CALIFORNIA GAMBLING EDUCATION AND TREATMENT SERVICES
Fiscal Year 2015-16 Treatment Report Fact Sheet

OVERVIEW
California Gambling Education and Treatment Services (CalGETS) is a statewide treatment program for clients with gambling disorders (also known as gambling addiction) and affected individuals (family members and friends affected by someone with a gambling disorder). California residents can access services at no cost to the client. The California Office of Problem Gambling (OPG) and UCLA Gambling Studies Program (UGSP) oversee CalGETS.

Provider Treatment Services Network: Licensed providers and agencies offer treatment services in various formats to address the diverse needs of problem gamblers and affected individuals, including:
- Problem Gambling Telephone Interventions (PGTI) in English, Spanish and various Asian languages.
- Outpatient Treatment offered by a network of OPG-authorized, licensed providers. Gamblers and affected individuals participate in individual and group treatment that is based on the provider’s treatment approach and philosophy. Treatment incorporates CalGETS training and clinical guidance, which includes leading-edge knowledge and developments in the field of gambling treatment.
- Intensive Outpatient (IOP) treatment allows clients to participate in three hours of gambling-specific treatment per day, three times per week and receive individual, group and family treatment.
- Residential Treatment Programs (RTPs) that address the treatment needs of clients who require a 24-hour residential treatment setting.

Clinical Innovations: Housed within UGSP, these projects create and test new resources and clinical tools to identify best practices for the treatment of gambling disorders.

Since CalGETS was launched in 2009, more than 9,250 individuals have received no-cost treatment to address the harmful impacts of problem gambling behaviors.

CalGETS PROVIDERS: A DIVERSE AND SKILLED WORKFORCE
- CalGETS trains, authorizes, supervises and oversees 219 licensed mental health providers (who have an average of 5.4 years of experience treating gambling) and 6 treatment programs to deliver evidenced-based treatment to clients and affected individuals.
- Treatment services are available in 30 languages/dialects.

CALGETS TREATMENT OUTCOMES (FY 2015-16)
Gamblers:
- 1,218 gamblers received treatment across the treatment network. Three quarters (74%) received outpatient services, 15% were served in PGTI (14% in English/Spanish and 1% in Asian languages), 4% were served in IOP, 6% were served in RTP and 1% was served in group treatment.
- Data collected from CalGETS clients show decreased intensity of their gambling urges and increased overall life satisfaction at the conclusion of treatment. Life satisfaction, as measured by a self-reported 100-point scale, has increased from intake to end of treatment across the treatment network by 12 points or more.
- Gamblers decreased the severity of their gambling problem from intake to the end of treatment.
- The percentage of time lost due to gambling interfering with normal activities showed a marked decrease between intake and end of treatment for all treatment services.
- The mean score at intake for all CalGETS clients falls into the range of moderate depression (10). By the end of CalGETS, the mean score had fallen to 5 and only 8% of the respondents were classified with moderate to severe depression.

Affected Individuals:
- 436 affected individuals received treatment across the treatment network.
- Affected individuals are significant others (52%), children of gamblers (17%) or parents (13%).
- Significant improvements in life satisfaction, decreased negative impact of someone else’s gambling and decreased sense of responsibility for stopping the gambler’s behavior were reported.
## CaGETS Client Characteristics: Focus on Health and Wellness

### Gamblers

<table>
<thead>
<tr>
<th>Medical problems</th>
<th>The most common co-occurring health conditions of CaGETS clients are hypertension, diabetes, and obesity.</th>
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<tbody>
<tr>
<td>Smoking</td>
<td>Among CaGETS outpatients, 31% currently smoke. This is three times the state average. In the residential treatment setting, the prevalence rate of smoking is 60%.</td>
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<td>Alcohol Use</td>
<td>CaGETS clients report a heavy drinking episode (more than five drinks in a single occasion) occurring, on average, every 20 days.</td>
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<td>Marijuana</td>
<td>According to the National Survey on Drug Use and Health, 14.7% of the population of California self-reported using marijuana within the last 12 months. Across the treatment network, 16%-45% of CaGETS clients use marijuana.</td>
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### State of Health

30% of gamblers across the treatment network reported their health as “fair or poor.”

### Health Insurance

78% of all CaGETS clients reported having health insurance, but less is known about their costs to maintain insurance, including premiums and deductibles.

### Access to Healthcare

70% of CaGETS clients reported that they currently have a physician that they can access for primary care needs.

### Depression

45% of CaGETS clients scored in the moderate to severe depression range at intake as measured by the Patient Health Questionnaire (PHQ-9).

### Affected Individuals

Client characteristics were similar to gamblers in terms of medical problems, state of health, insurance status and access to healthcare. However, affected individuals smoked, drank less frequently and consumed less than gamblers and at rates similar to the general population.

## Significant Program Accomplishments

- **Suicide Prevention and Gambling Prevention** - a training video for use by lay persons, para-professionals and CaGETS providers.
- **Sleep Hygiene and Gambling Disorders** – a handout for use by clients and providers.
- **Client Follow-up Contact Calls** – 263 telephone interviews were successfully completed for program assessment and evaluation.

Research and treatment reports are available at: [www.problemgambling.ca.gov](http://www.problemgambling.ca.gov)

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Text SUPPORT to 53342  
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