

Columbia Gambling Disorders Clinic: Resources in the Tri State Area

Analucia Alegria B.S.

Carlos Blanco M.D., PhD



Columbia Gambling Disorders Clinic
New York State Psychiatric Institute/
Columbia University



Columbia Gambling Disorders Clinic

- Carlos Blanco M.D., Ph.D. Director
- Located at NYSPI and affiliated with Columbia University
- Treating problem gamblers since 1998
- Funded by NYS OASAS, The New York State Psychiatric Institute, and the National Institute on Drug Abuse



Treatment access

- Ethnic minorities and adolescents are over-represented in prevalence and underrepresented in treatment.
- Barriers to treatment
 - Language
 - Insurance
 - Stigma
 - Comorbid disorder
 - Commute



Treatment

- Oriented toward:
 - Adult Problem gambler
 - Adolescent Problem gambler
 - Significant Other
- Approach:
 - Cognitive Behavioral therapy
 - Motivational Interviewing Spirit and framework
- Provided by:
 - OASAS certified gambling counselors and psychologists



Treatment focuses

- Abstinence from gambling
 - goal setting
- Lifestyle changes
 - increase satisfaction with life



Adult treatment overview

- Individual
- Brief acute phase
- Follow up sessions
- Evidence based
- Manualized
- Monitoring evaluations
- Referrals to Psychiatrist or Social Worker
- Encourage attendance to GA



Adolescent treatment overview

- Individual
- Brief
- Follow up sessions
- Manualized
- Involvement of parents
- Referrals to psychiatrist or Social worker
- Few cases



Significant Other treatment overview

- Individual
- Brief
- Addresses individual's problems due to partner's gambling
- Referrals to Psychiatrist or Social worker
- Partner in treatment is not necessary
- Encourage attendance to GAMANON



Treatment Approach

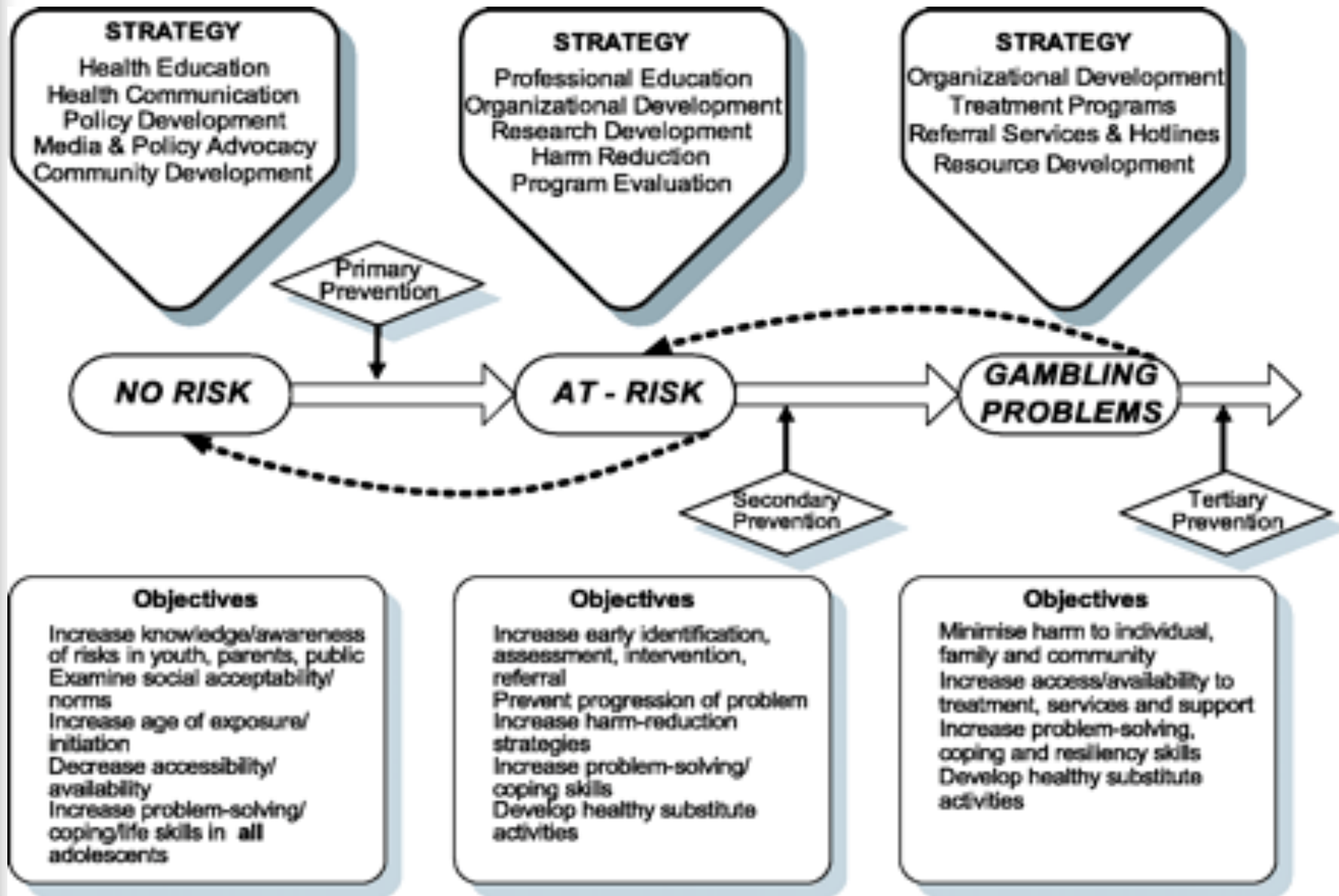
- **Motivational interviewing Spirit and framework**
 - Develop Discrepancy
 - Change talk
 - Empathy
 - Self-efficacy
 - Resistance



Treatment Approach (cont.)

- **Development of new skills to stop gambling**
 - **Functional Analysis**
 - **Pleasurable activities**
 - **Coping with urges and cravings**
 - **Assertiveness**
 - **Irrational Thinking**
 - **Relapse prevention**
 - **Encourage skills practice**

Underage gambling Prevention Program





Approach

- Awareness-based service approach
- Providing accurate information about gambling, problem gambling and its consequences.
- Directed to school students, parents, teachers, and mental health clinic staff.

Columbia Gambling Disorders Clinic

- www.ColumbiaGamblingDisordersClinic.org
- 1051 Riverside Drive, NY, NY, 10032
- (212) 543-6690
- Monday, Thursday, Friday 9AM – 5PM
- Tuesday, Wednesday 9AM – 8PM

