



PROBLEM
GAMBLING
PREVENTION

MASSACHUSETTS CENTER OF EXCELLENCE

COMMUNITY PANEL:

Recovery, Resiliency, and Strategies for Preventing and Mitigating Gambling Harms

Panel Facilitator: **Haner Hernandez, PhD, CPS, CADCI, LADCI**

Senior Training and Technical Assistance Associate

Massachusetts Center of Excellence on Problem Gambling Prevention

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EDC.ORG

About Us

- We're funded by the MA Department of Public Health's, Office of Problem Gambling Services (OPGS).
- We provide **training, capacity-building, and program development** to support the prevention of problem gambling and related health issues.



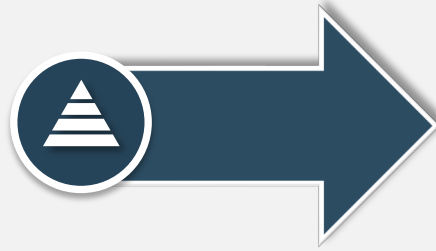
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Learning Objectives



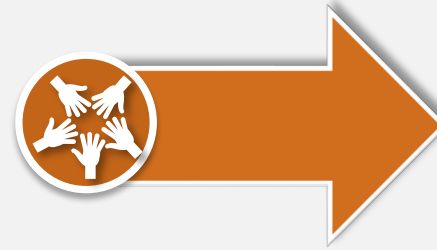
Describe the impacts of problem gambling on individuals with SUDs, people in recovery and their families

01



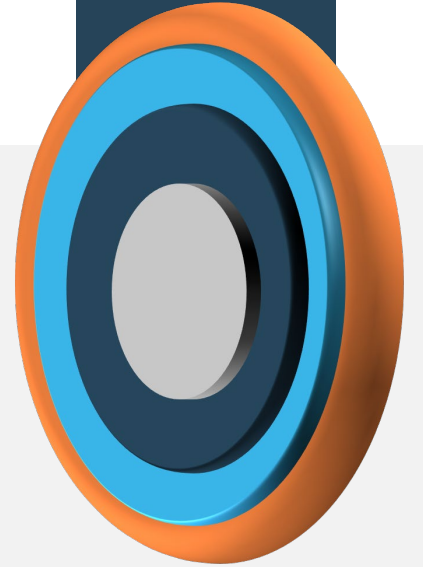
Describe what data and research show about co-occurring Problem Gambling and SUDs

02



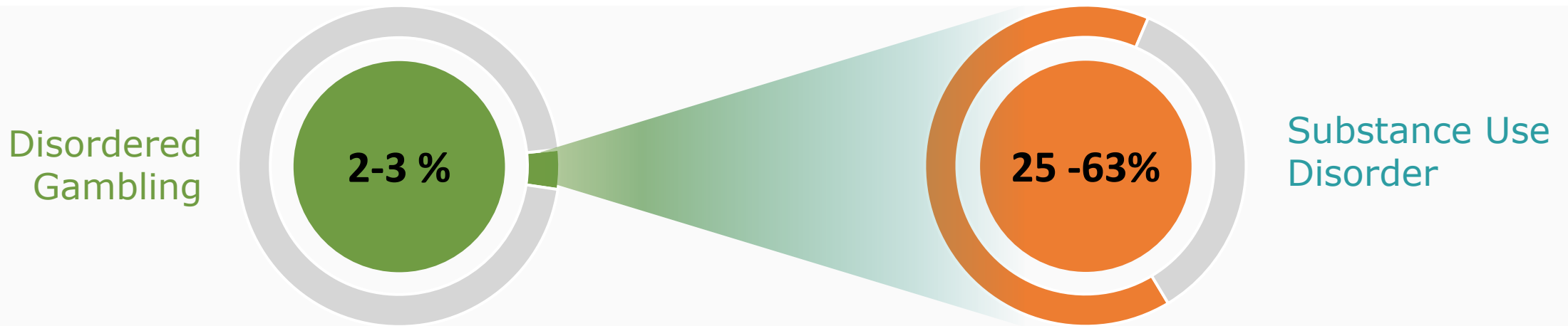
Describe 4-6 strategies and techniques that center the multiple pathways of wellness and recovery, strength-based approaches, and the role of the recovery community and service providers in preventing and mitigating harm

03



Gambling Addiction and Substance Use Disorder 1

The rate of co-occurrence of substance misuse among individuals with problem gambling disorder has been estimated at 25 to 63%. (Data from SAMHSA)



Disordered Gambling

Substance Use Disorders



Gambling Addiction and Substance Use Disorder 2

The rate of co-occurrence of problem gambling disorder among people with substance use disorders has been reported as ranging from 9 to 30%. (Data from SAMHSA)

Substance Use Disorder

16.8 of people 12 and older in the U.S. had a substance use disorder

16.8 %

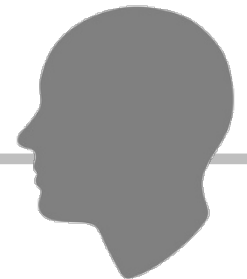
9-30 %

Disordered Gambling



Substance Use Disorders

Disordered Gambling



COMPARING THE DISORDERS

GAMBLING DISORDER

Gambling disorder is recognized in DSM-5/DSM-5-TR within **Substance-Related and Addictive Disorders**, reflecting important similarities between gambling disorder and substance addictions.

Potential characteristics include:

-  Increasing amounts of gambling
-  Difficulty cutting back
-  Preoccupation with gambling
-  Gambling when distressed
-  Chasing gambling losses
-  Concealing gambling involvement
-  Jeopardizing relationships, employment, or opportunities
-  Relying on others to relieve financial crises associated with gambling



SUBSTANCE USE DISORDER



Substance use disorders involve recurrent alcohol or drug use that results in clinically significant impairment or distress.

IMPORTANT DISTINCTION



Substance use involves ingestion of a psychoactive substance.



Gambling is a behavioral addiction.



WHAT THEY HAVE IN COMMON

Although different in nature, both disorders can involve similar patterns and features.



Craving or strong urges



Impaired control



Continued behavior despite consequences



Reinforcement and reward



Escalating involvement



Relapse



Significant disruption to daily functioning



Both gambling disorder and substance use disorder are treatable conditions. Early recognition, integrated assessment, and coordinated care can improve outcomes.



SCREEN FOR BOTH.
UNDERSTAND THE CONNECTION.
SUPPORT RECOVERY.



SHARED RISK FACTORS

Gambling problems and substance use disorders often occur together because they can be influenced by similar underlying vulnerabilities.



These factors do not cause addiction on their own, but they can increase the likelihood that gambling and substance use become problematic.



Recognizing these shared risk factors helps us understand why **prevention**, **screening**, and **integrated treatment** are so important.

POTENTIAL SHARED VULNERABILITIES INCLUDE:



IMPULSIVITY



SENSATION
SEEKING



DIFFICULTY
REGULATING EMOTIONS



STRESS



TRAUMA / ADVERSE
EXPERIENCES



DEPRESSION
AND ANXIETY



SOCIAL
ISOLATION



FAMILY HISTORY OF
ADDICTIVE DISORDERS



ENVIRONMENTAL
AVAILABILITY AND EXPOSURE



Addressing underlying vulnerabilities can reduce risk and support recovery.

Wellness

The Substance Abuse and Mental Health Services Administration (SAMHSA) defines wellness not just as the absence of disease or stress, but as a conscious, deliberate, and ongoing process of pursuing optimal health, happiness, and recovery across all aspects of life.



Recovery

SAMHSA defines Recovery as a process of change through which individuals improve their health and wellness, live a self-directed life, and strive to reach their full potential. The four dimensions of Recovery are:



Health

Overcoming or managing one's disease(s) or symptoms.



Home

A stable and safe place to live.



Purpose

Meaningful daily activities, such as a job, school, volunteerism, family caretaking, or creative endeavors, and the independence, income and resources to participate in society.



Community

Relationships and social networks that provide support, friendship, love, and hope.

Panelists

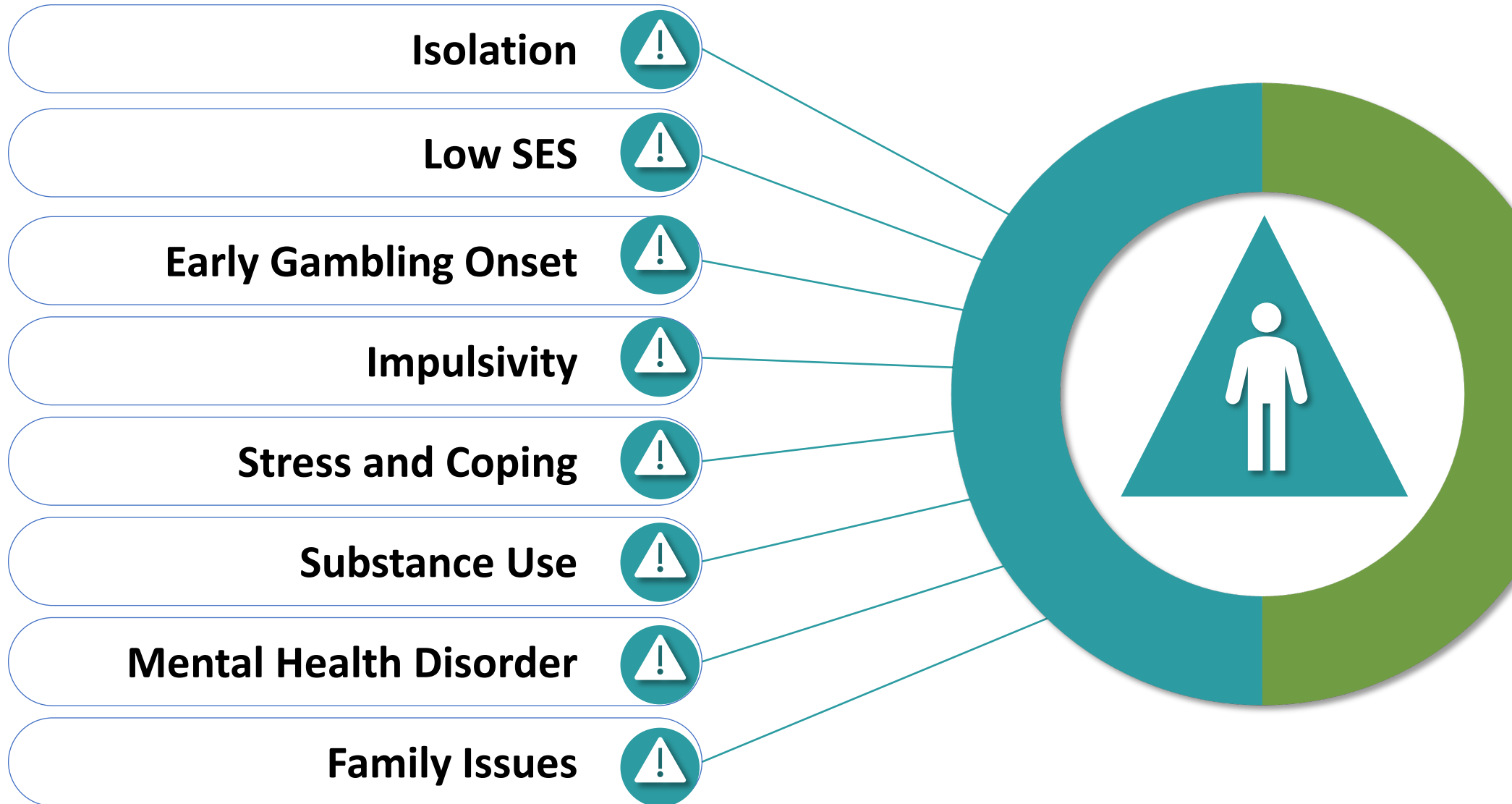


Hernani Del Giudice

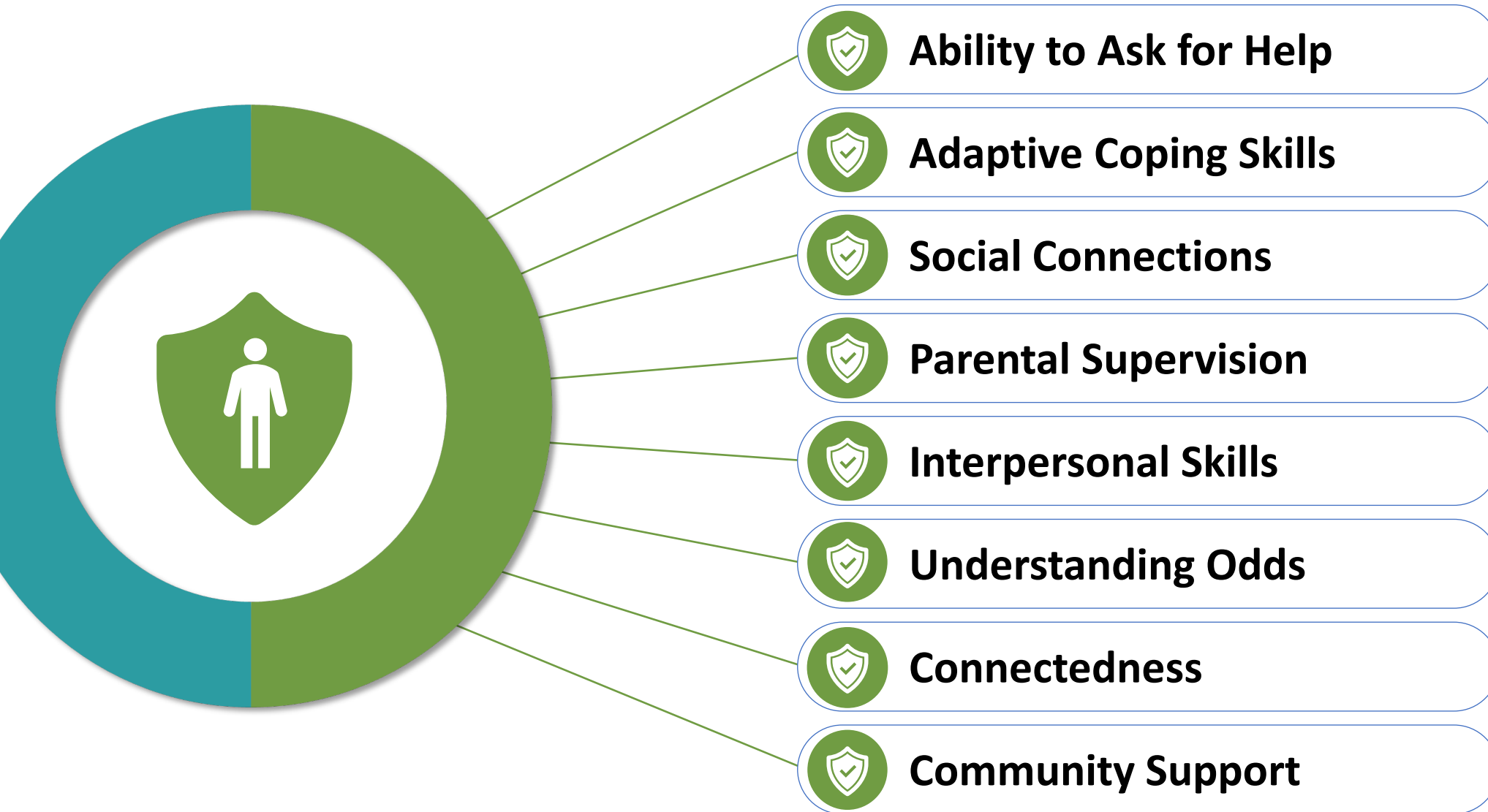


Darryl J. Enos

Reduce Risk Factors



Increase Protective Factors



Three Things to Remember

Key points for supporting whole-person recovery.



1



Co-occurrence is common.

Problem gambling and substance use frequently overlap.



2



What we don't ask about may remain hidden.

Routine gambling screening can identify concerns that might otherwise go unnoticed.



3



Treat the connection, not just the individual behaviors.

Effective care considers how gambling, alcohol/drug use, mental health, environment, finances, triggers, and recovery interact.



When we see the whole picture,
we can support whole-person recovery.



ASK



LISTEN



SCREEN



SUPPORT



RECOVER TOGETHER



A Simple Practice Framework



ASK



Include gambling in routine behavioral health and substance use screening.



EXPLORE

When gambling concerns emerge, explore:

-  Frequency
-  Types of gambling
-  Money and time spent
-  Consequences
-  Relationship to substance use
-  Triggers
-  Gambling during recovery
-  Financial impact
-  Motivation/readiness for change



CONNECT

Connect individuals with appropriate:

-  Gambling-specific assessment
-  Treatment
-  Peer/recovery supports
-  Financial counseling/support when appropriate
-  Behavioral health services



COORDINATE

When both disorders are present, avoid creating two completely separate treatment conversations.

Explore questions such as:

-  Does drinking trigger gambling?
-  Does gambling trigger substance use?
-  Could gambling environments threaten recovery?
-  Is gambling functioning as a replacement behavior?
-  Should the recovery/relapse prevention plan address both behaviors?



Screen. Explore. Connect. Coordinate. Working together for whole-person recovery.



A microphone on a stand is positioned in the foreground, slightly to the left. The background is a blurred view of many rows of chairs, suggesting a large conference or meeting hall. The entire image has a teal or cyan color cast.

Questions & Discussion



¡GRACIAS! THANK YOU!

Please visit our website, mcoepgp.org for additional resources and trainings