



**PsychMed invites you to the
SA Gambling Forum August 2019**

Gambling, Mental Health, and Help Seeking

Thursday 1st August 2019

9:15 am – 4:30 pm

Next Gen, War Memorial Drive, Adelaide SA 5000

Agenda

9:15 am- 9:30 am

Welcome and Acknowledgement

9:30 am – 10:30 am

Problem Gambling in People Seeking Treatment for Mental Illness
Associate Professor Victoria Manning & Associate Professor Nicki Dowling

10:30 am – 10:50am

Coffee Break

10:50 am – 12:20 pm

The Relationship Between Pre-treatment Methamphetamine Use and Gambling
Ellie McCarron & Marco Nuzzo

12:20 pm – 1:00 pm

Being in the Zone: An Altered State of Conscious Awareness where Users of Electronic Gaming Machines Become Comfortably Numb to Signals and Harms Associated with Losses: Implications for Engagement and Treatment.

Dr Jane Oakes & Dr Quentin Black

1:00 pm – 1:45 pm

Lunch

1:45 pm – 2:30 pm

Blending Consumer Informed Interventions for Comorbidity and Gambling
Dr Simone Rodda

2:30 pm – 3:15 pm

Advancements in Online Self-Directed Programs to Reduce Gambling Harm
Dr Simone Rodda & Associate Professor Nicki Dowling

3:15 pm – 4:00 pm

Panel Discussion

4:00 pm – 4:30 pm

Evaluation

About the Event

The Gambling Forum is a full-day event to increase the identification and understanding of problem gambling behaviours. Participants will be provided with some simple strategies to help reduce the harms experienced by these gamblers or significant others.

To increase the identification and referral of people experiencing gambling harms the SA Gambling forum invitations will be sent to community agency staff, professionals such as mental health practitioners, gambling help counsellors, and post graduate dental students, and paraprofessionals like hairdressers, bankers, taxi drivers, AHA / Clubs SA staff, casino staff, and key community representatives.

About the Presentations

Problem Gambling in People Seeking Treatment for Mental Illness

Associate Professor Victoria Manning & Associate Professor Nicki Dowling

Given the elevated rates of problem gambling observed in patients attending mental health services, and that one in two gamblers are experiencing gambling-related harm, there are significant opportunities for prevention, early identification, and intervention for a population at elevated risk. Understanding and implementing timely and appropriate interventions is therefore essential to optimise recovery and wellbeing for people experiencing gambling harms.

The Relationship Between Pre-treatment Methamphetamine Use and Gambling

Ellie McCarron & Marco Nuzzo

The Matrix community-based treatment program has been effective in increasing abstinence and reducing use rates of methamphetamine and other stimulants in participants, though the relationship with gambling addiction is yet to be studied. Previous research has found a comorbid association between methamphetamine abuse and gambling but there is limited research in the Australian context. We believe further knowledge on the relationship between methamphetamine and gambling addiction will contribute to the theory of an “addictive personality” and promote research into effective treatments for both disorders. This talk will present results of recent research conducted by Trent Ames at PsychMed, which assessed whether individuals in the Matrix program had potential comorbid gambling addiction, and the relationship between gambling status and pre-treatment MA use frequency.

Advancements in Online Self-Directed Programs to Reduce Gambling Harm

Dr Simone Rodda & Associate Professor Nicki Dowling

A discussion of the integration of online self-directed interventions into existing service systems and in e-therapy to reduce gambling harm.

Being in the Zone: An Altered State of Conscious Awareness where Users of Electronic Gaming Machines Become Comfortably Numb to Signals and Harms Associated with Losses: Implications for Engagement and Treatment.

Dr Jane Oakes & Dr Quentin Black

The aim of this presentation is to place "the Zone", which is a state of mind described by users of electronic gaming machines (EGM), into a theoretical context. Earlier research identified key themes described by people with gambling disorders, including achievement of relief from negative emotional states, an absence of capacity for critical thinking and executive functioning (learning and decision making), reduced self-awareness of internal cues, and responsiveness to environment outcomes associated with losses (external signals) resulting in reduced capacity to make informed rational choices. These findings have very important implications for gambling policy, regulation, treatment, prevention, and harm minimisation for people with gambling disorders.

Blending Consumer Informed Interventions for Comorbidity and Gambling

Dr Simone Rodda

Problem gambling is associated with a range of comorbidities. Unfortunately, these comorbidities do not always respond to specific gambling treatment and remain unchanged following an intervention. In addition, some gamblers are often not ready to seek or accept treatment for comorbidities because they prefer a self-management approach. A range of consumer informed brief interventions may address these barriers to change. The Change Strategies Project has developed a range of interventions built from the voices of thousands of consumers. They contain instructions on how to implement dozens of simple cognitive and behavioural strategies for change. Delivery of the intervention can be tailored to need and preference and may include individual or group training and internet or face-to-face delivery. This approach can expand the reach of clinicians through blending self-directed online interventions with face-to-face interactions.

About the Speakers

Dr Quentin Couper Black, *PsychMed*

Medical Practitioner & Clinical Psychologist

PsychMed Program & Managing Director

Senior Clinical Lecturer of Psychiatry, School of Medicine, University of Adelaide

Senior Clinical Lecturer of Psychology, School of Psychology, Social Work & Policy, University of South Australia

Dr Black has worked for 37 years in mental health and AOD/addiction as a counsellor, psychologist, educator, and medical practitioner. He has run 3 clinics with a specialised focus on problem gambling in MHS (Clinical Lead), DCS (Consultant lecturer, Educator, and Clinical lead), and UniSA (Clinical Director), prior to taking on the role of Program Director for the South Australian Intensive Gambling Help Service. He has been involved in training and development for psychologists, medical practitioners, nurses, social workers, and teachers for the last 24 years.

Dr Jane Oakes, *PsychMed*

Dr Jane Oakes is a Program Facilitator at PsychMed, the largest provider of mental health and addiction services in SA. She has previously held multiple senior positions at addiction treatment organisations, has extensive CBT experience, and has completed her PhD on relapse in electronic gaming machine gambling.

Associate Professor Victoria Manning, *Monash University*

Victoria Manning is an Associate Professor in Addictions at Monash University and Head of Research and Workforce Development at Turning Point. She is a chartered psychologist has worked as a clinical researcher in addiction treatment settings for over two decades in the UK, Asia, and Australia. Her research is heavily translational in nature and largely focused on trialling novel psychological and neurocognitive interventions to reduce harm from alcohol, drugs, and gambling.

Associate Professor Nicki Dowling, *Deakin University*

Nicki Dowling is an Associate Professor of Psychology at Deakin University, with an honorary position as Principal Research Fellow at the University of Melbourne. She is a registered clinical psychologist and has considerable experience as a face-to-face gambling counsellor in the Victorian Gambler's Help services. She conducts clinically-oriented gambling research with expertise in the identification, prevention, and treatment of gambling-related harm for gamblers and their families, friends, and colleagues.

Dr Simone Rodda, *University of Auckland*

Dr Simone Rodda is a Senior Lecturer in Social and Community Health at the University of Auckland (School of Population Health) and an Honorary Research Fellow at Deakin University, Australia. She is currently leading multiple investigations involving the use of behaviour change strategies in brief online interventions for gambling, sugar, pornography, gaming, and caffeine reduction. Her work is informed by over 17 years work as a clinician, researcher, and service manager in the field of addictions across smoking, alcohol, drug use, and problem gambling.

Professor Paul Delfabbro, *University of Adelaide*

Professor Paul Delfabbro lectures in the areas of learning theory as well as methodology and statistics. His principal research interests are in the area of behavioural addictions (gambling and technology) as well as child protection and out-of-home care.

Ms Ellie McCarron, *PsychMed*

Ellie McCarron is a Provisional Psychologist at PsychMed, the largest provider of mental health and addiction services in SA. Ellie works as a clinician on PsychMed's AOD programs (Matrix & Relapse Prevention Groups) and the South Australian Intensive Gambling Help Service (Metro & Rural).

Mr Marco Nuzzo, *PsychMed*

Marco is a Provisional Psychologist at PsychMed, the largest provider of mental health and addiction services in SA. Marco is a facilitator of the Matrix Program in Salisbury and previous facilitator of the Relapse Prevention Group at Seaview Downs. He is also a clinician on the South Australian Intensive Gambling Help Service (Metro & Rural).

Spaces are limited for this event.

**RSVP by Friday 26th July 2019 on
(08) 8232 2424 to either**

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