



**Banyule  
Community  
Health**

# **Gambler's Help**

## **Tuesdays with Nexus**

### **The Convergence of Gaming to Gambling**

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# Who we are:



Gambler's Help Northern (part of Banyule Community Health – funded by Victorian Responsible Gambling Foundation)

## Team consists of:

- Therapeutic Counsellors
- Financial Counsellors
- Venue Support Workers
- Lived experience programs – Peer Connection, Gambling Harm Recovery Group, ReSPIN, Not A Dollar More Podcast
- Community Engagement program (Health Promotion Worker's)



# Overview

- Gambling definition
- Gambling language
- Facts
- Gaming addiction
- Emerging trends
- Referrals



# Gambling Disorder – DSM5

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 12month period:

- a. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- b. Is restless or irritable when attempting to cut down or stop gambling.
- c. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- d. 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).
- e. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- f. After losing money gambling, often returns another day to get even (“chasing” one’s losses).
- g. Lies to conceal the extent of involvement with gambling.
- h. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
- i. Relies on others to provide money to relieve desperate financial situations caused by gambling.



# Gambling Harm

The importance of language



- Problem gambling vs. gambling harm
- Gamble Responsibly
- PGSI – Problem Gambling Severity Index
- Be guided by the client



# The Facts



- Australians lost \$25 billion in 2017-2018
- Victorians lost \$5.8 billion
- We lose the most per person (\$1,163) to gambling in the world (double the amount of the United States)
- Young adults aged 18 to 24 are more likely than other adults to participate in some forms of gambling
- 61% of those experiencing severe harm from gambling are male
- Six - ten others are affected by the persons gambling



# Gaming Disorder – WHO



## What is gaming disorder?

- Gaming disorder is defined in the 11<sup>th</sup> Revision of the International Classification of Diseases (ICD-11) as a pattern of gaming behavior (“digital-gaming” or “video-gaming”) characterized by impaired control over gaming, increasing priority given to gaming over other activities to the extent that gaming takes precedence over other interests and daily activities, and continuation or escalation of gaming despite the occurrence of negative consequences.



## How is gaming disorder identified?

- For gaming disorder to be diagnosed, the behaviour pattern must be severe enough that it results in significant impairment to a person's functioning in personal, family, social, educational, occupational or other important areas, and would normally have been evident for at least 12 months.



# Social Casino Games

Free to download and don't have age restrictions

They use virtual currency in place of real money - expected profits in 2022 is US\$5.89 Billion

Closely simulate real gambling – e.g.; pokie machines, blackjack, lotto or bingo

Can be used to regulate emotional wellbeing



# Social Casino Games



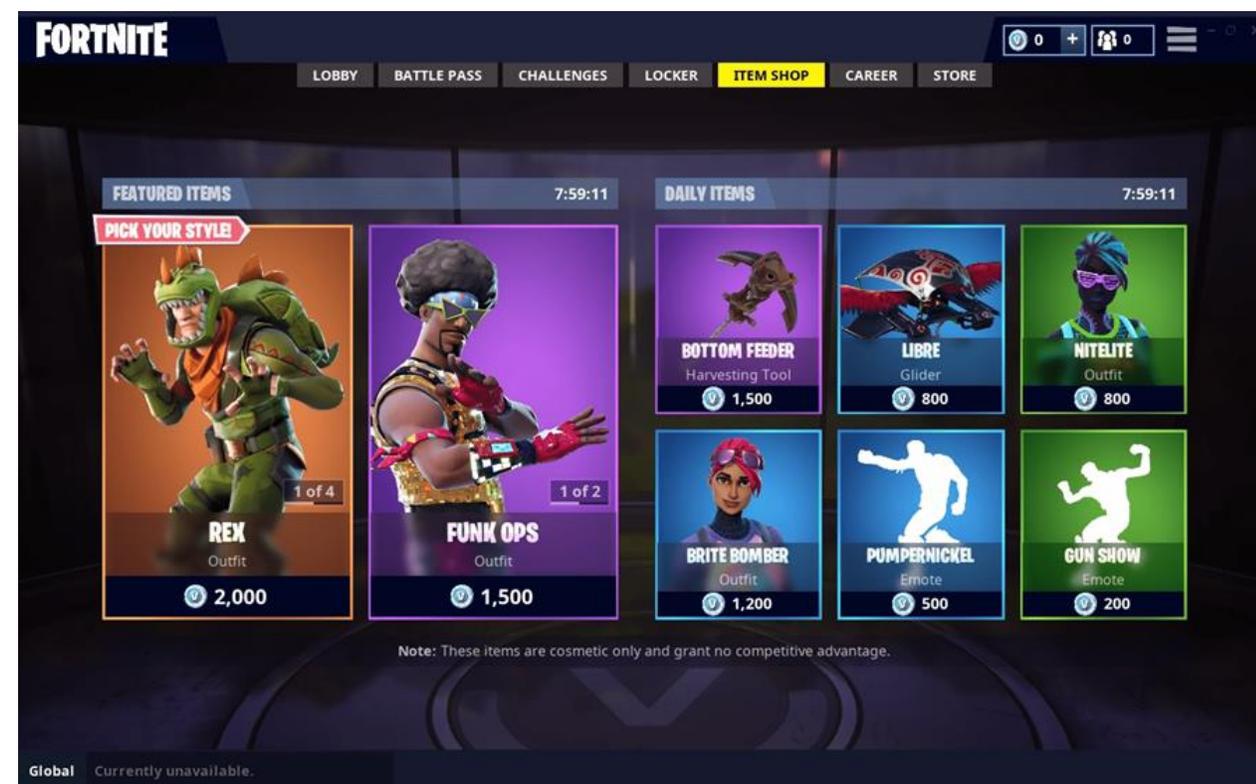
# Loot Boxes

- Contain random rewards
- Bought for real or in game currency
- Outcome randomised
- Banned in 18 countries



## Skins & Virtual Goods:

- These can be won or purchased within a game
- Improve game play (a more powerful weapon) or change the aesthetic of a game (the look of a weapon or a character's outfit)
- Some virtual goods can be bought online and sold on online marketplaces for real money
- They can also be used to gamble or bet on third party websites



## 1. Karambit Case Hardened (Blue Gem): \$1.5 million+



The owner of this Karambit turned down an offer of €1.2m.

# Skins Gambling



# Gaming - Social Casino – Gambling

## KEY FINDINGS

1

Young people who played video games daily during adolescence (aged 16-17 years) were not necessarily more likely to gamble as young adults (aged 18-19 years), but we found a link between playing simulated gambling games (such as Zynga Poker, Slotomania and Big Fish Casino) and real money gambling.

Young people who played simulated gambling games during adolescence (aged 16-17) had a 40 percentage points higher probability of spending real money on gambling as young adults (aged 18-19). By product, we found a higher probability of 29 percentage points for betting on horse or dog racing, of 26 percentage points for gambling on casino table games, and of 21 percentage points for betting on sports as young adults.

2

3

Parent gambling and higher levels of alcohol consumption were also found to be risk factors for young adults' gambling. Simulated gambling games appear to have more effect on young men than young women.

At 16-17 years (under-age), 2% of young Australians were classified as being at risk of, or already experiencing, gambling-related problems. Two years later at age 18-19 years, 9% were classified as at risk of, or already experiencing, gambling-related problems.

4



# Signs to look out for



- Playing for longer periods of time
- Prioritising gaming over school, homework or work
- Ongoing, unexplained tiredness
- Use of money within games
- Isolating from family or friends
- Anger responses when requested to reduce gaming
- Interest in gambling



# How to refer Gambler's Help



**Victorian Gambler's Helpline – 1800 858 858**

**Website -** <https://gamblershelp.com.au/>

**Peer Programs:** 1300 133 445 / pcintake@bchs.org.au

**Website:** [www.peerconnection.org.au](http://www.peerconnection.org.au)

**Gambler's Help Northern: 1300 133 445**

**Email:** [ghnintake@bchs.org.au](mailto:ghnintake@bchs.org.au)

**Website:** <https://bchs.org.au/services/gambling-support/>

**Other services:**

<https://responsiblegambling.vic.gov.au/reducing-harm/video-gaming-and-gambling/>

<https://headspace.org.au/explore-topics/for-young-people/gaming/>

**Gambling information resource office:**

<http://www.responsiblegambling.vic.gov.au/information-and-resources>



# Survey



To help inform the effectiveness of our presentation

ACTIVITY CODE: NortMA31

