

GAMBLING

Compulsive Gambling: The Invisible Disease (Video 1156) 1993; 20 min

Audience: adults; health care professionals

Synopsis: In the United States, the gaming industry earns \$253 billion a year. According to an expert, this should not come as a surprise since both churches and states heavily promote gambling as a source of revenue. In interviews, recovering compulsive gamblers tell of their experiences. One reveals that he started as a youngster by gambling at church, another states that while gambling, "you can be anyone you want, you can live in a fantasy world." There is a discussion about why people gamble: impulsive disorders and addiction to "the action." A number of treatment options are mentioned and an expert indicates that those who go into treatment voluntarily do so only after they experience job loss, divorce or legal problems.

Dreamland (Video 1503) 2000; 50 min

Audience: adults; gamblers

Synopsis: This documentary, filmed over two years, examines the gambling phenomena in Las Vegas, focusing particularly on one Lou Gerard, retired tailor and problem gambler. Lou moved to Las Vegas from Los Angeles for cheap rent, free food, cigarettes, and the gambling, certain he was going to make friends and money. Neither happened and he had to do part time tailoring jobs to get by. We meet other locals who got into trouble with gambling. Dorothy began gambling one Christmas when she had only twenty dollars for gifts. She took a chance at a casino and came out with five hundred and twenty dollars. This luck was not to last, and with easy access to credit she quickly accumulated a debt of over twenty thousand dollars. Carol who would go gambling after her children were asleep then try to make it home before they awoke in the morning. Soon she was giving them instructions to make breakfast over the phone from the casino. Commentaries from a professional gambler, a problem gambling counsellor and a roulette operator fill out the picture. Of the changes in gambling two of the most significant are great increases in gaming by local residents with the ubiquitous VLT and the change toward gambling being entertainment, even to the point of casinos providing childcare for parents.

Easy Money, Hard Times (Video 1252) 1993; 20 min

Audience: general adult

Synopsis: This is an introductory video covering such areas as the increase in legalised gambling and the corresponding increase in compulsive gambling problems, the negative effects of compulsive gambling, treatment, and government responsibility in dealing with the problems caused by gambling addiction. American experts in the field of gambling provide statistics and gamblers, or their families in silhouette offer testimonial comments.

Exploring the Gambling Experience (Video 2187) 1995; 54 min

Audience: health professionals; students in post-secondary programs

Synopsis: This video consists of three modules. **Module 1** focuses on assessment and introduces viewers to two problem gamblers and the therapist who strives to help both. Marjory is a young mother whose involvement with video lottery terminals (VLT) is out of control. She takes money from her son's piggybank, lies to her mother and is spending increasing amounts of time and money gambling. The second client, Bill, has trouble staying out of casinos. He also lost \$5,000 of a client's money gambling, losing his job in consequence. In this module, viewers see the step-by-step process of motivational counselling as the therapist assesses each client's problems in individual counselling sessions.

Module 2 explores some of the triggers for problem gamblers, the motivation behind gambling and the excitement or escape that gambling seems to offer. This module also looks at various coping strategies, such as finding alternative activities and goal setting. It recounts both the successes and problems related to the clients' relapse prevention plans. **Module 3** examines "related issues" that may be connected with gambling problems. Using a client-centred approach, in individual counselling sessions, a therapist helps both clients see how the past has influenced

their current behaviour. The module ends with both Bill and Marjory working on their coping strategies to ensure that gambling won't continue to disrupt their lives.

Gambling: The Chance of a Lifetime (Video 1339) 1997; 28 min

Audience: general adult

Synopsis: The message is "once a compulsive gambler, always a compulsive gambler." The video begins with a discussion of the history of legalised gambling and shows how pervasive gambling has become with the expansion of casinos and lotteries. The reasons why people gamble, the compulsive-gambler personality profile, as well as the costs and benefits, financially, socially and personally are examined. Commentaries are provided by casino representatives, experts in gambling research and treatment, and by problem gamblers. An optimistic ending suggests that with treatment, compulsive gamblers can learn to control their "disease" and with a better recovery rate than that of alcohol or drug abusers.

Hooked: A Gambler's Nightmare (Video 1255) 1996; 15 min

Audience: general adult

Synopsis: This concise program is divided into four parts: winning, losing, desperation, and exhaustion. Experts from the Alberta Alcohol and Drug Abuse Commission (AADAC) provide commentary on these aspects of compulsive gambling, which is seen to have obvious parallels with substance abuse. This argument is then followed by case histories of gamblers in recovery. Gambling here is considered to include bingo, lotteries, as well as other games where money may be wagered, such as billiards. Mary Dibbs of AADAC suggests that early exposure to gambling can be problematic for adolescents, leading to increased exposure to alcohol, tobacco, and a lowered interest in school. Once "hooked," gamblers no longer play for fun, she argues they must also increase their betting to maintain the thrill. The impact on family members is explored as one family shares its experiences. In the emotionally charged presence of her husband and children, a problem gambler conveys the depth of her involvement with gambling. The video concludes with Barry Andres of AADAC recommending strategies to get additional assistance and support.

No More Bets, Please! Overcoming Problem Gambling (DVD 1689) 2003; 40 min

Audience: adult

Synopsis: From Australia, this program examines problem gambling, poker machines, horse racing, blackjack and the casinos. The major part consist of interviews with problem gamblers that focus on the process that led to serious problems, difficulties in recognizing the seriousness of the situation and methods used to deal with the problem, and the issue of relapse. Also touched on are the common misconceptions that gamblers hold about winning in gambling – and the inevitable consequence that loss is the final outcome.

One Last Bet (Video 1384) 1998; 57 min.

Audience: general adult; gamblers

Synopsis: This video illustrates several stories of serious gambling problems, some with disastrous results, suicide, or great economic loss. Some gamblers were taking money from company accounts, hoping to replace it before the loss was discovered. Other stories show people struggling with the urge to gamble, opening new credit accounts to chase their losses. There are also success stories of those who overcame gambling problems. Professionals comment on the epidemiology and public health effects as well as co-morbid issues of substance abuse and depression. One physician describes "pathological" gambling as a mental illness with environment, family factors and brain chemistry as contributors.

Oppression: Pathological Gambling (Video 1598.5) 1998; 52 min

Audience: adult (available in French)

Synopsis: Pathological gambling seen as an illness is characterized by persistent and recurrent patterns of gambling behavior. Uncontrollable gambling can display features of addiction and may be a symptom of personal problems, including psychiatric illnesses. Problem gamblers in this video have difficulty controlling their gambling behaviour and have recognized how their gambling

has led to personal, family and occupational difficulties. Also discussed are therapies used in treatment programs for problem gamblers.

Pieces of a Dream: A Story of Gambling (Video 1629) 2003; 49 min

Audience: general adult (CC)

Synopsis: Michelle Wong felt compelled to make this film in the aftermath of her brother Phillip's suicide. The hope was to heal the family, deal with the grief openly and to begin to understand why Phillip died. The film presents a story of gambling addiction, a descent into loneliness and increasing isolation where suicide seemed to be the only option. To find the truth to heal and to provide a story that may help others is the objective.

Problem Gambling, with Nancy Petry (DVD 3738) 2006; 120 min

• CAMH staff and Institutional loans only

Audience: CAMH staff and health professionals

Synopsis: From the American Psychological Association series, consisting of an interview with the presenting counselor on the details of a disorder, theoretical approach to diagnosis and treatment and an overview of counseling approaches, including CBT and 12 Step programs, are discussed with host, Jon Carlson. A full counseling session with a client is featured. A discussion with the host then analyzes specific counseling issues raised in the session concludes the program.

Selling Hope (Video 1126) 1994; 30 min

Audience: general

Synopsis: The narrator in this Man Alive production of the CBC states, "the hope industry is booming." With recent changes in the laws, casino operations and gambling machines have been proliferating. Professional gamblers are interviewed, but for some the hope of big winnings turns to despair when gambling takes over their lives. One man lost so much money at a gambling machine in a local store that the owner had the machine removed, while others lost homes or jobs. The program closes by examining a residential treatment program in Philadelphia.

Similarities Across Addictive Behaviours (Video 2311) 1998; 70 min

Audience: health professionals

Synopsis: From a lecture entitled *Problem Gambling and Addictive Behaviors*, Durand F. Jacobs presents his thinking on a general theory of addictions. Recorded before a live audience of health care professionals, he discusses the significance of "altered state of consciousness" that are common in substance abuse, but also among problem, or compulsive, gamblers and to a lesser extent among problem eaters. He defines addictions of all kinds as an "acquired dependent condition developed over time that forms a satisfying and pleasurable solution to life stressors." In many circumstances the person achieves a dissociative or trance like state while engaged with the activity, and they may even feel like a different person. What may pass for concentration or selective attention will in addiction become transformative and eventually counterproductive.

Spare Time, Spare Cash (Video No.1277) 1996; 23 min

Audience: students aged 12 to 18

Synopsis: This video uses a combination of computer graphics and live-action to explore both adolescent gambling habits and their ideas about gambling. The program is divided into three modules on different aspects of teen gambling. The first module, *Betting*, attempts to define gambling, find out why and how often people gamble. Module 2, *Motives, Winning and Losing*, deals with feelings and risk taking, especially involving money. Module 3, *Consequences*, looks at problem gambling and how to stop the fun of the game of chance from turning into something dangerous.