

# Problem Gambling Treatment & Prevention

Phone: 1-800-BETS OFF    Phone: 515-281-8802  
www.1800BETSOFF.org    http://idph.iowa.gov/igtp

Protecting & Improving  
the Health of Iowans



For most people, office pools, lottery tickets or a trip to the casino are harmless entertainment. For some, however, gambling leads to serious problems that can also harm people close to them and the wider community. For problem gamblers, the Iowa Gambling Treatment Program is here to help.

Gambling had taken control of Jeff's life two years ago. In that short time, he amassed nearly \$110,000 in credit card debt and was on the verge of bankruptcy. He spent hours away from his family and work to be at the casino. He opened new credit cards and maxed them out. As the bills began to pile up, he knew he needed to stop but couldn't put the brakes on his habit himself. "I didn't know what I was going to do," he said. "Without treatment, I wouldn't have been able to quit. I've got a long way to go to be out of debt but I have the skills to do it...I have hope."

## Did you know?

Iowans seeking to gamble can choose from 19 casinos licensed by the Iowa Racing and Gaming Commission, three tribal casinos, 2,400 lottery outlets, and over 2,700 entities holding social, charitable, and amusement gaming licenses. These venues were in addition to a broad range of social media and smartphone gambling-like games and applications, as well as numerous Internet and other illegal gaming opportunities.

## Why is Gambling Treatment & Prevention important to protecting and improving the health of Iowans?

- From the UNI-CSBR report [Gambling Attitudes and Behaviors: A 2015 Survey of Adult Iowans](#), we have learned:
  - Approximately 294,000 adult Iowans (13%) experienced a symptom of problem gambling in the past 12 months.
  - Almost 1 in 4 (23%) of adult Iowans know a person whose gambling may be causing problems for him/her.
- Iowans with gambling problems report money spent gambling led to financial, personal, family, and work problems.
- Treatment is effective in reducing or eliminating gambling and associated problems like debt and employment concerns.
- The 1-800-BETS OFF helpline and website offer Iowans help and information.
  - In SFY 2016, over 5,700 calls were logged to the helpline and over 9,500 visits were made to [www.1800BETSOFF.org](http://www.1800BETSOFF.org).

## Which Iowa Public Health Goals are we working to achieve?

Promote healthy living

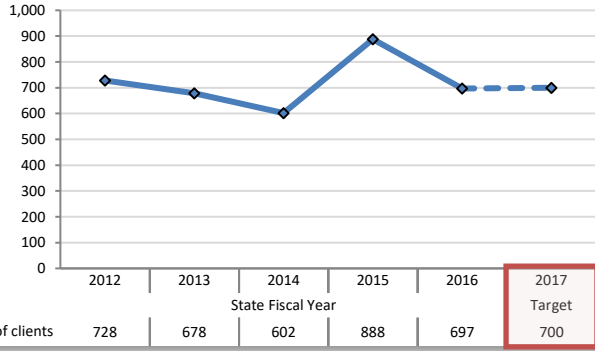
Strengthen the health infrastructure

## What do we do?

- Fund counseling for problem gamblers and those affected by the gambling of a family member.
- Fund recovery support services to assist persons receiving problem gambling treatment.
- Fund prevention and education services on the risks and responsibilities of gambling.
- Fund prevention services for persons at increased risk of problem gambling.
- Fund helpline referral and education services through 1-800-BETS OFF and [www.1800BETSOFF.org](http://www.1800BETSOFF.org).
- Fund training and professional development for counselors treating problem gambling and common co-occurring disorders, like substance abuse.
- Promote a recovery-oriented system of care that supports long-term recovery efforts of Iowans.
- License and monitor approximately 17 problem gambling treatment programs.

## How do we measure our progress?

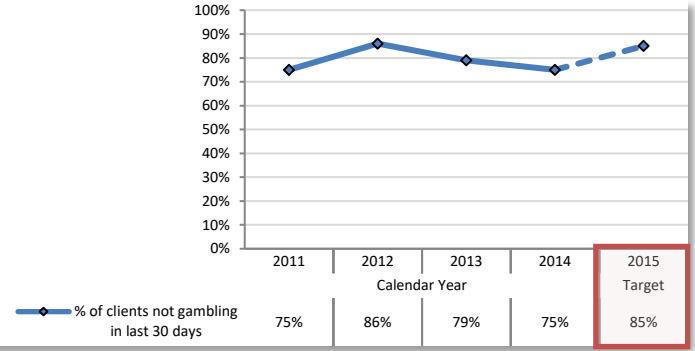
### 1 Number of clients receiving treatment services from a state funded provider.



Data Source: Iowa Service Management Reporting Tool (I-SMART). Data are available annually.

**How are we doing?** In SFY2016, 697 clients received treatment services.

### 2 Percent of discharged clients who successfully completed treatment who report no gambling in the past 30 days.



Data Source: CY 2006-2010 - Iowa Gambling Treatment Outcome System. CY 2011-2014 Iowa Service Management Reporting Tool (I-SMART)

**How are we doing?** Of clients who successfully completed treatment in calendar year 2014, 75% reported no gambling in the past 30 days.

## What can Iowans do to help?

1. If you or someone you care about is struggling with problem gambling, call 1-800-BETS OFF for help.
2. Problem gambling often co-occurs with and can elevate other mental health, substance use or health problems. Understand the signs and symptoms of problem gambling and how to treat it or where to refer people for help. Training, education and information on problem gambling is available through Training Resources at [www.trainingresources.org](http://www.trainingresources.org) and at [www.drugfreeinfo.org](http://www.drugfreeinfo.org).
3. All Iowans can find more information about problem gambling at [www.1800BETSOFF.org](http://www.1800BETSOFF.org).

## Expenditures

General fund: K01-0222

	State Fiscal Year 2015 Actual	State Fiscal Year 2016 Actual	State Fiscal year 2017 Estimate
State funds	\$2,574,622	\$2,886,310	\$2,836,614
<b>Total funds</b>	<b>\$2,574,622</b>	<b>\$2,886,310</b>	<b>\$2,836,614</b>
FTEs	2.45	2.19	2.55

**Note:** Funding information is intended to provide an overview of funding related to the program area. It does not include all federal and state requirements and/or restrictions for the use of funds. Contact the program area for more detailed budget information.

# 1-800-BETS OFF

## IOWA GAMBLING TREATMENT PROGRAM

Iowa Department of Public Health ♦ Division of Behavioral Health ♦ Gambling Treatment Program

Phone: 1-800-BETS OFF or 515-281-8802 ♦ Fax: 515-281-4535 ♦ [www.1800betsoff.org](http://www.1800betsoff.org) ♦ <http://idph.iowa.gov/igtg>

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