional

- Sober housing
- Scholarships
- 24 hour facility
- Workforce development
- College credit seminars
- Student organizations

Benefits of CRP Participation

- Higher GPA
- Higher Retention
- Higher Graduation

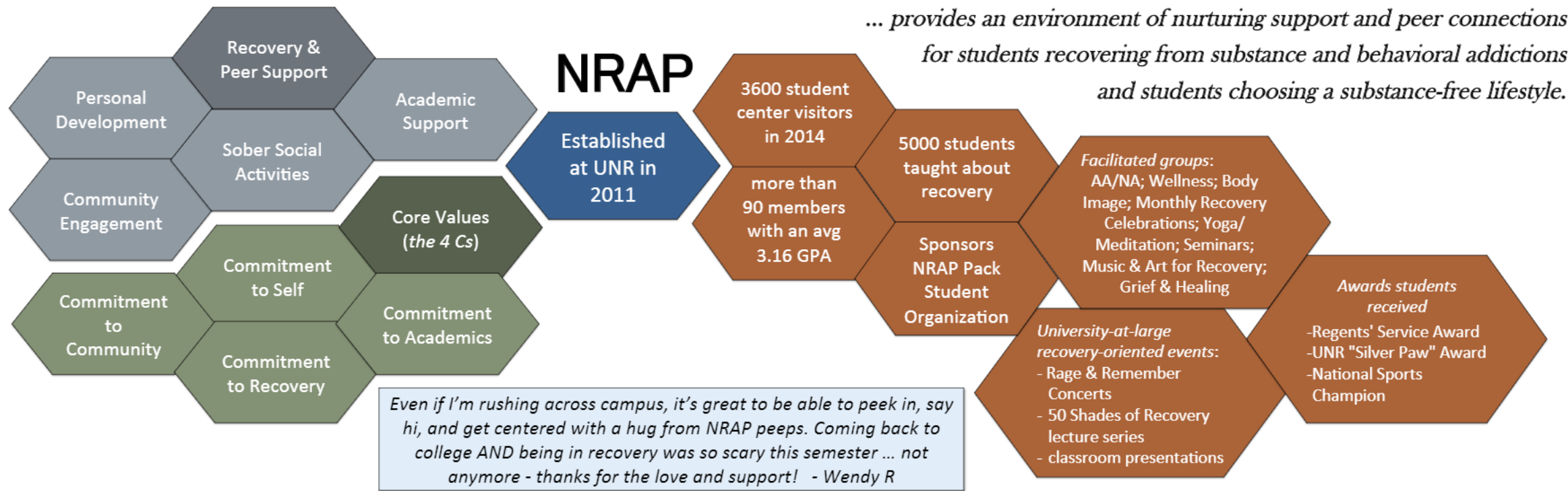
CONNECT - GROW - THRIVE

NRAP

— University of Nevada, Reno —

Provides an environment of nurturing support and peer connections for students recovering from substance and behavioral addictions and students choosing a substance-free lifestyle.





... provides an environment of nurturing support and peer connections for students recovering from substance and behavioral addictions and students choosing a substance-free lifestyle.

Even if I'm rushing across campus, it's great to be able to peek in, say hi, and get centered with a hug from NRAP peeps. Coming back to college AND being in recovery was so scary this semester ... not anymore - thanks for the love and support! - Wendy R

"NRAP has given me a safe place to go where I do not feel pressured or judged for being sober. The people in NRAP really care for each other and provide a wonderful community support that cannot be found anywhere else at UNR. Being a part of NRAP is a life-changing experience!" - Anonymous

"If I didn't have a community of some sort that connected me with other people in similar situations, I would have ether drank in an attempt to "fit into" the college society, or [be] isolate[d] and feel incredibly lonely which would eventually drive me to drink. ...whenever I'm feeling out-of place surrounded by students that just don't seem to "get it," I come to NRAP to find relief. Its members recharge me, energize me, and boost my confidence when I'm lacking it. That's because when I'm talking with other alcoholic/addict students, reaching out, and helping others as well, I get out of my head and into the moment. I'm so grateful for NRAP and would feel empty without it." - Paige

WHAT CAN WE DO?



Engage Campus Stakeholders

- Deans of various departments
- Athletic Department
- Health Services: Counseling, Health Clinic, etc
- Disability Services
- Student Groups: Greek Life, Government, Clubs/Organizations
- Academic Departments: Addiction Treatment Services, Psychology, etc

Develop a Policy

- Be consistent with local, state, and federal laws
- Regulations about gambling practices on campus
- Disciplinary actions for violations

Gambling Prevention Campaign

- Positive messaging
- Information on resources
- Raise awareness on warning signs, triggers, etc
- Stigma reduction
- Measure current student attitudes, behaviors, and problems
- Responsible gambling practices

Provide campus resources

- Medical leave of absence
- Certified Problem Gambling Counselor onsite
- Mutual aid support group onsite
- Financial counseling
- Trainings for faculty/staff/student leaders

References

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