Gambling and Gaming in Native American Communities: Cultural Traditions to Contemporary Trends

Presented by: Maureen Greeley, BS; Ricki J. Peone, LMSW, ICGC-II, BACC; and Leslie Stanyer, SUDP, WSCGC-1

Gambling and Indigenous History
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Tshimikain Consulting Services
Thursday, July 27, 2023

Gambling is a Part of Indigenous History

• Gambling, in various ways, has been a significant part of the Native American culture and heritage.

• Tribes have gambled since the beginning of time.

• Games vary on the uniqueness of each Tribe.

• Embedded in creation stories, life lessons, animals.

• Games of chance, skill, luck, power, spiritual.

• Utilized to exchange goods, food, tools, clothing, along with fun and creating new relationships.
Some Tribal/Indigenous Games

- Traditional Lacrosse
- Canoe Races
- Running races
- Hoop and Dart
- Shinney
- Navajo Shoe game
- Arrow Throw
- Double ball
- Horse races,
- Hand Game, Bone Game, Stick Game

Gaming has always been part of the Sp’q̓eł̓ (Salish for Spokane) tribal heritage. Stick Game and Wahluke featured here are traditional tribal games that bring people together just as Spokane Tribe Casino will do.

Protected images: Do NOT reproduce without express permission of Spokane Tribe.
Hand or Stick Game

Most widely distributed and found in 81 Tribes across the Nation

- Usually played in teams
- Long hours of play, at times days
- Betting, today, generally consists of money
- Elements of skill vs. luck, Intuition, one’s power, “sumesh” or medicine, spiritual connection/power
- Learning/practicing Grace in the face of Uncertainty
- Spiritual elements of control (not to be abused or in excess)
Indigenous Gambling vs. Modern Gambling

- Exercise ongoing perception
- Team play
- Duration is long hours to days
- Some Seasonal only, Ceremonial & in specific places
- Contests Complex
- Play against each other

- Cultural Identity
- Analysis (Chess)
- Individual play
- Black Jack, seconds
- Generally anytime, anyplace
- Contests Simple
- Play against the odds
Tribes and Sovereignty

Sovereignty is the power of Indian tribes to make their own laws and be governed by those laws.

Sovereignty protects tribal members, land, and resources.

Recognized as a Sovereign Nation

The power to control lands and resources.

The power to govern persons who enter a reservation.

The power to establish the institutions of government and sovereign immunity.

Indian Gaming Under IGRA – The Indian Gaming Regulatory Act

- Provides a balanced structure with regard to Indian Gaming
- A means of promoting tribal economic development, self-sufficiency, and strong tribal governments
- Heavily regulated to assure that gaming is conducted fairly and honestly by both the operator and players
- States are prohibited from imposing taxes and fees on tribal gaming
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Different regulatory framework for each:

**CLASS I**
Prizes of minimal value or traditional forms of Indian gaming. Regulated solely by the tribe.

**CLASS II**
Game of chance commonly known as bingo and certain card games authorized by state law. Regulated by the tribe, monitored by NIGC.

**CLASS III**
Everything else. Regulated by the tribe and the state, through a tribal-state compact.

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Tribal Gaming in Washington (Class III)

- 29 federally recognized tribes in Washington – all have negotiated compacts with the state
- 23 tribes operate casinos, some large, some small
- For tribes whose lands are in remote locations, it is not economically viable to operate a casino

*Northern Quest Resort & Casino*
Gaming Today and What it Means for Tribes

- Tribal Gaming provides many different tribes with revenue for necessary services.
  - Education
  - Health Care
  - Jobs
  - Employment
  - Community at large
  - Opportunities
  - A better quality of life
  - Other services and programs focused on Elders, Youth, Families

Gaming Tribes and Economic Impacts

- Generation of employment; wages, benefits, and the generation of state and local taxes through associated economic activity.
- Funding distributed to cities, towns, and counties
- Funding provided for community services and public safety programs for local governments
- School improvements
- Problem Gambling services; education, prevention, and treatment
- Charitable donations
Culture Considerations; Indigenous History and Industry Knowledge/Understanding

- If you truly have a passion in what you do, you will want to learn all aspects of what you do
  - Think of it as a form of art
- Knowing and understanding the history of Tribal gaming and relevance to their cultural and traditional ways of life.
- Knowing and understanding the laws, regulations, and functions of current Tribal gaming venues.
- Build bridges for understanding cooperation/collaboration between gaming venues, organizations and communities.
- These may help fill the gap between disordered gamblers, their family members, and service providers.

Culture Considerations; Culture Knowledge and Awareness

- Awareness of significant aspects including history, values, experiences, and way of life
- Understanding of significant areas including barriers (i.e. language barriers, values, and etc)
- Continuously gaining knowledge and information with regard to other cultures
- Awareness of your own biases and their affects
- Awareness of limitations
- Respecting the culture of others
Questions?

Treatment Tools for Working With Tribal Communities

Leslie Stanyer, SUDP, WSCGC-1
Thursday, July 27, 2023
Overview

I will discuss what gambling disorder is, how to screen for it, assess clients in a culturally responsive way, and provide services using tools from theories such as CBT, MI, and DBT. By the end of this presentation, you should be aware of screening tools that can be quickly implemented, and many of you may choose to become Certified in Washington State and increase the number of providers available to individuals seeking services.

Gambling Disorder Criteria

Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in 12 months:

1. Needs to gamble with increasing amounts of money to achieve the desired excitement.
2. Is restless or irritable when attempting to cut down or stop gambling.
3. Has made repeated unsuccessful efforts to control, cut back, or stop gambling.
4. Is often preoccupied with gambling.
5. Often gambles when distressed.
6. After losing money gambling, often returns another day to get even.
7. Lies to conceal the extent of involvement with gambling.
8. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling.
9. Relies on others to provide money to relieve desperate financial situations caused by gambling.

A manic episode does not better explain gambling behavior.

Some Co-Occurring Disorders

From CAMH

https://learn.problemgambling.ca/eip/concurrent-disorders

How Common are Co-Occurring Disorders with Gambling Disorder?

Data from the National Comorbidity Replication Survey estimate that:

- 96% of individuals with gambling disorder have one or more co-occurring psychiatric disorders
- More than 60% of individuals with gambling disorder have at least three psychiatric disorders.
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Some Things to Know...

• Those who gamble often believe money is not only the problem but also the solution to the problem
• It’s not about the money any more than substance abuse is about the route of administration
• According to one study, Indigenous populations have a 14.2% rate of being affected by problem gambling (Patterson— et al., 2014)
• 22-81% experience suicidal ideation; between 7-30% attempt, and there is a 15-fold mortality rate of suicide in problem gamblers, according to a study out of Sweden. (Marionneau & Nikkinen, 2022)

Where Do We Start?

Short screens:
Lie/Bet
• Two questions
NODS-Clip
• Three questions
NODS-Perc
• Four questions
BBGS Needs a positive to one of 2-4 for a positive result
• A positive response to any question indicate the need for further assessment

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Long Screens

NODS Self-Report
- Ten questions

NODS Significant Other Self-Report
- Ten questions

SOGS
- Sixteen questions

SBIRT Pre-Screen
- Nine questions

Each has its own rating scale

Language Matters

- Western culture is moving toward person first language, but this can still be stigmatizing for Native people

- Instead of saying a person with a gambling disorder try: “A person affected by gambling.”

- Define what gambling is before presenting any screen or assessment tool, what we think of as gambling may not be true for everyone.
Assessment

- ECPG has an available assessment on their website for both the individual affected by gambling and a significant other assessment.
- Gambling assessments are different from SUD assessments in numerous ways.
- Note that merging getting information for this assessment using the cultural assessment formulation from the DSM V-TR is appropriate as it includes the cultural components of a client’s life.
- Use a conversational approach with MI as the preferred mode of the interview; rapid-fire questions could be seen as impersonal and threatening.
- ***Pay special attention to dopaminergic medications which increase gambling behaviors***

Treatment Planning

- Stop the bleeding – create money barriers.
- Create avenues for recovery support.
- Could be GA, Drum Groups, Sweat Lodge, Welbriety, etc.
- CBT groups, motivation for change groups, and budgeting groups.
- Medical attention where needed, healthy behaviors.
- Some people are not ready to “quit” They might want to try controlled gambling (Evergreen Council on Problem Gambling has a form for this on their website - [www.evergreencpg.org](http://www.evergreencpg.org))

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Culturally Responsive Treatment Starts With Us

- Utilize the three C's
- Context
  - Understanding historical trauma and its role in the Native experience, understanding how colonization has informed the lives of individuals, families, and communities.
- Comfort
  - Offer coffee, water, or tea; minimize intake paperwork before the first face-to-face meeting with the provider.
- Ask about the clients' cultural experience.
- Use appropriate self-disclosure.
- Communication
  - Take time to immerse yourself in the culture.
  - Do not expect the client to teach you about their culture.
  - Cultural competency is not learned in a book. (Waltman, 2016)

Education in Treatment

The action cycle of gambling

- Thoughts > Anticipation > Feelings > Fantasy
- Planning > Removing Obstacles
- Gambling > Winning > Gambling Time > Gambling Money
- Crash > Guilt > Shame > Denial and Justification
  > Depression Panic or Numbness > Anger
- Reality > Real-Time > Real Money > Thoughts
  May Return
Four Phases of the Person Who Gambles and the Significant Other

- **Winning** — a large early win can increase the likelihood of a problem.
- **Losing** — chasing the win
- **Desperation** — obsession with getting even — most likely to seek help
- **Hopelessness** — higher risk for suicide

The Significant Other

- **Realization and Denial**
- **Enable and Protect**
- **Desperation**
- **Hopelessness** (risk for domestic violence higher)

Groups

**Cognitive Behavioral Interventions**

- What is problem gambling?
- Functional Analysis
- Increasing pleasant activities / Finding Meaning
- Identifying seemingly irrelevant decisions
- Teaching/ practicing Urge Surfing
- Mindfulness training
- Assertiveness skills
Integrating Culture

• Ask the client whom they will include in their treatment; don’t be surprised if numerous people are identified.

• Include family nights in outpatient centers; gambling recovery does not happen in a vacuum, allow clients to discuss important topics for family recovery over a meal, such as communication. Have someone connected to the Tribe teach a craft that relates to the topic.

• Examples might be talking sticks while discussing communication.
  • Dream catchers while discussing creating meaning.
  • Beading a tree of life while discussing the DBT tree
  • Making a medicine bag while discussing relapse prevention

Other Things to Consider:
Advice From a Native Provider

• Make smudging materials available for clients before, during, and after sessions.

• If you are a non-Native, do not offer to smudge a client unless they ask you to.

• Bring Tribal Elders and other individuals who are Tribal members to teach any craft you want to present if you are not native.

• Integrate written materials from Native cultures to illustrate your teachings.

• Connecting your lessons with the creative brain of your clients; intellectualizing too much is a westernized idea.
Conclusion

Native individuals are at greater risk for problematic gambling. They experience far more risk factors than other ethnic groups and fewer providers can provide culturally specific treatment. There are few evidenced-based programs available and only 35 Certified Gambling Counselors in Washington State! Please sign up for the foundation/CORE training and become a Certified Gambling Counselor.

Questions?
Resources


The Evergreen Council on Problem Gambling is dedicated to increasing awareness of public health issues around problem gambling and gaming in diverse cultures, expanding the availability and integration of services, and supporting advocacy, research, and programs for education, prevention, treatment, recovery, and responsible gambling and gaming.

- The Evergreen Council is not anti-gambling or anti-gaming.
- ECPG maintains a position of neutrality on gambling and gaming, recognizing that most people can gamble and game for recreation and entertainment.
- ECPG provides education and awareness and advocates for services for those who do experience problems with gambling and gaming.
Gambling, Gaming, and Public Health

- Many cultures have a history of traditional games and gambling that should not be confused with modern casinos, sports betting, online gambling, etc. While these cultural traditions may or may not result in a greater acceptance of gambling, the original roles of games and gambling in any culture may have completely different purposes than modern gambling today.

Diversity Within Diversity – A Native American Tapestry

- The term Native American includes people who may trace their roots to any of more than 500 different tribes with diverse traditions, cultural practices, beliefs, languages, and histories. Learning about and respecting the individual sovereignty of tribes and the history of government to government and society relations is crucial.
Seek to Understand the Individual’s Life Experiences

- Trauma
  - Escaping genocides, war, and torture
  - Historical trauma

- Cultural Connections
  - Loss of language – songs, and stories
  - Loss of traditions and cultural healing practices

- Acculturation Stresses and Isolation
  - Loss of social and support networks
    - Extended Family
    - Close Communities

Gambling – A Personal Choice

- Most people can enjoy gambling for recreation and entertainment.

- For some, gambling can become a problem that affects the individual, their families, employers, and communities.
Substance Use Disorders vs Gambling Disorder

**Similarities**
- Loss of Control
- Denial
- Depression
- Progressive/Tolerance
- Craving/Preoccupation
- Blackouts
- Escape
- Similar Highs/Rush
- Brain Effects
- Withdrawal
- Continuing despite negative consequences

**Differences**
- Hidden Addiction
- No “Overdose”
- Huge Financial Problems – Often Quickly
- No “UA” Test
- Doesn’t Require Ingestion
- Fewer Resources Available
- Public Perception
- Higher Rates of Suicide
- Less Funding

(American Society of Addiction Medicine, Inc. 2013) (Rash, Weinstock, & Van Patten, 2016)

Gambling and Gaming in Washington

The Evolving Landscape
Super Bowl LVII the Most Bet-Upon Sporting Event in US History

- More than 50 million American adults (20%) bet on Super Bowl LVII according to the American Gaming Association.
- $16 billion in wagers (online, retail sportsbooks, etc.)

Sports Betting Comes to Washington 2021 and Beyond! (wsgc.wa.gov)

Is any type of sports wagering legal?
- Sports wagering is legal at Tribal casinos with amended Class III compacts (currently 10 casinos offer retail sports wagering).
- In 1973, when the Gambling Act was first passed, 100-square sports pool boards were authorized. Bracket pools, office sports pools, and fantasy sports have never been authorized as gambling activities in Washington State and are illegal.

Will tribal sportsbooks be allowed to accept wagers through a mobile app and/or the Internet?
- Washington's new sports wagering law and approved tribal-state compact amendments allow for mobile sports wagering provided the wager is placed at a tribe's gaming facility with the customer on premises. The specifics on betting through mobile apps or the Internet and where those wagers can be placed while at a tribal casino will be determined by each tribe.
What’s Allowed under WA Sports Wagering Law?

- Washington’s sports wagering law authorizes sports wagering on all professional and collegiate sports and events, except for minor leagues, Olympics or international sports, in-state collegiate, sports and esports.
- **Authorized Sports Wagering Menu** is on the Washington State Gambling Commission website.
- Each tribal casino will determine what bets they would like to offer. Please contact the tribal casino directly to determine their specific offerings.

Sports Betting and Problem Gambling

- Risk of problem gambling increases with greater frequency and expenditure on sports betting (Hing et. al., 2016)
- After video-lottery terminals, sports betting is the second most frequently associated gambling activity with gambling problem in national prevalence studies (28 studies, 41.2%)

Sports Betting: Three Facilitating Factors for Problem Gambling

In-Play Betting

- In-play betting: gambler places a bet (or multiple bets) once the sport event has begun.
- In-play betting has changed sports betting from discontinuous, low-event frequency (e.g., betting once a week on whether a team would win or lose) to a continuous form of gambling with high-event frequency in which dozens of bets (if not more) can take place within the length of a game.
- Research has shown that in-play betting has higher association than traditional betting with impulsive and/or problem gambling.
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IT ALL COMES DOWN TO THIS
If you’re going to wager on sports, know the risks and set your limits.

If things feel out of hand, we’re here to help.
Learn more and get help now (24/7):
KeepItFunWA.org

EVERGREEN
Council on Problem Gambling

If You Bet, Know the Risks.
KeepItFunWA.org

EVERGREEN
Council on Problem Gambling
eSPORTS

- The global e-sports audience size is **540 million** as of 2023.
- In 2020, this number was 435.7 million, meaning that the e-sports industry has gained over 96 million viewers in that timeframe.
- Most common: organized, Multiplayer Video Game Competitions, particularly between professional players/teams.
THE CLOSEST THING WE HAVE TO GAMING IN THE DSM-5...

“Internet Gaming Disorder”
- Repetitive use of Internet-based games, often with other players, that leads to significant issues with functioning.

Gaming Recovery Resources
- Game Quitters: [www.gamequitters.com](http://www.gamequitters.com)
  Online support group for those dealing with gaming addiction.
- reSTART Life: [www.netaddictionrecovery.com](http://www.netaddictionrecovery.com)
  WA based treatment center for those dealing with gaming/internet addiction.
- OLGA & OLG-Anon: [www.olganon.org](http://www.olganon.org)
  Follows the same principles of AA - 12-Step Program and Anonymity
Workshops/Conferences across the State and online programs provide quality training and Continuing Education/Clock Hours for treatment providers, gaming law, prevention and education specialists.
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Professional Development Scholarships AVAILABLE!

- Applications available online at [www.evergreencpg.org](http://www.evergreencpg.org). Scholarships available for undergraduate/graduate students or professors/counselors in accredited Washington State college and university behavioral health, addictions, and counseling programs.

**Scholarships include:**

- Full Training Workshop registration
- Washington State Gambling Certification application fees (for counselors with current certificate or license issued by State of WA to provide mental health or chemical dependency treatment services.
- 1-year ECPG Membership for new members.
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Gambling Screens and Conversations

Problem Gambling Integration

Watch on-demand here:
https://www.evergreencpg.org/watch/

Public Awareness Programs

- **Connections**: Health Gambling and Gaming Podcast
- **ECPG LIVE!** – live streaming events on Facebook and YouTube
- **Kaleidoscope**: Reflections of Diverse Views on Mental Health Equity
- **New Directions** Youth/Young Adult Programs
- **Social Media/Website**

www.evergreencpg.org
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Thank You!

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