

Co-occurring Mental Health & Addiction Issues (Including Gambling)

The “State” of Indiana

Session Overview

- Facts 101... and then more facts
- Terminology
- Types of Gambling
 - Gaming in Indiana
 - The Hoosier Lottery
 - Gambling/Gaming Facts...
- Available Services

The Facts

*On Substance Abuse and Mental Illness... **

- By 2020, mental health and substance use disorders will surpass all physical diseases as a major cause of disability worldwide
- 50% of all lifetime cases of mental and substance use disorders begin by age 14; 75% begin by age 24
- A National Research Council & Institute of Medicine 2009 study estimates the total economic costs of mental, emotional, and behavioral disorders among youth in the US at approximately \$247 billion
- The annual total estimated societal cost of substance abuse in the United States is \$510.8 billion

Substance Abuse and Mental Illness continued...

- More than **800** Hoosiers die by suicide each year, and more than **4,000** Hoosiers seek emergency care for injuries related to suicide attempts
- Suicide is the **2nd** leading cause of death among Hoosiers **15-34 years old**, and the **11th** leading cause of death among all Hoosiers

The Facts

On Alcohol...

- Alcohol is the most frequently used drug in Indiana and the United States
- Alcohol is a common factor in drowning accidents (34%) and suicides (23%); as well as a major factor in homicides (47%)
- In 2011, a total of 8,355 alcohol-related collisions occurred in Indiana; 185 of these were fatal
- Young adults ages 18 to 25 had the highest rates of alcohol use in Indiana: 61.1% reported current alcohol use and 41.8% reported binge drinking (5 or more drinks on the same occasion)
- 67.1% of Indiana college students reported current (past-month) use of alcohol
- From 2000 through 2009, a total of 3,646 Hoosiers died from alcohol-induced causes

The Facts

On Tobacco...

- An estimated **9,700** Hoosiers die annually from smoking-attributable causes
- On average, smoking reduces adult life expectancy by about **14 years**
- Indiana's adult smoking prevalence (**25.6%**) is the **7th highest** in the nation (**21.2%**)
- The highest rate for current cigarette use in the state was among **18 to 25 year-olds (41.0%)**
- The highest tobacco use rate in the state was among **18 to 25 year-olds (44.1%)**
- **33%** of Hoosiers ages **12 and older** used a tobacco product in the past month

The Facts

On Marijuana...

- Marijuana is the most commonly used illicit substance in Indiana and the nation
- Highest rate of current use (past month) was among **18 to 25 year-olds** (**18.2%**)
- **20%** of Indiana high school students currently use marijuana
- In **21.4%** of Indiana treatment admissions, marijuana dependence was reported at treatment admission
- In **2010**, over **14,000** arrests were made in Indiana for possession and over **2,300** arrests for sale/manufacture of marijuana

The Facts

On Heroin...

- Heroin abuse can cause fatal overdose, spontaneous abortion, collapsed veins, and if injected, the contraction of infectious diseases such as HIV/AIDS and Hepatitis B and C
- 5.3% of Indiana treatment admissions reported heroin dependence, significantly less than the U.S. percentage of 14.2%. However, while the nation's percentage slightly decreased from 15.5% in 2001, Indiana's percentage nearly tripled during that time period
- 2.8% of Indiana high school students have used heroin at least once in their life

The Facts

On Cocaine...

- Highest rate of past-year use in Indiana was among 18 to 25 year-olds (3.1%)
- Among Indiana college students, 1.2% reported current (past-month) cocaine use
- 5.6% of Indiana high school students have used a form of cocaine at least once in their life and 2.3% currently use it
- Cocaine use can lead to cardiovascular problems, respiratory difficulties, neurological effects, and gastrointestinal complications
- Babies born to mothers who abuse cocaine during pregnancy are often prematurely delivered, have low birth weight and smaller head circumference, and are shorter in length

The Facts

On Methamphetamine...

- From 1-1-2011 to 12-31-2011, a total of 1,363 clandestine meth labs were seized by the Indiana State Police
- The number of children located at meth labs by the Indiana State Police fell from 172 in 2004 to 124 in 2007, but increased to a new high of 362 children in 2011
- In Indiana, 4.5% of the population (225,000 residents) have used meth at least once in their life
- 3.9% of Indiana high school students have tried meth at least once in their life

Meth continued...

- The percentage of treatment admissions listing meth as their primary drug increased significantly from 1.5% in 2000 to 4.7% in 2010
- Health consequences of meth use include cardiovascular problems; stroke; brain, liver, and kidney damage; severe tooth decay (“meth mouth”); increased risk of STD/HIV transmission and hepatitis; mental illness; and death

The Facts

On Prescription Drugs...

- In 2011, 12.7 million prescription drugs (controlled substances), primarily pain relievers (5.8 million), were dispensed to Indiana residents
- Among Hoosiers 12 and older, 2.7% reported current (past-month) abuse of psychotherapeutics, 7.6% abused them in the past year, and 20.7% abused them at least once in their life
- Past-year prevalence for nonmedical pain reliever use in Indiana residents 12 and older was 5.7%. Hoosiers ages 18 to 25 had the highest rate of past-year use (14.4%)
- 5.3% of Indiana college students reported current use (past-month) of prescription medication not prescribed to them

Prescription Drugs continued...

- 7.0% of young Hoosiers ages 12 to 17 abused pain relievers in the past year
- In 2009, 9.8% of treatment admissions in Indiana reported prescription drug dependence, significantly higher than the U.S. rate of 8.4%

The Facts

On Poly-substance Abuse...

- Is a serious pattern of drug use that involves the consumption of **2 or more** drugs at a time
- Among the Indiana treatment population, **56.2%** reported use of **2 or more** drugs, compared to **55.1%** nationally
- Much of the substance use in Indiana involves the use of **2 or more** substances, most frequently alcohol with another drug
- The most common drug clusters identified in Indiana were **a)** alcohol and marijuana; **b)** alcohol, cocaine, and marijuana; and **c)** alcohol, marijuana, and a drug in the “other drug” category

Co-Occurring Disorders

- Refers to co-occurring substance-related and mental disorders
- Individuals said to have COD have one or more substance-related disorders as well as one or more mental disorders
- COD's can be difficult to diagnose, due to one symptom "masking" the other symptom
- Approximately **8.9 million** adults have co-occurring disorders; that is they have both a mental and substance use disorder
- Only **7.4%** of individuals receive treatment for both conditions with **55.8%** receiving no treatment at all



Types of Gambling

- Card games – poker, black jack
- Slot machines, video poker
- Bingo
- Lottery
- Pull-tabs
- Horse racing/dog racing
- Office pools
- Sports betting
- Dog fighting
- Stock speculation
- Raffles

Overview of Legalized Gambling in Indiana

- 1989: Hoosier Lottery established - first day of sales 8.19 million tickets sold
- 1994: Hoosier Park Horse Track opens in Anderson
- 1995: Off Track Betting Parlors open in 5 cities
- 1995: The first Casino opens in Indiana
- 2002: Indiana Downs Horse Track opens in Shelbyville
- 2004: The Voluntary Exclusion Program goes into effect
- 2006: 11th Casino opens in French Lick
- 2008: Hoosier Park reopens as Hoosier Park Casino & Indiana Downs reopens as Indiana Grand Casino. Now able to utilize electronic gaming devices
- SFY 2013: Indiana Gaming Industry gross revenue is just over 2.6 billion

Indiana Locations

11 Casino's

2 "Racino's"

- Horse Tracks
with over 3,800
Electronic Gaming
Devices



2013 GAMING REVENUE COMPARISON

| State | Gross Casino Gaming Revenue | Gaming Space Square Feet | Admissions | Casinos |
|--------------|--------------------------------|-----------------------------|---------------|---------|
| Nevada | \$10.860 Billion | 8,542,010 | 52.30 Million | 265 |
| Pennsylvania | \$3.158 Billion | 1,110,700 | Not Reported | 12 |
| New Jersey | \$3.051 Billion | 1,601,842 | 27.70 Million | 12 |
| Indiana | \$2.614 Billion | 874,742 | 24.08 Million | 13 |
| Louisiana | \$2.404 Billion | 818,275 | 31.55 Million | 18 |
| Mississippi | \$2.251 Billion | 2,354,617 | 24.77 Million | 30 |
| Missouri | \$1.769 Billion | 810,000 | 24.57 Million | 13 |
| Illinois | \$1.639 Billion | 366,022 | 16.16 Million | 10 |
| Iowa | \$1.467 Billion | 681,552 | 22.59 Million | 18 |



Voluntary Exclusion Program

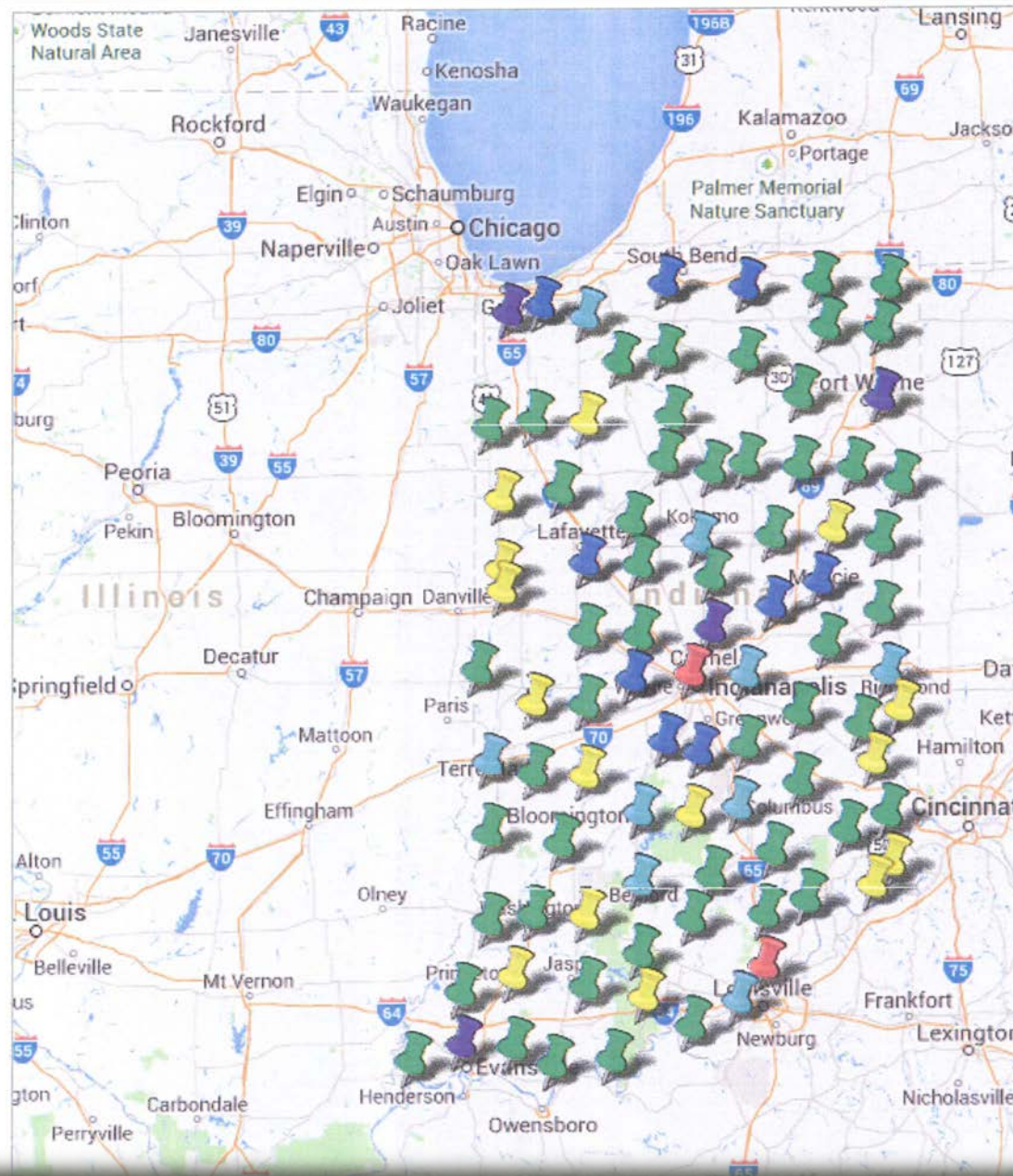
- Went into effect on July 1, 2004
- Individuals may elect to voluntarily exclude themselves from all Indiana casinos by completing a form
- Must enroll in person at the IGC office in Indianapolis or at any Indiana casino location
- Must be completed voluntarily, of one's "free will"
- Can not be completed under the influence of alcohol, a controlled substance or prescription medication
- Individual may select a length of exclusion of one year, five years or lifetime
- 6,460 individuals have enrolled in the VEP



Voluntary Exclusion Program Removal Process

- Individuals who have selected a **one year** or **five year** exclusion may request removal from the VEP at the end of their exclusionary period
- Must complete a “Request for Removal Form”
- **1,696** participants have been removed from the VEP

Indiana Hoosier Lottery County by County Distribution



FY11 Distribution

-  \$0 - \$1,000,000
-  \$1,000,001 - \$2,000,000
-  \$2,000,001 - \$10,000,000
-  \$10,000,001 - \$20,000,000
-  \$20,000,001 - \$100,000,000
-  > \$100,000,000

Gambling Facts

- 85% of adults have gambled at least once in their lives
- Over 80% of adults have gambled in the past year; 15% in the past week
- Gambling problems usually begin during the teen years in men and between ages 20 - 40 in women
- Legal gambling revenues in the US grew to over \$100 billion last year
- Estimated social cost to families and communities from gambling related bankruptcy, divorce, crime and job loss was \$7 billion last year

Gambling Facts continued...

- The average debt generated by a man in the US who is addicted to gambling is between **\$55,000** and **\$90,000**. Women gamblers average **\$15,000** in debt
- **65%** of addicted gamblers commit crimes to support their habit
- The divorce rate for problem gamblers is **2x** the rate of non-gamblers
- **One in five** addicted gamblers attempt suicide; the suicide rate is **20 times** higher for this group than for non-gamblers

Types of Gamblers

- Social Gambler – gambles occasionally for fun, sticks to limits
- Serious Social Gambler – gambles regularly, typically as a hobby but sometimes as an avocation; doesn't spend more time/money than they can afford; sticks to limits
- Professional Gambler – gambles as a way of earning a living; very, very rare

Gambling

Characteristics/Definitions

Problem Gambling

- gambling behavior which causes disruptions in any major area of life: psychological, physical, social or vocational

Pathological Gambling

- Progressive disorder characterized by increasing preoccupation with gambling or obtaining money to gamble
- restlessness or irritability when attempting to stop
- continuation of gambling behavior despite adverse consequences

Gambling Prevalence Rates

Problem Gambling

- Based on the most recent Indiana census, the prevalence rate for adult (18+) Problem Gamblers in Indiana is estimated at 2 - 3% of the adult population (98,000 – 148,000)

Pathological Gambling

- Based on the most recent Indiana census, the prevalence rate for adult (18+) Pathological Gamblers in Indiana is estimated at 1% of the adult population (49,000)




Co-Occurring Rates for Individuals with Problem/Pathological Gambling Disorders*

- 30% estimated to have a Substance Abuse Disorder
- 73% estimated to have an Alcohol Use Disorder
- 41% estimated to have an Anxiety Disorder
- 61% estimated to have a Personality Disorder
- 38% estimated to have a Drug Use Disorder
- 60% estimated to have Nicotine Dependence

**Data from the National Epidemiologic Survey on Alcohol & Related Conditions, provided by SAMHSA*

Problem Gambling Treatment Providers

- **19** Agencies providing Gambling Treatment Services
 - Must be an Indiana resident
 - No income requirements
 - Eligible to receive up to **\$2,500** of gambling treatment services per SFY
 - Clients screened for gambling behavior
 - **3+** on the South Oaks Gambling Screen identifies as Problem Gambling Behavior
 - **5+** on the South Oaks Gambling Screen identifies as Pathological Gambling Behavior
 - Services focus on the Continuum of Care



Where To Get Help...

Treatment Providers In Indiana

- Mental Health & Substance Addiction Treatment
 - 25 Community Mental Health Centers (CMHC) funded by DMHA
 - At least 1 Satellite Office of a CMHC in 90 counties
 - Treatment focuses on the Continuum of Care:
 - Individualized treatment plan
 - 24 Hour Crisis Intervention
 - Case Management
 - Outpatient & IOP Treatment
 - Individual Counseling
 - Residential Services
 - Family Support Services
 - Medication Evaluation & Monitoring
 - Etc...

Important Links

- Division of Mental Health & Addiction
<http://www.in.gov/fssa/dmha/index.htm>
- Community Mental Health Centers
State Psychiatric Hospitals
- <http://www.in.gov/fssa/dmha/4325.htm>
- Problem Gambling Treatment Providers
- <http://www.in.gov/fssa/dmha/2582.htm>
- Access To Recovery
- <http://www.in.gov/fssa/dmha/2701.htm>
- Opioid Treatment Programs
- <http://www.in.gov/fssa/dmha/4469.htm>

Find a Local Service Provider

- <http://www.in.gov/fssa/dmha/2578.htm>

References

- Substance Abuse & Mental Health Services Administration (SAMHSA)
- 2012 Indiana State Epidemiology Report
- Indiana Substance Abuse Prevention & Mental Health Promotion Strategic Plan 2012 - 2017
- Indiana Gaming Commission
- Indiana Hoosier Lottery
- National Council on Problem Gambling
- National Epidemiologic Survey on Alcohol & Related Conditions
- Hazelden Center

Thank you for your time...

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