



#PGAM2026

**PROBLEM GAMBLING'S
EFFECTS REACH BEYOND
THE INDIVIDUAL.**

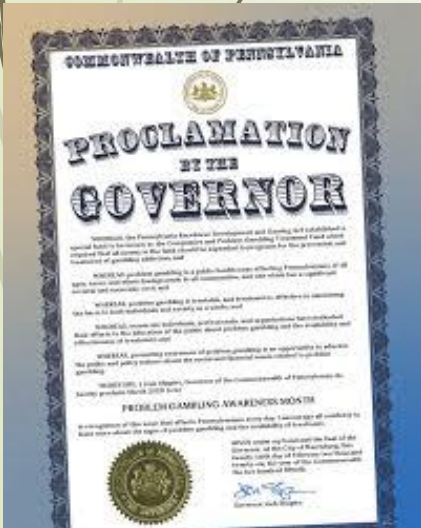
New York State Landmarks Illuminated Yellow for Gambling Disorder Screening Day



- 1WTC
- Governor Mario M. Cuomo Bridge
- Kosciuszko Bridge
- The H. Carl McCall SUNY Building
- State Education Building
- Alfred E. Smith State Office Building
- Empire State Plaza
- State Fairgrounds – Main Gate & Expo Center



- Niagara Falls
- The "Franklin D. Roosevelt" Mid-Hudson Bridge
- Grand Central Terminal - Pershing Square Viaduct
- Albany International Airport Gateway
- MTA LIRR - East End Gateway at Penn Station
- Fairport Lift Bridge over the Erie Canal
- Moynihan Train Hall
- Roosevelt Island Lighthouse



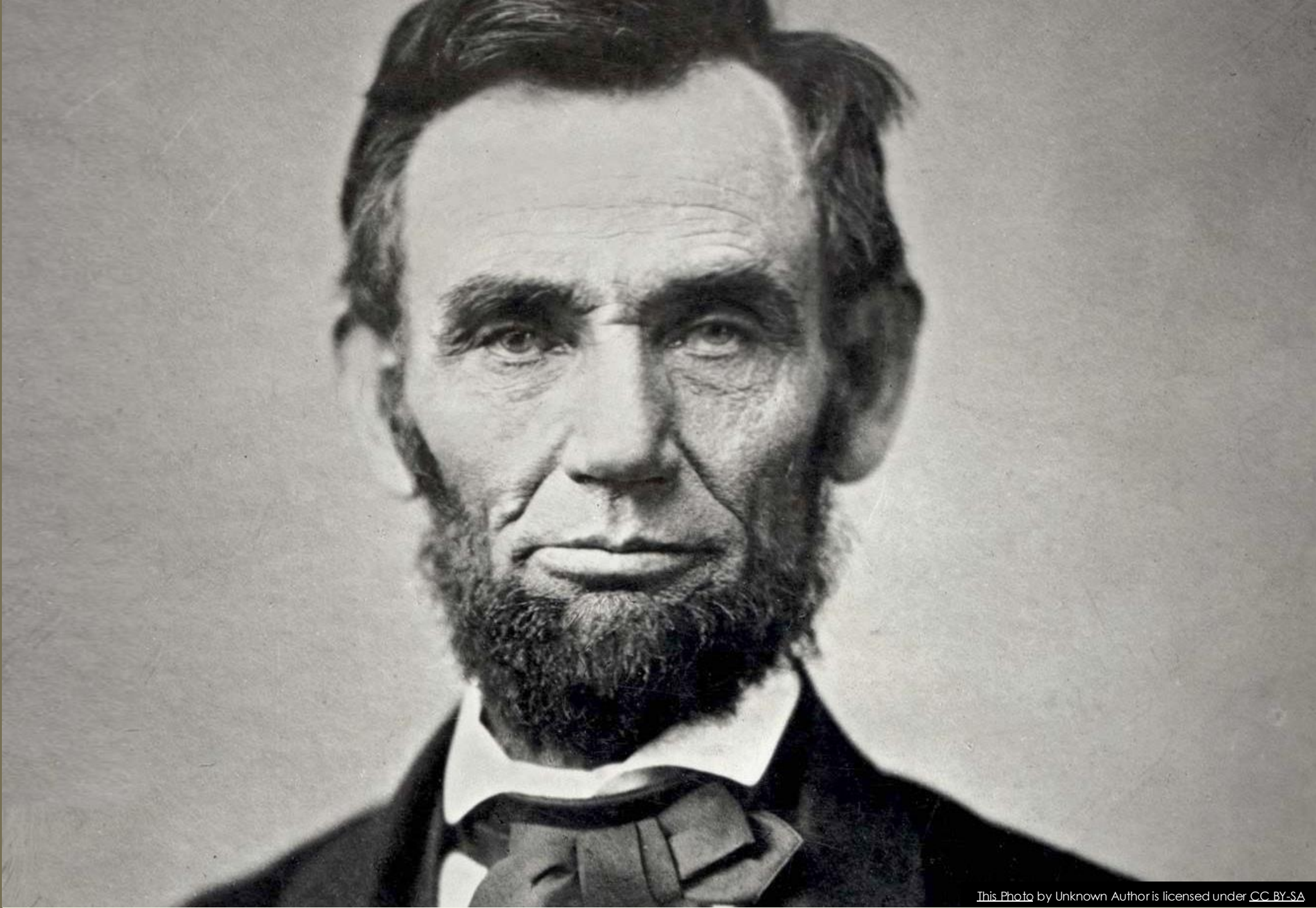




Gambling and Gaming: Understanding Risk, Reward, and Recovery

Ken Litwak, MS, LCADC, LIAC, ICGC-II



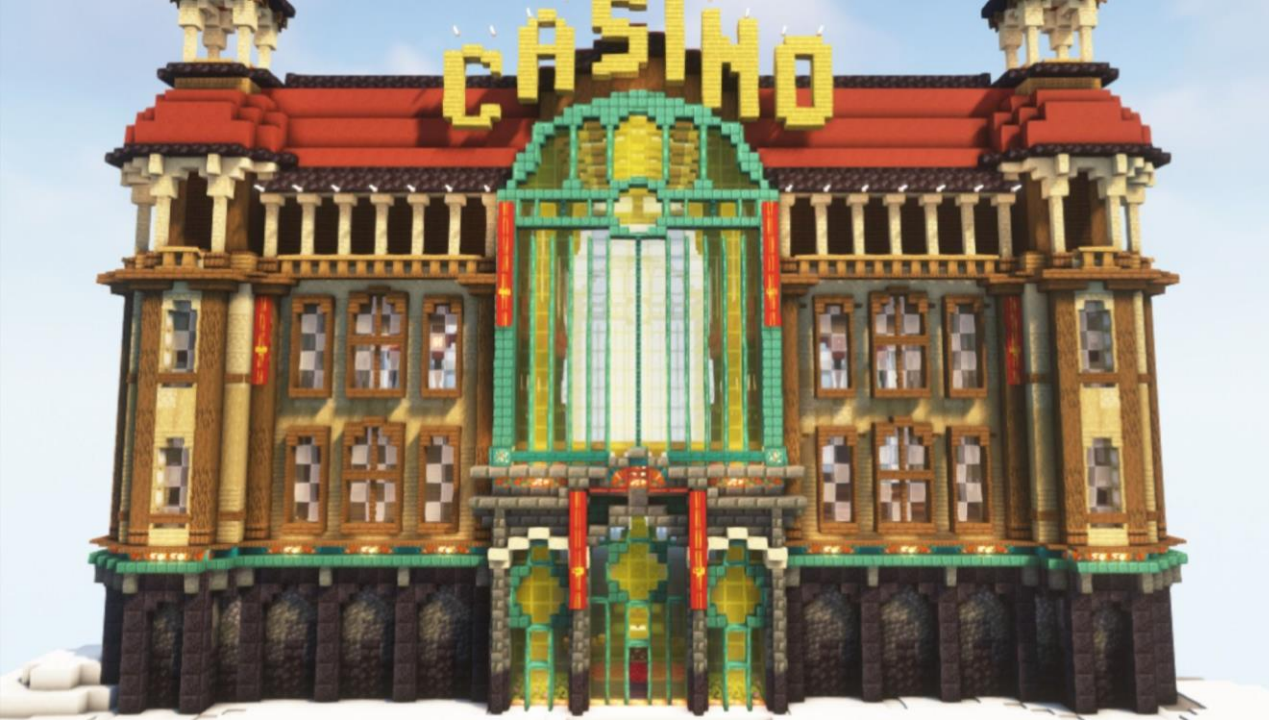








MINECRAFT CASINO BUILDING A BAR



TUTORIAL

EARLY GAMBLING EXPOSURE ISN'T HARMLESS

Prevention starts with conversation, education,
and reducing childhood gambling exposure.

#PGAM2026





At Least 10 Methods of Gambling

1. Sports gambling (outcomes)
2. In-play sports gambling
3. Parlays
4. Prop bets
5. E-sports
6. Skins gambling
7. Loot boxes
8. Table games
9. Slot machines
10. Lottery
11. Scratch-offs
12. Online casinos
13. Poker
14. Day trading / Options
15. Fantasy Sports
16. Raffles
17. Social casino games
18. Animal Fights
19. Informal Bets
20. Prediction Markets
21. Arcade Prize Tix
22. Win a prize pay entry
23. Bingo
24. Dice
25. Gacha games

WIN A DATEJUST 41

WINNER PICKS ONE

REGISTERED • BONDED • INSURED

GUARANTEED WINNER



HOW TO ENTER



1. SHOP OUR STORE

Shop our merch
and digital products



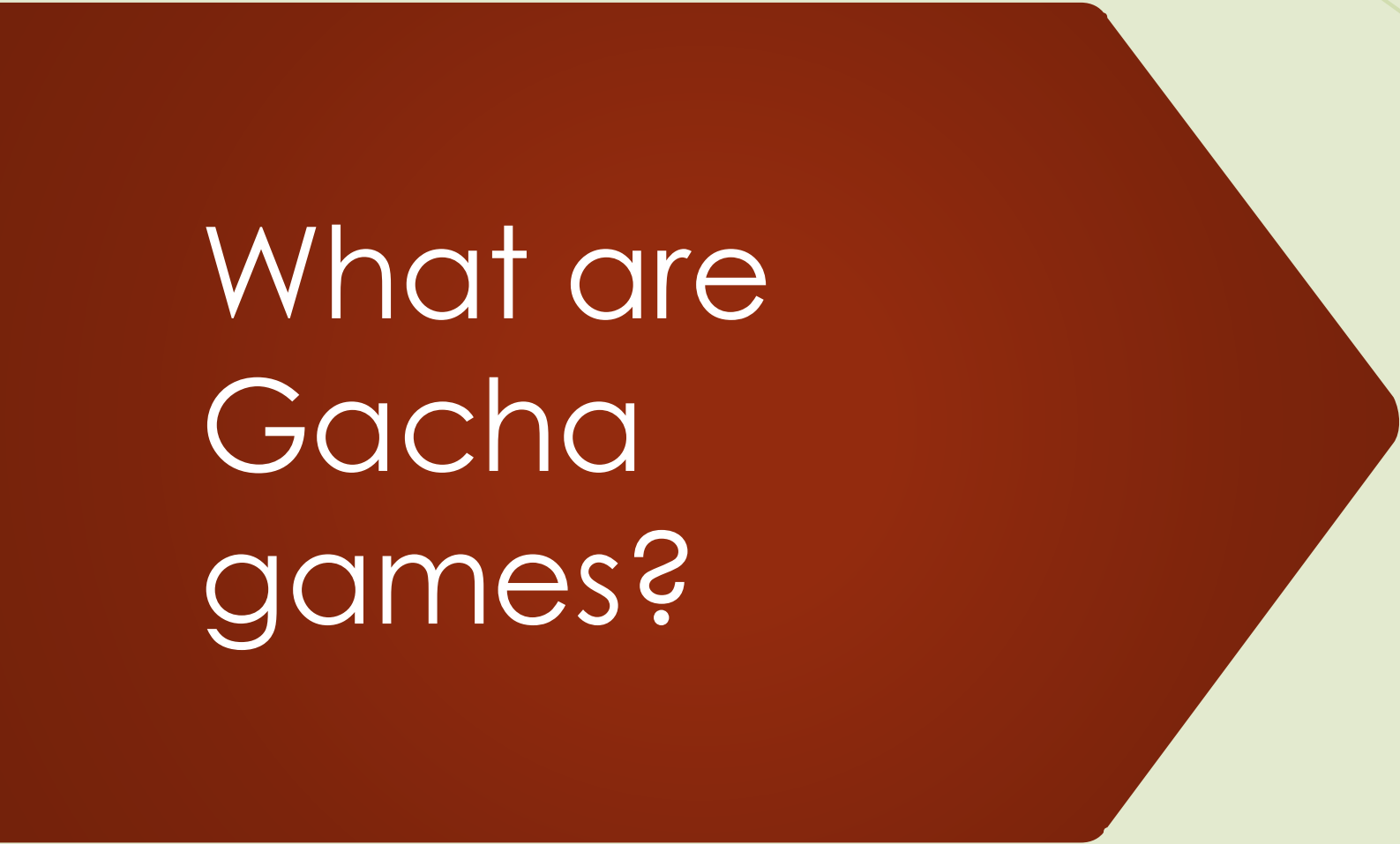
2. BUY GEAR

Checkout and purchase
your favorite items



3. AUTOMATICALLY ENTERED

Every \$1 spent earns you automatic
entries into the giveaway



What are
Gacha
games?



WHAT DOES "GACHA"
STAND FOR?



GACHA

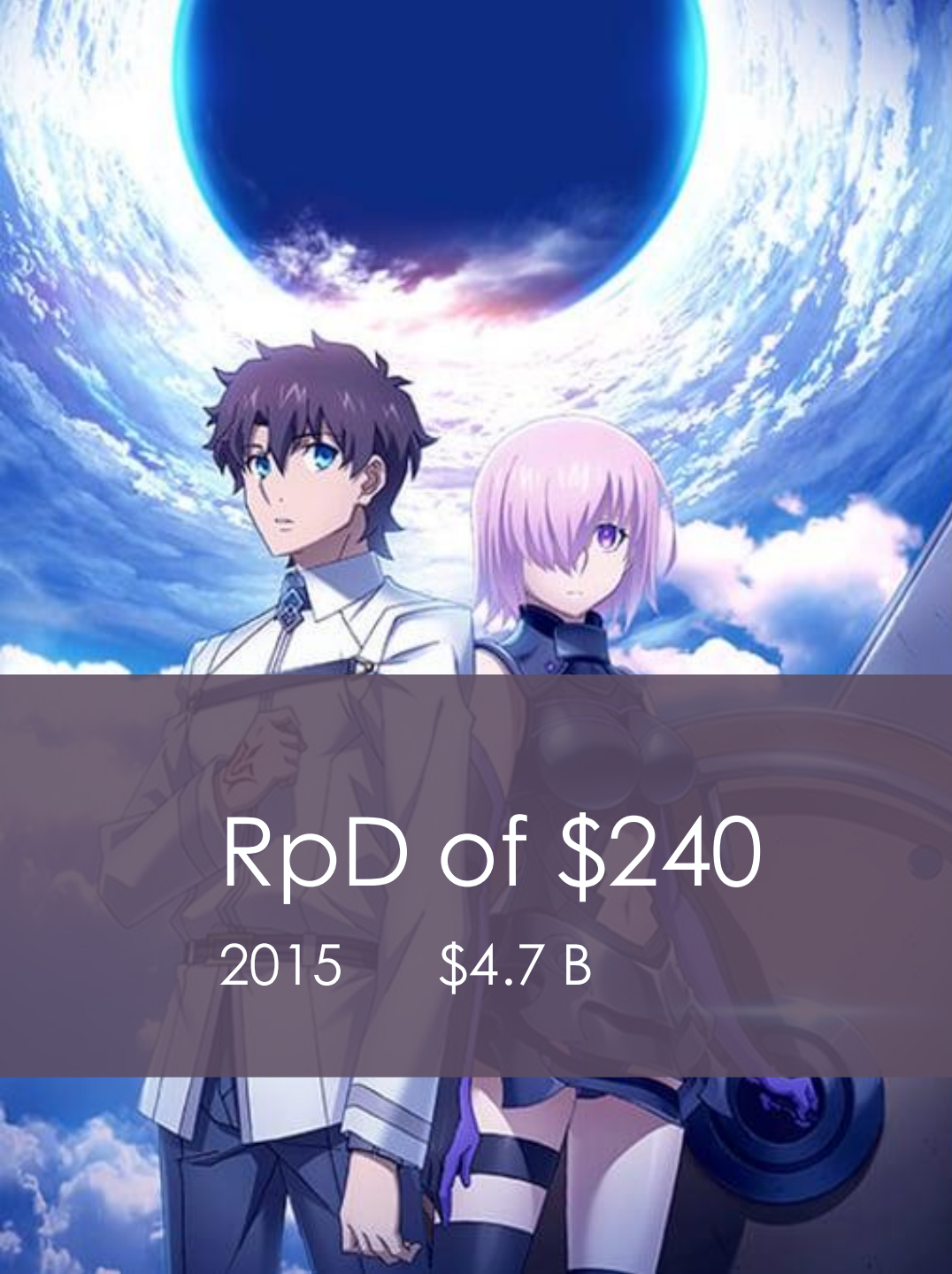
PON



Players **spend** in-game currency to get new characters, weapons, or other items from a **randomized** pool.

Players earn free currency through gameplay, but can also **purchase** premium currency.





RpD of \$240

2015 \$4.7 B

Fate/Grand Order

フェイト／グランドオーダー

Stella/Sora

Tales of Love
and Hope Await



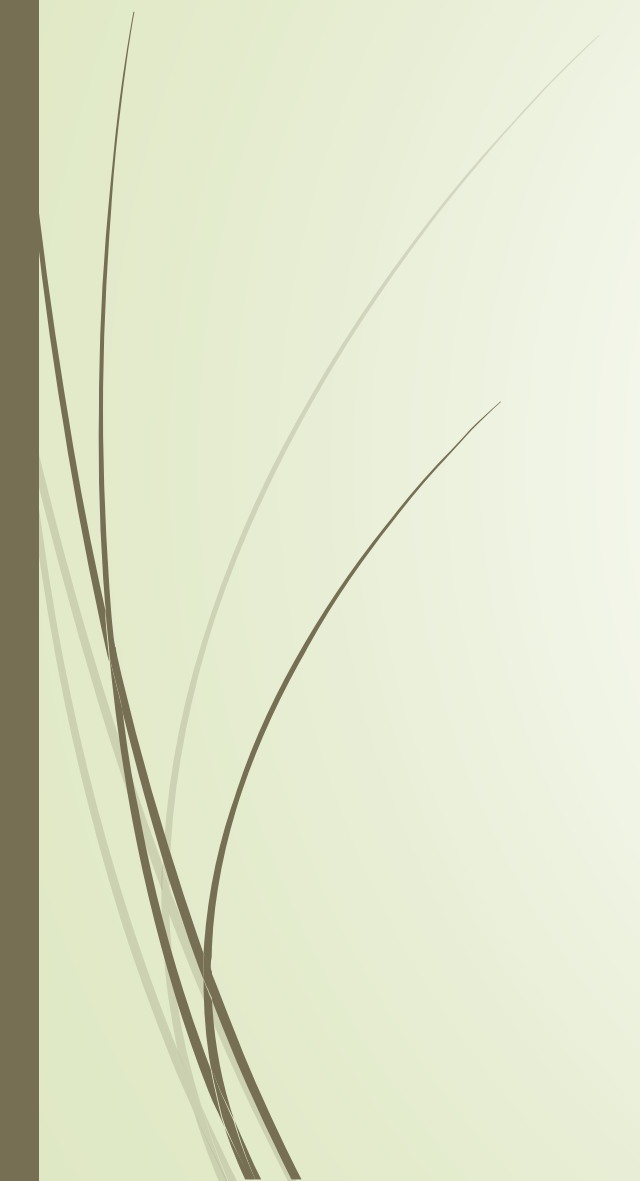
- Average RpD: \$5.45
- emphasizing optimism and fun character interactions
- Bright and energetic
- accessible entry point for players new to gacha games
- \$12.1 M



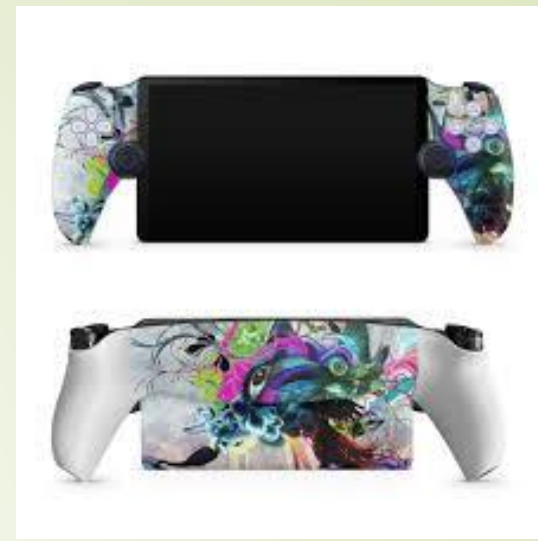
Yeah we're playing
Stella sora

- \$4.6 Billion
- **Average RpD: \$18.74**
- one of most popular gacha games
- freedom and discovery
- explore regions
- completing different quests
- building their team





What are Skins?





JACKPOT!

77

WIN BIG!

JACKPOT

BONUS

LOOT CRATES

SKIN BETS



YOU LOSE!

BANKRUPT

\$

FAILED!

LOOT CRATE EMPTY

BET LOSS

The Risks of Video Game Gambling

Financial Losses and Risks

Gambling in video games can result in significant financial losses, similar to real-world betting challenges.



The Risks of Video Game Gambling

Emotional Consequences

Players often feel frustration and disappointment after losing assets or money in gaming environments.

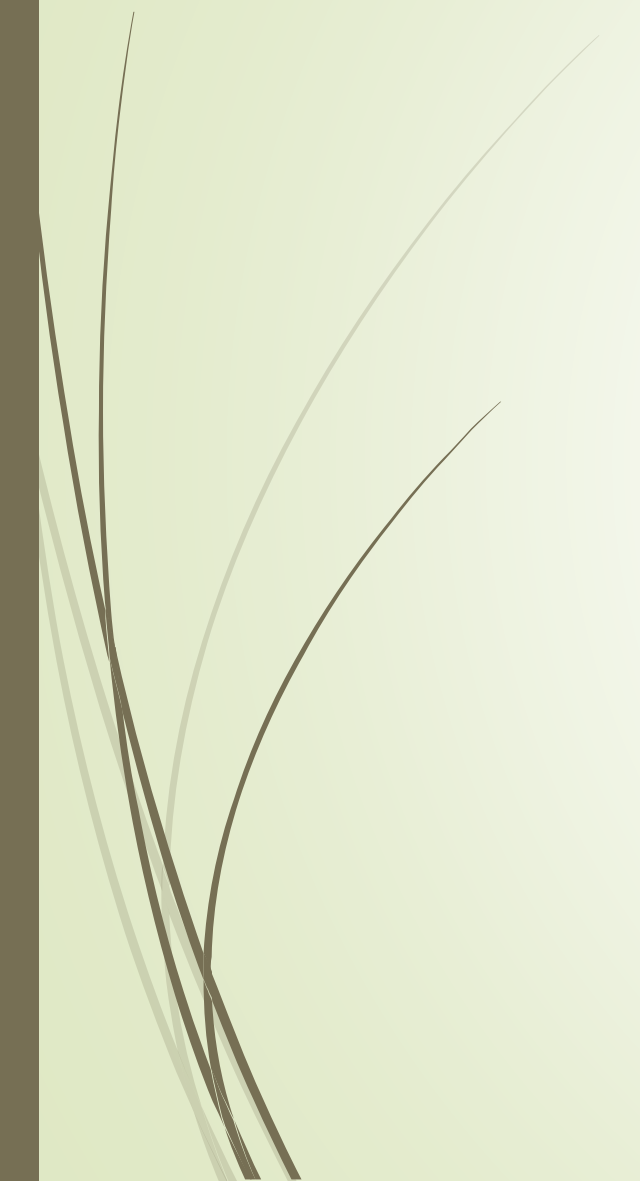


The Risks of Video Game Gambling

Importance of Responsible Gaming

Understanding the risks and practicing responsibility helps prevent harm to mental health and finances.





No One is Dumb Enough to
Gamble on Video Games
Not Even Kids.

PowerWash Simulator 2



The
Ultimate
Cleaning
Experience!





Our Clients Aren't Stupid

Dr. Joe Adams



Dr. Joe Adams

Our Clients Aren't Stupid
They're Getting Something
From Their Behavior

Need Satisfaction



Harmonious Passion – An activity one wants to engage in –
and is free to do so or not

Obsessive Passion – An activity one is compelled to engage in –
even to one's detriment

OP is associated with maladaptive behaviors

Motivation Science

An official journal of the Society for the Psychology of Motivation
Editor: David G. White, University of Guelph
Editor: David G. White, University of Guelph
Editor: David G. White, University of Guelph
Editor: David G. White, University of Guelph

Volume 10(1) 2015
Published by the American Psychological Association
10.1037/mot0000001
www.apa.org/journals/mot

Client "E" 15 Years old
Plays CS2



Down \$50,000

Parents Bail Him Out



Client "E" 21 Years old
Online Sports
Gambling



Down \$50,000

Parents Bail Him Out

Client “R” 20 Years old
CS2 Gambling – Loses
“hundreds” Self-bans



“Spends” \$2K on
Madden in-game
purchases





TOO YOUNG TO BET

Youth exposure to
gambling is increasing
through media, advertising,
and online platforms.



**PROBLEM GAMBLING
AWARENESS MONTH**
→ CARING COMMUNITIES,
STRONGER FUTURES



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DSM-5 Criteria – Gambling Disorder

Needs to gamble with increasing amounts of money in order to achieve the desired excitement.

Is restless or irritable when attempting to cut down or stop gambling.

Has made repeated unsuccessful efforts to control, cut back, or stop gambling.

Is often preoccupied with gambling (e.g., having persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble).



DSM-5 Criteria – Gambling Disorder

Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed).

After losing money gambling, often returns another day to get even (“chasing” one’s losses).

Lies to conceal the extent of involvement with gambling.

Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.

Relies on others to provide money to relieve desperate financial situations caused by gambling.



DSM Defined IGD

a pattern of excessive and prolonged Internet gaming that results in a cluster of cognitive and behavioral symptoms, including progressive loss of control over gaming, tolerance, and withdrawal symptoms, analogous to the symptoms of substance use disorders

5 or more criteria during the past 12 months would meet the diagnostic criteria for IGD.

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GD.

GOD OF WAR



a pattern
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progressive loss of
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NEW STACS

Action /
Adventure
(Story-Driven
Heavy Hitters)



- **The Last of Us Part I & II** – Emotional storytelling + survival gameplay
- **God of War (2018) & Ragnarök** – Mythology + father/son depth
- **Red Dead Redemption 2** – Massive open world, character-driven
- **Uncharted 4: A Thief's End** – Cinematic treasure-hunting adventure





RPGs (Deep Systems + Long Playtime)

Elven Arrow (4)

- **The Witcher 3: Wild Hunt**
– One of the best RPG narratives ever
- **Elden Ring** –
Challenging, open-ended exploration
- **The Elder Scrolls V: Skyrim** – Endless replayability
- **Cyberpunk 2077 (now fully fixed)** – Story + build variety





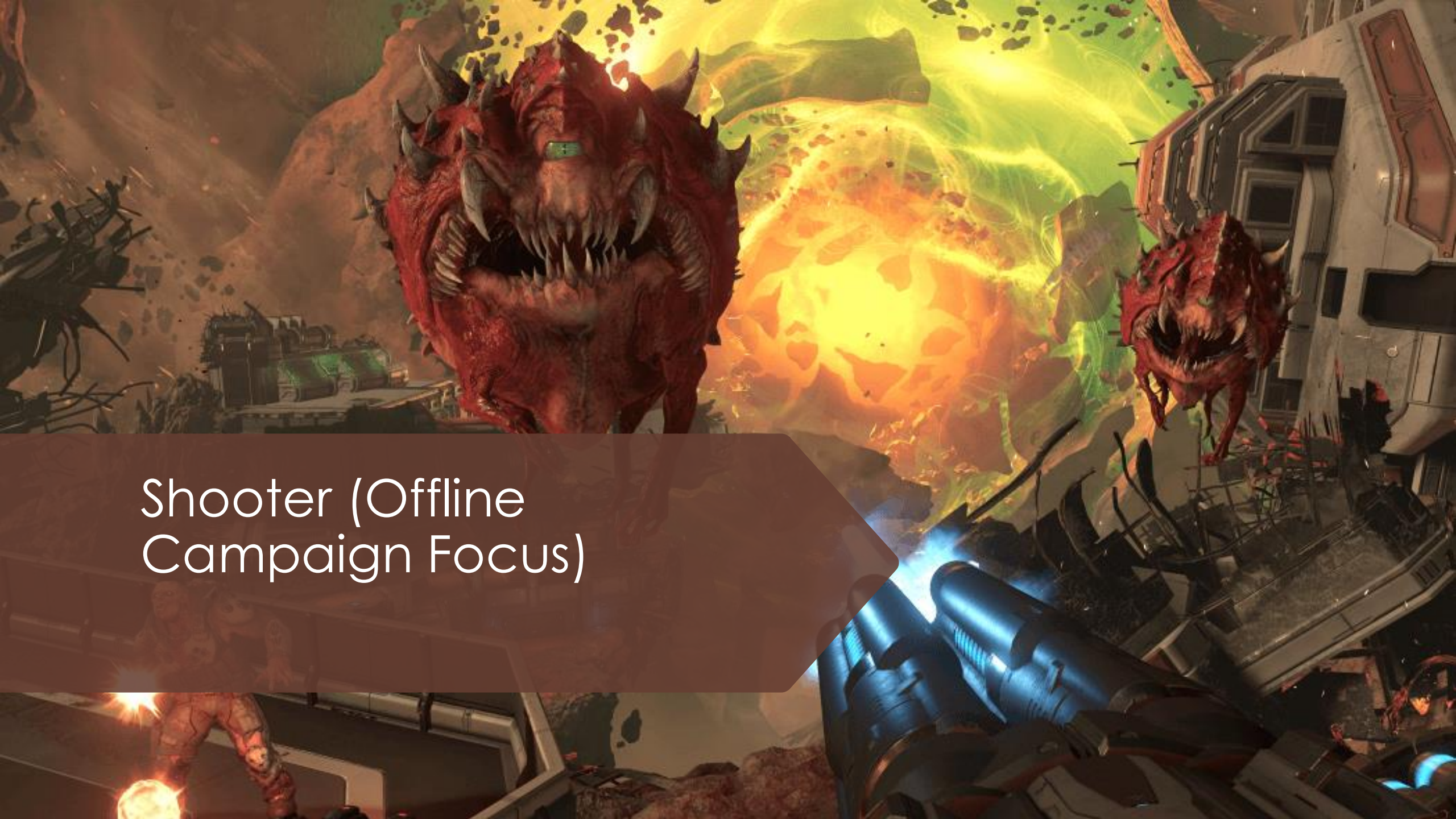
Strategy / Simulation /
Thinking Games

Alex & Caleb

- **Civilization VI** – Turn-based empire building
- **Stardew Valley** – Farming + life sim (very relaxing)
- **Factorio** – Automation obsession (in a good way)
- **Cities: Skylines** – Deep city-building sim



Year 2, Day 9

The image is a first-person perspective from a video game. In the center, a large, red, scaly monster with multiple horns and sharp teeth is roaring. To its right, a massive, bright yellow and orange explosion fills the sky. In the foreground, the player's weapon, a blue and black futuristic gun, is visible. The background shows a city with damaged buildings and debris. A semi-transparent dark red banner is overlaid on the left side of the image.

Shooter (Offline Campaign Focus)

- **DOOM Eternal** – High-speed, skill-based combat
- **Titanfall 2 (Campaign)** – One of the best FPS campaigns ever made
- **Metro Exodus** – Survival + narrative immersion
- **Halo: Master Chief Collection** – Classic campaigns offline



Indie / Artistic /
Unique Experiences



- **Hades** – Fast-paced roguelike with strong narrative loop
- **Journey** – Minimalist, emotional, meditative
- **Celeste** – Precision platformer with mental health themes
- **Inside** – Dark, atmospheric puzzle experience





Horror / Survival



- **Resident Evil 4 (Remake)** – Action-horror perfection
- **Dead Space (Remake)** – Sci-fi terror done right
- **Alien: Isolation** – Pure tension and stealth horror
- **Amnesia: The Dark Descent** – Psychological horror classic



A character in a fantasy world, seen from behind, stands on a grassy hill. They are wearing a large, round wooden shield on their back and holding a bow. The landscape is vast and open, with rolling hills, a small wooden hut, and distant mountains under a bright, cloudy sky. A large tree with yellowing leaves is on the left, and the sun is shining through its branches. The text "Open World / Exploration" is overlaid on a green arrow-shaped banner pointing right.

Open World / Exploration

■ **The Legend of Zelda: Breath of the Wild** – Pure exploration freedom

■ **Horizon Zero Dawn** – Unique world + combat

■ **Ghost of Tsushima** – Beautiful samurai storytelling

■ **Assassin's Creed Valhalla** – Viking open-world





DSM Defined IGD

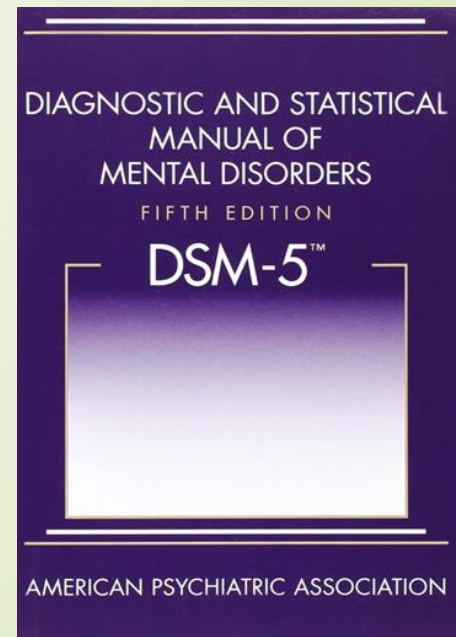
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5 or more criteria during the past 12 months would meet the diagnostic criteria for IGD.



DSM Criteria – Internet Gaming Disorder

- (1) Preoccupation with gaming, (G)
- (2) Withdrawal symptoms - irritability / anxiety when unable to play games (G)
- (3) Tolerance – the need to increase time spent on games, (G)
- (4) Unsuccessful attempts to reduce or stop gaming, (G)
- (5) Loss of interest in other activities





DSM Criteria – Internet Gaming Disorder

(6) Continued gaming despite problems,

(7) Deceiving family members or others about the amount of gaming, (G)

(8) Gaming to escape or to relieve negative moods, (G)

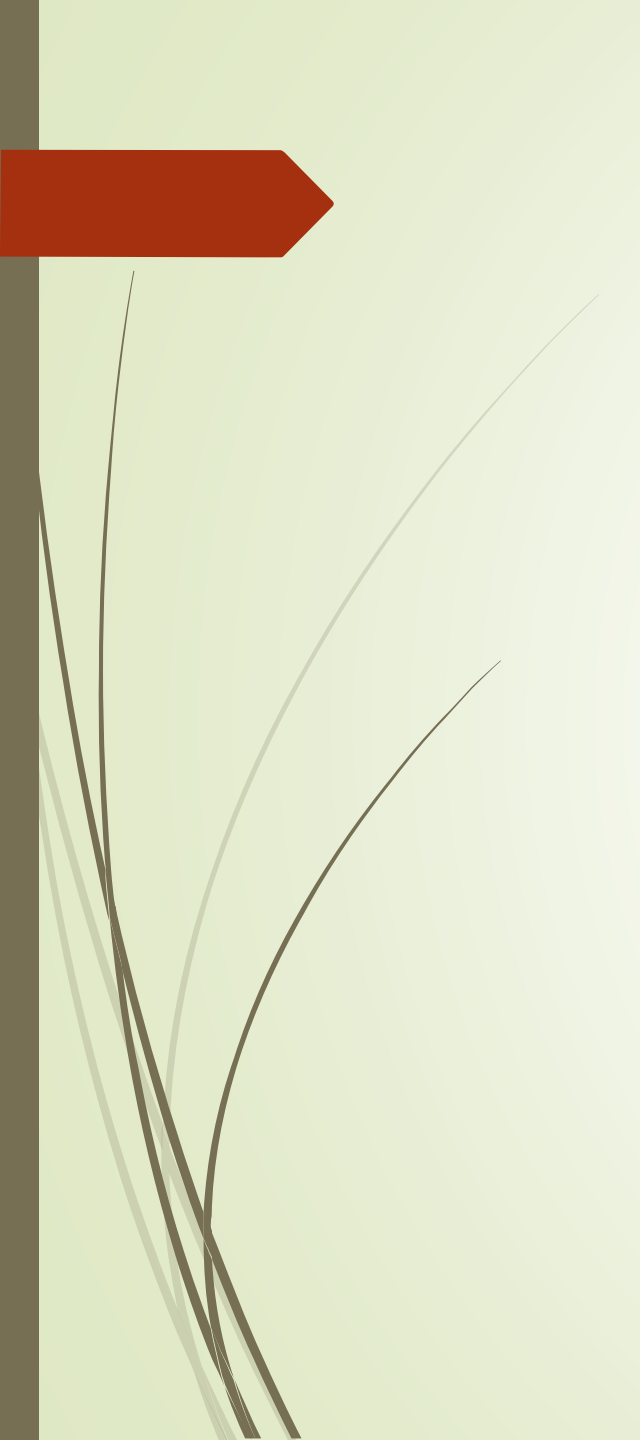
(9) Risk or loss of a relationship, job, or educational or career opportunity because of gaming. (G)

DIAGNOSTIC AND STATISTICAL
MANUAL OF
MENTAL DISORDERS

FIFTH EDITION
TEXT REVISION

DSM-5-TR™

AMERICAN PSYCHIATRIC ASSOCIATION



(5) loss of interest in other activities
because of gaming,

(6) continued gaming despite
problems,

Relies on others to provide money to
relieve desperate financial situations
caused by gambling.

After losing money gambling, often
returns another day to get even
("chasing" one's losses).

Hidden Gambling Exposure in Adolescents

Many people first encounter gambling-like mechanics in games before ever entering a casino.



Researchers sometimes
call this:

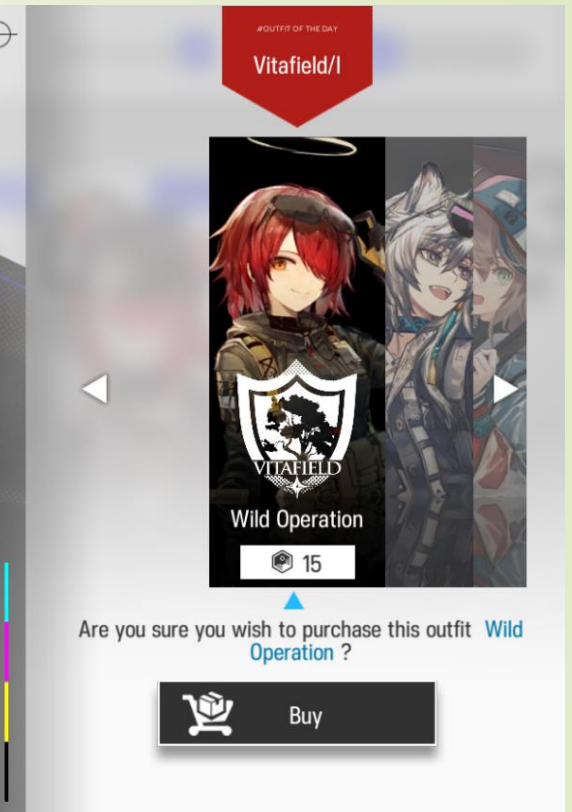
**“The gambling
gateway effect.”**

➤ The pathway often looks like:

➤ Video games with loot boxes



↓
**Gacha /
randomized
rewards**



↓
**Skin betting /
digital
markets**
↓







➤ The pathway often looks like:

➤ Video games with loot boxes



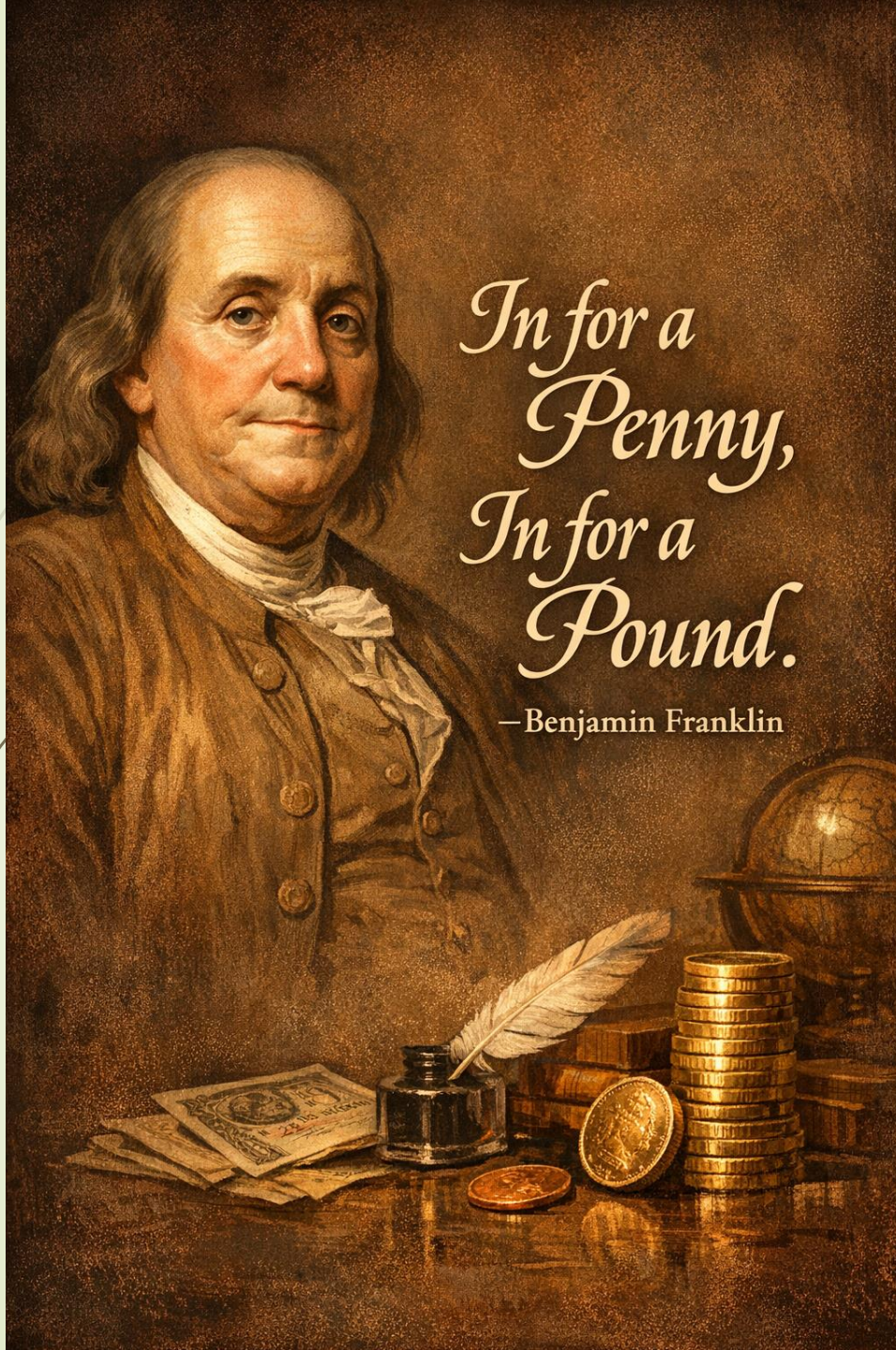
Gacha / randomized rewards



Skin betting / digital markets



Sports betting or casino gambling



*In for a
Penny,
In for a
Pound.*

—Benjamin Franklin





Sunk Cost Fallacy

Players who have invested time or money feel compelled to continue.

“I already put months into this game.”

Loss-Chasing

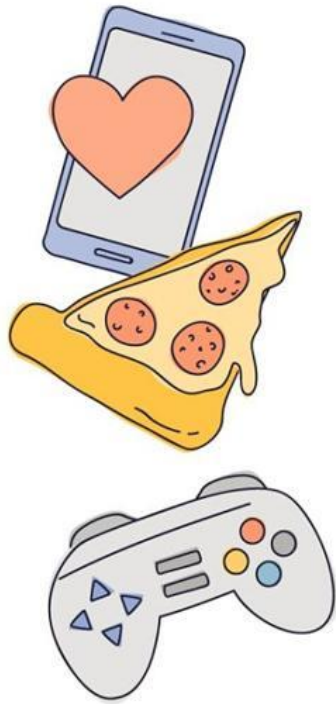
Players may think:

“I already spent \$80. If I spend \$20 more, I might finally get it.”

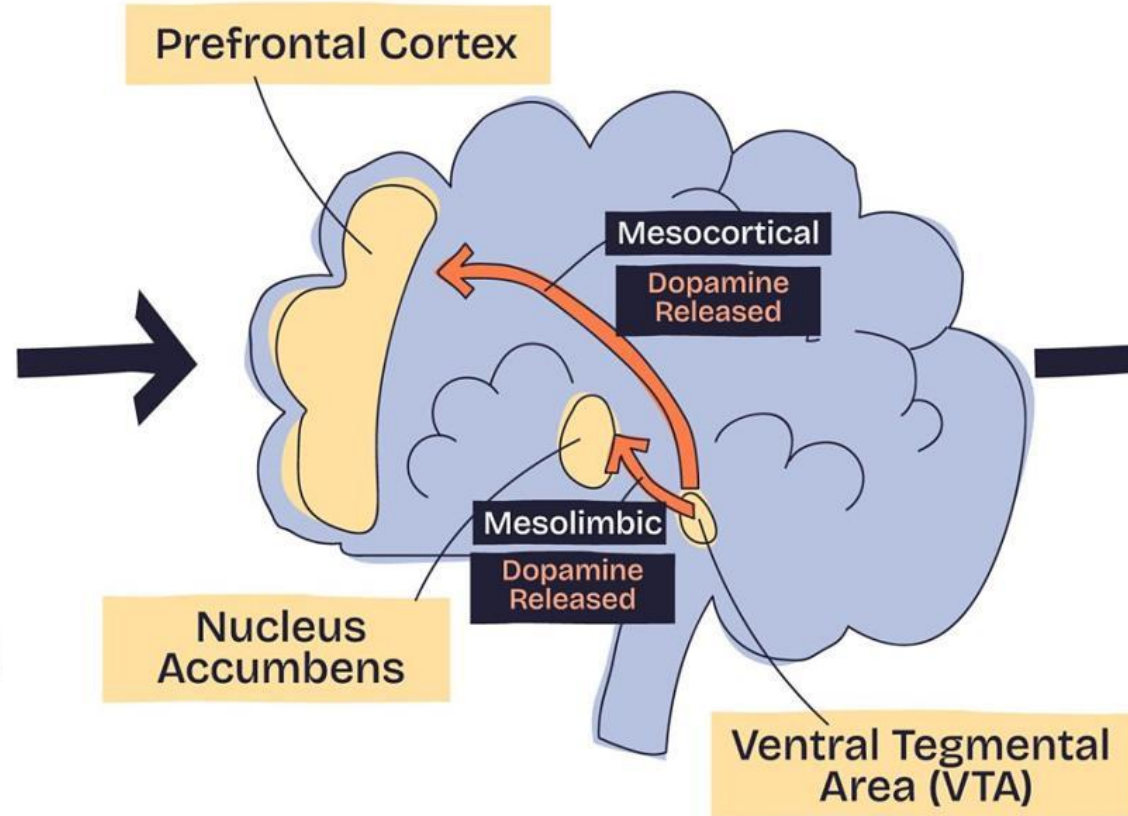
This mirrors chasing losses in gambling disorders.

The Reward System

The Trigger



The Brain's Response



The Outcome



Non-Conscious vs Conscious Mind

Automatic Non-Conscious Processes

Manages bodily functions and processes information automatically without our awareness.

Intentional Conscious Thought

Enables intentional thought, decision-making, and awareness of surroundings.

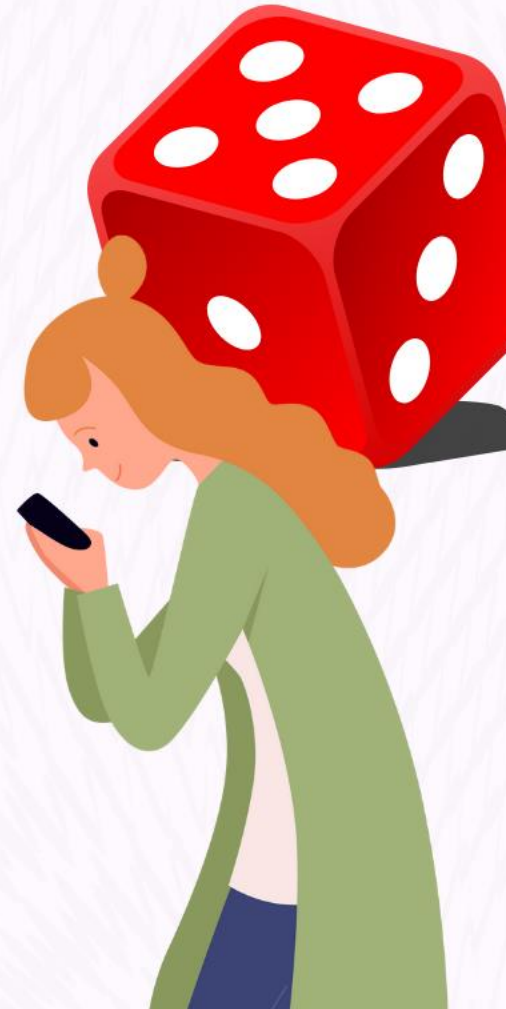
Influence on Behavior

Non-conscious guides habits while the conscious enables deliberate actions, shaping our behavior.



How to Quit Gambling: Tips from a Therapist

- Acknowledge the problem
- Know why you're quitting
- Identify your triggers
- Self-regulate your gambling
- Maintain and reach out to healthy supports
- Join a recovery group
- Find diversions
- Create new routines



How to Quit Gambling: Tips from a Therapist

- Avoid or plan for risky situations
- Learn to manage your emotions and stressors
- Self-banning
- Aim for a healthy lifestyle
- Up your physical exercise
- Don't give up
- Develop a maintenance plan



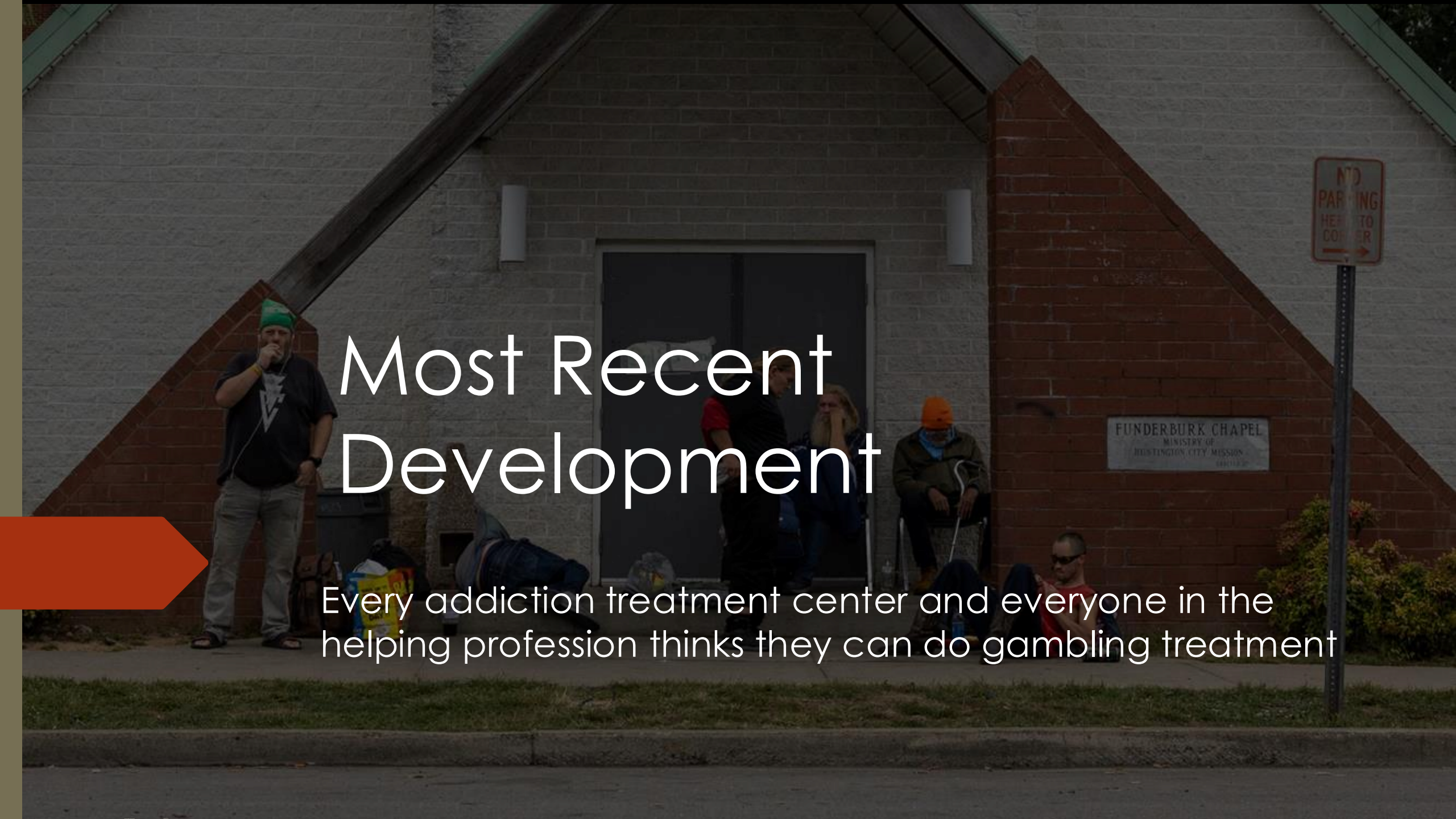
Treatment for Gambling Disorder

- ▶ Cognitive Behavioral Therapies
- ▶ Gamblers Anonymous

The logo for Gamblers Anonymous' 12 Steps program. It features a dark blue rectangular background. At the top, the letters 'GA' are written in a large, white, stylized font. Below this, the number '12' is displayed in a very large, bold, yellow font. At the bottom, the word 'STEPS' is written in a white, bold, sans-serif font.

GA
12
STEPS





Most Recent Development

Every addiction treatment center and everyone in the helping profession thinks they can do gambling treatment

[About](#) [Insurance](#) [Staff](#) [Treatment](#) [Amenities](#) [Reviews](#) [FAQs](#)

Therapies

[1-on-1 Counseling](#) [Acceptance and Commitment Therapy \(ACT\)](#) [Animal Therapy](#)
[Cognitive Behavioral Therapy](#) [Dialectical Behavior Therapy](#) [Equine Therapy](#)
[Eye Movement Therapy \(EMDR\)](#) [Family Therapy](#) [Group Therapy](#) [+16 more](#)

Languages

[English](#)

Aftercare

[Follow-up Sessions \(online\)](#) [Relapse Prevention Planning](#) [Return Visits](#)
[Ability to Call a Counselor](#) [Alumni Events & Get-Togethers](#) [Follow-up Sessions \(in-person\)](#)
[Outpatient Treatment](#) [Alumni Reunions](#) [Medication Assistance](#) [+1 more](#)

Conditions We Treat

[ADHD, ADD](#) [Anger](#) [Anxiety](#) [Bipolar](#) [Burnout](#) [Codependency](#) [Depression](#)
[Eating Disorders](#) [Gambling](#) [+14 more](#)

**MARCH IS
PROBLEM
GAMBLING
AWARENESS
MONTH**



**CARING COMMUNITIES,
STRONGER FUTURES**



#PGAM2026

[About](#) [Insurance](#) [Staff](#) [Treatment](#) [Amenities](#) [Reviews](#) [FAQs](#)

Languages

English

Aftercare

Alumni Reunions Private, Online Alumni Groups Medication Assistance
Support Meetings (on-site) Relapse Prevention Planning Return Visits
Ability to Call a Counselor Recovery Retreats Family Follow-up Counseling +5 more

Substances We Treat

Alcohol Benzodiazepines Chronic Relapse Co-Occurring Disorders Cocaine
Drug Addiction Ecstasy Heroin Marijuana +6 more

Conditions We Treat

ADHD, ADD Anger Anxiety Bipolar Burnout Codependency Depression
Gambling Gaming +6 more



**PROTECT THEIR
BRIGHT FUTURE**

#PGAM2026

Healing Begins Here: Addressing the Full Spectrum of Disorders

Our clients at Beachway New Jersey find support for a range of issues, from substance use to complex co-occurring disorders, such as:

- Depressive Disorders
- Anxiety Disorders
- Mood Disorders
- Trauma and PTSD
- Problematic Gambling
- Grief and Loss
- Family Dysfunction
- Personality Disorders

We're not just treating symptoms; we're addressing the root causes and the intricate web of consequences that stem from addiction. Our trauma-informed care permeates every level of our service, with specific programs incorporating EMDR and narrative therapy.

Embrace Change, Foster Resilience

Recovery can be daunting, but at Beachway New Jersey, we see it as an opportunity for profound personal growth. By working through issues as they present themselves, rather than suppressing them, our clients build the resilience and coping skills necessary for a healthier, more fulfilling future.



Integrated Rehab Solutions



Comprehensive Treatment

Many rehab centers now treat both substance abuse and gambling addiction together for better outcomes.



Specialized Methods

Counseling, group therapy, and behavioral interventions are used to help individuals address multiple addictions.



Supportive Environment

A supportive rehab environment encourages individuals to manage co-occurring disorders and achieve lasting recovery.

3-Prong Method





3-Prong Method

Short-term: Behavioral Replacement - Fulfillment not entertainment

Medium-term: Stop gambling; Stop Lying; Stop people-pleasing &
re-build relationships

Long-term: Underlying causes of addictive behavior



ONE DOES NOT SIMPLY



**SAY THANK YOU
WITHOUT A MEME**

Questions?

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<https://aid=102577/access.infobase.com/article/10899665-gambling-disorder?rak=1&aid=1-2577>

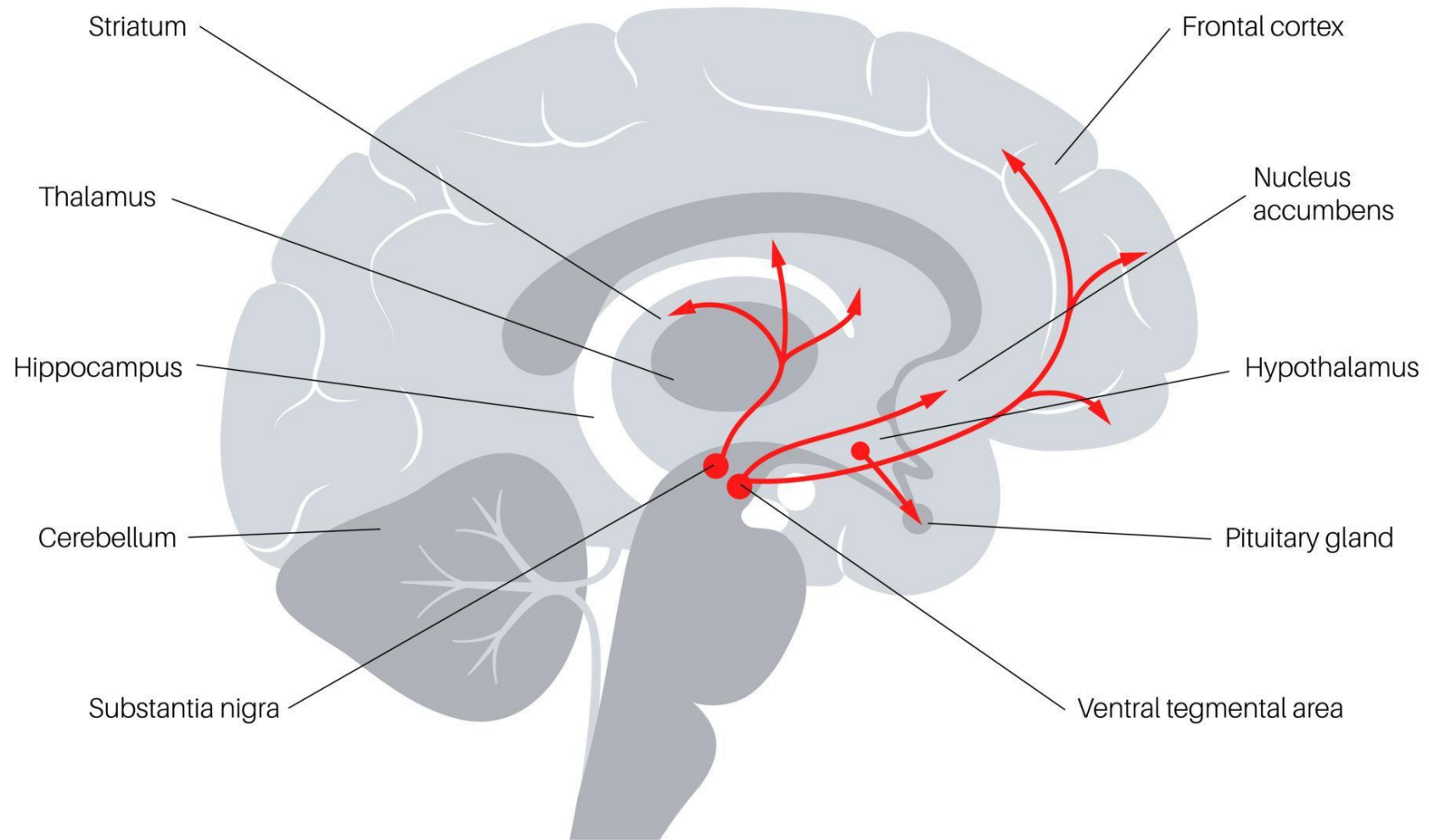
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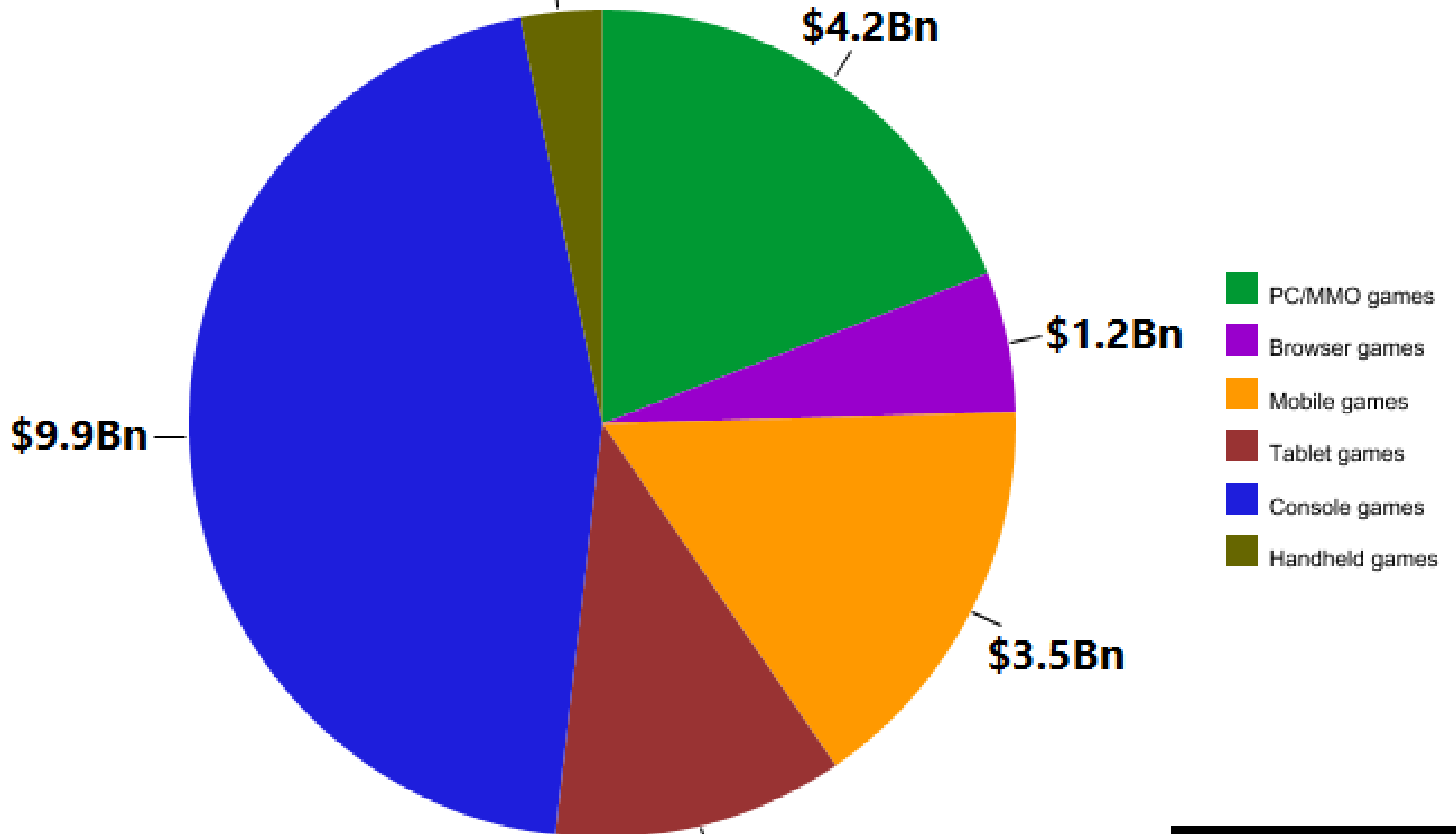
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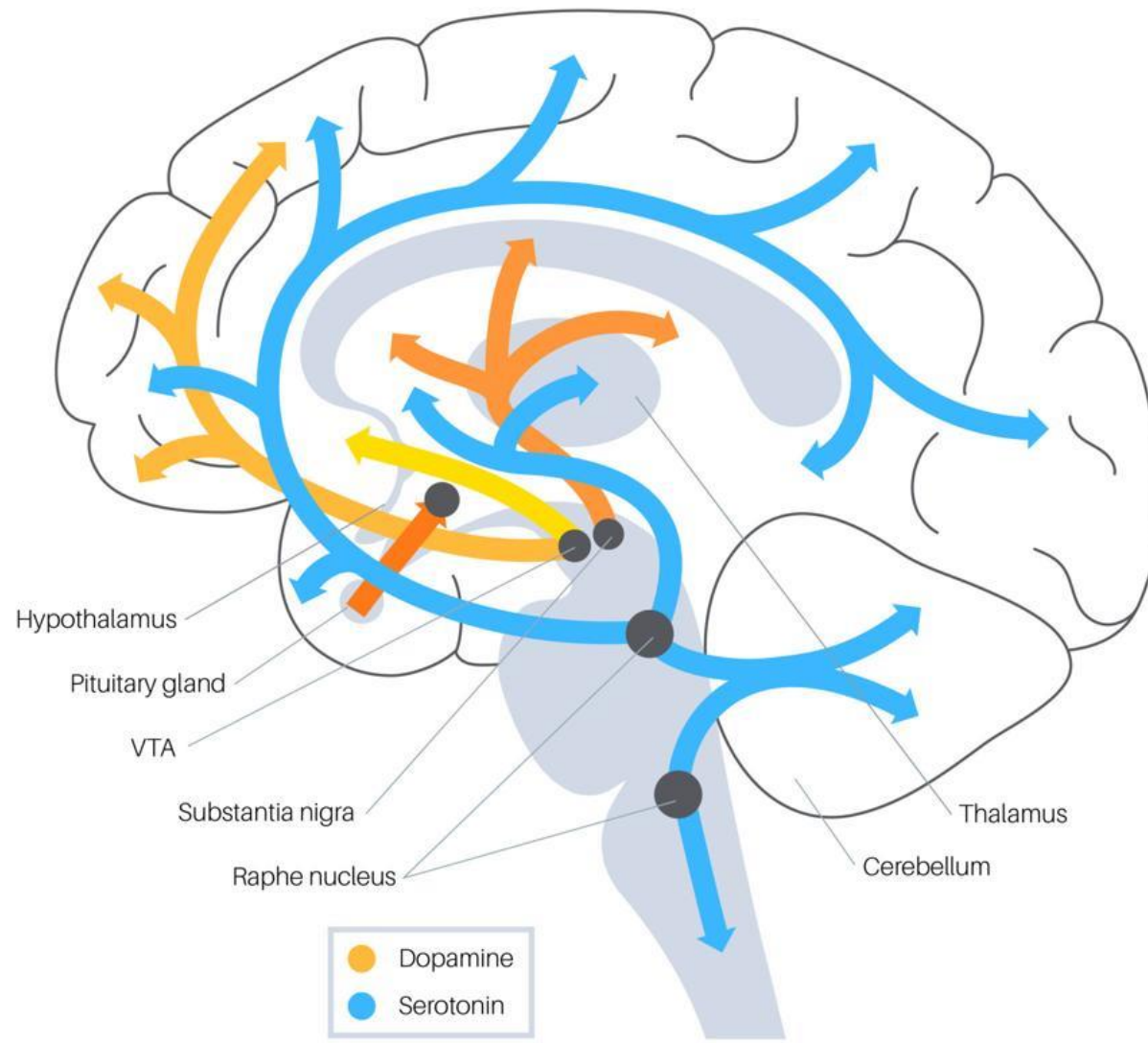




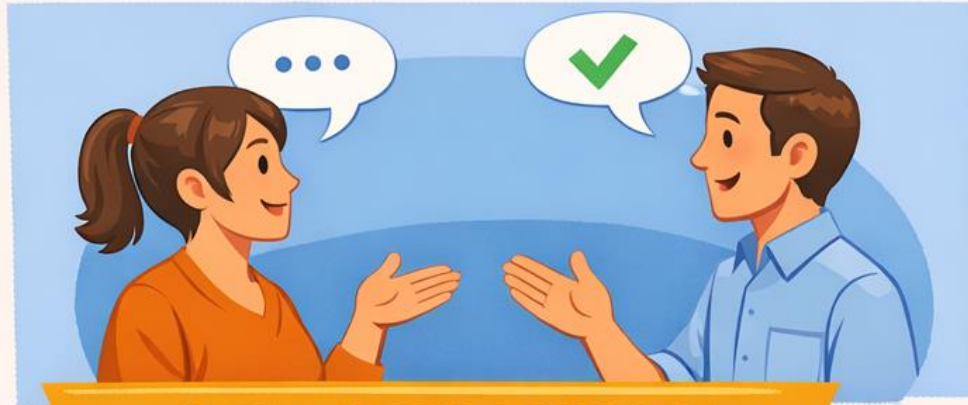








STRATEGIES FOR EFFECTIVE **TEAMWORK**



CLEAR COMMUNICATION



DEFINED ROLES & RESPONSIBILITIES



COLLABORATION & SUPPORT



REGULAR FEEDBACK





DSM Defined IGD

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