

Higher Education Center for Alcohol and Drug Misuse Prevention and Recovery

Get in the Game: Addressing Risky Gambling Among College Students

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The Higher Education Center provides tools, training, and resources to professionals across the country working to address substance misuse and risky gambling behaviors among college students.



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About PGNO

- 501(c)(3)
- Ohio Affiliate to NCPG
- Neutral on legalized gambling

We serve:

- Individuals
- Loved Ones
- Community
- Workforce

Problem Gambling Network of Ohio (PGNO) is committed to providing leadership & innovation to enhance Ohio's problem gambling service system through collaboration, advocacy, and support

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Learning Objectives

- Describe the current gambling landscape, including gambling activities and policy changes that have led to an increase in problematic gambling behaviors among college students
- Discuss current trends in gambling behaviors among college students and the intersections between gambling, mental health, suicidality, and substance use
- Identify 3 strategies to integrate high-risk gambling work into existing prevention and intervention efforts on campus

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“Gambling is any activity where a person risks an item of **value** (e.g. money) on the outcome of an event that is determined mostly by **chance**, to get something valuable.”

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What Changed?



Brown, C. (2015, December 17). Prediction markets could hit a trillion dollars in trading volume by the end of this decade, new report says. CNBC. <https://www.cnbc.com/2015/12/17/prediction-markets-to-trillion-dollar-trading-volume-by-2020.html>

Yaragaci, A. & V. Meegan. (2018, May 14). Supreme Court lets states legalize sports gambling | CNN Politics. CNN. <https://www.cnn.com/2018/05/14/sports/supreme-court-legalizes-sports-gambling/index.html>



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Other Forms of Gambling

- Lottery & scratch offs
- Raffles
- Bingo
- Horse betting
- Wagering on sports or e-sports, including same-game parlays and microbets
- Daily fantasy sports
- Playing games of skill for money
- Live or tournament poker
- Casino table games and slot machines
- Video game loot boxes
- Skins betting
- Trading cryptocurrencies
- Trading high-risk stocks
- Day trading
- Prediction markets (Kalshi, Polymarket)
- Spending real money on social casino games or sports betting apps

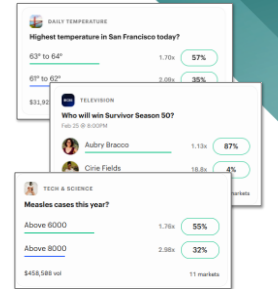
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Prediction Markets

Kalshi, Polymarket, Robinhood, Fanatics, DraftKings, FanDuel

- Exchanges where people trade contracts on the outcomes of future events
- Pricing is tied to perceived probability of those trading
- Regulated by the Commodities Futures Trading Commission
- 90% of Kalshi's volume is related to sports
- Insider trading concerns



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Prop Bet:
A wager on an individual player or specific aspect of the event that is not directly related to the event outcome

Google/DraftKings Network (12/1/25)

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Study: Women's basketball student-athletes received three times more threats than their male counterparts

Posted 1:01 PM May 25, 2024. Last updated 1:04 PM May 25, 2024

Dayton's Anthony Grant sickened by gambling-related threats directed toward players

Deva Clark
Cincinnati Enquirer
Published 2:07 a.m. ET Jan. 18, 2023

SPORTS

The president of the NCAA calls for a ban on 'prop bets' in college sports

DECEMBER 11, 2024 - 8:43 PM ET

NCAA's Draw the Line Campaign



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Advertising on Campus not allowed in Ohio

Ohio Administrative Code 3775-16-08

"(E) A sports gaming proprietor **must not advertise or promote on college or university campuses** located in the state of Ohio except for generally available advertising, including television, radio, and digital advertising. Any advertisement shown to be targeting the area of a college or university campus is not generally available and will be a violation of this paragraph."

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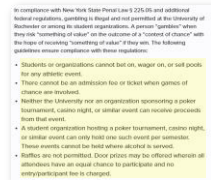
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Campus-Specific Policies:

Only 22% of campuses have a formal policy on gambling

Common themes:

- Not betting on any school-related events
- Prohibiting staff/faculty from gambling while on duty
- Prohibition or limitations on gambling activities held by student organizations



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CollegeGambling.org

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A Look at the Data

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College students are **3 times** more likely to experience gambling related harms than the general population.

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Gambling and College Students

It is estimated that **75%** of college students have engaged in at least 1 gambling activity within the last year.

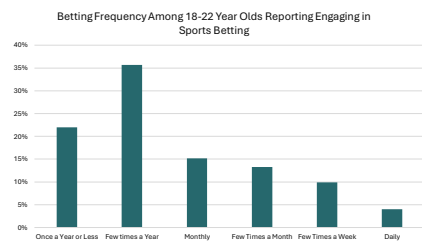
Risk Factors for College Students

- Male students
- Living in a group household
- Involvement in fraternity/sorority organizations
- Student athletes, including club and intramural athletes
- Students perceiving themselves as less academically successful

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NCAA Sponsored National Panel Survey

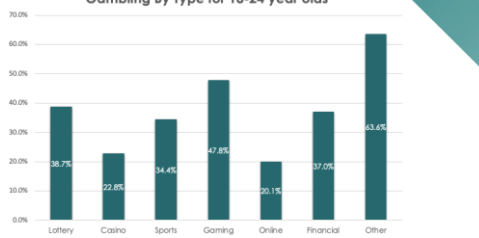


Sports Betting Activity Survey Key Findings. (2023). NCAA.

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2022 Ohio Gambling Survey Gambling By Type for 18-24 year olds

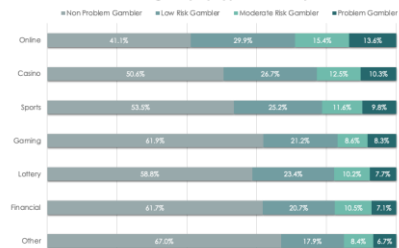


Ohio Gambling Survey. (2022). OHIOGMS

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2022 Ohio Gambling Survey Gambling Risky By Type for 18-24 year olds



Ohio Gambling Survey. (2022). OHIOGMS

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Co-Occurring Concerns: Alcohol

Students who engage in high-risk alcohol use are also more likely to engage in high-risk gambling behaviors.

High-risk alcohol use and high-risk gambling behaviors share many of the same risk factors:

- Being male
- Having high levels of impulsivity or sensation-seeking
- Experiencing psychological distress
- Participating in fraternity/sorority life or athletics
- Living away from home

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Co-Occurring Concerns: Mental Health

It is estimated that 96% of people experiencing gambling harm have at least one mental health disorder.

A 2023 meta-analysis found amongst gamblers experiencing harms:

- 31.6% had a lifetime history of suicidal ideation
- 13.2% had a lifetime history of suicide attempts

Those with gambling disorders are more likely to experience suicidal ideation or attempt suicide than non-gamblers with other mental health or substance use disorders.

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Strategies to Support Students

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Warning Signs

- Frequent unexplained absences from work or school
- Sudden drop in grades
- Withdrawal from family and friends
- Talking about winning more and trying to hide gambling losses
- Lies about engaging in gambling behavior
- Uses gambling to escape worries and other problems
- Accumulates unexplained debt

<https://roads.aacsbnet.edu/road-facts/gambling>

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Educate. Educate. Educate.

- What is gambling?
- Gambling risk & potential impact
- Psychology behind gambling products
- Responsible gambling tips
- Resources for help



<https://roads.aacsbnet.edu/road-facts/gambling>

Learn more about
Pause Before You Play



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Strategies to Reduce Gambling Risk

- Set a budget- using only “fun” money
- Only bet with your own money
- Set a time limit
- Be an informed consumer of ads
- Avoid betting with stressed, upset, trying to escape a problem
- Avoid betting when using alcohol or other drugs

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Support Student Athletes

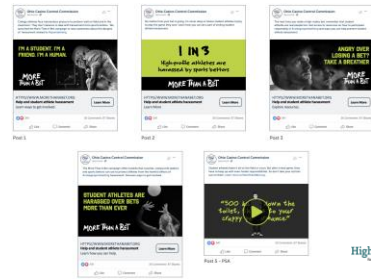
- During March Madness in 2024, 54,000 social media posts were flagged as potential threats during the tournament
- Rates of student athlete mental exhaustion, anxiety, and depression are 150% higher than they were in 2019
- 41% of college student bettors wager on their school's sports teams
- 500,000 student athletes have been educated by the NCAA on how to handle the harms of sports betting harassment

<https://newsfromncaa.org/the-issue/>

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More Than a Bet



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Integrate Problem Gambling Screenings

- Rutgers Gambling Screening Protocol (2024 Version)
 - Part 1: [All] Activities Frequency Chart
 - Part 2: [All] Modified Brief Biosocial Gambling Screen (BBGS)
 - Part 3: [Criteria met] Problem Gambling Severity Index (PGSI)
 - Part 4: [Receiving Treatment] Gambling Pathways Questionnaire (GPQ)

Access the Rutgers Gambling Screening Protocol



<https://ocodework.rutgers.edu/sites/default/files/2024-06/RutgersGamblingScreeningProtocol2024v.pdf>
https://ocodework.rutgers.edu/sites/default/files/2022-05/gpgs_final_instrument.pdf

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Refer Out When Needed



- Available at no-cost to all Ohioans
- Utilizes video conferencing (Zoom) for sessions
- Email address is required
- Sessions through phone permitted when necessary
- Clients required to upload photo ID to system

www.ohiogtn.org

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Become Qualified to Treat Gambling Disorder

- Licensed by CSWMFT Board
 - LSW, LISW, LISW-S
 - PC, PCC, PCC-S
 Add gambling to Scope of Practice
- Licensed by OCDP Board
 - LCDC-II, LICDC-III, LICDC
 Apply for Gambling Endorsement

Requires: Gambling-specific Education, Training, Supervised Experience



Check out PGNO's Stages Training Series

Additional Gambling Related Resources

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Additional Resources: Prevention

CollegeGambling.org: A website of the International Consortium of Responsible Gaming focused on the college student population.

Know Your Play: A toolkit developed in partnership between the Responsible Gaming Association, EPIC Solutions, and Kindbridge that offers a suite of videos and digital assets intended for college students.

ResponsiblePlay.org: A website of the National Council of Problem Gambling that includes strategies to reduce risk of experience gambling harm. They have a toolkit available with social media assets.

NCAA Resources: NCAA has a [free e-learning module](#) on sports wagering available through their website and a campaign called [Draw The Line](#) which is focused on reducing gambling-related harassment of athletes.

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Additional Resources: Recovery

- Identify any peer support groups like Gamblers Anonymous, that may be in your area. Some AOD recovery groups, like SMART Recovery, are inclusive of gambling. GamTalk is an example of an online peer support network.
- Discuss with your collegiate recovery program how they support/could support students with a gambling disorder
- Become familiar with self-exclusion programs. Often casinos and sportsbook apps offer this as a way for those experiencing harms to voluntarily ban themselves from the premises or the use of the app.

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