



Gambling : What's changed and what is the future

From the 1990's to 2025: admissions,
games and Research progress

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Jerry Bauerkemper, BS CDGC

- ▶ Mr. Bauerkemper was the first director of problem gambling (1992 to 1996) for the state of Nebraska where he created the Gamblers Assistance program and pioneered the treatment of gambling counseling in Nebraska. In addition, he was appointed and served on the Nebraska's Commission on Problem Gambling. He served on the Board of Directors for the National Council on Problem Gambling from 2001-2008 and from 2012 to 2016 He most recently served on the National Councils' Legislative committee where he helped raise awareness of problem gambling in Washington DC. Mr. Bauerkemper has been providing counseling to gambling families since 1986. He has published research on the prevalence of problem gambling in the Nebraska Probation Department. He received the "First Step" award in 1999 and the Wisconsin Leadership award in 2016 for his work with problem gamblers. Mr. Bauerkemper is an internationally recognized expert on problem gambling and has provided training throughout the United States and Southeast Asia.



Why look at the past and what can we learn?

We will be looking at the demographic of those entering treatment from 1998 to present

- To see gender breakouts

- To look at age ranges and percentages

- To see games played

- To look at self reported debt when entering treatment

We will also look at how research has helped determine why gamblers enter treatment

We will look at how treatment has evolved

We will look into the future and what could be on the horizon for treatment

Data collected from Nebraska



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- ▶ Special thanks to David Geier director of the problem gambling treatment program
- ▶ Juan Paulo Ramirez Statistics director for the state of Nebraska

Data Collected from Arizona



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Special thanks
to Kristin
Cambell



Thank You for
allowing me to
be here today!

Data collected from Iowa Department of Public Health



Thanks to Katie
Bee



Data from the
Department data
collection system



Thanks to Eric
Preuss

How has the industry changed?



1980s Las Vegas and Atlantic city (off shore illegal) 2024
casinos in most US states 117 in Oklahoma



1980s 80% of the casino floor was table games 2024 80% of the
floor is slots/similar games




1980s Cash was king bring cash to gambling venues 2024
cashless tickets... connections to bank accounts



1980s Sports betting mostly local bookies 2024 in house sports
wagering' apps and geo-fencing

How has the industry changed?

1980s Horse racing many tracks in us betting only in-house 2024 simulcasting, apps fewer tracks and many have class 3 gaming in-house



1980s No internet games 2024 Gamblification of games on every mobile phone



1980s Poker rooms prevalent especially on east coast 2024 poker rooms connected to gaming industry



What else??????????



Sports
betting
devise at
luxor Casino



Gambling gaming room at Luxor casino Ls Vegas Nevada



Sports gambling device in many states

DSM has changed

- ▶ DSM III
 - ▶ 1980
 - ▶ First time gambling listed as a diagnosis
 - ▶ Impulse disorder (mental health)
- ▶ DSM IV
 - ▶ Starting to look at pathways and severity
- ▶ DSM 5
 - ▶ Current version
 - ▶ No crime as a symptom
 - ▶ Severity spelled out

Criteria for Pathological Gambling DSM III and IV

Persistent and recurrent maladaptive gambling behavior indicated by 5+ of the following:	
Preoccupation	Planning next venture, handicapping, getting \$
Tolerance	Gambles with amounts of \$ to get same effect
Withdrawal	Restlessness/irritability when stopping
Escape	Relieving stress and/or dysphoric mood
Chasing losses	After losing money, returns to “get even”
Lying	Conceals extent of involvement to others
Loss of Control	Unsuccessful efforts to control behavior
Illegal acts	Forgery, fraud, theft, embezzlement
Risked Sig. Relationship	Jeopardized/lost important relationship, job, educational, or career opportunity
Bailout	Reliance on others to provide money
Gambling behavior is not better accounted for by a manic episode	

DSM 5 312.31

Preoccupation
with gambling

Need to gamble
with increasing
amounts of
money

Unsuccessful
attempts to
stop gambling

Restlessness or
irritability when
attempting to
stop gambling

Gambling to
escape from
problems or
negative moods

Chasing losses

Lying to conceal
the extent of
gambling
involvement

Relying on
others for
financial bailout

Over a 12 month
period , not
part of a manic
phase of bipolar

DSM 5 and (R) has added severity to the diagnosis

01

Mild: A person must have four or five of the criteria to meet this severity standard

02

Moderate: A person must have six or seven of these criteria to meet this level of severity

03

: Severe: A person must have eight or all nine of these criteria to meet this level of severity

So lets look at the past

- ▶ Dr. Robert Custer provided the first look into gamblers
 - ▶ 45 year old white males
 - ▶ Military veterans
 - ▶ Most of them “Action Gamblers”
 - ▶ Book When Luck Runs Out
- ▶ Action and Escape Gamblers
 - ▶ Action Gamblers -sports, horses, poker
 - ▶ Escape gamblers- scratch offs, pull tabs, lottery, slots

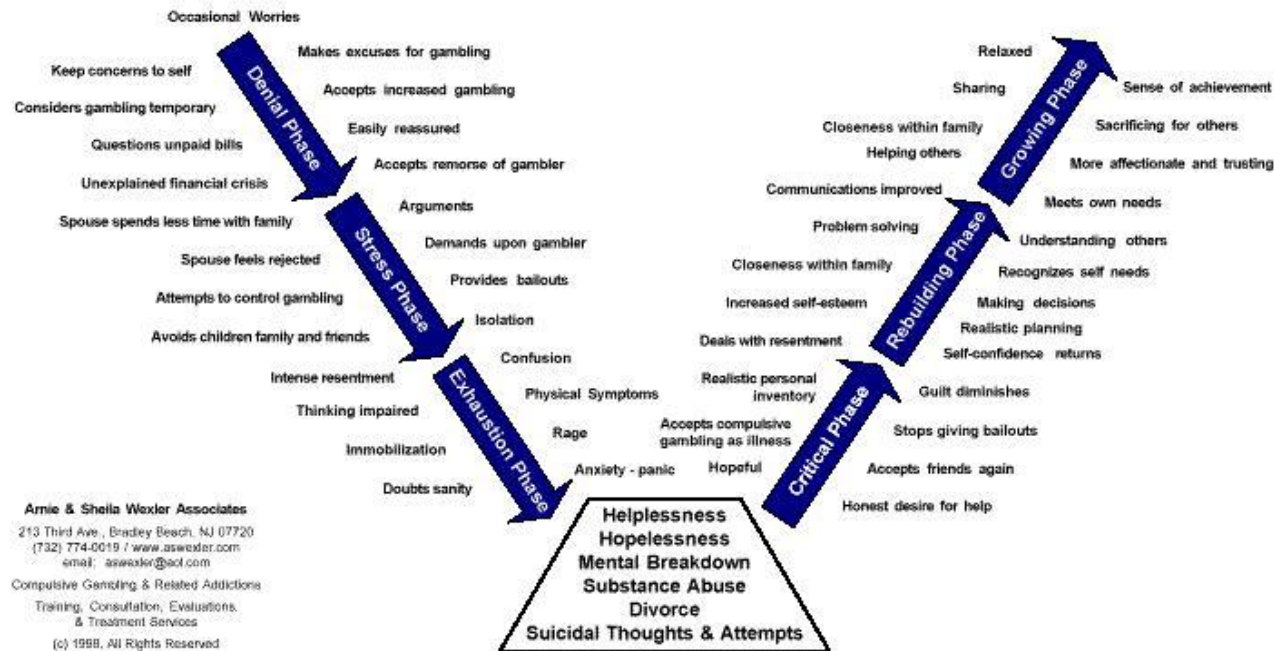
A Chart of Compulsive Gambling and Recovery



Larger version of this chart: [click here](#)

Source: Written by Robert L. Custer, M.D; image source: Council on Compulsive Gambling of New Jersey, Inc..

A Chart on the Effects of Compulsive Gambling on the Spouse



Screenings Custer's "V" chart for spouses is virtually the same as in 1980 (REALLY?)

Today we look at gamblers differently: Pathways Model

Pathways model (Blaszczynski, Nower 2002)

Three subgroups of gamblers

Behaviorally conditioned problem gamblers (mixed gambling games)

Emotionally conditioned problem gamblers (games of chance- slots, bingo, pull-tabs)

Antisocial, impulsivist problem gamblers (semi skillful gambling- sports horses poker)

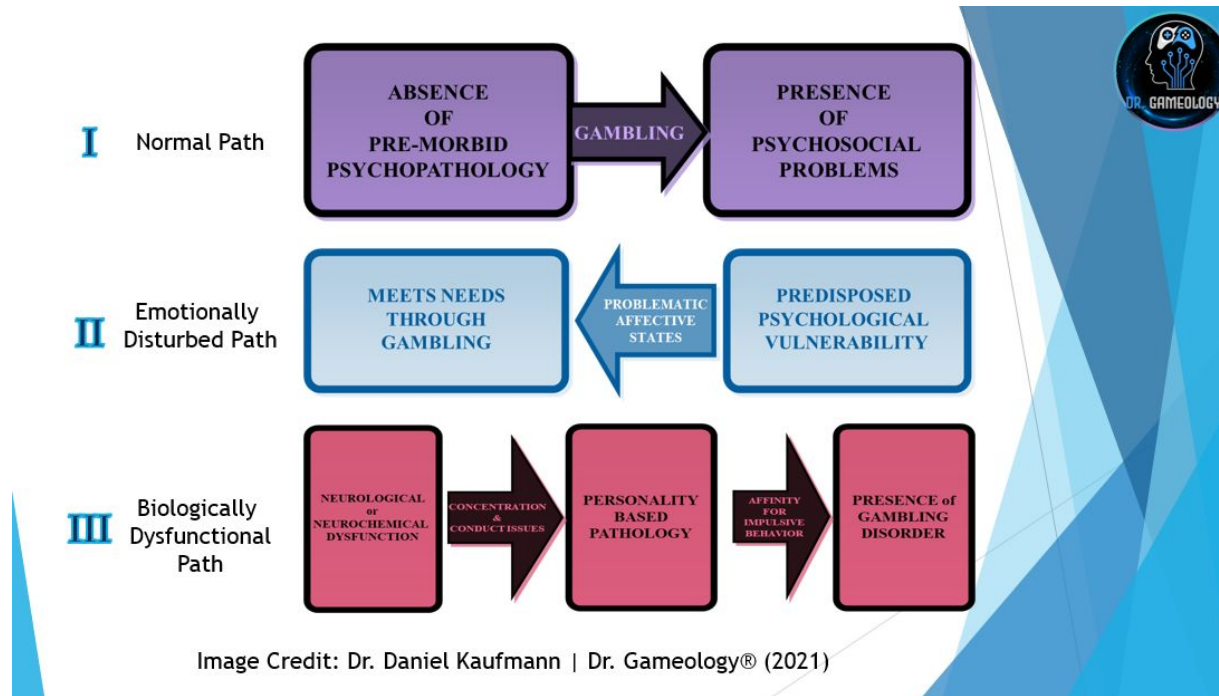
The pathways model has been researched and revised over time.

Two other clusters of gamblers has emerged:

Impulsive gamblers without cognitive-related distortions

Gamblers without impulsivity or gambling related cognitions

Mr.Gaetan Devos et al 2020



Pathways model

Screenings have changed: 1980s GA screen

South Oaks gambling screen (first screen for adults then adolescents)

Nods screening tool (primarily used for public surveys)

Developed for national survey to help determine prevalence

Lie bet screen (two question screen used first by legal system)

Two questions must answer yes to both

Brief biosocial gambling screen (Gebauer, LaBrie, & Shaffer, 2010)

3 questions any 1 answer warrants further assessment

Problem gambling severity index ((Ferris & Wynne, 2001)

Canadian tool

9 Questions Scored

DID YOU KNOW?

PEOPLE CAN BE
ADDICTED TO GAMBLING

ABOUT 3 OUT OF 100
PEOPLE HAVE
GAMBLING PROBLEMS

GAMBLING PROBLEMS
OFTEN
GO UNDETECTED

RECOVERY FROM
GAMBLING PROBLEMS IS
POSSIBLE

Brief Biosocial Gambling Screen

A "yes" answer to any of the questions means the person is at risk for developing a gambling problem.

1. During the past 12 months, have you become restless, irritable or anxious when trying to stop/cut down on gambling?

YES

NO

☐☐

2. During the past 12 months, have you tried to keep your family or friends from knowing how much you gambled?

YES

NO

☐☐

3. During the past 12 months, did you have such financial trouble as a result of your gambling that you had to get help with living expenses from family, friends or welfare?

YES

NO

☐☐

Cambridge Health Alliance Readiness
for Gambling Expansion (CHARGE)

Stages of change

Precontemplation

Contemplation

Preparation

Action

Maintenance

Prochaska, DiClemente

We started out thinking Gambling is for degenerates

Will power is
key to recovery

Gamblers have a
compulsive
nature

All a person has
to do is
stop...easy

Gambling is a
sin.... Las Vegas
is sin city

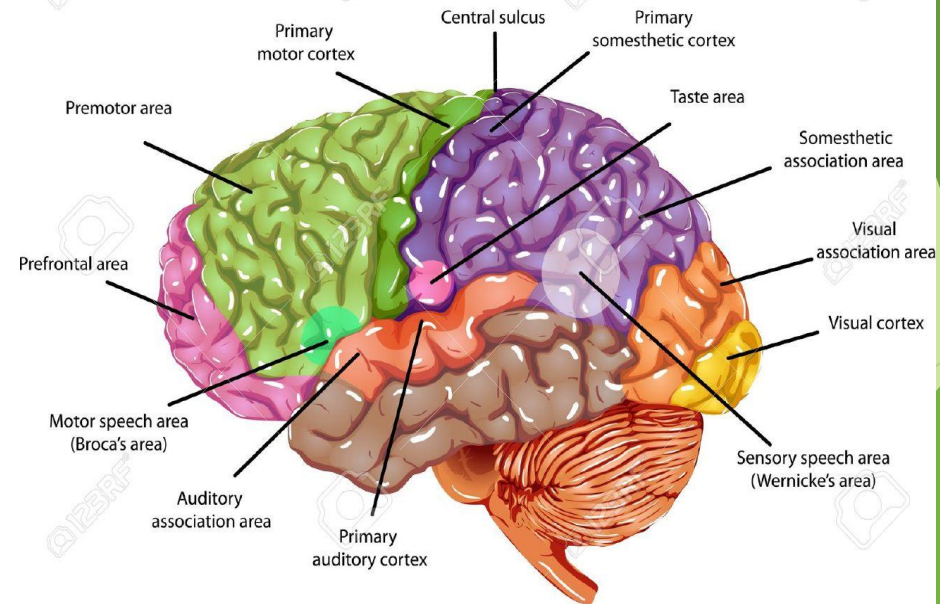
Those who
gamble to much
are crazy to
begin with

Now we know Disordered gambling is a Brain disease

A study has found that a part of the brain that controls fear may prevent gambling, even when the estimated benefit is greater than the cost. Conversely, those whose amygdala's, containing the brain's fear responses, are damaged were found to gamble even when the odds are against them, like problem gamblers.

California Institute of Technology and the University College of London

Regions of the Human Brain



Disordered Gambling is a Brain disease



Online gambling triggers the release of dopamine, serotonin, and other feel good neurotransmitters, according to the Journal of Addiction Medicine by Jocelyn L. Topf and colleagues from Yale University School of Medicine.



This is important as we know online gambling has risen dramatically since Covid.

Slot machine vs table games



The type of gambling
considered the most
addictive?



SLOTS



Hold on!



Online gambling is on the
rise and online gambling
research tells us it is
highly addictive up to 77%
of online gambling exhibit
at least 2 of 4 criteria



More research needed but
many online gamblers play
multiple games and both
online and bricks and
mortar gambling

People searching for help for sports wagering problems up



Searches for gambling help on-line increased 22% in 2022



Increased 31% in 2024

Increased 25% in 2023

- ▶ 1998 Iowa data
 - ▶ Males entering treatment 59%
 - ▶ Females entering treatment 41%
- ▶ Mostly males differed from many mental health diagnosis
- ▶ Not a lot of gambling class 3 gambling outside of a few states
- ▶ Marketing was to mostly male population as they were seen as more in need and more severe
- ▶ Most gamblers entered in Custer's hopelessness stage

So... what does
the admission
data tell us
about patients?

2000-2003 gender data

Males entering treatment averaged 55%

Females entering treatment averaged 45%

Generally the same demographics as 1998

Women entering slightly more often with Escape gambling primary

Men still Action gamblers

2003-2007

Men entering treatment 45%, 54%, 53, 54%,
57%, 53%

Women entering treatment 55% 46%, 43%, 47%, 46%
46%

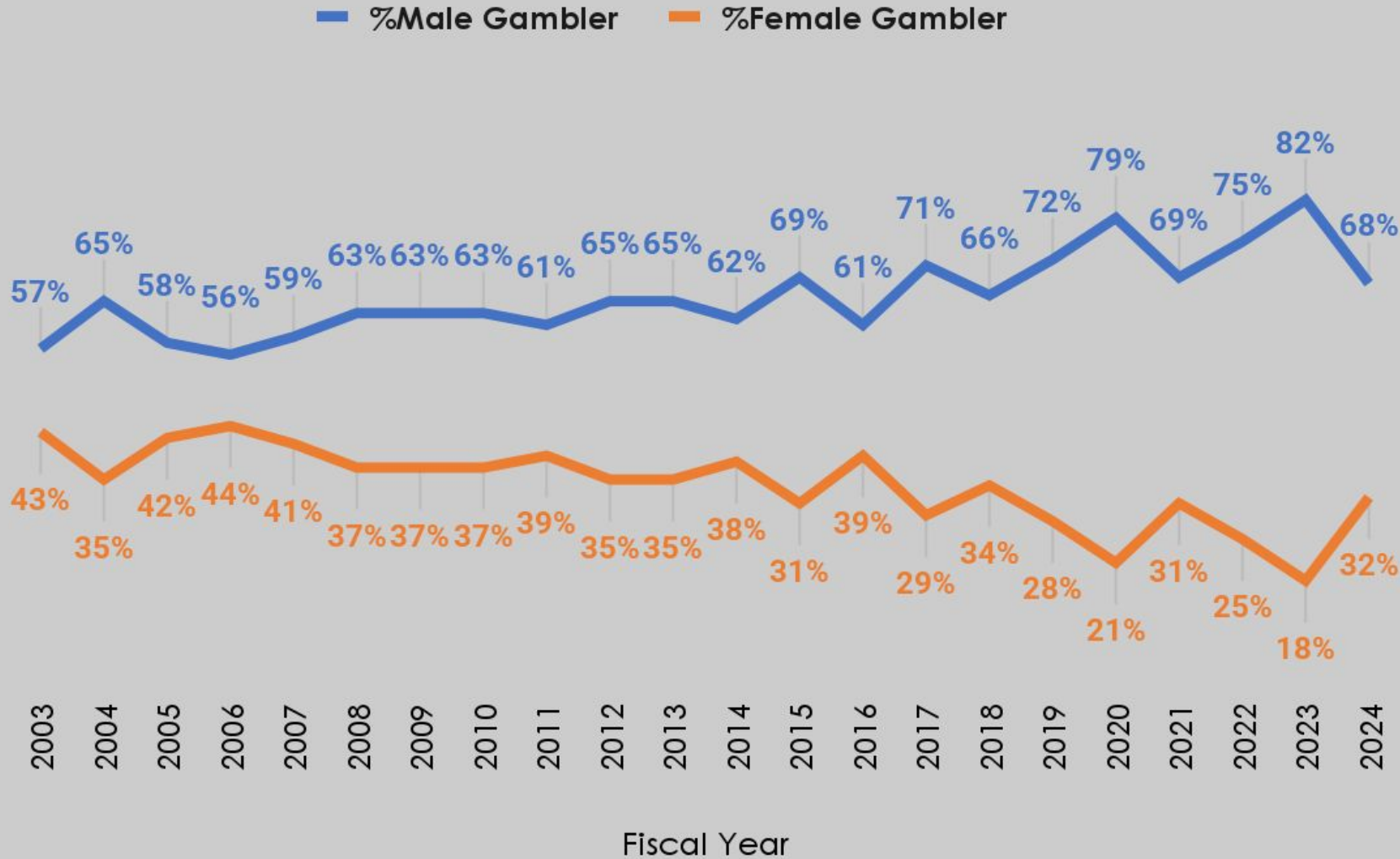
One anomaly in the data 2003

- Slots introduced to Iowa
- (my opinion- treatment less successful for women due to treatment modality different for slot players vs sports gamblers
- GA was mostly men and some men and women not comfortable

- ▶ Men entering treatment 54%, 54%, 48%
- ▶ Women entering treatment 46%, 46%, 52%
- ▶ What changed?
- ▶ Similar numbers but from 2010 2020 number flipped to women 55% men 54% average
- ▶ Casinos moved from 80% table games to 80% slots from 2010 to present

2008-2010-202
3

Nebraska Gambler Gender Distribution: FY 2003 - FY 2024



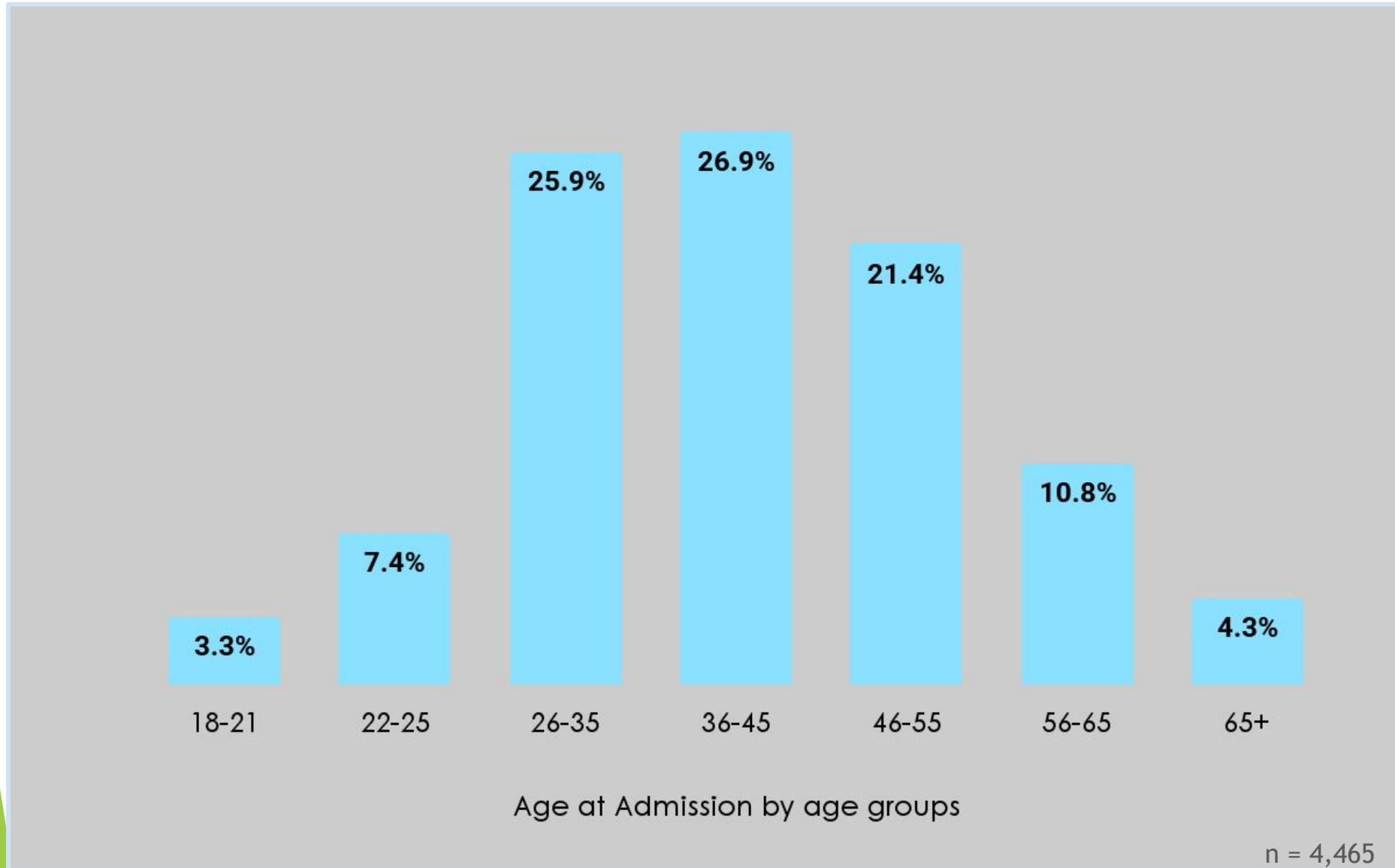
In **2003**, the percentage of male gamblers was **57%**, and female gamblers was **43%**. By **2024**, male gamblers accounted for **68%**, while female gamblers had dropped to **32%**.

The key takeaway is that the percentage of **men seeking counseling has generally increased**, while the percentage of **women seeking help has declined**.

	▶ 2012-2015		2016-2020		2021-2022 (Covid)	
▶ 18/24	4%		18/24	6%	18/24	3%
▶ 25/34	17%		25/34	25%	25/34	48%
▶ 35/44	<u>19%</u>		35/44	<u>24%</u>	35/44	<u>27%</u>
▶ totals	40%			55%	60%	
▶ 45/54	27%		45/54	27%	45/54	6%
▶ 55/64	23%		55/64	15%	55/64	23%
▶ 65+	9%		65+	9%	65+	11%

Age entering
treatment

Nebraska Gambler Age at Admission by Age Groups: FY 2003 - FY 2024



Average age at admission: 41.3

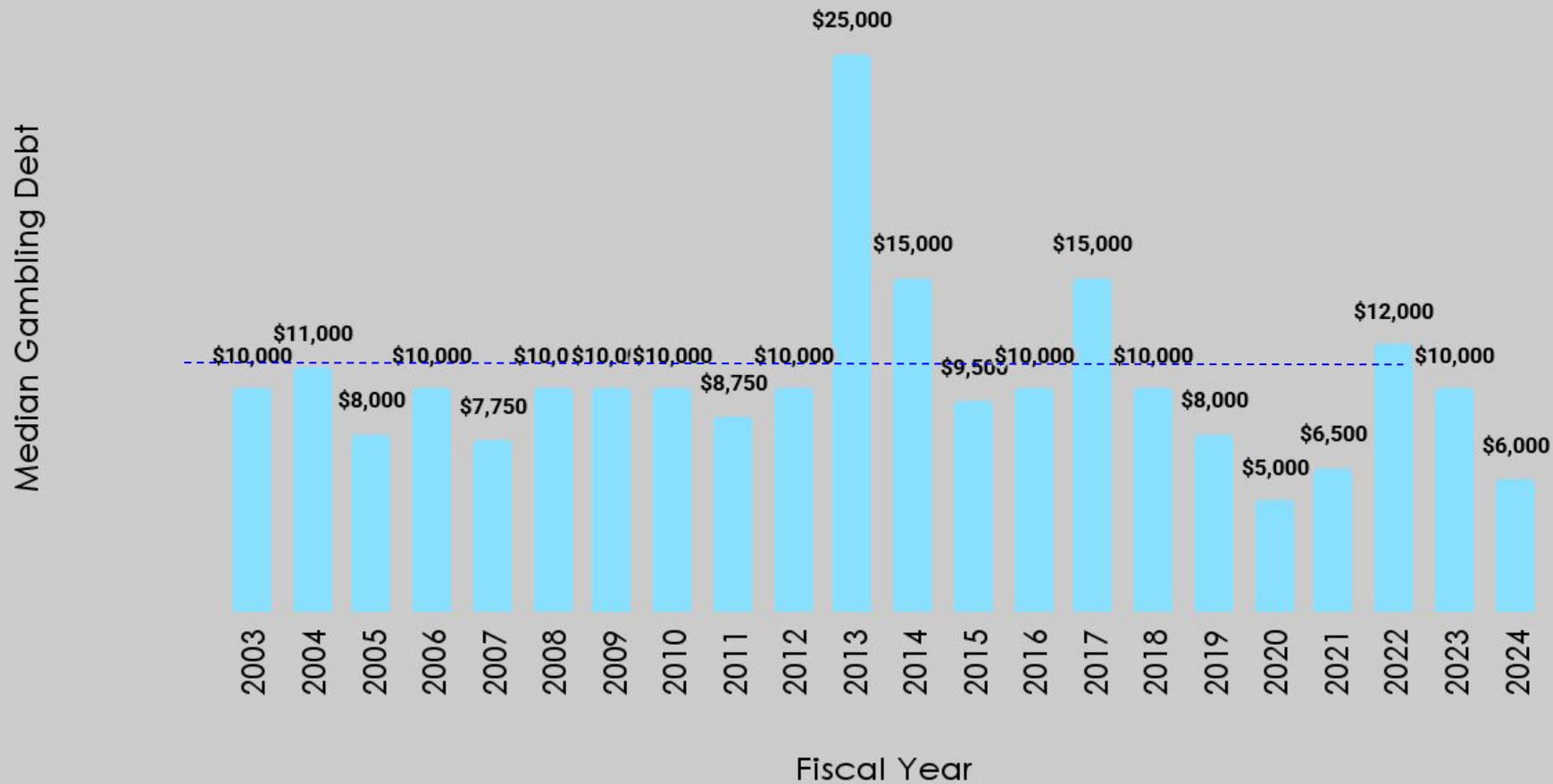
Median age at admission: 40

The majority (74.2%) of individuals admitted into long-term counseling are between the ages of 26-55.

Self Reported Debt (average percentage)

	2012-2015	2016-2020	2021-2022 (Covid)
▶ \$1—4999	6.5%	13.5%	28.5%
▶ \$5,000-9,999	9.1%	11.72%	7.5%
▶ \$10k -24,999	17.85%	17.72%	28.65%
▶ \$25K -4,999	11.55%	15.04%	19.95%
▶ 50K -99,999	12.57%	14.86%	10.00%
▶ \$100K -250K	14.00%	12.54%	12.20%
▶ \$250K +	4.6%	2.88%	00.00%
▶ Unknown	10.00%	4.8%	00.00%

Nebraska Gambler Median Gambling Debt: FY 2003 - FY 2024



- Accumulated gambling debt: **\$38M** (does not include outliers)
- Average gambling debt: **\$13,550** (does not include outliers)
- Overall median gambling debt: **\$10,000**
- On average, **66%** of gamblers hold gambling debt.

The overall trend indicates that **gambling debt has fluctuated but remained relatively stable, except for a key spike in 2013.**

The median gambling debt **dropped significantly in 2020 to \$5,000**, possibly due to **COVID-19 lockdowns** reducing in-person gambling.

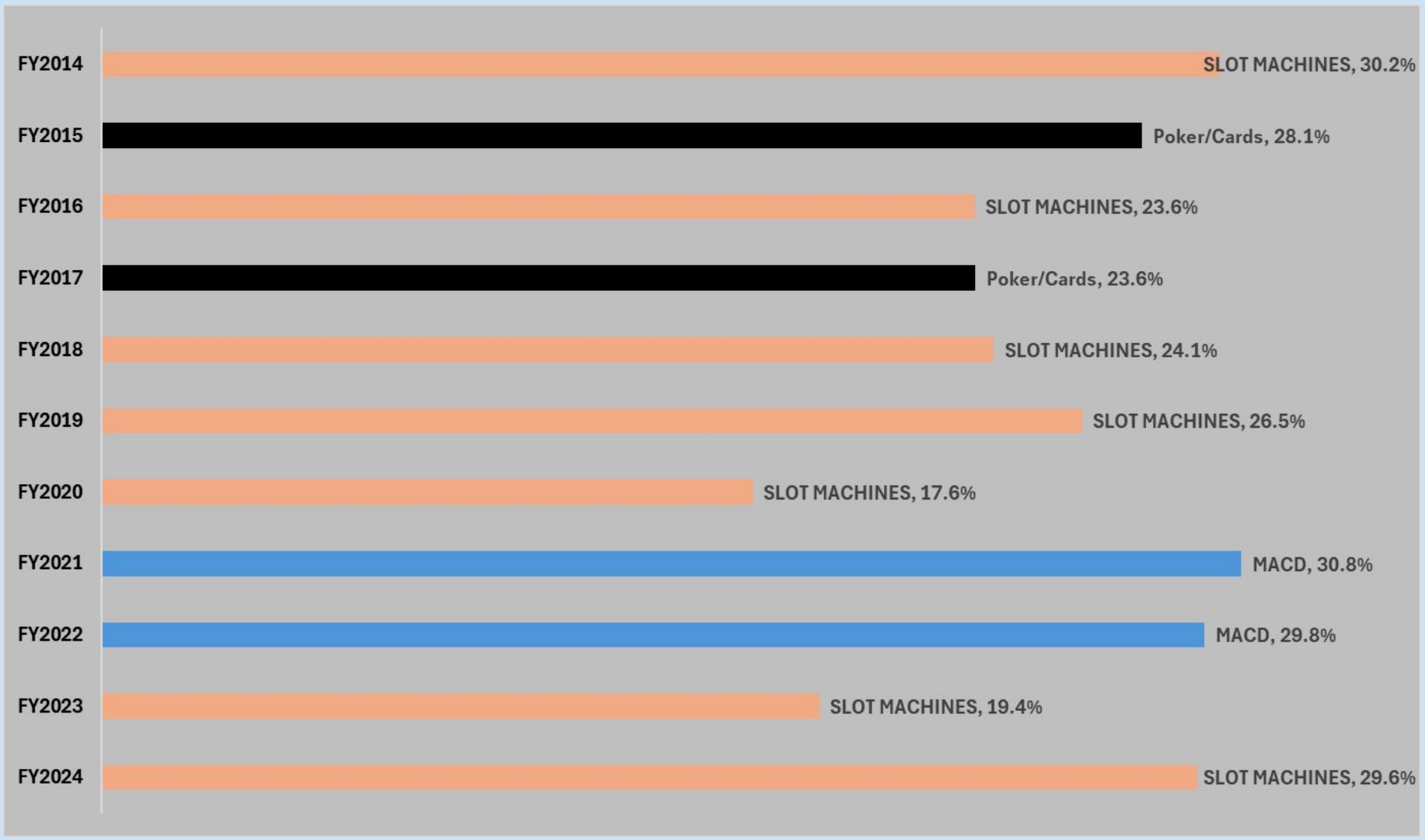
Game of choice Gamblers choose up to 3 games they played prior to treatment

	2012-2015	2016-2020	2021-2022 (Covid)
Scratch off	17.35%	17.86%	51.95%
Slots	32.45%	27.82%	31.45% (online?)
Fantasy sport	0%	.74%	0%
Sports	4.82%	5.32%	1.2%
Video poker	6.2%	5.7%	2.4%

Game of choice Gamblers choose up to 3 games they played prior to treatment

	2012-2015 (Covid)	2016-2020	2021-2022
Bingo	4.47%	3.8%	0%
Cards	5.8%	6.32%	1.4%
Casino/table	10.45%	11.94%	29.4%
Internet	2.65%	3.92%	10.55%
Keno	1.04%	1.68%	0%
Lottery	10.42%	10.58%	8.15%
Other	1.65%	2.4%	0%
Racetrack	1.72%	1.96%	0%

Nebraska Preferred Gambling Activity: FY 2014 - FY 2024 (*)



Slot Machines have been the preferred gambling activity for 7 out of the last 11 years.

Mechanical Amusement Cash Devices (MACD) were the preferred gambling activity during the pandemic.

(*) Preferred gambling activities were classified using different options before FY2014

Arizona

Now let's look at some Arizona data

How many Arizonans entered treatment

► 2024=992

2022=816

► 2021=512 (pandemic)

2019=887

► 2018=842

2015= 875

►

► 2016-the #'s are not accurate because of the transition to an electronic system

2023=948

2020=774 (pandemic)

2017=875

Problem Gambling (AZ Descriptive Stats)

Arizona Gambling Breakdown (Gender)



Top 5 Activities (2018/19)



Slots (55%)



Blackjack (19%)



Lottery (9%)



Poker (7%)



Sporting Events (2%)

Primary Gambling Problems

(Arizona statistics)

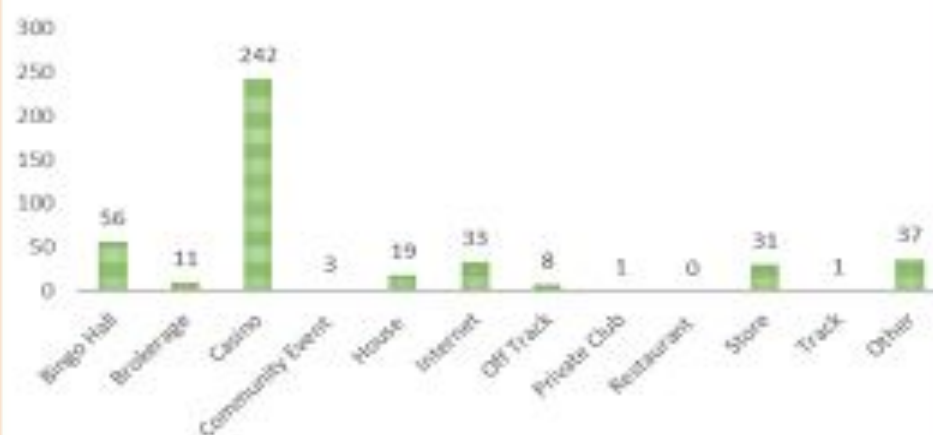
- Clients Served (FY 2020):
 - N=774

Reported Gambling Activities Causing the Most Problems

Lottery	17	5.3%
Slot Machines	180	55.7%
Horses/Dogs/Animals	2	0.6%
Sports Betting	1	0.3%
Bingo	1	0.3%
Cards	63	19.5%
Video Poker	22	6.8%
Internet	7	2.2%
Stock Market	0	0.0%
Other	6	1.9%
Unknown	24	7.4%

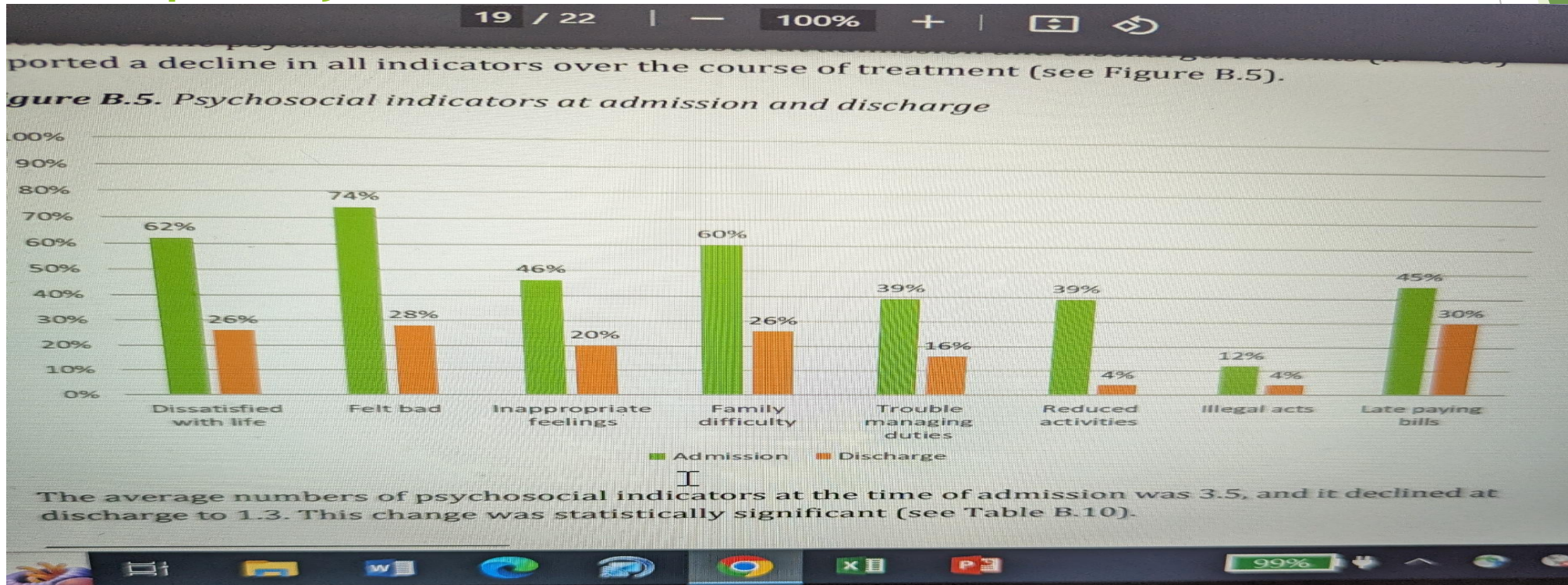
- Average Time-Course: 13 Sessions

PRIMARY GAMBLING VENUE

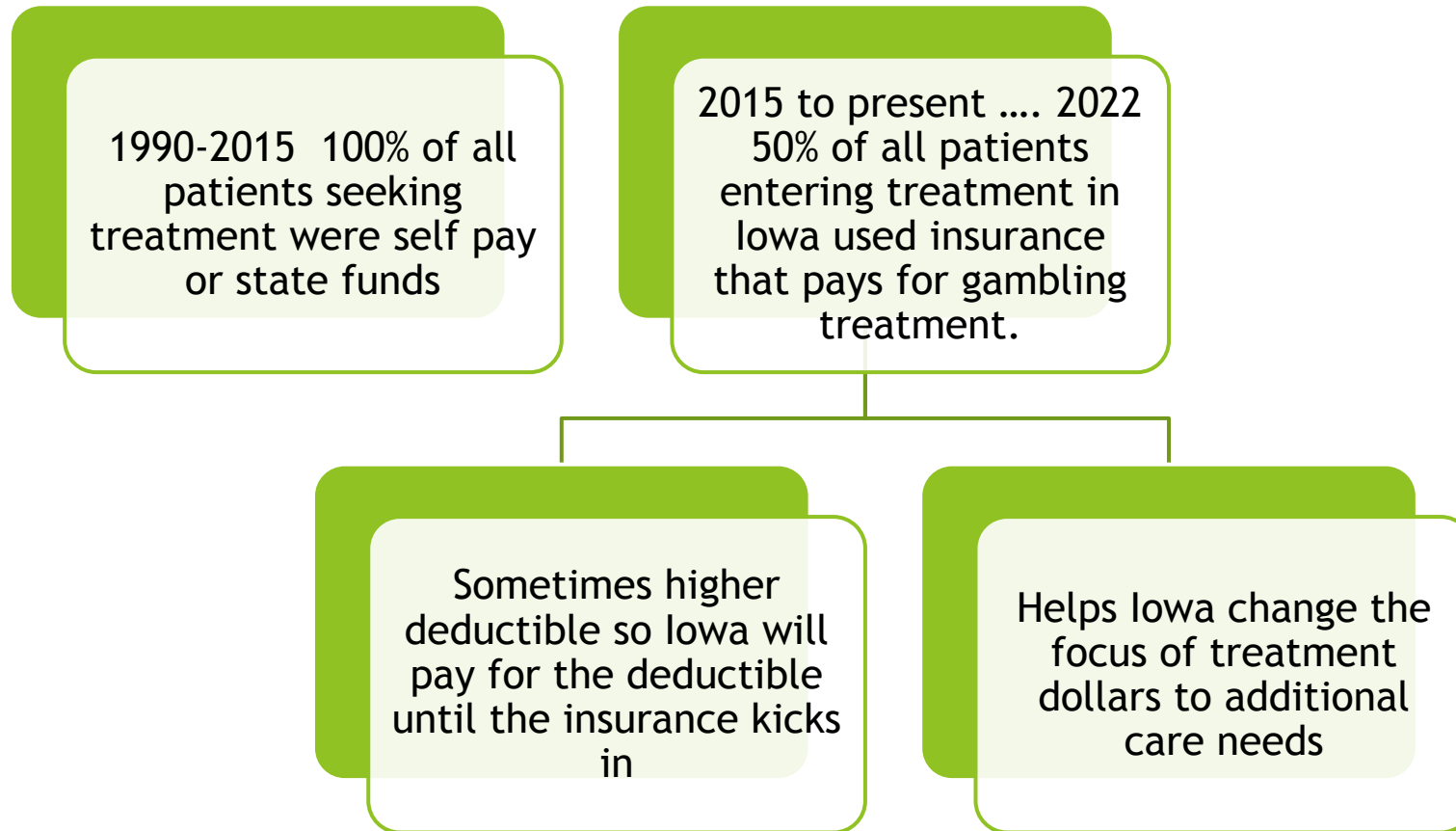


Now let's look
at how we are
doing in helping
those seeking
recovery!

Results admission and discharge: we are doing pretty well



Who pays for gambling treatment



The general
public has no
idea gambling
treatment is
covered

Health care plan covers Gambling treatment

Yes: Male 12% Female 7%

Unknown Male 79% Female 89%

Are there medications to help Disordered Gamblers?



1986/87 No medication studies were conducted and no medications given to gamblers in recovery



2024



Naltrexone has the most potential for treatment of problem gambling



N-Acetyl Cysteine

N-Acetyl Cysteine

- ▶ Results: 83.3% of responders experienced reduced leveled or stopped gambling
- ▶ 28.6 of Placebo responders reduced of stopped gambling
- ▶ Study repeated in 2017 83% reduced gambling for additional 6 weeks
- ▶ 72% of placebo respondents went back to formal levels of gambling

Where is
Gambling
and
disordered
gambling
headed

Where do I think
we are headed?

Here are my
ideas...



Gambling and gaming

- ▶ More gaming games are becoming gambling games
- ▶ No stigma between gambling and gaming
- ▶ Younger adults are NOT going to casinos at the rate of previous generations
- ▶ AI will begin to influence your gaming choices by figuring out your preferences and steer you to games that will keep you playing



Online gambling

- ▶ More and more people are choosing online gambling
- ▶ Online gambling has less stops and less responsible gambling messages
- ▶ Online gambling has proven to be highly addictive
- ▶ Sports gambling and gaming will take in more money as people turn to online games. Non- traditional sports and games will become popular as traditional games like football and basketball lose popularity
- ▶ Gaming will replace sports as the most popular sporting events to watch and bet
- ▶ The federal government in a deficit economic position will turn to taxing gaming for additional revenues
- ▶ Let's not forget the effects of Bit-coin as it is changing the way we pay for gambling

What Does the future hold for gambling and disordered gambling (my thoughts)

Counselors:

More funds available for treatment of gambling (short term)

Bill in congress to fund gambling treatment and research (the first federal bill)

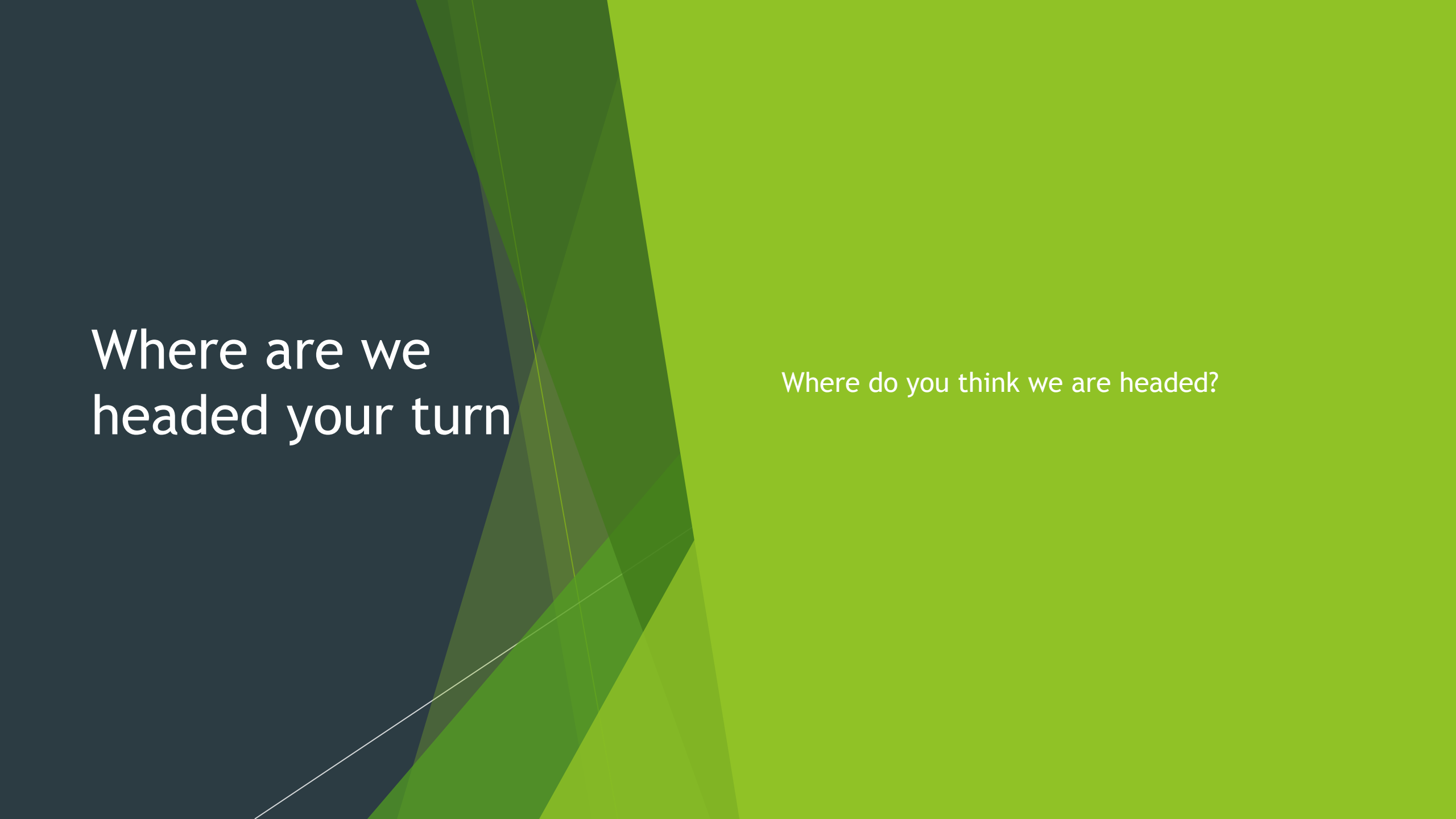
Insurance companies are now mandated in many states to fund gambling treatment

More states are legalizing different types of gambling (more revenue)

Training for counselors has gone online as well as in person

Short term sports betting patients will increase and counselors will need to be trained to meet this non traditional group

AI counseling will make it to the online arena and more people will choose this form of therapy as the years go on. Face to face relationships are becoming less and less important



Where are we
headed your turn

Where do you think we are headed?

There are many forms of
gambling and many faces of
addiction



Each different but all in need
of your assistance and
guidance



Thank you and...

- ▶ Lets be prepared for the future and help those affected and afflicted!

