

WEB LETTER



FLORIDA COUNCIL ON
COMPULSIVE
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888-ADMIT IT
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BLACK HISTORY MONTH - CELEBRATE HEALTH AND WELLNESS

The national theme for 2022 Black History Month focuses on the importance of Black Health and Wellness. The 2022 theme considers activities, rituals, and initiatives that Black communities have done to be well [1]. The theme's intent is not solely to focus on one's physical body but also on the importance of the emotional and mental health of Black Americans [2]. This is an important distinction given the effects of COVID-19, as well as other issues of importance, which have presented a series of physical and emotional impacts across the population. A mental health concern within the Black community is the issue of compulsive gambling. It is essential to note that while gambling problems are generally common among all racial and ethnic groups across the United States, the research documents that African Americans are more likely to experience gambling-related problems than White Americans. While this is not well understood, additional research in this area would assist in prevention and treatment initiatives [3]. (Note: This research was performed in 2011, prior to the American Psychiatric Association changing the clinical diagnosis for a gambling addiction from "pathological gambling" to "gambling disorder". This study extracted information from the largest prevalence study performed, The National Epidemiologic Survey on Alcohol and Related Conditions (NESARC) in 2005, which is still important today in furthering our understanding and associated implications.)

The 2011 study among Black and White respondents on measures of gambling behavior, problem and pathological gambling (PPG), mental health, and the co-occurrence of mental disorders and gambling, revealed that Black respondents were more likely to exhibit past year PPG [4]. Equally interesting, higher proportions of Black PPGs were identified as women vs. among Whites (49% vs. 32%). "Elevated rates of anxiety, mood, and substance use disorders, as well as personality disorders, were found among black and white problem or pathological gamblers. Black respondents were more likely than Whites to exhibit a stronger relationship between subsyndromal gambling and any mood disorder, hypomania, and any substance-related disorder...A person with subsyndromal gambling exhibits gambling-related behaviors and problems that do not meet the threshold for pathological gambling" [5].

The distribution of the problem gambler's race for 2020-2021, as reported by 888-ADMIT-IT HelpLine contacts, highlighted that Black/African Americans comprised 21%.

Gambler's Race	N=959	Percent = 100%
American Indian/Alaska Native	3	<1%
Asian	18	2%
Black/African American	206	21%
Hawaiian/Pacific Islander	4	<1%
Hispanic/Latino	232	24%
Mixed Race	9	1%
White	487	51%
Totals	959	100%

For help healing one day at a time, call **888-ADMIT-IT** (888-236-4848), text **(321-978-0555)**, email (fccg@gamblinghelp.org), live chat (gamblinghelp.org), use the 888-ADMIT-IT App (<https://landing.appypie.com/888-admit-it>), or reach out on social media, such as Facebook and Twitter.

GET CONNECTED TO THE RESOURCES THAT MAKE A DIFFERENCE AND KNOW THAT RECOVERY IS POSSIBLE!

The statewide **888-ADMIT-IT Confidential and Multilingual Problem Gambling HelpLine is available 24/7** and is for gamblers, loved ones, and other concerned persons. The crisis support line provides a breadth of free resources, including an Online Program for Problem Gamblers (OPPG), a Peer Connect Program, and extensive other referrals for in-person, phone, and online supports to accommodate individual needs, preferences, and schedules, including online, phone and in-person counseling.

Gambling addiction is treatable for those who seek help. If you or someone you know are experiencing difficulties due to gambling, call the 24-hour HelpLine at **888-ADMIT-IT** (888-236-4848), via text (**321-978-0555**), email (fccg@gamblinghelp.org), live chat (gamblinghelp.org), by tapping into the 888-ADMIT-IT App (<https://landing.appypie.com/888-admit-it>), or reach out on **social media**, such as Facebook and Twitter.

REFERENCES

1. Association for the Study of African American Life and History (2021). Black History Themes. Retrieved <https://asalh.org/black-history-themes/>.
2. Ibid.
3. Barry, D. (2011). New Research on Minorities and Gambling. International Center for Responsible Gaming. Retrieved New Research on Minorities and Gambling | ICRG.
4. Ibid.
5. Ibid.