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Webinar

Problem gambling and collaborative mental health care

Wednesday, 12th October 2016

“Working together. Working better.”

Supported by The Royal Australian College of General Practitioners, the Australian Psychological Society, the Australian College of Mental Health Nurses and The Royal Australian and New Zealand College of Psychiatrists

This webinar is presented by



Tonight's panel



Dr Paul Grinzi
General Practitioner



Dr Sally Gainsbury
Clinical Psychologist



Dr Clive Allcock
Psychiatrist



Ms Kate Roberts
Social Worker

Facilitator



A/Prof Rachel Rossiter
Nurse Practitioner

Ground Rules



To help ensure everyone has the opportunity to gain the most from the live webinar, we ask that all participants consider the following ground rules:

- Be **respectful** of other participants and panellists. Behave as if this were a face-to-face activity.
- Post your **comments and questions** for panellists in the '**general chat**' box. For help with **technical issues**, post in the '**technical help**' chat box. Be mindful that comments posted in the chat boxes can be seen by all participants and panellists. Please keep all comments on topic.
- If you would like to **hide the chat**, click the **small down-arrow** at the top of the chat box.
- Your feedback is important. Please **complete the short exit survey** which will appear as a pop up when you exit the webinar.

Learning Outcomes



Through an exploration of the case study, the webinar will provide participants with the opportunity to:

- Describe how to engage with people who are experiencing problem gambling
- Implement key principles of providing an integrated approach in the early identification and treatment of mental health problems related to problem gambling
- Identify challenges, tips and strategies in providing a collaborative response to assisting people experiencing mental health issues related to problem gambling.

General Practitioner Perspective



Responding to
Problem Gambling
- A General Practice perspective -

 **@DrGrinzi**


Paul Grinzi

General Practitioner Perspective



Paul Grinzi

General Practitioner Perspective



Paul Grinzi

General Practitioner Perspective




Paul Grinzi

General Practitioner Perspective





"Have you ever had an issue with gambling?"



Paul Grinzi

General Practitioner Perspective



Paul Grinzi

General Practitioner Perspective



Paul Grinzi

Clinical Psychologist Perspective



DSM-5 Diagnostic Criteria: Gambling Disorder

- A. Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:
1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
 2. Is restless or irritable when attempting to cut down or stop gambling.
 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
 4. Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).
 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
 6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
 7. Lies to conceal the extent of involvement with gambling.
 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
 9. Relies on others to provide money to relieve desperate financial situations caused by gambling.



Sally Gainsbury

Clinical Psychologist Perspective

First client meeting

- Assess the issue
- Motivate client change
- Express empathy
- Help client see the consequences of gambling
- Avoid arguments
- Roll with resistance
- Support self-efficacy

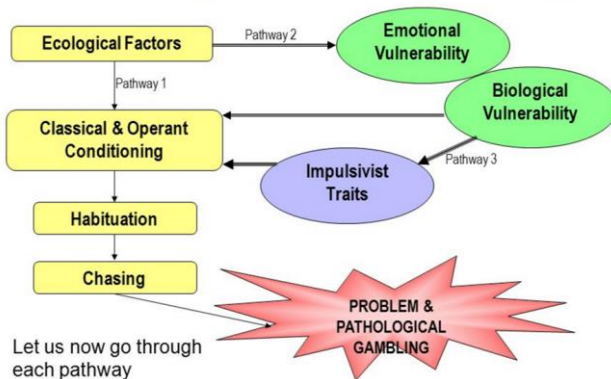


Sally Gainsbury

Clinical Psychologist Perspective

Conceptual understanding of problem gambling:
Blaszczynski & Nower Pathways Model (2001)

A Pathways Model of Gambling



Sally Gainsbury

Clinical Psychologist Perspective



Treatment components

- Motivational interviewing
- Assessment
- Psychoeducation
- Behavioural strategies
- Cognitive challenging – realistic thinking about gambling
- Desensitisation to gambling cues
- Coping with negative emotions
- Expanding focus on issues
- Relapse prevention



Sally Gainsbury

Psychiatrist Perspective



- Jon has been "quite low" – is this depression? If so, is medication required?
- At least 60% of gamblers with problems will be depressed
- Do not immediately reach for a script pad or suggest acquiring medication!



Clive Allcock

Psychiatrist Perspective



- If medication is needed - then what? More recent antidepressants likely to be better
- Jon drinks also – will Naltrexone help?



Clive Allcock

Psychiatrist Perspective



Other diagnoses to consider

- Depression/anxiety
- Alcohol and drugs
- Personality disorders – antisocial – OCD – narcissistic
- Bipolar II or I. Schizophrenia



Clive Allcock

Social Worker Perspective



GAMBLING *Impact* Society NSW_{INC}

Working with Individuals,
Families and Communities
affected by Gambling Harms

Kate Roberts
Mental Health Social Worker and
Executive Officer, Gambling Impact Society (NSW)
www.gisnsw.org.au

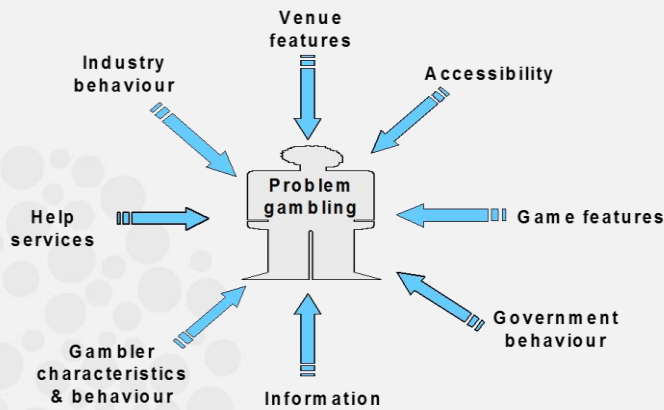


Kate Roberts

Social Worker Perspective



An Epidemiological Framework For Problem Gambling



Source: Productivity Commission Report (1999)



Kate Roberts

Social Worker Perspective

Responding to individuals (e.g. Jon) – first session

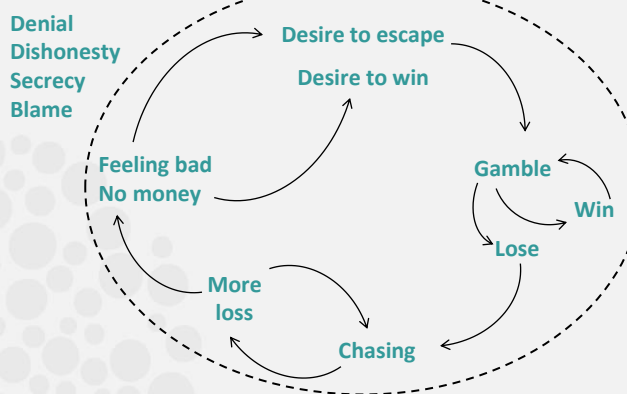
- Provide an overview of the service's orientation: a systemic approach to working on gambling harms at an individual, family and community level. Normalise gambling problems in the community and risks for gambling with some "products of dangerous consumption". (De-stigmatises, puts PG in Public Health context & de-escalates self-blame)
- Invite Jon to explore his story: individual experience of gambling (social/cultural/spiritual) and gambling harms and how this developed in his life (Client-focussed listening)
- Assess gambling behaviour - South Oaks Gambling Screen (SOGS) or Problem Gambling Severity Index (PGSI) – discuss with Jon
- Assess client safety (suicide risk) and co-morbid conditions (depression/anxiety/stress/health issues). Screening Depression Anxiety Stress Scale (DASS 21) - consider acute risks and casework referrals.
- Introduce the Cycle of Problem Gambling (model) and explore if/how this fits with Jon's experiences of gambling.



Kate Roberts

Social Worker Perspective

The Cycle of Problem Gambling



Source: Illawarra Health Problem Gambling Treatment Manual. Diagram by Mitchell Brown



Kate Roberts

Social Worker Perspective



Working with Jon continued...

- Explore Jon's perspective on the benefits and costs of gambling in his life, along with impacts on self and family (cost vs benefits analysis)
- Explore his goals for change and what/how that may look like for him (solution focussed)
- Introduce Model of Change (Prochaska & DiCemelte 1986) and explore his reflections on where he sees himself in the model (motivational interviewing)
- Open discussion about some immediate practical strategies to reduce harm for the next week/month e.g. self-help strategies, cash management etc., self-exclusion
- Discuss options for ongoing support for self and family including an invitation to couples therapy and/or individual ongoing therapy and individual therapy for his wife
- Discuss Jon's desire for ongoing support from this service and explore options for additional support and referral



Kate Roberts

Social Worker Perspective



Other Supports & Resources for Jon & Family

- financial counselling (local service)
- *Stay on Track* mobile app (www.gamblinghelp.nsw.gov.au/stayontrack)
- self-exclusion process (www.gamblinghelponline.org.au/accessing-support/self-exclusion)
- *Gambling Help*
 - phone support 1800 858 858, 24-hour counselling support (including crisis help between therapy sessions)
 - online services (www.gamblinghelponline.org.au)
- local support groups e.g. GA/GamAnon/Smart Recovery
- *Problem Gambling: A Self-Help Guide for Families* (www.gisnsw.org.au)
- *Consumer Voices* - stories of change and recovery (www.gisnsw.org.au)



Kate Roberts



Q&A session

Thank you for your participation

- Please ensure you complete the *exit survey* before you log out (it will appear on your screen after the session closes)
- Certificates of Attendance for this webinar will be issued within two weeks
- Each participant will be sent a link to the online resources associated with this webinar within one week
- Upcoming webinars:
 - 25 October - *Responding to and Treating Posttraumatic Stress Disorder: What Works?*
 - 9 November - *Caring for young people with gender dysphoria*

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**Thank you for your contribution
and participation**

Good evening