

Nebraska Gamblers Assistance Program

Monthly Data Report

Commencing from July 1, 2018 to March 31, 2020

The Nebraskans We Serve

A total of **833** Nebraskans and their families received problem gambling counseling services through the Nebraska Gamblers Assistance Program (GAP) between July 1, 2018 and March 31, 2020.

These individuals included:

- Individuals with gambling disorder admitted into long-term counseling: **266**
- Members of families of individuals with gambling disorder admitted into long-term counseling: **81**
- Individuals accepted to short-term urgent care* counseling: **269**
- Clients carried over from FY2017-2018: **217**

* Up to eight sessions of counseling are offered in urgent care with a streamlined admissions process.

- 40% of urgent care visits resulted in a new admission to long-term counseling between July 1, 2018 and March 31, 2020

Figure 1: New Admissions to Long-Term Counseling July 1, 2018 and March 31, 2020

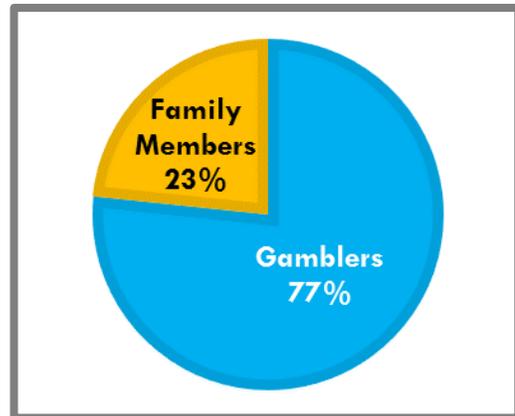
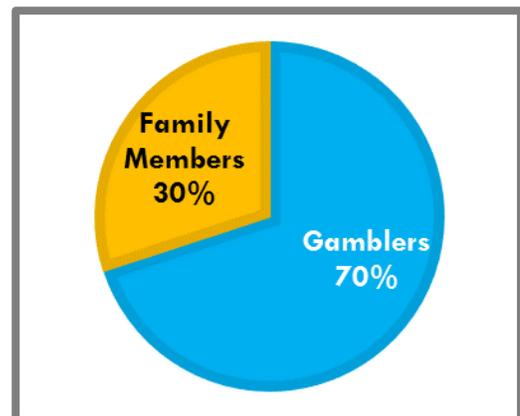


Figure 2: New Admissions to Short-Term Counseling (Urgent Care) July 1, 2018 and March 31, 2020

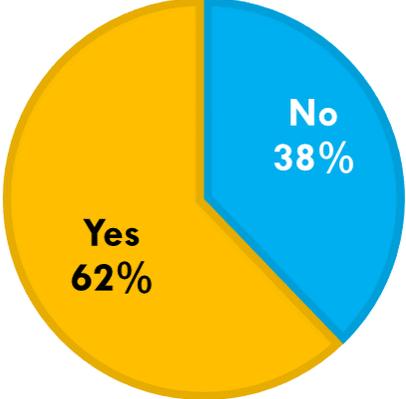
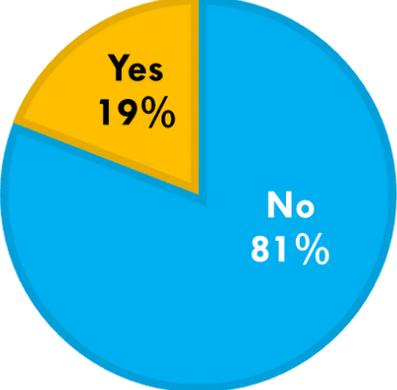


Access to Counseling:

94%

Nebraskans report it is important to them that problem gambling counseling is offered at no cost to them

Characteristics of Nebraskans Receiving Long-Term Counseling for a Gambling Problem

<p>Gambling caused financial distress (foreclosure, eviction, bill collection, bankruptcy) in last 12 months</p>	<p>Gambling caused harm to children in the family in last 12 months</p>
 <p>A pie chart with a yellow slice representing 'Yes' at 62% and a blue slice representing 'No' at 38%.</p>	 <p>A pie chart with a yellow slice representing 'Yes' at 19% and a blue slice representing 'No' at 81%.</p>
<p>Considered violating the law to support gambling</p>	<p>Person in counseling has threatened to harm spouse or intimate partner</p>
<p>27%</p>	<p>3.1%</p>
<p>Considered ending life in the last 12 months</p>	<p>Attempted ending life in the last 12 months</p>
<p>31%</p>	<p>6%</p>

Another payday, another lonely weekend.

Anonymous Family Member

The Nebraskans We Serve

Total gambling debt reported by disordered gamblers

Total gambling debt reported by members of families of disordered gamblers

173 gamblers reported gambling debt totaling

42 family members reported gambling debt totaling

\$4,847,995



\$2,008,200

for an average \$28,023 debt each

for an average \$47,814 debt each

1 additional client reported gambling debt of \$1 million.



Gambling debt represents 33% of household debt.

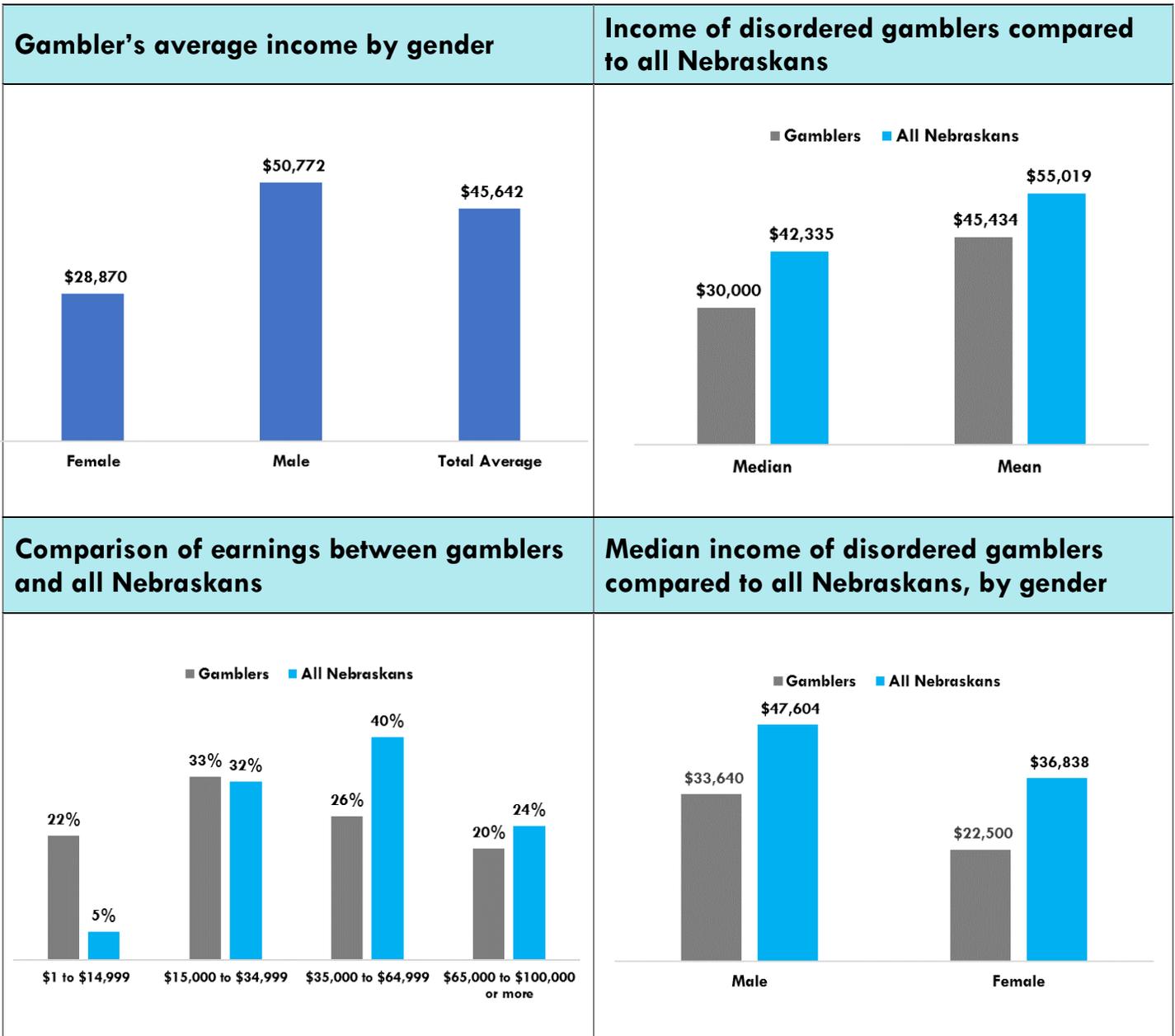


Gambling debt represents 45% of annual gross income.

I firmly believed that if I kept playing the same machine, even though I had put in thousands of dollars, it would hit big. And when I ran out of legitimate sources of money and began to steal from my employer [...], I truly believed I would pay it back.

Anonymous Problem Gambler

The Nebraskans We Serve



I found out he'd relapsed and had sunk even lower by stealing money from his place of work. He realized there was no way out so had to ask me for help to replace the money ... which I did. I couldn't risk him losing his job or getting into trouble with the police.

Family Member

The Nebraskans We Serve

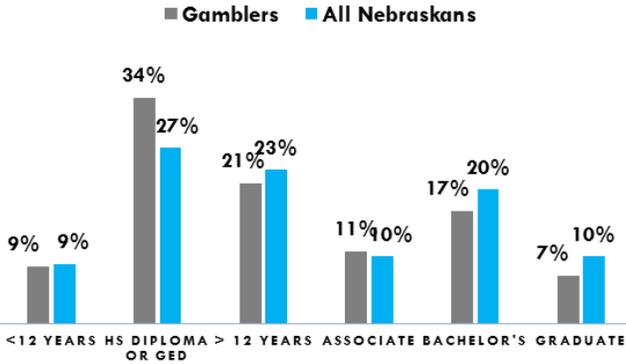


I didn't come home smelling like bourbon ... I didn't have my spouse call me in sick because I was hungover. My addiction - my illness - was invisible, and all the more devastating because of that.

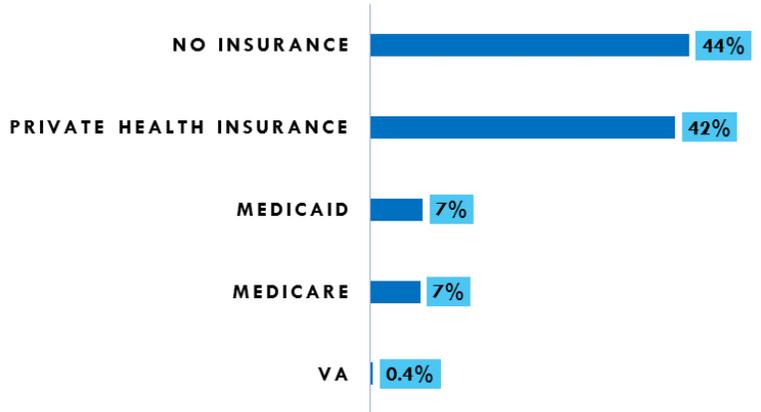
Anonymous Problem Gambler

The Nebraskans We Serve

Comparison of educational levels between gamblers and all Nebraskans

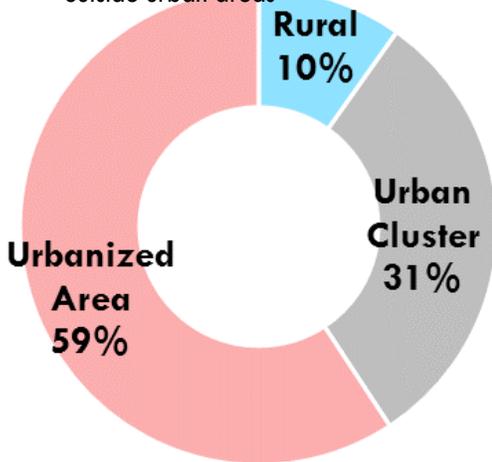


Health insurance

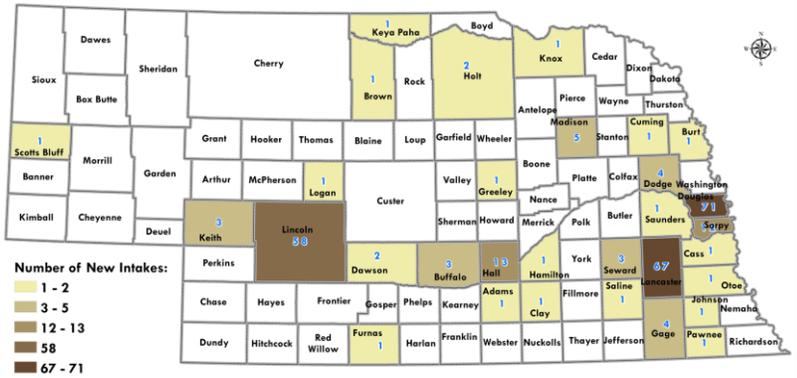


Location of all Nebraskans receiving help

Urbanized Areas: 50,000 or more people
Urban Clusters: At least 2,500 and less than 50,000 people
Rural: Any population, housing, or territory outside urban areas



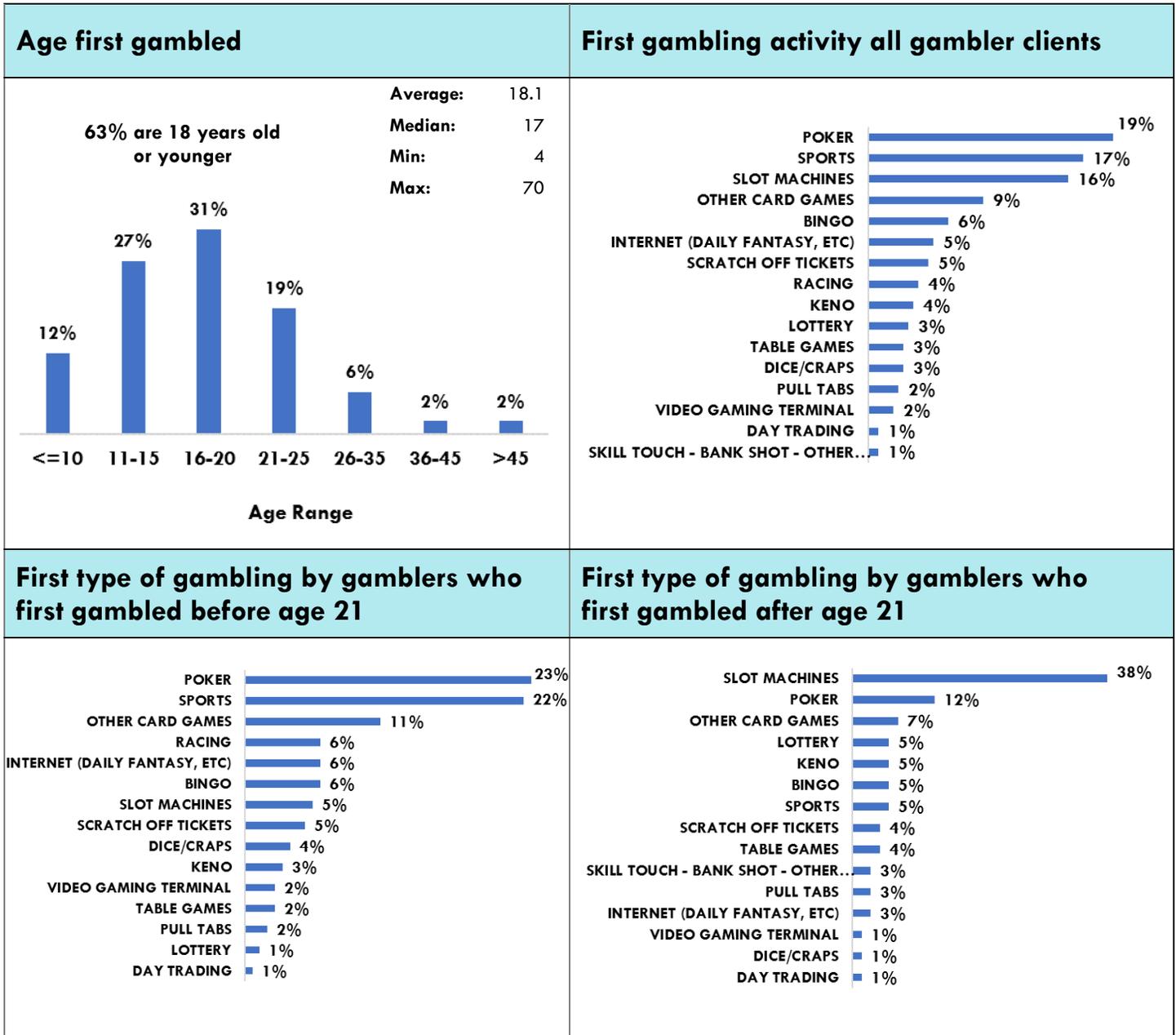
Location of all Nebraskans receiving help by county



I used to work in Lincoln and Omaha areas. It's very different in the western part of the state. Everybody knows everybody. For somebody to seek out help, it's very difficult, it's embarrassing for them.

GAP Counselor

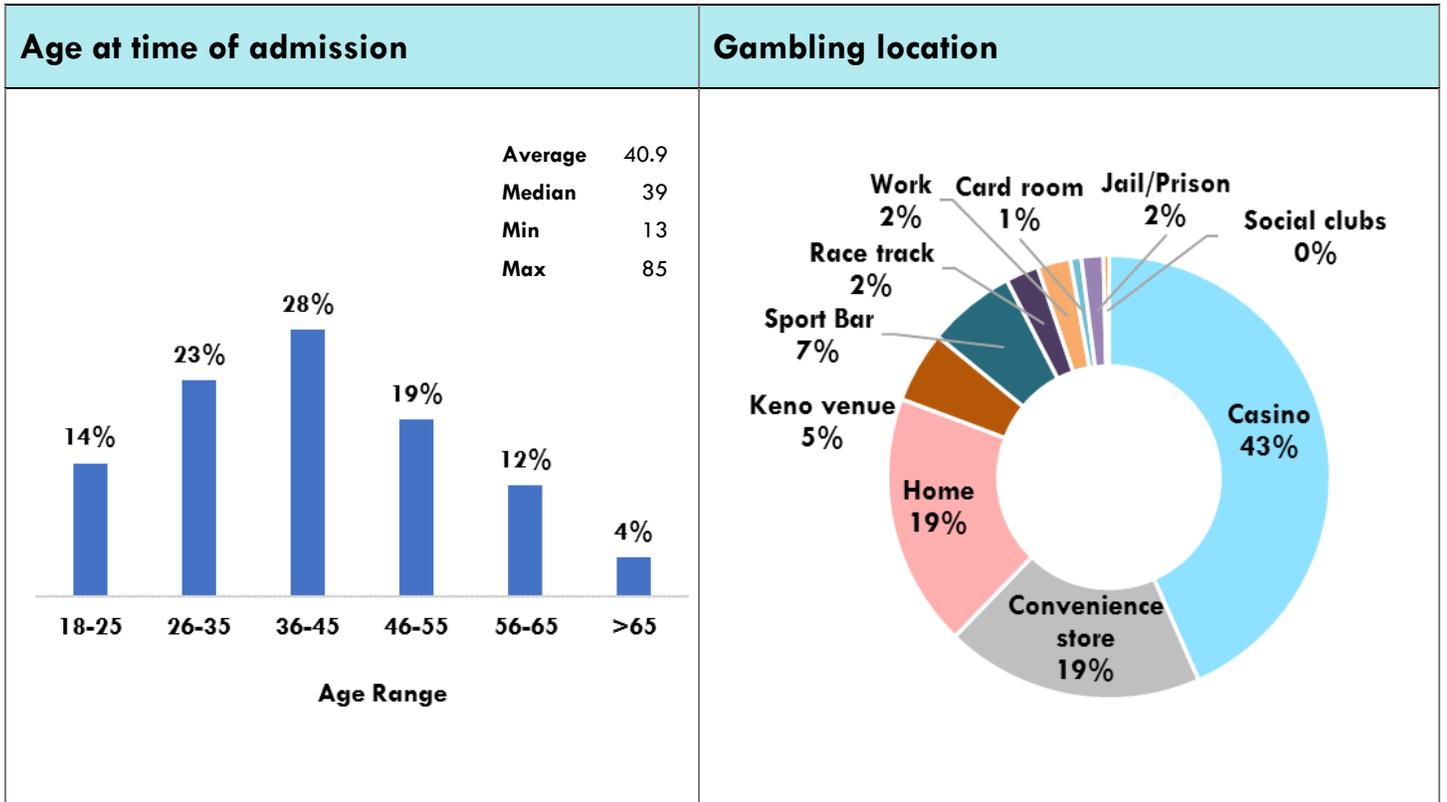
The Nebraskans We Serve



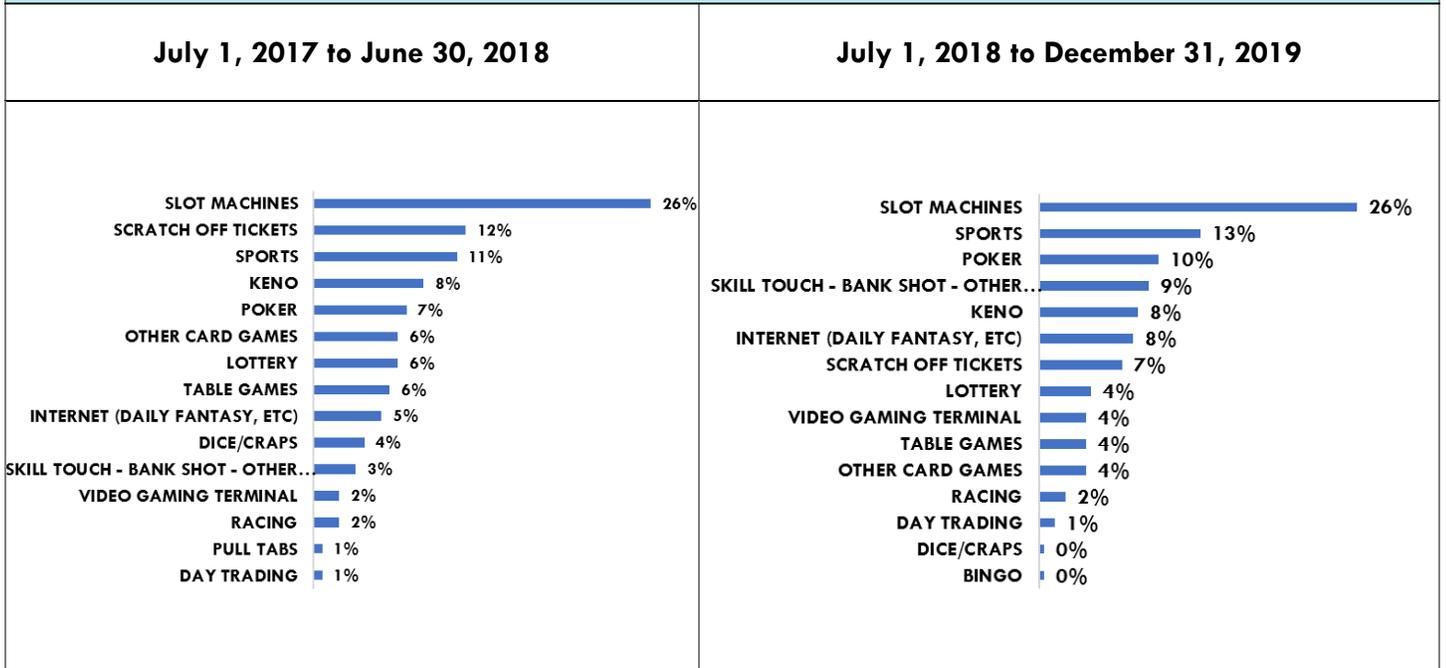
On average, female gamblers seek gambling treatment 21.5 years after the first experience with a gambling activity, nearly two years earlier when compared to male gamblers (average 23.4 years).

GAP Data

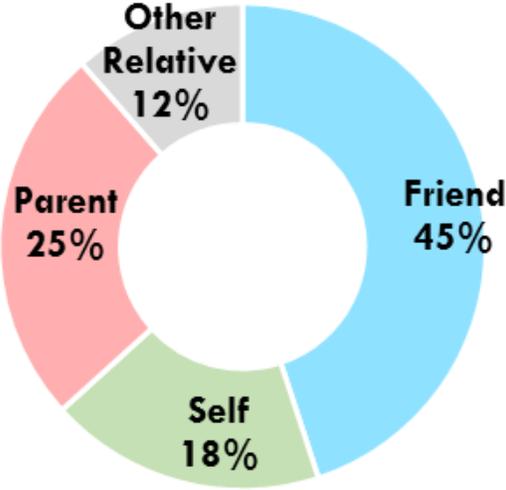
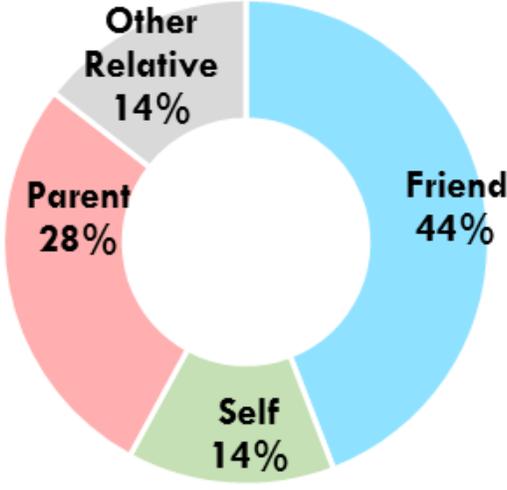
The Nebraskans We Serve



Most frequent gambling activity in the last 12 months



The Nebraskans We Serve

<p>Person who influenced gambler to start gambling (all ages)</p>	<p>Person who influenced gambler to start gambling before they were 21 years old</p>																				
 <table border="1"> <thead> <tr> <th>Influencer</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Friend</td> <td>45%</td> </tr> <tr> <td>Parent</td> <td>25%</td> </tr> <tr> <td>Self</td> <td>18%</td> </tr> <tr> <td>Other Relative</td> <td>12%</td> </tr> </tbody> </table>	Influencer	Percentage	Friend	45%	Parent	25%	Self	18%	Other Relative	12%	 <table border="1"> <thead> <tr> <th>Influencer</th> <th>Percentage</th> </tr> </thead> <tbody> <tr> <td>Friend</td> <td>44%</td> </tr> <tr> <td>Parent</td> <td>28%</td> </tr> <tr> <td>Other Relative</td> <td>14%</td> </tr> <tr> <td>Self</td> <td>14%</td> </tr> </tbody> </table>	Influencer	Percentage	Friend	44%	Parent	28%	Other Relative	14%	Self	14%
Influencer	Percentage																				
Friend	45%																				
Parent	25%																				
Self	18%																				
Other Relative	12%																				
Influencer	Percentage																				
Friend	44%																				
Parent	28%																				
Other Relative	14%																				
Self	14%																				
<p>Exposure to gambling when growing up</p>	<p>Exposure to other addictions (alcohol, tobacco, drugs)* when growing up</p>																				
<p>55%</p>	<p>81%</p> <p><small>*Excluding gambling addiction</small></p>																				

Behavioral addictions are still looked at like it's a willpower issue. People don't understand the physiological part. So, there's more shame [to not being able to overcome the addiction].

GAP Counselor

The Nebraskans We Serve

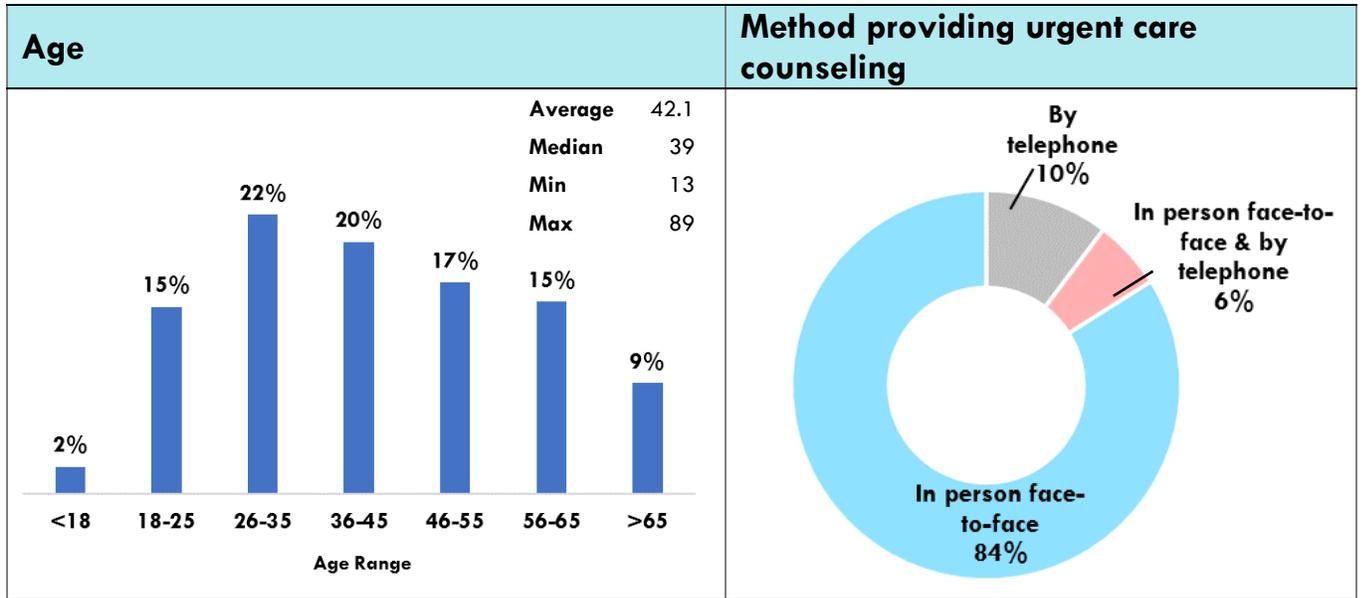
Urgent Care - Short-Term Counseling

Number of individuals receiving urgent care	Total urgent care hours												
<p style="text-align: center;">349</p>	<p style="text-align: center;">1,179.5 Average per individual: 3.4 hours</p>												
Client type	Gender												
<table border="1"><thead><tr><th>Client type</th><th>Percentage</th></tr></thead><tbody><tr><td>Gambler</td><td>69%</td></tr><tr><td>Family Member</td><td>31%</td></tr></tbody></table>	Client type	Percentage	Gambler	69%	Family Member	31%	<table border="1"><thead><tr><th>Gender</th><th>Percentage</th></tr></thead><tbody><tr><td>Male</td><td>55%</td></tr><tr><td>Female</td><td>45%</td></tr></tbody></table>	Gender	Percentage	Male	55%	Female	45%
Client type	Percentage												
Gambler	69%												
Family Member	31%												
Gender	Percentage												
Male	55%												
Female	45%												

Gamblers don't show up until there's some huge mess that's been created. The spouse is ready to leave, or they are in deep financial [troubles], there's almost always a major crisis that occurs for them to come in [for help].

GAP Counselor

The Nebraskans We Serve



Problems of Urgent Care Clients

Financial crisis	Feeling suicidal
87%	13%
Family/marriage at risk	Bankruptcy/foreclosure
72%	12%
Employment at risk	Referral to emergency services
40%	8%
Risk of criminal action	Danger from others
38%	3%
	Danger to others
	2%

Benefit of GAP Counseling Services as Reported by Nebraskan Clients

During Counseling:

- **87%** of Nebraskans report lower gambling when compared to start of counseling
- **71%** of Nebraskans report lower gambling debt since counseling started
- **66%** of Nebraskans report positive progress toward goal for gambling
- **94%** of family members feel satisfied with counseling
- **76%** of family members feel very motivated to continue with counseling

At Discharge:

- **82%** of Nebraskans report being helped within six sessions
- **85%** of Nebraskans reduced their gambling
- **58%** of Nebraskans reduced their gambling debt