



Be Part of the Winning Team with Sports Betting Prevention!!©

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For the Education Development Center

February 5, 2026

Disclosure Statement

The presenter DOES NOT have an interest in selling a technology, program, product, and/or service to professionals.

I serve on the Advisory Board of EVIVE, a gambling addiction/risky gambling care App.

disclosure
statement



Learning Objectives

1. Review high-risk populations: youth, men aged 18-24, athletes, men of color, persons/communities with high financial distress risks.
2. Identify a high-risk population for designing culturally responsive and equity inclusive prevention
3. Identify sports betting treatment and prevention resources for your work and communities.



What is sports betting?

- Any wagering of a stake of monetary value in the expectation of a prize of monetary value, subject to a future and uncertain occurrence related to a sports competition (Law Insider)

Poll #1

Are you a sports fan?





Think about this statement? Implications for Prevention...

- Recent College Grad: “Dr. Haskins, many of my friends used to watch sports...big sports fans...Now what I notice is that they are just betting on sports! They are no longer interested in the game...sports betting has taken over.”



PREVENTION

Poll #2

Are you empowered to develop sports betting prevention?

Let's Look at What's Happening with Sports Betting....



Sports Betting Legalization

A wooden gavel and a basketball are positioned on a dark, textured background. The gavel is on the right side, and the basketball is in the center, partially overlapping the gavel's head. The lighting is dramatic, highlighting the textures of the wood and the orange and black of the basketball.

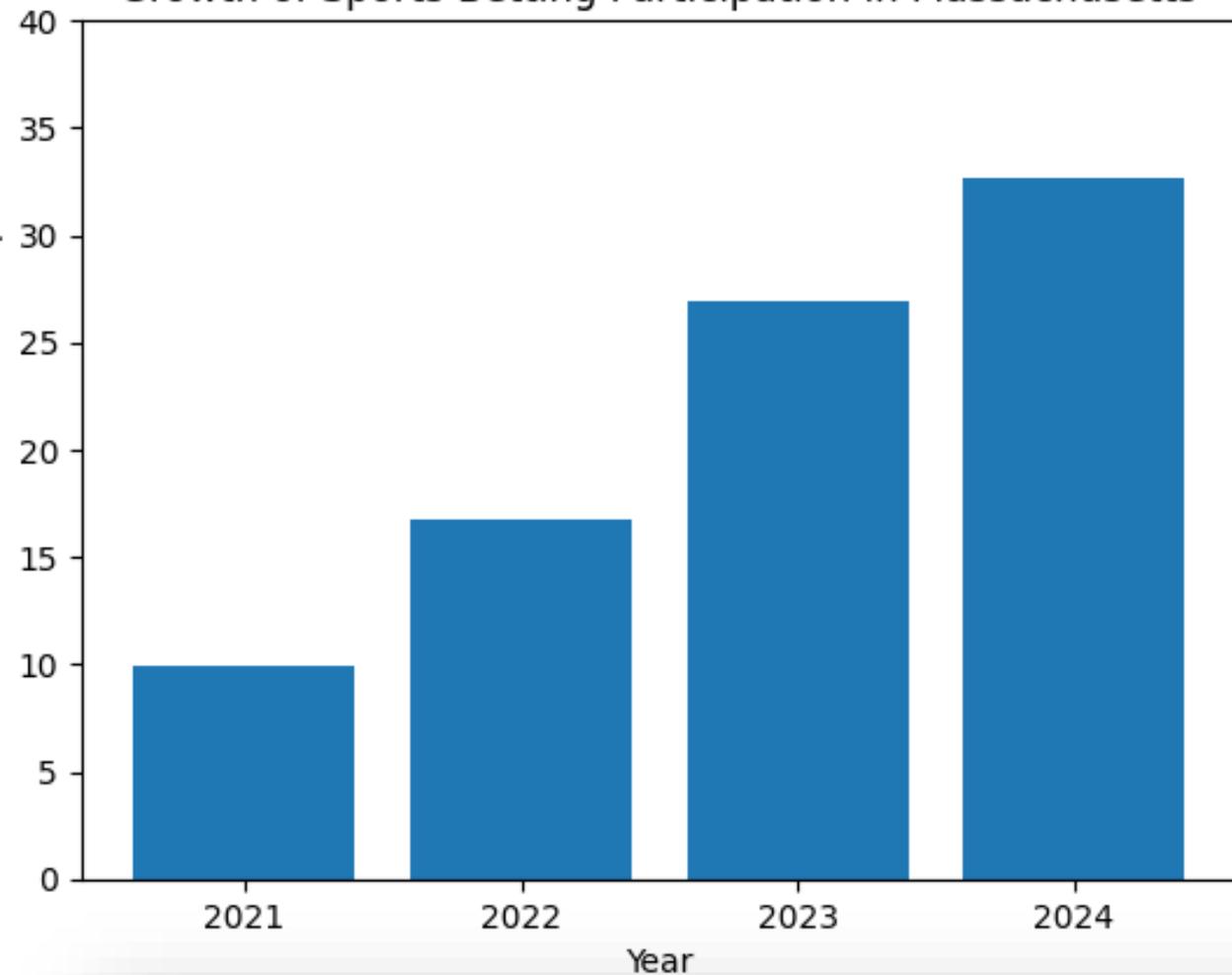
Supreme Court overturned the law banning sports betting

Understand that legal and illegal sports betting occurring

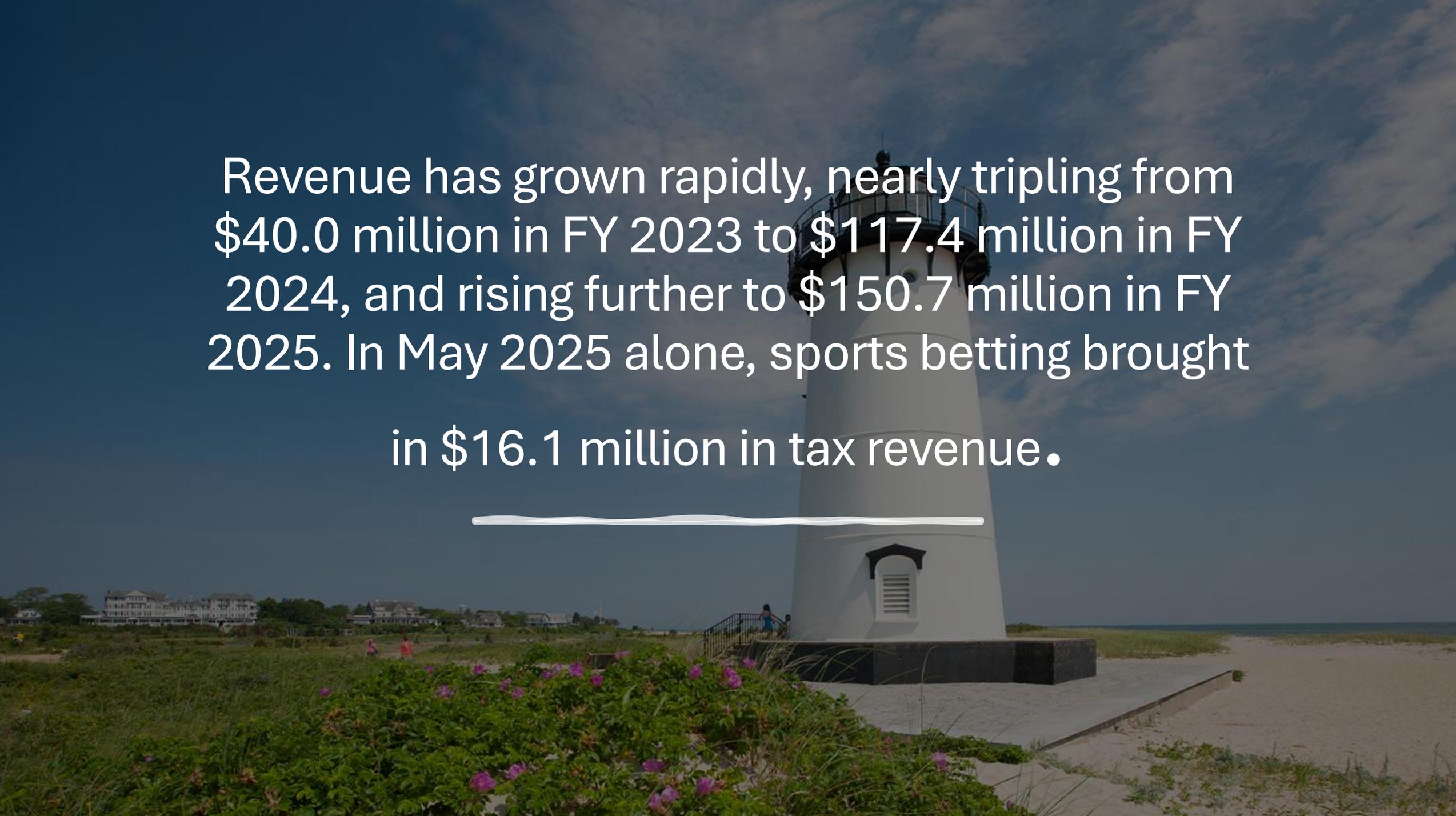
(Bechtold & Wilson, 2021)

https://fusionaier.org/wp-content/uploads/2025/03/shutterstock_2152237947-scaled.jpg

Growth of Sports Betting Participation in Massachusetts



Growth of Sports Betting
Participation in Massachusetts

A white lighthouse stands on a sandy beach. The lighthouse is cylindrical with a black lantern room at the top. In the foreground, there are green bushes with purple flowers. The background shows a dark sky and the ocean. A white decorative line is positioned below the text.

Revenue has grown rapidly, nearly tripling from \$40.0 million in FY 2023 to \$117.4 million in FY 2024, and rising further to \$150.7 million in FY 2025. In May 2025 alone, sports betting brought in \$16.1 million in tax revenue.



. What do the numbers say?

Trends in the U.S.

(Rutgers Addiction Research Center,
addiction.rutgers.edu)

- Revenue has grown rapidly, nearly tripling from \$40.0 million in FY 2023 to \$117.4 million in FY 2024, and rising further to \$150.7 million in FY 2025.
- In May 2025 alone, sports betting brought in \$16.1 million in tax revenue.

REVENUE



What do the numbers reveal?

- Sports betting: *Men's Health Survey*

- Survey: American Men Reveal Sports Betting Habits in 2023

In order to do effective prevention, understand sports fans too!!



[This Photo](#) by Unknown Author is licensed under [CC BY-ND](#)

Understand sports fans are part of a Lifestyle Consumption Community!!! (Gordon, Gurrieri, & Chapman, 2015)

- Used consumer culture theory research to have broader understanding of sports gambling.
- Featured friendship groups with young persons gambling w/o disordered gambling engaging in sports betting (aged 18-30) which is a high-risk group.
- What are the consumption patterns of sports participants?

TIPS FOR A HEALTHY LIFE

PLAY SPORTS

BREATHE CLEAN AIR

DRINK MORE WATER

SLEEP ENOUGH

JUICING

E-sports....

(Mark Leroux-Parra, 4/24/2020, hir.Harvard.edu)

- **Are video games that are played in a highly organized competitive environment.**
- **Draw more than 1 million concurrent viewers**
- **Games range from popular, team-oriented multiplayer online battle arenas (MOBAs) to single player first person shooters, to survival battle royales, to virtual reconstructions of physical sports.**
- **Highly attractive to youth, young adults and an international phenomena**
- **Creates research challenges (Tang, et al., 2023)**

***Read following article by Harvard—4-Part Article on E-Sports**

Good Reads on E-sports

- Are esports bettors a new generation of harmed gamblers? A comparison with sports bettors on gambling involvement, problems, and harm. (apa.org)
- Esports Part 1: What are Esports? (harvard.edu)
- Esports Part 2: The Evolving Rules of Esports (harvard.edu)
- Esports Part 3: League of Legends, The Esport That's Rivaling Giants (harvard.edu)
- Esports Part 4: Developer Control (harvard.edu)

READ

Risk Facts and Vulnerable Populations/Communities

Who can we target for effective prevention of risky sports betting behaviors?

Who Is At Greatest Risk: 18-24 Year Olds?

Profiling the High-Risk 18-24 Year Old Male Addicted to Sports Betting

At a Glance

 Young men 18-24 are **4X** more likely to develop gambling problems

 **80%** of 18-24 year old men have placed a sports bet in past year

 **34%** of online sports bettors are aged 18-24



Why Are Young Males 18-24 at Higher Risk?

 **Brain still developing** until age 25 (impulsive, reward-seeking)

 **Gambling is normalized** as “part of the game”

 Influenced by sports stars & promoting betting



 Influenced by sports stars & influencers promoting betting

 Financially stressed, seeking fast cash

Sources: Public Health Reports (2024), NPGM (2023).

Addiction Warning Signs

 Obsessed or preoccupied with betting

 Lies about or hides gambling

 Academic/job problems from neglect & distraction

For Help  1-800-GAMBLER (426-2537)

Addiction Warning Signs

 Chasing losses

 Lies about or hides gambling

 Mood swings, irritability, aggression

 Using money meant for other expenses



For Help: Call 1-800



Call 1-800-GAMBLER (426-2537)

Sources: Health Reports. (2024), UNK, Public Universiteit Maastricht's data Garantie (2021).



What do the numbers say?
Trends in the U.S.
(Rutgers
Addiction
Research Center,
addiction.rutgers.edu)

- More than 86% of young adults aged 18-24 recently played online games.
- More than 65% of all adults recently played online games.
- Approximately 0.3% to 1.0% of the general population may qualify for diagnosis of Internet Gaming Disorder (IGD).

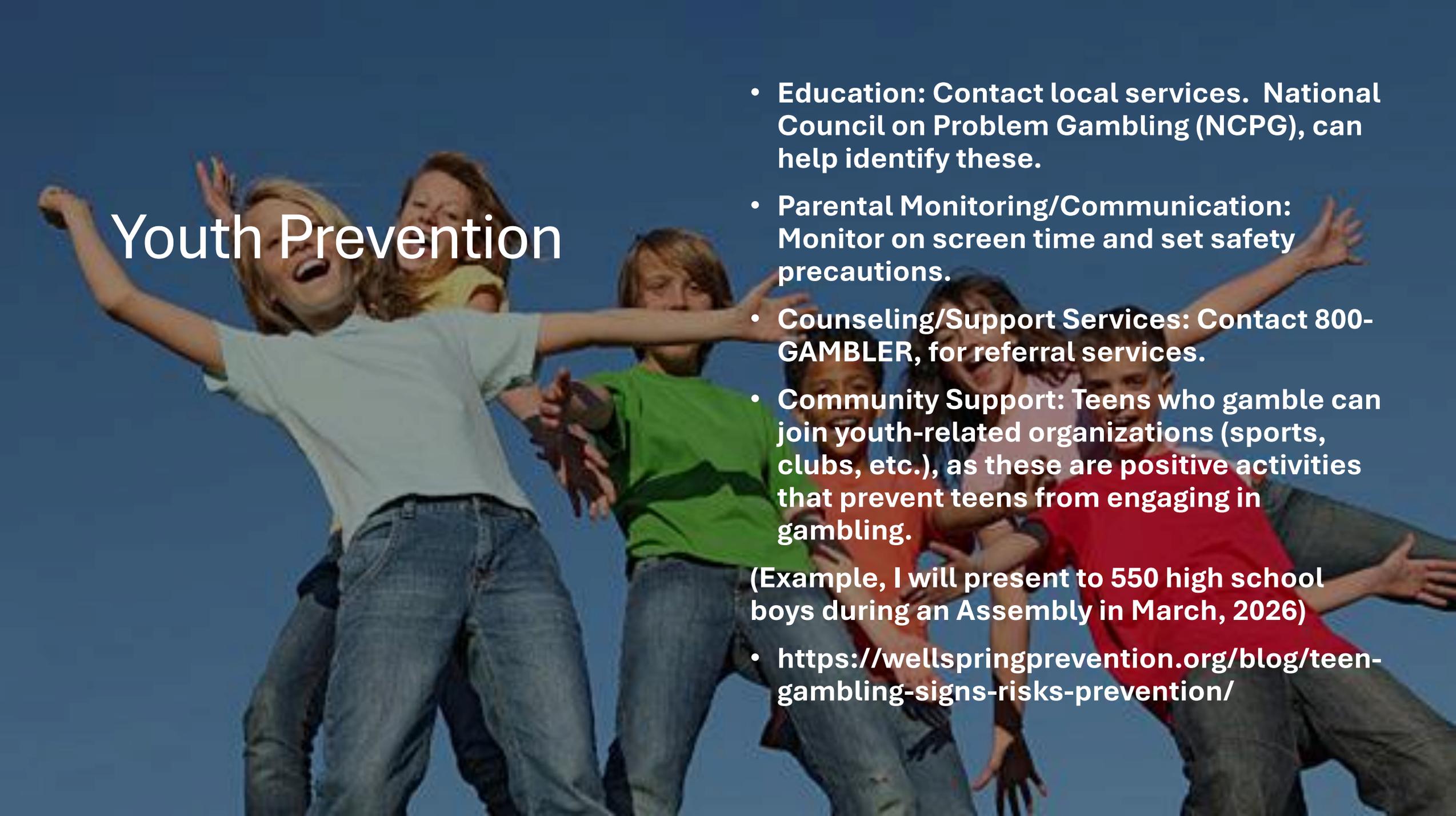
Relative Risks of Different Forms of Sports Betting

(Grubbs & Kraus, 2023)

- Sample: US sample (n-2806; mean age 41, 48.6% men)
- Oversample of sports-wagering adults in the U.S.
- Participants completed measures of gambling activities, including varied forms of sports betting, as well as problem gambling activities.
- Results: In general, people gambling on sports compared to people who do not **report greater frequency of gambling engagement** (avg. between monthly and weekly play) **reported a wider variety of gambling activities with majority reporting past year engagement in 4 or more gambling activities.**



Source: <https://doi.org/10.1016/j.comppsy.2023-152420>

A group of diverse teenagers, including boys and girls of various ethnicities, are captured in a moment of pure joy, jumping and laughing against a clear, bright blue sky. They are dressed in casual attire like t-shirts and jeans. The overall mood is energetic and positive, representing youth and community.

Youth Prevention

- **Education:** Contact local services. National Council on Problem Gambling (NCPG), can help identify these.
- **Parental Monitoring/Communication:** Monitor on screen time and set safety precautions.
- **Counseling/Support Services:** Contact 800-GAMBLER, for referral services.
- **Community Support:** Teens who gamble can join youth-related organizations (sports, clubs, etc.), as these are positive activities that prevent teens from engaging in gambling.

(Example, I will present to 550 high school boys during an Assembly in March, 2026)

- <https://wellspringprevention.org/blog/teen-gambling-signs-risks-prevention/>



College Students College Athletes: Listen/Learn Resources

Listen/Learn: Saul Malek Shares Lived Experience starting in college at age 21 (3.00 min):

<https://youtu.be/H3OT3ruVXjs>

- Use during prevention education (34.41 min)

https://youtu.be/zIU7_v6tMm0

- College student athlete banned for life from NCAA after shaving points to make money for his newborn (3.37 min):

<https://youtu.be/4mWhwyuoJmU>

- Jan (2026):

Feds say a Maryland HBCU basketball player was bribed to fix game



**Males of Color are at risk
too....**

***Sports provide identity in a world that constantly
treats you as invisible....***

THE TAVIS SMILEY PODCAST



DR. DEBORAH HASKINS

**African-Descent
Men: Dr. Haskins on
the Tavis Smiley
Show (3/2025) on
Sports
Betting/Addiction**

[Dr. Deborah Haskins joins Tavi... - Tavis Smiley - Apple Podcasts](#)

Other Risks

- Financial Distress
- Search for identity
- Desire to be part of a community – “a family”



Professional
Athletes: Recent
Scandal: [Chauncey
Billups](#), [Terry Rozier](#)
[arrested in gambling
inquiries - ESPN](#)
Jontay Porter
Awaiting Sentencing
(Jan 2026)

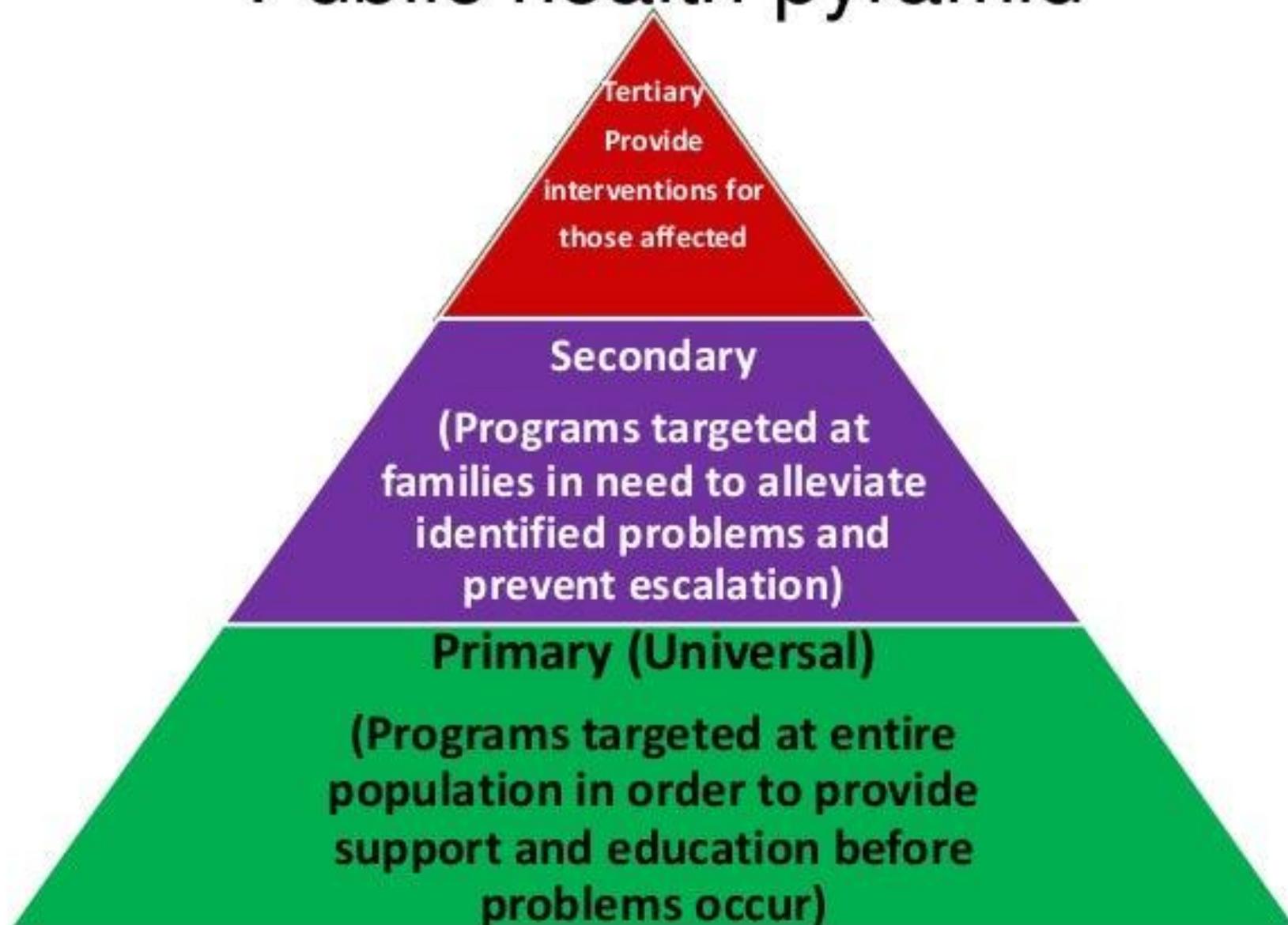




Evidence-Based Sports Betting Prevention

**How can we raise
awareness earlier?**

Public health pyramid



Primary Prevention Ideas

- **Develop a prevention presentation for males in the risk group of 18-24 at colleges, vocational training sites; high school students, college athletes, professional sports teams.**
- **Watch this viewing: Is Fantasy Sports gambling or skill? This video could be a useful clip for public awareness prevention outreach in the community also (share with persons also in treatment).**
- **<https://youtu.be/8dFjchL1ws>**
- **Review with them ways to “win” without exceeding time and resources (i.e., money) to enjoy the game. Show them a video of a person addicted to sports betting and provide reflection opportunities. Highlight that experiencing risks young is not the developmental task: incurring debt, emotional distress, etc during a time when they are developing as emerging adults.**

Primary Public Health Prevention: What is effective with Youth?

- Needs to be Creative
- Needs to be Engaging
- Needs to be Fun
- Needs to be Interactive
- Not effective?—
LECTURES

Resource: Saul Malek





Prevention: Secondary

Screening to identify diseases in the earliest stages, before the onset of signs and symptoms

TASK: Provide SBIRT during health fairs, assess clients during MH/SUD intakes, educate educators in secondary/college to screen for gaming/gambling, including sports betting

**See for more information:
Massachusetts Gambling Disorders
Screening Day Resource Packet**

Screen/Assessment: Use after person reports sports betting

(Dr. Timothy Fong and Marc Lefkowich, ICGC-II, Published in *Men's Health*)

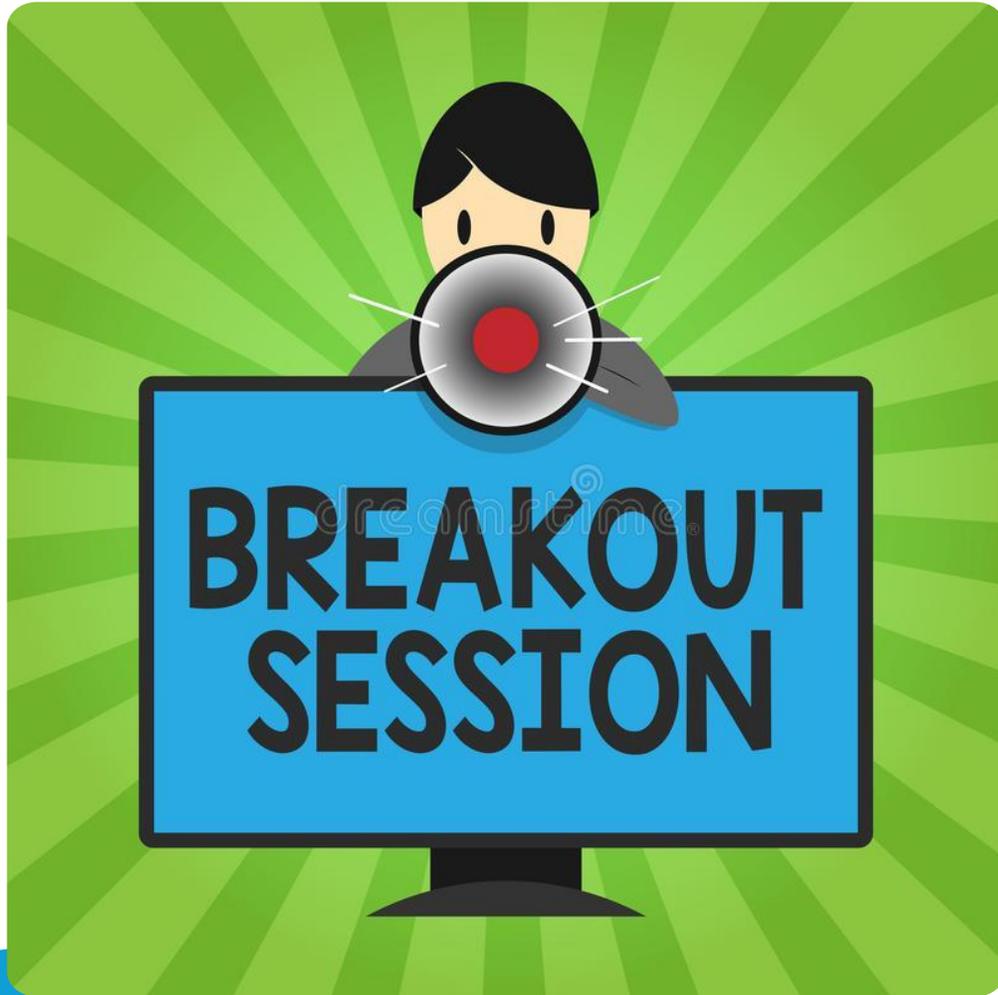


- [Mens-Health-Sports-Betting-Package-September-2023.pdf](#)
- Page 102 of article....

Suggest using in community wellness prevention (i.e. health fairs etc)

Tertiary Prevention

- **What do we do when symptoms/behaviors are diagnosed as disease or disorder?**
- Link persons to **Massachusetts Problem Gambling Helpline** (800-327-5050, 24/7 access)
- **Massachusetts Dept of Public Health *Ambassadors Program***
- Link them to **Gambling Disorder treatment** accessible in their community/virtual treatment if preferred (**MA Dept of Public Health (DPH)**)
- Introduce them to Self-Help: **Gamblers Anonymous (GA)**, **GAM-Anon** (for affected others), **Smart Recovery** (non-spiritual based self-help), **Celebrate Recovery** (for persons identifying as Christian and desire a Christian self-help program)
- **Self-Management/AI and technology supported for gambling recovery/psychoeducation** (*Evive App (US)*, *Yume (US)*, *RecoverMe (UK)*; Not everyone is “ready” or interested to seek treatment due to ambivalence...)
- **Gambling Recovery Podcasts** (i.e., All In, Broke Girls Society (gender focused for women). Note “Young persons typically not wanting podcasts (Dr. Anthony, Rutgers Univ)



Application: Break Out Group

- You will be assigned to one of the following groups:

- ✓ Youth under 18
- ✓ 18-24 risk group
- ✓ Student-athletes
- ✓ Adults (aged 24 and above)

Discuss creative ways you can create a prevention intervention for this risky group.

Application: Break Out Group Reporting

- You will be assigned to one of the following groups:
 - ✓ Youth under 18
 - ✓ 18-24 risk group
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 - ✓ 24 and above adults

Discuss creative ways you can create a prevention intervention for this risky group



Questions/Answers





Report/Discussion/QA

Gambling Recovery Apps (For Self-Management)

**Struggling
with problem
gambling?**

Oregon offers an
app to help
anyone looking
for support.



Evive: Smart
Support Tools
For Gambling Wellness



ev



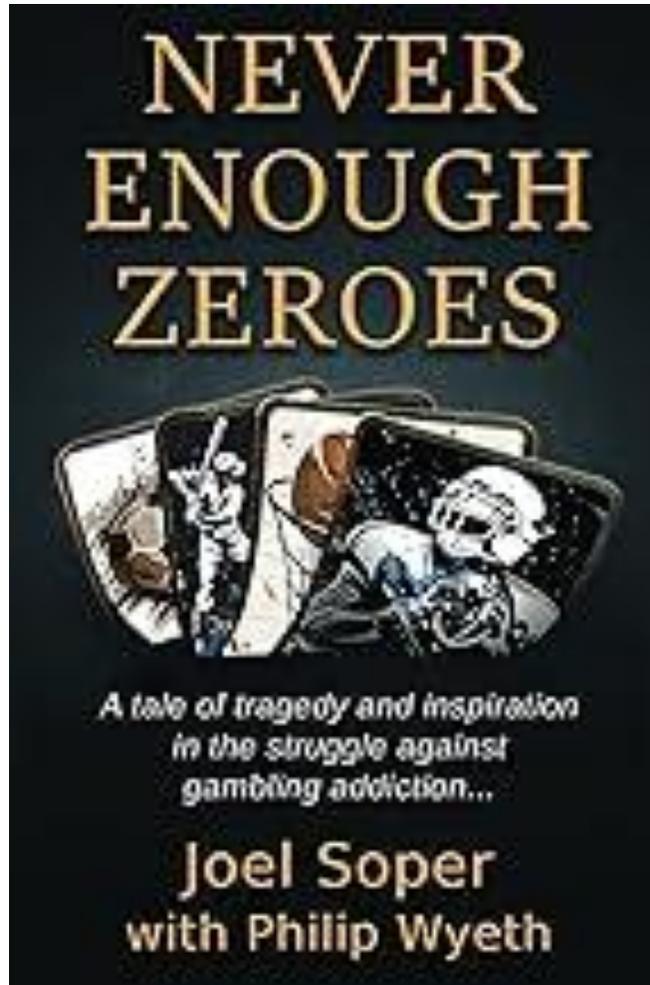
**OREGON
HEALTH
AUTHORITY**



Gamban
Blocking Online Gambling

Resources

Never Enough Zeroes



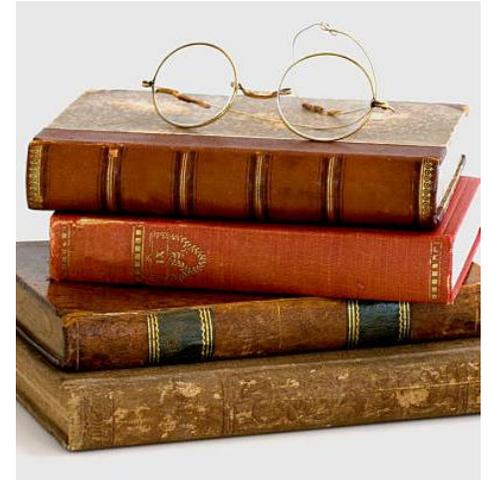
Robby Fuqua, MSW, ICGC-II



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Reichert, R. A., Andrade, F. R. T., Fontelles, M., Reichert, N. C. M., de Almeida, R. M. M., & De Micheli, D. (2025). Hazardous gambling and online sports betting: A new frontier of behavioral addiction—Overview, clinical correlates, and interventions. *Digital addictions: An interdisciplinary approach to behavioral addictions and digital media* (pp. 83-121). Springer Nature Switzerland AG. https://doi.org/10.1007/978-3-031-87986-9_6



Thank you for helping to heal communities and the world!

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