

SO WHAT?

2

PART 2.

RELATIONSHIPS
& RISKS





Battle at The Ice Spikes!



WATCH THE VIDEO

MOST ADDICTING GAMES

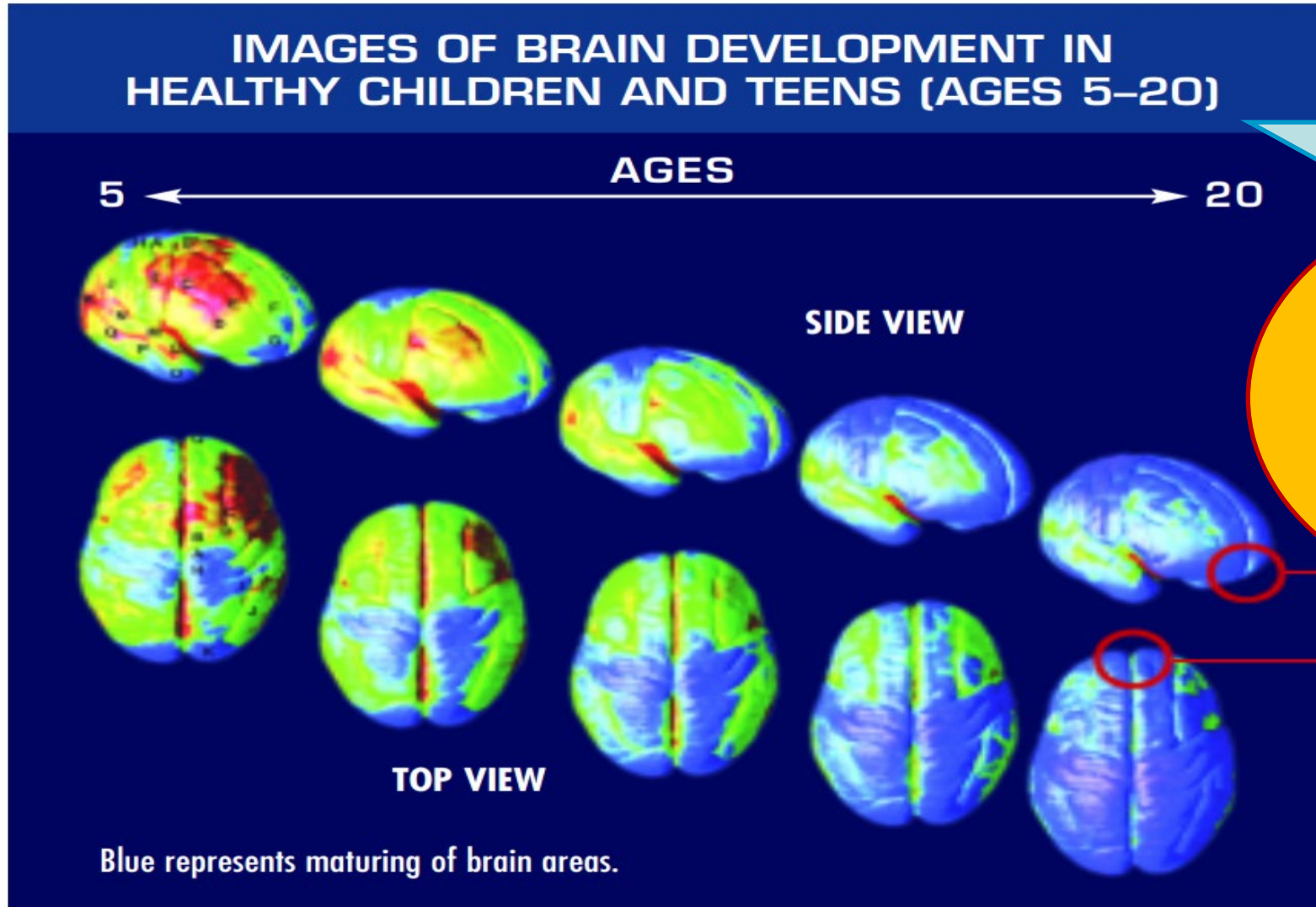
MORE GAMES



“ADDICTION” is the
desired industry term.



MOST SENSITIVE TO DOPAMINE.



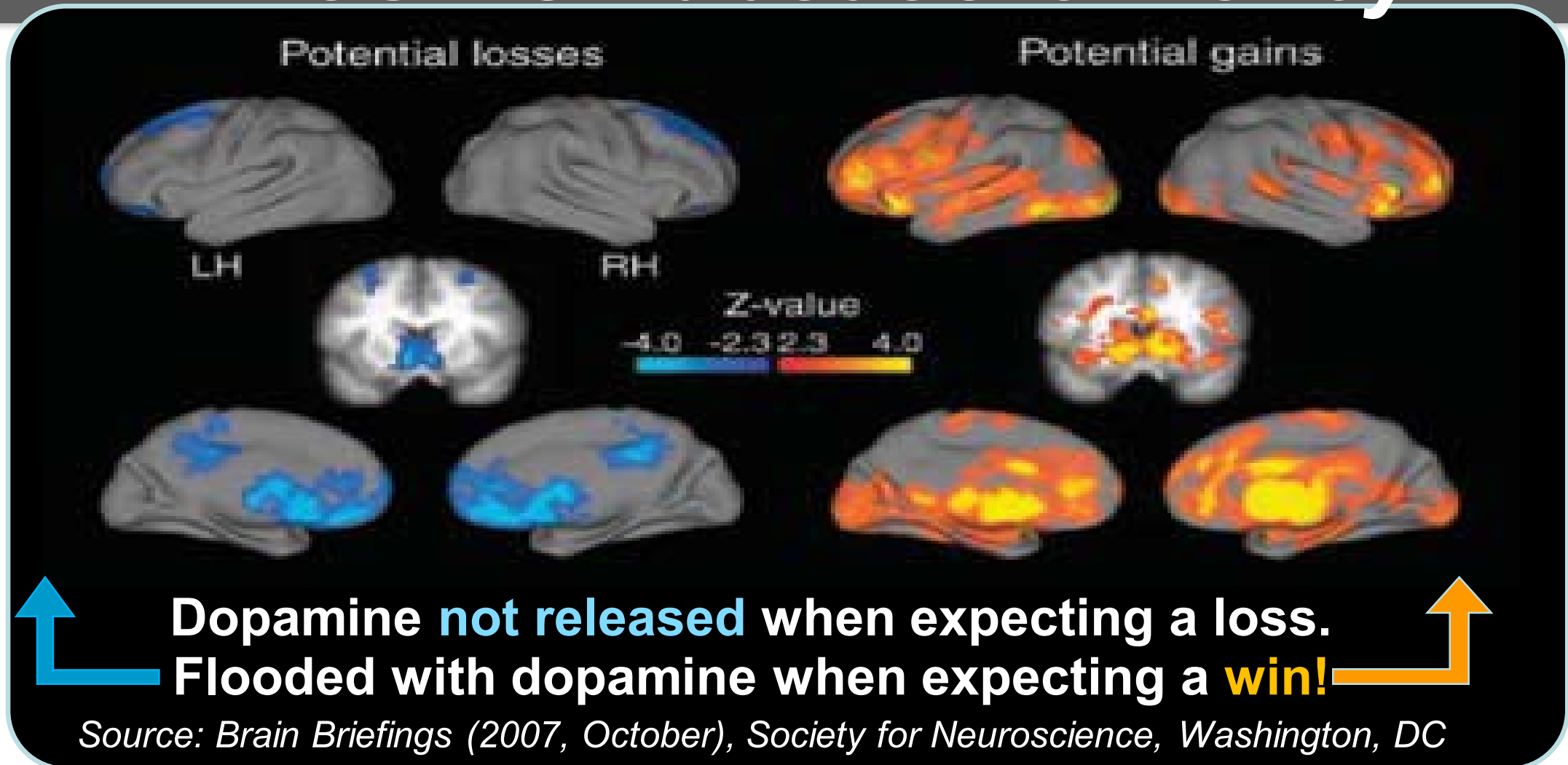
The brain
is still
developing
until

25

PREFRONTAL
CORTEX LAST
PART to develop.

GAMING/GAMBLING & DOPAMINE

It's NOT about the money!



GAMING ADDICTION THE DSM...

Not yet.

“INTERNET GAMING DISORDER” (IGD) is...

“A condition warranting more clinical research and experience before it might be considered for inclusion in the main book as a formal disorder.”

American Psychiatric Association. (2013). *Diagnostic and statistical manual of mental disorders: DSM-5*. Washington, D.C: Author.

DSM-5 (2013)

Diagnostic Criteria

Gambling Disorder

312.31 (F63.0)

A. 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 12-month period:

✓ = Internet Gaming Disorder criteria checklist
(Petry, et al., 2014)

- ✓ 1. Needs to gamble with increasing amounts of money in order to achieve the desired excitement.
- ✓ 2. Is restless or irritable when attempting to cut down or stop gambling.
- ✓ 3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
- ✓ 4. 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).
- ✓ 5. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).
- ✓ 6. After losing money gambling, often returns another day to get even ("chasing" one's losses).
- ✓ 7. Lies to conceal the extent of involvement with gambling.
- ✓ 8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
9. Relies on others to provide money to relieve desperate financial situations caused by gambling.



Much like the
technology
itself,
research
is new.

RESEARCH:
THE GREAT
UNKNOWN.

CAVEAT before viewing research

Let's be careful not to
pathologize all gaming



behavior. (Much as we would for alcohol
use and non-problem gambling.)

RECALLING PROBLEM GAMBLING AS ON A CONTINUUM.

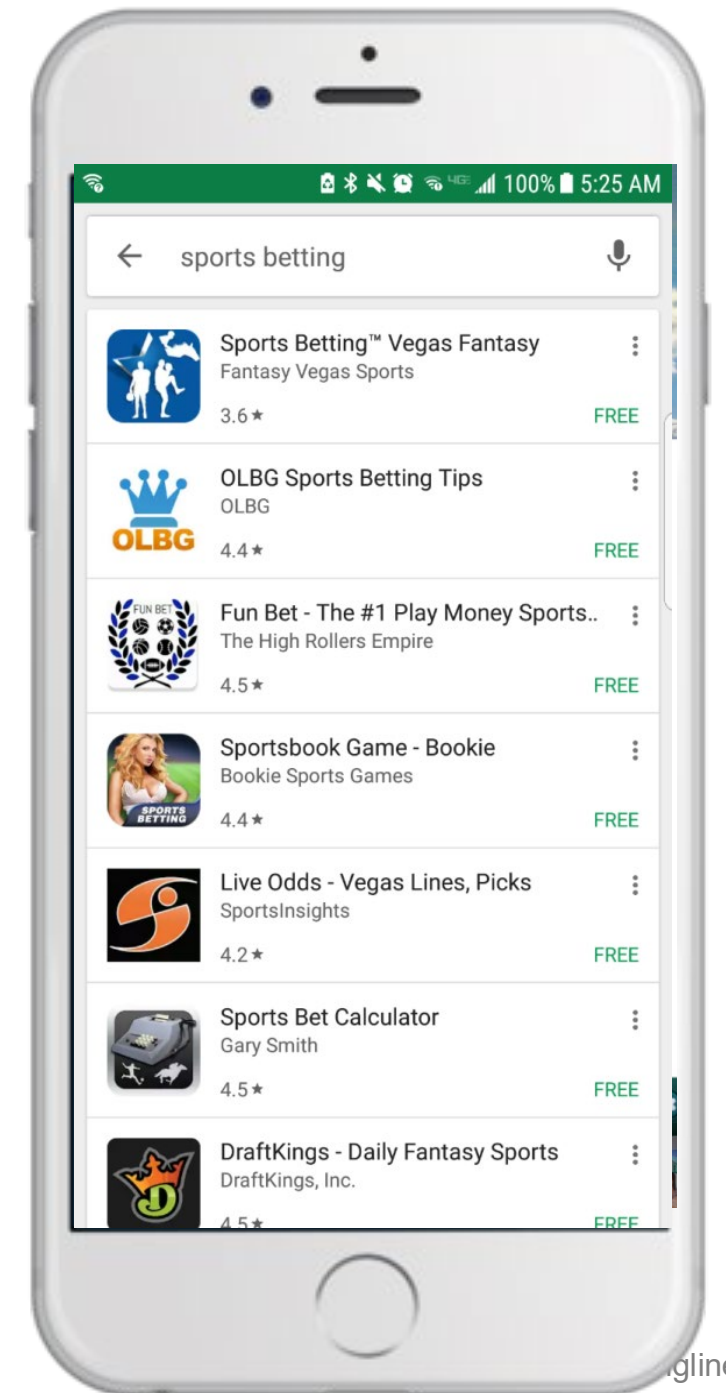


THE FREEMIUM ISSUE.

Adolescents playing simulated gambling games more likely to later move to real gambling...



...and are also more likely to have later gambling problems



MOTIVATIONS: FROM FREE TO PAYING

- **Ads**
- **Inflated payout rates**

- **Peer influence**
- **Incentives**

MOTIVATIONS: WHY DO THEY KEEP PLAYING?

- **Wealth** – in-game rewards
- **Achievement** – pursuing goals
- **Inadequacy** – keeping up

THE GAME NEVER ENDS...




WHAT WE KNOW:

2018 WHO - ICD-11: Gaming Disorder

6C51 Gaming disorder

Parent

Disorders due to addictive behaviours

Show all ancestors 

Description

Gaming disorder is characterized by a pattern of persistent or recurrent gaming behaviour ('digital gaming' or 'video-gaming'), which may be online (i.e., over the internet) or offline, manifested by: 1) impaired control over gaming (e.g., onset, frequency, intensity, duration, termination, context); 2) increasing priority given to gaming to the extent that gaming takes precedence over other life interests and daily activities; and 3) continuation or escalation of gaming despite the occurrence of negative consequences. The behaviour pattern is of sufficient severity to result in significant impairment in personal, family, social, educational, occupational or other important areas of functioning. The pattern of gaming behaviour may be continuous or episodic and recurrent. The gaming behaviour and other features are normally evident over a period of at least 12 months in order for a diagnosis to be assigned, although the required duration may be shortened if all diagnostic requirements are met and symptoms are severe.

Exclusions

- Hazardous gaming (QE22)
- Bipolar type I disorder (6A60)
- Bipolar type II disorder (6A61)

Table 1 Representation of internet gaming disorder criteria in existing assessment instruments and suggestions for phrasing.

Criteria	Substance use disorder	Gambling disorder	Instruments								Suggested wording for intended meaning of criteria
			GAS	PVGU	VGAS	POGQ	CIUS	CIAI	YIAS	CSAS	
Pre-occupation	–	X	X	X	X	X	X	X	X	X	Do you spend a lot of time thinking about games even when you are not playing, or planning when you can play next?
Withdrawal	X	X	X	X	X	X	X	X	X	X	Do you feel restless, irritable, moody, angry, anxious or sad when attempting to cut down or stop gaming, or when you are unable to play?
Tolerance	X	X	X	X	X	X	–	–	X	X	Do you feel the need to play for increasing amounts of time, play more exciting games, or use more powerful equipment to get the same amount of excitement you used to get?
Reduce/stop	X	X	X	X	–	X	X	X	X	X	Do you feel that you should play less, but are unable to cut back on the amount of time you spend playing games?
Give up other activities	X	X	X	X	X	X	X	X	X	X	Do you lose interest or have a reduction in other recreational activities (e.g., sports, hobbies) due to gaming?
Continue despite problems	X	X	X	X	X	X	X	X	X	X	Do you continue to play even when you are aware of negative consequences, such as not getting enough sleep, being late to school/work, spending too much money, having arguments with others, or neglecting important duties?
Deceive/cover up	X	X	X	X	X	X	X	X	X	–	Do you lie to family, friends or others about how much you game, or try to keep your family or friends from knowing how much you game?
Escape adverse moods	–	X	X	X	X	–	X	?	X	–	Do you game to escape from or forget about personal problems, or to relieve uncomfortable feelings such as guilt, anxiety, helplessness or depression?
Risk/lose relationships/ opportunities	–	X	–	–	–	–	–	?	X	–	Do you risk or lose significant relationships, or job, educational or career opportunities because of gaming?

CROSSWALKING GAMING & GAMBLING
DISORDER CRITERIA

GAS = Game Addiction Scale [17]; PVGU = Pathological Video Game Use [36]; VGAS = Video Game Addiction Scale [20]; POGQ = Problematic Online Gaming Questionnaire [37]; CIUS = Compulsive Internet Use Scale [38]; CIAI = Chinese Internet Addiction Inventory [39]; YIAS = Young Internet Addiction Scale [31]; CSAS = Video Game Addiction Scale-II [19].

SAME CRITERIA: GAMBLING DISORDER

- Tolerance
- Preoccupation
- Use to escape
- Inability to cut back/quit
- Irritability when cutting back/quitting
- “Chasing” losses
- Lying or concealing

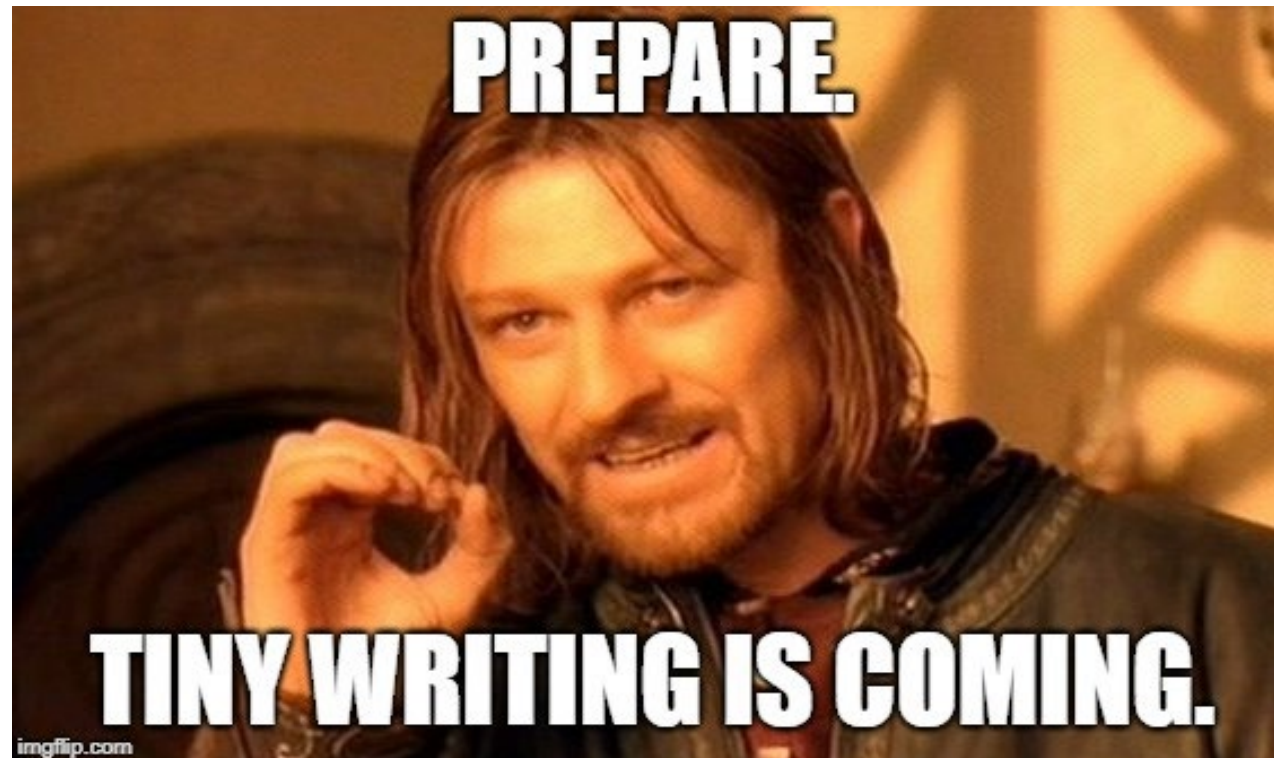
- Risk/lose relationships

DIFFERENCES:

- Continue despite neg. consequences (gaming)
- Bailouts (gambling)

Source: Petry, et al., 2014. An international consensus for assessing internet gaming disorder using the new DSM-5 approach <http://dx.doi.org/10.1111/add.12457>

RISK & PROTECTIVE FACTORS



RISK FACTORS APPEAR SIMILAR

FAMILY

- Family conflict
- Family history antisocial behavior
- Parental gambling

COMMUNITY

- Exposure to gambling
- Availability & accessibility
- Media portrayal

SCHOOL

- Academic failure & poor school performance
- Low school commitment

INDIVIDUAL/PEER

- Male
- Early initiation
- Early big wins
- Rebelliousness
- Delinquency
- Impulsivity
- Competitiveness
- Interaction w/ antisocial peers
- Friends' use/pressure
- ATOD use
- Psychological distress, mental health issues

Barnes et al., 1999; Hayatbakhsh et al., 2006; Johansson et al., 2009; King & Delfabbro, 2016; Raylu & Oei, 2002; Scholes-Balog et al., 2014; Shead et al., 2010; Volberg, 2008; Winters et al., 2002

PROTECTIVE FACTORS BY DOMAIN

FAMILY

- + Encouragement of prosocial behavior

COMMUNITY

- + Connection

SCHOOL

- + Connection
- + Commitment to school

Less screen time??

INDIVIDUAL/PEER

- + Female
- + Prosocial involvement
- + **Early losses**
- + **Boredom**
- + **Awareness of risk**

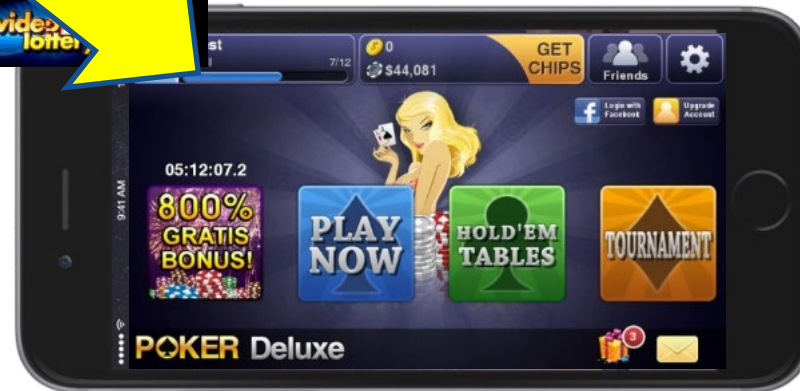
Sports?? Less screen time??
Exposure to nature??

Barnes et al., 1999; Hayatbakhsh et al., 2006;
Johansson et al., 2009; King & Delfabbro, 2016;
Raylu & Oei, 2002; Scholes-Balog et al., 2014;
Shead et al., 2010; Volberg, 2008; Winters et al., 2002

JUST THINK HOW QUICKLY OUR NORMS HAVE CHANGED.



- Technology
- Speed
- Platforms



Images: Top right, cbssports.com; middle right, www.csgolounge.com; left center, Daniel Berman; bottom left, Poker Deluxe app screen shot.

Almost always a common denominator of risk:

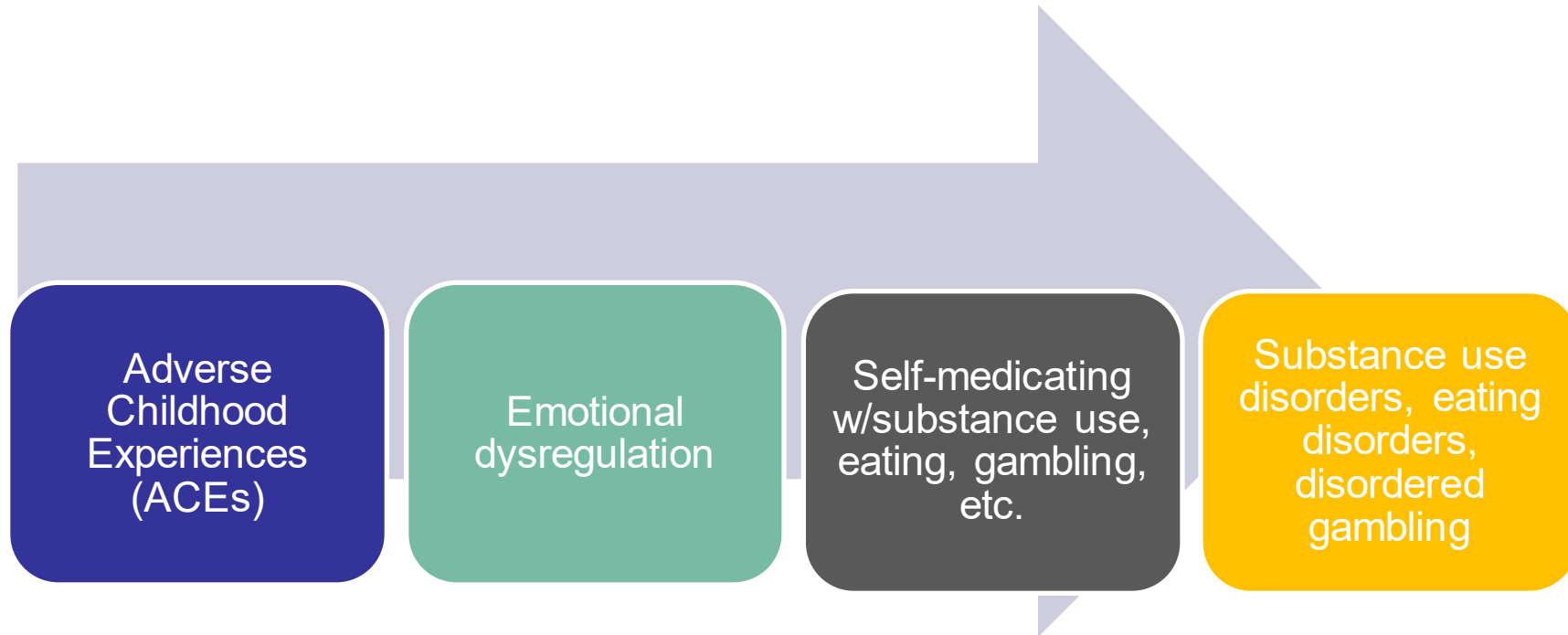
TRAUMA.



Exposure to early childhood trauma
has consistently been associated with
disordered gambling.

(Hodgins et al. 2010; Kraus et al. 2003; Najavits et al. 2010; Petry and Steinberg 2005; Taber et al. 1987)

GAMBLING & ADVERSE CHILDHOOD EXPERIENCES



Associated w/ ADHD, personality disorders &...

Disordered gambling

Source: Poole et al., 2017

OUR VIEWS ON “NEGLECT” COULD BE CHANGING.

“Right now, one can go to sporting venues and see the glow of cell phones throughout the crowd...Some, I would think, are also betting on offshore sites. When legal and regulated betting opportunities gets loaded on that device...look for that glow of phones to grow brighter throughout the venue. Now think of the example that all of the adults are providing to their own and other children within the venue, if in fact they are even paying attention to them.

- Richard Schuetz, 4/20/19, <https://ggbnews.com/article/phoning-it-in/>

”

KEY RISK GROUPS IN MA:

Let's Tease this Out for Youth.

- Male
- Black
- HS education or less
- Exposed to gambling
- Starting early
- Unemployed
- Has disability
- Low household income
- Excitement-seeking personality traits
- Mental health history
- Parents who gamble
- Childhood trauma history
- College students
- Those preferring electronic gaming machines

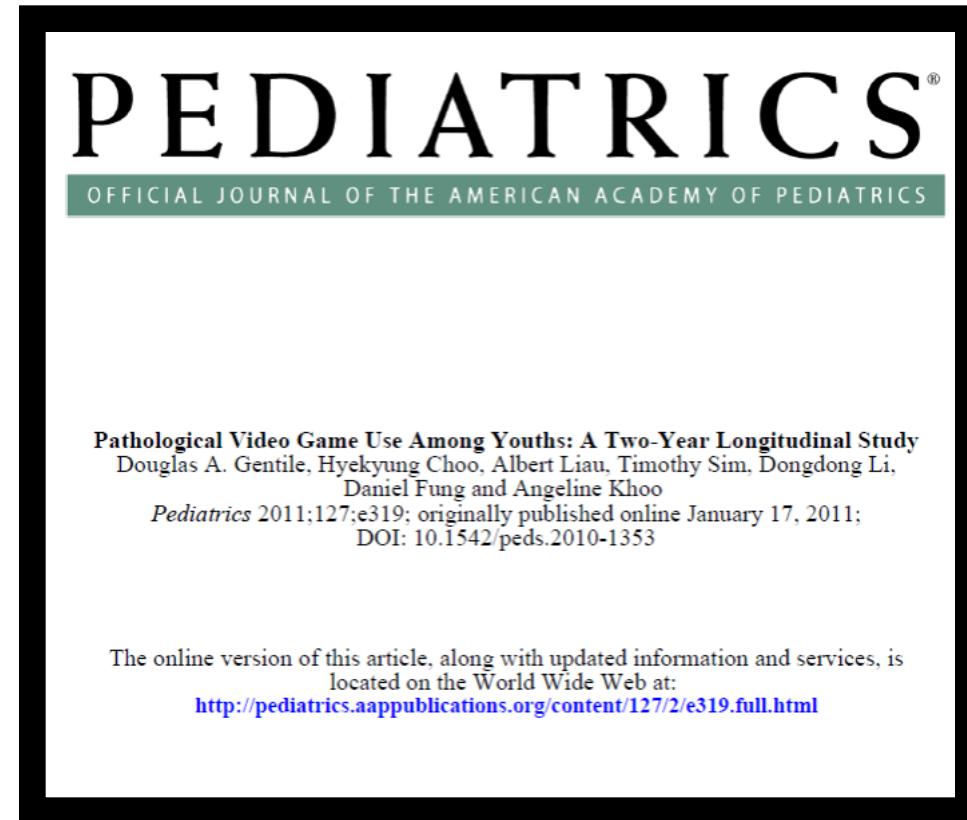
Volberg et al., 2015 (baseline SEIGMA survey) light blue=let's discuss this with attention on youth

YOUTH “PATHOLOGICAL” VIDEO GAMERS

n=3,034 – grades 3, 4, 7 & 8

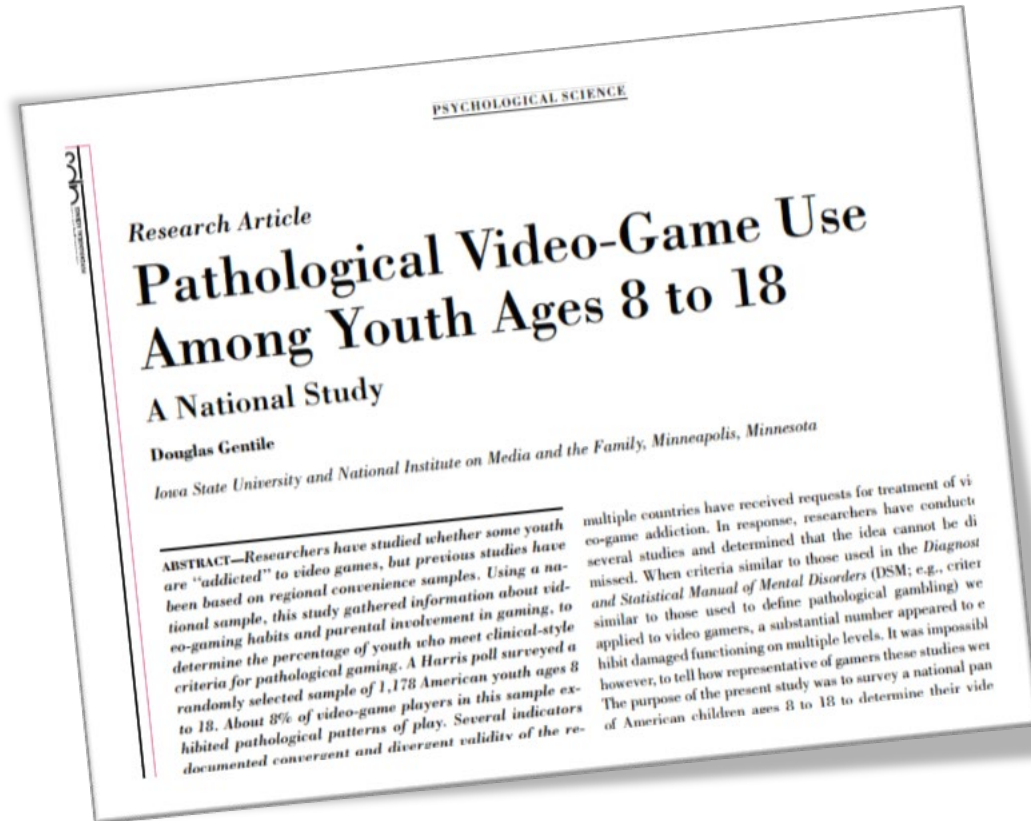
9% pathological gaming

- Less empathy
- More impulsivity



Source: Gentile, Choo, Liao, et al. (2011). [Pathological video game use among youth: A two year longitudinal study](http://pediatrics.aappublications.org/content/127/2/e319.full.html)

YOUTH “PATHOLOGICAL” VIDEO GAMERS



- Sample of 1,178 youth in the U.S.: 8.5% of youth gamers were classified as “pathological gamers”
- >80% play video games at least occasionally
- “Pathological” gaming: (using 5 of 10 of DSM-IV; this was prior to DSM-5)

IGD & PATHOLOGICAL GAMBLING:

Similarities between those with internet gaming disorder (IGD) & pathological gamblers:

- Less sensitive to loss
- More reactive to gaming and gambling cues
- More impulsive choices

LOOT BOX RESEARCH

- **Paying for loot boxes linked to problem gambling (Zendle & Cairns, 2018)**
- **Over 90% of gamers had opened a loot box (Brooks & Clark, 2019 – *caveat – adult gamers*)**

NEWS RELEASE 1-MAY-2019

Lure of the 'loot box' looks a lot like gambling

UNIVERSITY OF BRITISH COLUMBIA



PRINT E-MAIL

An increasingly popular feature of modern video games is attracting gamers who share the beliefs and behaviours of problem gamblers, new UBC research has found.

Gamers who are drawn to "loot boxes"--randomly generated prizes of undisclosed value that can be attained or purchased within a game--bear a closer resemblance to problem gamblers than they do to problem gamers, according to the study published April 16 in *Addictive Behaviors*.

"Our study is among the first to investigate the links between loot boxes and gambling," said Gabriel Brooks, a PhD student from UBC's Centre for Gambling Research and



IMAGE: GABRIEL BROOKS IS A PHD STUDENT IN CLINICAL PSYCHOLOGY AT THE UNIVERSITY OF BRITISH COLUMBIA. [view more >](#)

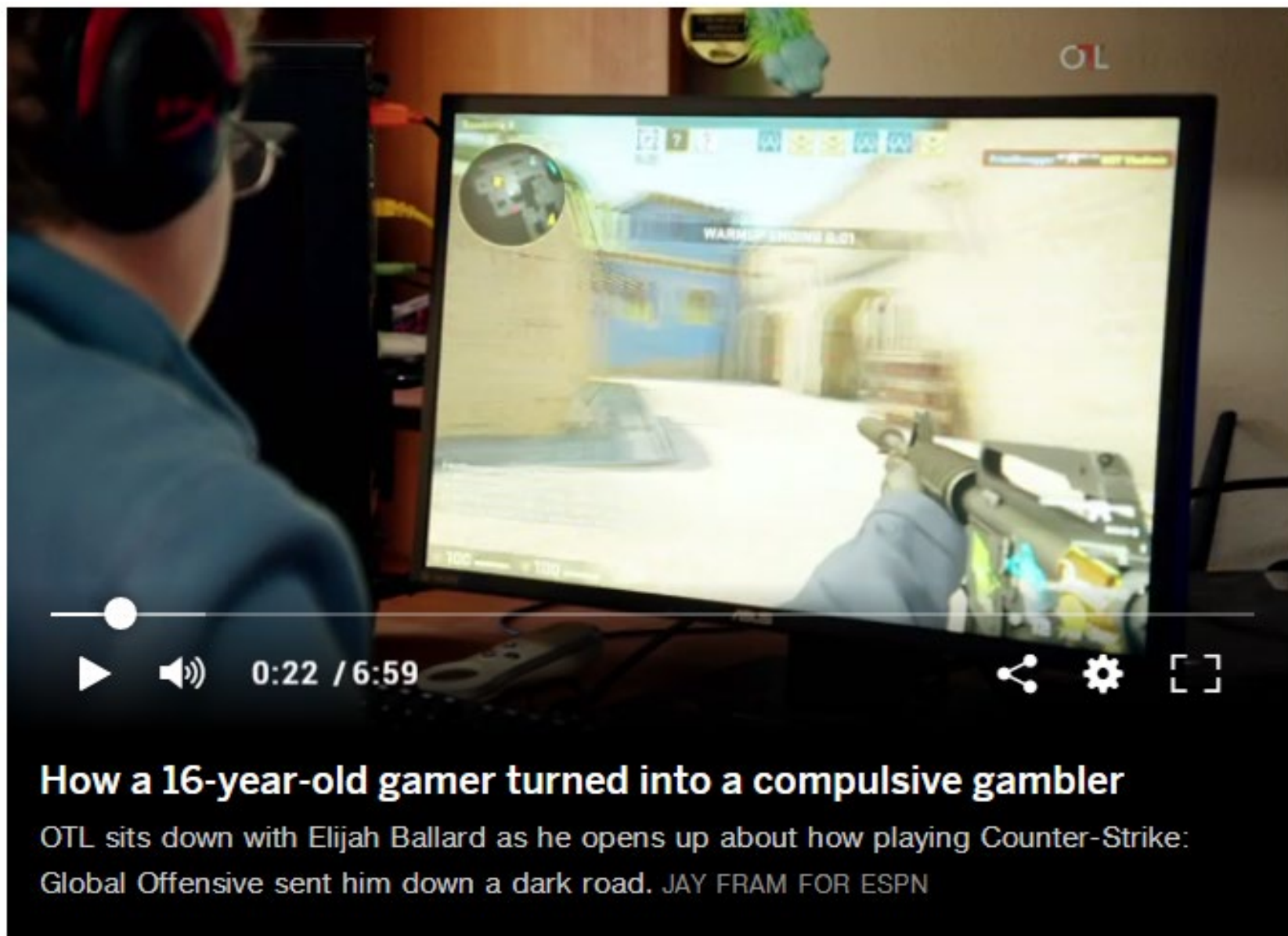
CREDIT: UBC MEDIA RELATIONS

THE GAMING CONNECTIONS MAKE SENSE.

“ALMOST
WINNING”:
dopamine
is activated
the same
as
ACTUALLY
winning.

People
play
LONGER
when
machines
give them
NEAR
MISSES.

**Problem
gamblers**
are more
likely to see
their near
misses as
“**NEAR
WINS**”



http://www.espn.com/espn/feature/story/_/id/18510975/how-counter-strike-turned-teenager-compulsive-gambler



PART 3.

Addressing the Issues



**LET'S BE
REAL.**



Tobacco



**THE BARRIERS IN GAMBLING
PROFESSIONS ARE REAL.**

Substance
Abuse



Problem Gambling



SUBSTANCE USE DISORDERS

U.S. Pop. With Past Year
Problem ¹

20.8 Million
7.8% aged 12+

2016 Public Funds Invested
into SUD Treatment³

**\$24.4
Billion**
*\$14.7 B
Federal
\$9.7 B State*

GAMBLING DISORDERS

U.S. Pop. With Past Year
Problem ²

**2.2
%
aged
18+**
5.45 Million
(3.8 times smaller)

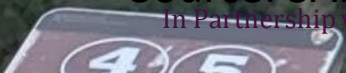
2016 Public Funds Invested
into Problem Gambling
Services⁴

\$71.6 Million
(341 times smaller)

Prevention: Active process of
changing conditions & developing
skills & intentions that support **the**
well-being of people.

Source: SAMHSA

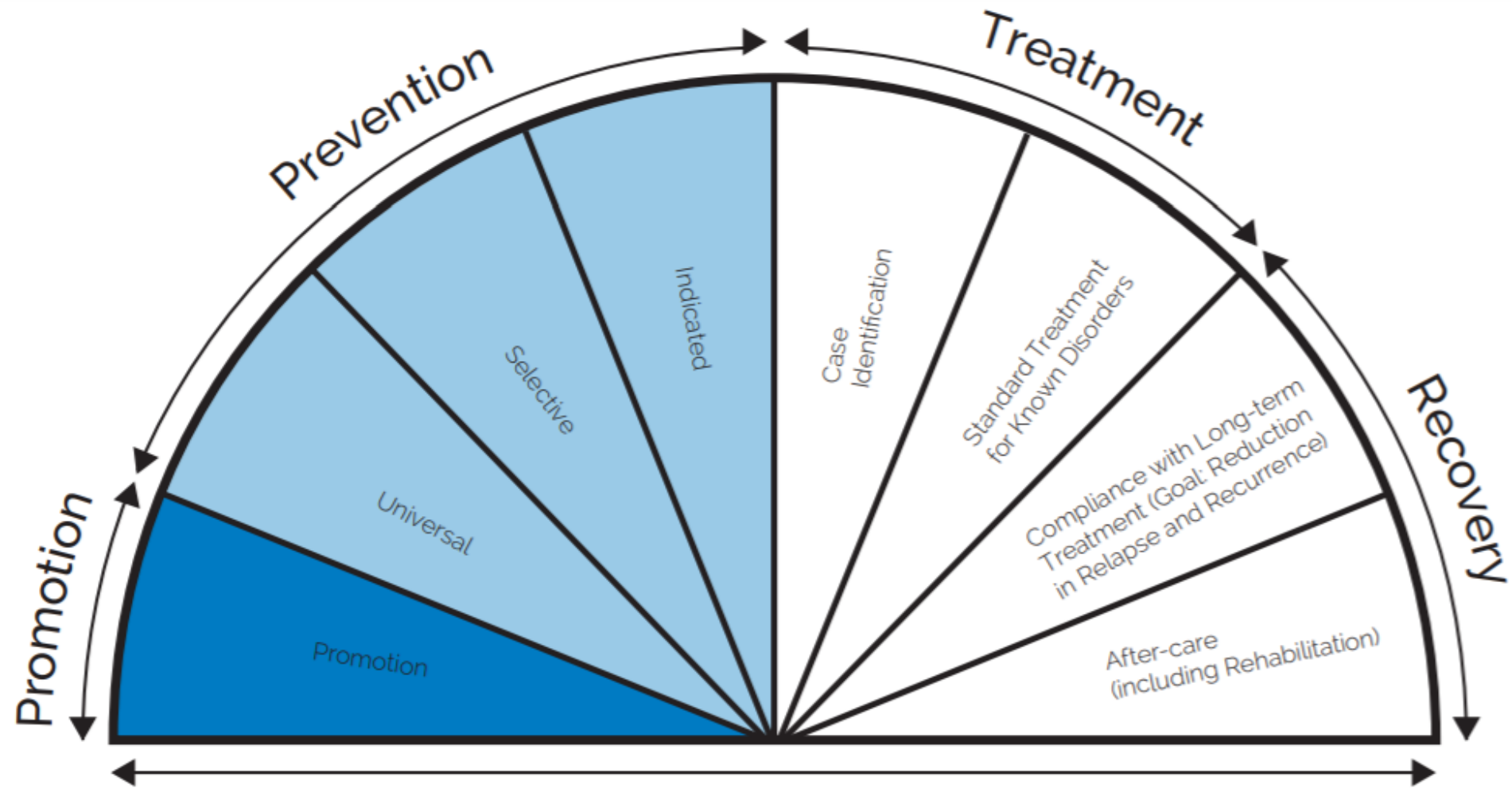
In Partnership with the MA Department of Public Health





To PREVENT a problem
before it happens, we
must *change the factors*
that contribute to it.

PREVENTION AS PART OF THE CONTINUUM OF CARE



RECOGNIZED PROBLEM BEHAVIORS

- Substance abuse
- Violence
- Delinquency
- Teenage pregnancy
- School dropout
- Depression & Anxiety

Problem gambling??



YOUTH GAMBLING RISK & PROTECTIVE FACTORS BY DOMAIN

FAMILY

- Family conflict
- Family history antisocial behavior
- Parental gambling
- + Encouragement of prosocial behavior

COMMUNITY

- Exposure to gambling
- Availability & accessibility
- Media portrayal

SCHOOL

- Academic failure & poor school performance
- Low school commitment
- + Connection

Gupta & Derevensky, 2001; Gupta & Derevensky, 2000; Hayatbakhsh et al., 2006; Johansson et al., 2009; King & Delfabbro, 2016; Raylu & Oei, 2002; Scholes-Balog et al., 2014; Shead et al., 2010; Volberg, 2008; Winters et al., 2002

INDIVIDUAL/PEER

- Male
- Early initiation
- **Early big wins**
- Rebelliousness
- Delinquency
- Impulsivity
- **Competitiveness**
- Interaction w/ antisocial peers
- **Friends' use/pressure**
- Substance use, tobacco use, alcohol use
- Psychological distress, mental health issues
- + Female
- + Prosocial involvement
- + **Early losses**
- + **Boredom**
- + **Awareness of risk**

**WE MUST
APPROACH
OUR TARGET
GROUPS
DIFFERENTLY.**



**EVEN
DIFFERENTLY
THAN WE DID
2 YEARS AGO.**



**YET USE THE
SAME
EFFECTIVE
STRATEGIES.**



RESEARCHERS RECOMMEND OVERALL PREVENTION INITIATIVES AS MOST EFFECTIVE.

i.e.,

- Prevention efforts that address **RISK FACTORS** common to other problem behaviors;
- Prevention efforts that address **PROTECTIVE FACTORS** (e.g., prosocial behaviors)

Examples: Alcohol & drug curricula, Life Skills programs, parenting programs, etc.



a. Broad systems.

NATL COUNCIL PROB GAMBLING

POLICY, ADVOCACY & COALITION BUILDING.

**NCPG Prevention
Committee:**

**Has an “Emerging Trends”
task group. Info:**

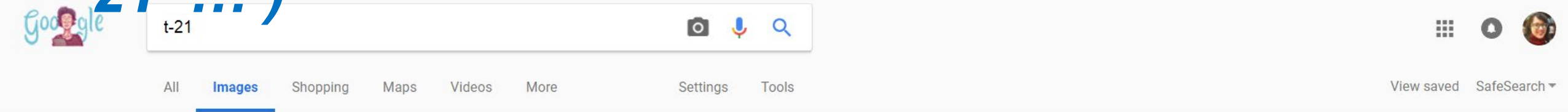
www.ncpgprevention.org

What if we were to advocate for “G-21”?

TOBACCO
~~eighteen~~ **twenty-one**

Image source: tobacco21.org

(BTW...this is what came up when I googled "T-21"....)



INDUSTRY AIMS AT FAIRNESS

Esports Integrity Coalition Aims To Ensure Fair Play Via Education And Mitigation

Will Green, July 6, 2016 07:58 PDT [@wfcgreen](#)



ESPORT INTEGRITY COALITION

LATEST NEWS



Luminosity, SK Gaming
ELEAGUE Suspensions Could
Affect Skin Betting Volume



Twitch Viewership Remains
Firmly On The Rise, Power
Largely By Growth Of Esports



Another Soccer Team Expected
To Esports As Manchester City
Signs Its First EA SPORTS
Player



Esports Integrity Coalition
To Ensure Fair Play Via
Education And Mitigation



ELEAGUE Week 6: TV Ratings
Rise For CS:GO Competition
Amid Uneven Betting Activity

[Lobby](#)[My Lineups](#)[My Contests](#)[League Hub](#)[Promotions](#) ▾[Sign In to
Your Account](#) ▾[SIGN UP](#)

RESPONSIBLE GAMING

Overview

DraftKings is innovating the daily fantasy sports industry and enriching sports experiences worldwide. Our fair and responsible contest line-up ensures every user can play within their financial means. DraftKings is committed to integrity, fairness and reliability. We do everything possible to prevent gaming-related problems. We've developed measures to maintain a responsible, safe and reliable place for online gaming.

DraftKings offers the options to self-exclude and self limit. If, at any point, you think you're spending too much time or money on DraftKings, you have the option of taking a break from DraftKings entirely. Self-limiting allows you to still play, however, within the parameters that you set for yourself. To learn more, visit our [Self-Exclusion](#)

“RESPONSIBLE PLAY”

- Self-Limitation

DraftKings also provides options to limit the amount of funds you can deposit into your account by choosing an amount over a daily, weekly and monthly period. If you have an account you can view more details about the deposit limit options [here](#).

Need Help?

If you have questions or concerns about your own gaming behavior or about that of a friend or family member, a good place to start is the [NCRG](#).

NCRG

Founded in 1996 as a charitable organization, the National Center for Responsible Gaming is exclusively devoted to funding research for gaming-related issues and effective methods of treatment. The research is scientific, peer-reviewed, and focused on prevention, diagnostic, intervention and treatment strategies, and advancing public education about responsible gaming.

The NCRG website provides a variety of support and referral sources for help with counseling and crisis support for any affected by a gaming-related issue.

Source: <https://www.draftkings.com/help/responsible-gaming>



Responsible Play - You don't have to play. Period.

At FanDuel, we are committed to protecting our players. We recognize that sometimes people may not have all the resources necessary to be able to manage their play in a productive, responsible manner. Therefore, we offer proactive support that enables those users to take time away from FanDuel.

If you wish to disable your account for any reason, you may apply a [self-exclusion](#) to your account. Tell us how much time you need, and we will make sure your account is disabled from logging into FanDuel or joining any contests during that period. Here's how it works:

- [Click here to submit your request for self-exclusion](#)
- You can suspend your account for your choice of 3, 6, 9 or 12 months.
- After the self-exclusion period ends, you will be able to log back in and resume play.
- You can request a final withdrawal of funds from your account at any time during your self-exclusion period.
- You will not be able to login or access your FanDuel account.
- We will suppress your email address (the one you signed up with) from receiving additional promotional or marketing messages.

If for any reason, you want to extend the time period of your self-exclusion or permanently close your account, contact [Customer Support](#), and we can assist you in making your final withdrawal and shutting down your account for good.

If you decide that you would like to come back and play at the end of your self-exclusion period, please contact [Customer Support](#). Each request for reactivation will be evaluated individually.

Additionally, we recommend that you contact any other daily fantasy sports sites you may play with and request an exclusion from there as well.

[Click here to submit your request for self-exclusion.](#)

Need additional help?

We consult with various organizations – such as the National Council for Problem Gambling (NCPG) and the National Center for Responsible Gaming - that cover a wide array of consumer protection issues, including responsible gaming. We remain aligned with the ever-evolving needs of our customer.

Julie Hynes, MA, CPS | 3/29/17 | www.preventionlane.org/indiana

SELF-EXCLUSION.

[Lobby](#)[My Lineups](#)[My Contests](#)[League Hub](#)[Promotions](#) ▾

julhynes
Balance: \$5.00 ▾

[DEPOSIT >>](#)

SELF-EXCLUSION

[Account Information](#)[Deposit](#)[Withdraw](#)[My Tickets](#)[Transaction History](#)[Preferences](#)[Self-Exclusion](#)[Player Limits](#)[Uploads](#)

Self-Exclusion

Playing 1-day fantasy sports on DraftKings should be a fun hobby and a great way to experience added enjoyment to sports. To keep the game as such we have implemented an option for self-exclusion. If, at any point, you feel like you're spending too much time or money on DraftKings, consider self-exclusion to give yourself a break. Self-exclusion allows you to set a time frame during which you will be excluded and banned from participating on the website or the app.

Keep in mind, when you successfully self-exclude, you will NOT be able to log into the DraftKings site or enter contests on DraftKings until the self-exclusion time period you select has passed.

You will also be removed from any upcoming contests you are enrolled in, with the exception of contests that are full or those with a start time of 15 minutes or less from the moment you self-excluded.

It's important to remember you are in control when setting the timeframe for your exclusion. You can extend your self-exclusion, if you feel you need a longer break. As always, please contact our customer support team if you have any concerns or questions, or use the resources within DraftKings to connect with NCRG.

You can also exclude by [contacting customer support](#). Please see our [Responsible Gaming](#) page for more information on self-exclusion and support.

Self-Exclusion Duration

3 Months ▾

SUBMIT

- 
- a. Systems/policy level.
 - b. Local systems level.**

TREATMENT, PREVENTION

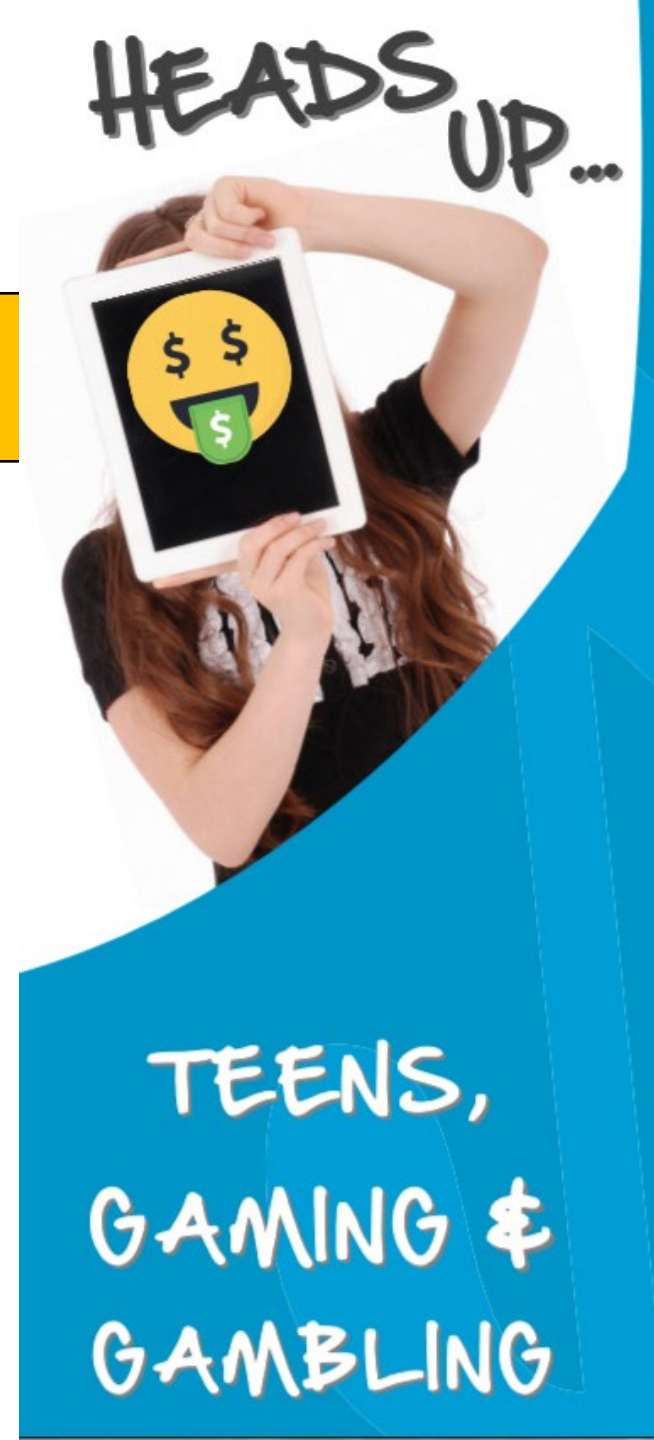
PROVIDING SERVICES.

**Using same strategies
effective already in your
work (i.e., you don't have to
know all of the details of
the new tech!)**

AWARENESS/EDUCATION

INCLUDING NEW LANGUAGE

Capturing those who may not “think” they are gamblers.



AWARENESS/EDUCATION

PARENTS, EDUCATORS, KIDS.

Include gambling
in conversations
about alcohol &
other drugs, **AND**
technology.



FOR THOSE WHO CAN:

POLICY & ADVOCACY.

Engaging community members & partners to advocate on any laws involving online gambling / fantasy sports, loot boxes, etc. (can use NCPG guidelines as a tool).

Protections:

a. Systems level.

b. Local systems level.

c. Ground level.



WHO SCREEN TIME GUIDELINES 4/24/19



- **Under 2: no screens**
- **2-4: one hour or less of screen time/day**

“Replacing prolonged restrained or sedentary screen time with more active play, while making sure young children get enough good-quality sleep. Quality sedentary time spent in interactive non-screen-based activities with a caregiver, such as reading, storytelling, singing and puzzles, is very important for child development.”



On-Line Gamers Anonymous®

Sharing our experience, strength and hope to help each other recover and heal from problems caused by video game addiction.

[Home](#) ▾ [Forums](#) ▾ [Chat Rooms](#) ▾ [Meetings](#) ▾ [Professionals](#) ▾

[Member Access](#) ▾

[Home](#) / [About OLGA® & OLG-Anon](#)

About OLGA® & OLG-Anon

Welcome to our website! Please read about our [website features here!](#)

Welcome! On-Line Gamers Anonymous®, founded in 2002, is a self-help fellowship. We share our experience, strengths and hope to help each other recover and heal from problems caused by excessive game playing, whether it be computer, video, console, or on-line. Our community includes [Recovering gamers](#) (OLGA members), [Family members, loved ones, friends, concerned others](#) (OLG-Anon members), and those who [Educate and reach out to others](#) (Outreach members). We know how powerful, cunning, baffling and destructive excessive game playing can be. It can be devastating to the real-world lives of gamers and to those close to them. OLGA®/OLG-Anon provides resources for open discussion, support, education and referrals. We advocate and provide a 12-Step Program of recovery.

We strengthen ourselves by helping one another. Participating in OLGA®/OLG-Anon is a healing journey for all of us. We respect the need for privacy and ask all who choose to participate agree to this: **Who you see here, what you hear here, when you leave here, let it stay here.** Thank you for your courtesy.

We Offer Support. Our community is open to all who seek support. We are not an activist group, nor do we sponsor such organizations. Our message forums are available to all, regardless of bias or opinion. We are here to share our experience, strength and hope and encourage peer-to-peer support. Family and friends are invited to share their experience, compassion, and wisdom. Every day we accumulate and collect information related to excessive gaming and the issues it creates. Sharing this with our visitors is a primary goal, the aforementioned information is viewable on this web site as it becomes available.

Take me to:

[Recovering Gamers](#)

[Family and Friends](#)

[Community](#)

[Outreach](#)

[Press/Media](#)

[Professionals](#)

About OLGA®

[For Immediate Support](#)

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www.olganon.org

HELP FOR GAMERS:

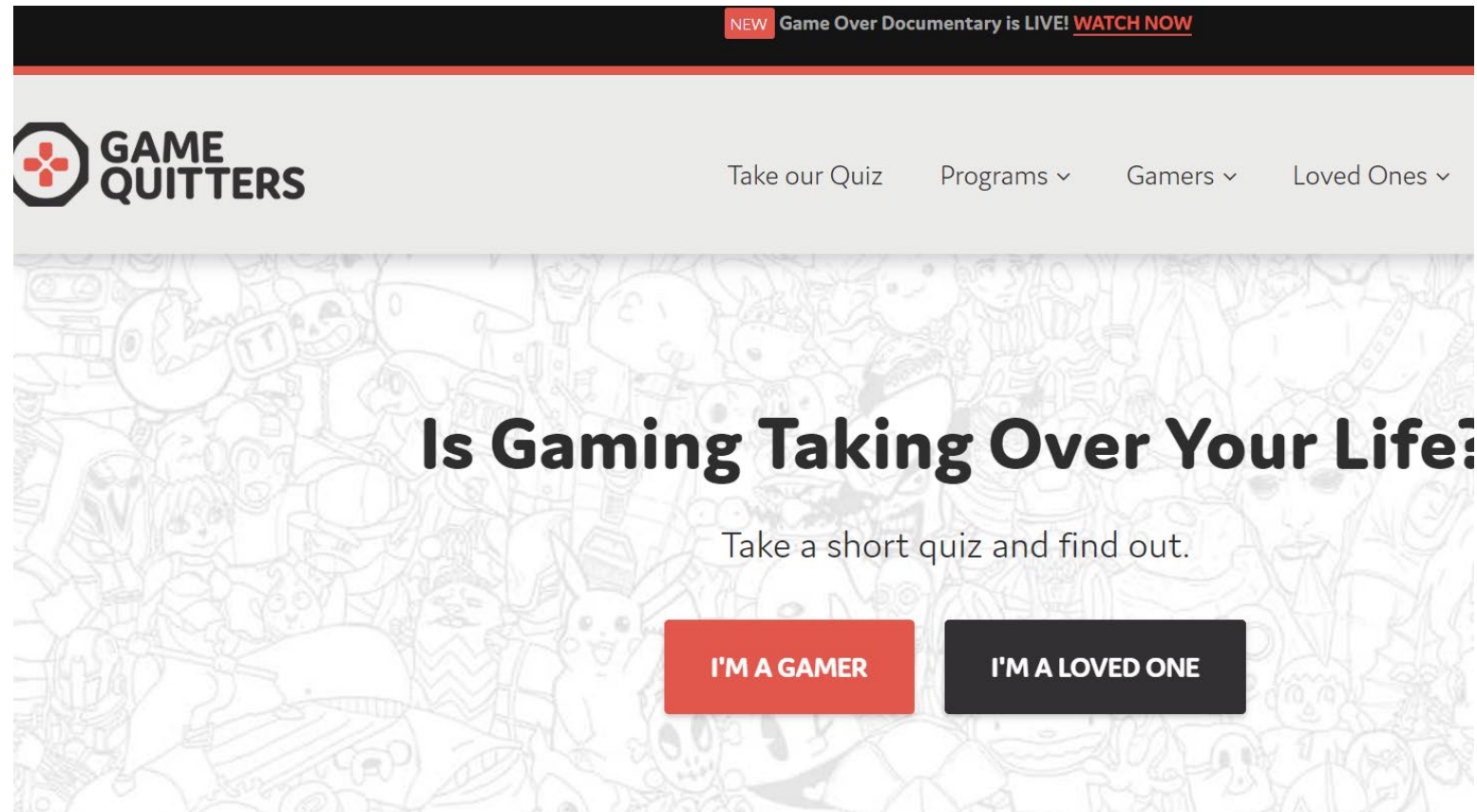


Ridiculously helpful resource!



GAME QUITTERS:

www.gamequitters.com



TOMORROW! →

4:30-7:30pm
Hartford, CT

RSVP to Donna
959.230.4030

*The Connecticut Council on
Problem Gambling presents*
Video Game Addiction for Parents & Families



Friday, May 3, 2019

4:30 to 7:30 p.m.

Light refreshments
served

RSVP: Donna
959-230-4030

St. Patrick - St. Anthony
Church
285 Church St., Hartford, CT

Cam Adair is a pioneer on video game addiction and the founder of Game Quitters, the world's largest support community for video game addiction, serving 50,000 members in 94 countries.

Cam's life took a dramatic turn at the age of 11 when he began to experience intense bullying, leading him to drop out of high school. He found himself playing video games up to 16 hours a day. Struggling with depression he got to the point of contemplating suicide, and it was then he made a commitment to change.

Named one of Canada's top 150 leaders in Mental Health, his work has been published in Psychiatry Research, and featured in the New York Times, Forbes, BBC, ABC 20/20, and Vice, among others. His videos on YouTube have over two million views.

Please join us as Cam shares his personal journey of overcoming his addiction to videogaming and offers key insights into how gaming and social media are designed to keep people hooked.

CONNECTICUT COUNCIL on
**PROBLEM
GAMBLING**

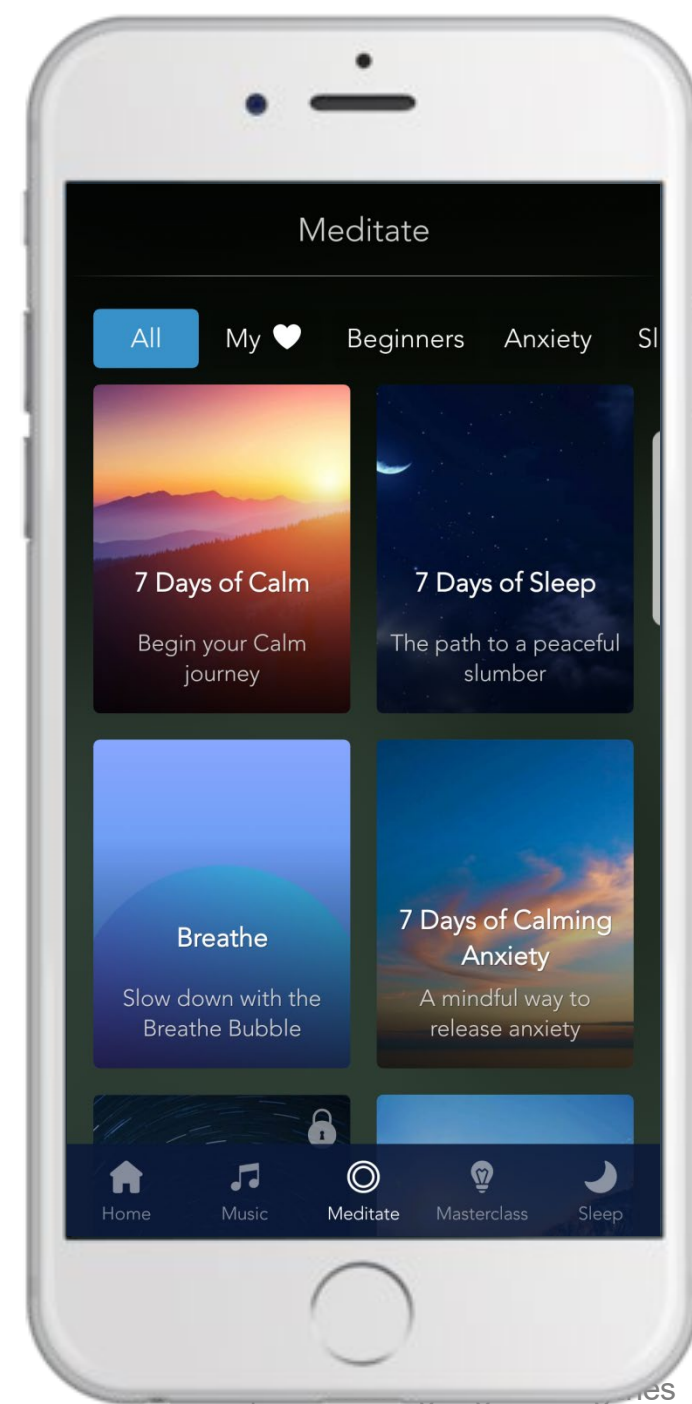
COMMUNICATE
expectations.

USE TECH
to your advantage.



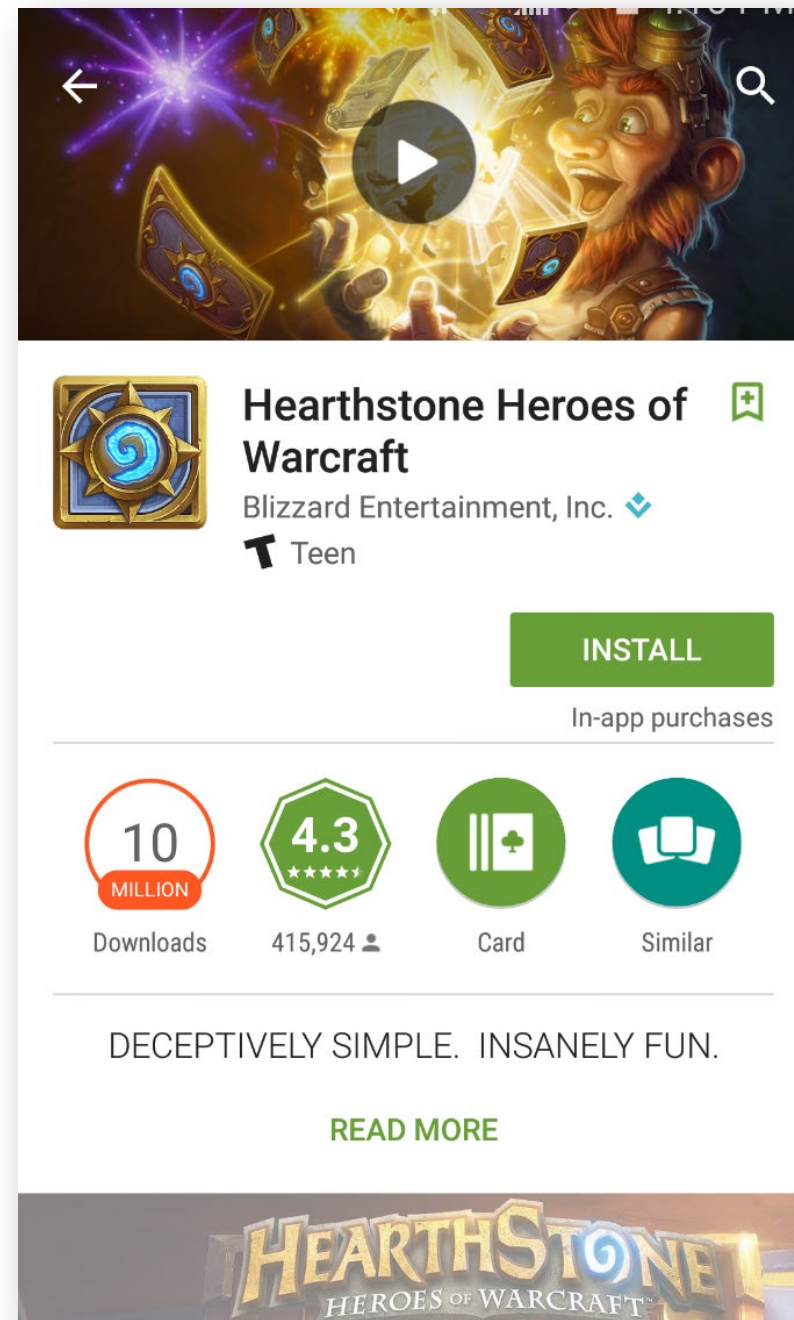
APPS CAN WORK FOR YOUTH, TOO

- Mindfulness apps – those that encourage breathing, meditating, etc.
- Exercise apps – physical activity to encourage natural dopamine release and reduce stress.
- Recovery apps if needed (SoberTool, etc.)
- Use caution if concerned about screen addiction.
- Moderation is key!!



MONITORING

- Rating
- In-app purchases
- Loot boxes
- Watching games
- Playing with them



DEVICES & PARENTAL CONTROLS

- Un-link credit card info from devices!!
- Major mobile services (e.g., AT&T, T-Mobile, Verizon) offer family protection plans
- Features include: GPS, purchase blocking, turning off browsing/data/texting, time of day, etc.
- See www.preventionlane.org/online-safety for a list of helpful links to these services



Practicality alert: Some features CANNOT be blocked when user has access to WiFi (so...you may need to change your WiFi password often!)

A person is shown from the waist up, wearing a grey sweater. They are holding a silver tin can against their back with their right hand. A white string is tied around the can and extends across the person's back. The background is a solid light blue.

LAST, BUT NOT LEAST:

**Listen
to your
gut!**



@MassCouncilCG
@julhynes



facebook.com/MAcouncil

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