

# NCPG National Conference 2024, San Diego, CA

## Integrating Gaming, Peer, and Problem Gambling Services: A SWOT Analysis



# Meet your presenters



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Voices of Problem Gambling Recovery

Portland, OR

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# Learning Tips

- Make a one -sheet page of notes with all of the key quotes/ statements you want to remember.
- What is new to you? What is the same information presented in a new way?
- How would you teach this to someone else?
- How will you use this to help clients?

# Class introductions

- Your name, job title
- Reason you're here

# Objectives

- Identify strengths, weaknesses, opportunities, and threats of offering Gambling/ Gaming Disorder Services – both by peers and counselors.
- Explore ethical and logistical considerations for treatment professionals and peers working together with clients.

# SWOT Analysis of PG/G Integration

Strengths, Weaknesses,  
Opportunities, and Threats

# SWOT Analysis of integrating PG/G

## STRENGTHS

Benefits to individuals, families, providers, recovery services, treatment agencies, community at large

S

## WEAKNESSES

Limitations in awareness, funding, priorities, historical data, public opinion

W

Developing field, overlap with adjacent fields, specialty care, holistic recovery and wellness

## OPPORTUNITIES

O

Funding impacts and limitations and restrictions, political agendas, new forms of gambling available

## THREATS

T

# SWOT Analysis - STRENGTHS

## Treatment Work

- High COD with SUD/ MH
- Holistic care
- Little cost to integration
- Marketability
- Improves outcomes for other disorders
- Camaraderie between clients
- Community Awareness/ Outreach
- Evidenced-based practices

# SWOT Analysis - STRENGTHS

## Peer Work

- Realtime / extended hours when life happens
- Supports treatment plan / practice using tools (CBT, DBT)
- Cost effective
- Increases motivation/ longevity and engagement with services
- Social support = well-being = quality of life

# How to integrate?

- Screen → Brief Intervention → Referral to specialist → Case Management (you'll be learning a process shortly)
- Client education (ECPG has tools/ resources for this)
- Community Outreach and Awareness (your local community)
- Problem Gambling Awareness Month (March)
- Gambling Disorder Screening Day (2<sup>nd</sup> Tuesday, March → 3/ 11/ 25)

# Discussion

What strengths do you have where you work?

If you plan to integrate problem gambling and/or gaming help services.....

- Will it be integrated by treatment staff or peers?
- What will help you succeed?
- Why do it?



# SWOT Analysis - WEAKNESSES

## Peer Work

- In the position to do the most harm with the least training
- Early days for establishing efficacy
- Lack of standardized competencies
- Little fiscal support for peer services
- Dual-roles and boundary issues

# SWOT Analysis - WEAKNESSES

## Treatment Work

- Ditto on #1
- Rapidly changing environment
- Related addictions to social media, influencers, screen time, etc.
- Few specialty providers or supervisors
- Gaps in medicaid insurance
- Toxic corporate culture about gambling/ gaming
- Lack of cultural attunement, biases and barriers
- Staff shortages, lack of mgmt support
- Certification maintenance
- Advocates + case managers + trainers + community outreach

# Activity

An experiential exploration of unconscious bias related to PG/ Grecovery.



**Write down your gender, age, race/ethnicity, sexual orientation, able-body status, and religion/spirituality.**

- How have these things affected your views of gambling/ gaming?
- How do these things affect your view of others?
- How do these things affect your clients' life experiences, and views of gambling/ gaming?

# What is your own political affiliation?

- How do politics impact the gambling/gaming industry?
- How does the current political climate impact those in recovery?
- How does it impact your professionalism?

# What is your “lived experience”?

(In recovery from \_\_\_\_\_, loved one, “normie”, etc.)

- How does this affect your views of clients?
- How does your client see themselves?
- What lingo or jargon comes with these affiliations?

# What is your personal view of or engagement with gambling/gaming?

- A. I gamble and/ or game recreationally or occasionally.
- B. Neither for nor against.
- C. I hate it with the passionate fire of a thousand burning suns!

# What is your personal view of or engagement with gambling/gaming?

- A. I gamble and/ or game recreationally.
- B. Neither for nor against.
- C. I hate it with the passionate fire of a thousand burning suns!

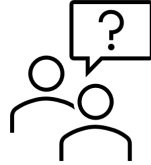
- What are the ethical considerations if you do gamble/ game?
- What is your client's view..any fantasies/ dreams, dissociation?
- What impression do they have of your views?

**Ethical anxiety  
you've been in?**

**Ethical  
situations  
you've seen?**



# Peer ethics scenarios:

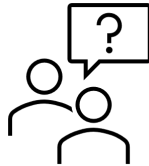


As a peer, would you...

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



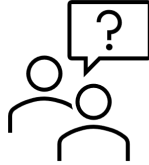
As a peer, would you...

**Go with a client  
to pay a debt?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



As a peer, would you...

**Go with a client  
to pick up  
winnings?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



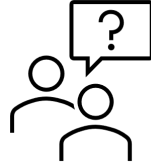
As a peer, would you...

**Briefly hold on to  
cash for a client?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



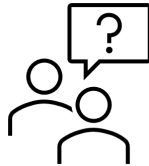
As a peer, would you...

**Briefly hold on to a  
client's creditcard?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



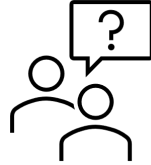
As a peer, would you...

**Serve as the administrator on a prepaid credit card?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



As a peer, would you...

**Wait outside for a client while they gambled?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# Peer ethics scenarios:



As a peer, would you...

**Ask how much a  
client's sunglasses  
or shoes cost?**

## Keep in mind:

1. Safety – physical and emotional
2. Ethics & boundaries
3. Scope of practice
4. Agency policy
5. Client - driven
6. Self - efficacy
7. Harm reduction

# SWOT Analysis - OPPORTUNITIES

## Peer Work

- Outreach / engagement, particularly underserved communities
- Less administrative load
- Medicaid billing
- Support for co-occurring challenges
- Para-professional workforce options
- Specialize into directive/ non-directive (e.g. financial) \*

# Who does what?

Which one are you?

Who else do you have  
on your team?

Opportunities for  
growth?



# SWOT Analysis - OPPORTUNITIES

## Treatment Work

- Billing medicaid
- Telehealth
- Cycle of increasing awareness, to increasing access to services, to increasing service options, to increasing funding, to increasing awareness...
- Several low-hanging fruits for PG integration in SUD/ MH
- Opportunities to collaborate and share (resources, community events, speakers, etc.)



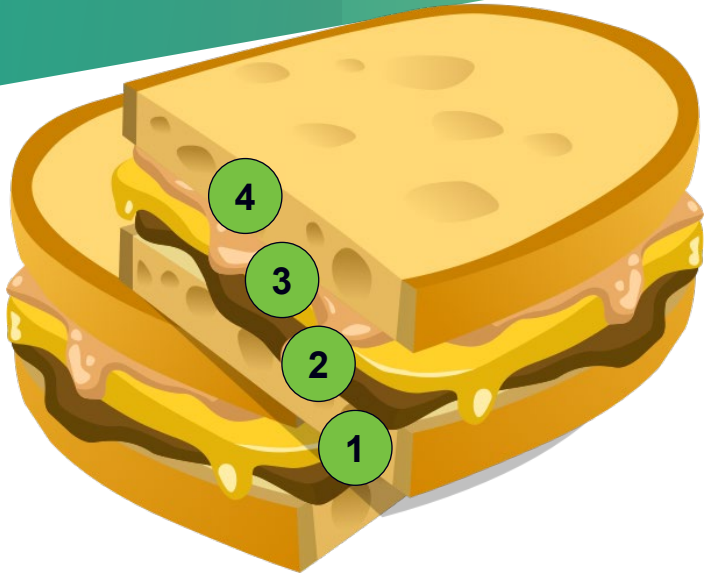
How NOT to talk to  
someone about gambling

# Activity

SBIRT Sandwich – Screening, Brief Intervention,  
and Referral SKILLS PRACTICE!



# SBIRT Sandwich



- 1) **Define & Clarify** =  
What is gambling, normalization
- 2) **Gambling Screening Q's** =  
Ask the Q's as they are written
- 3) **Feedback/Brief Intervention** =  
Report outcome of screening  
and recommendation
- 4) **Referral list** =  
For everyone. *"Just in case you or  
someone you know might need it one  
day."*

**What was it like  
to be asked  
those questions?**

**What did you  
learn?**



# SWOT Analysis - THREATS

## Peer Work

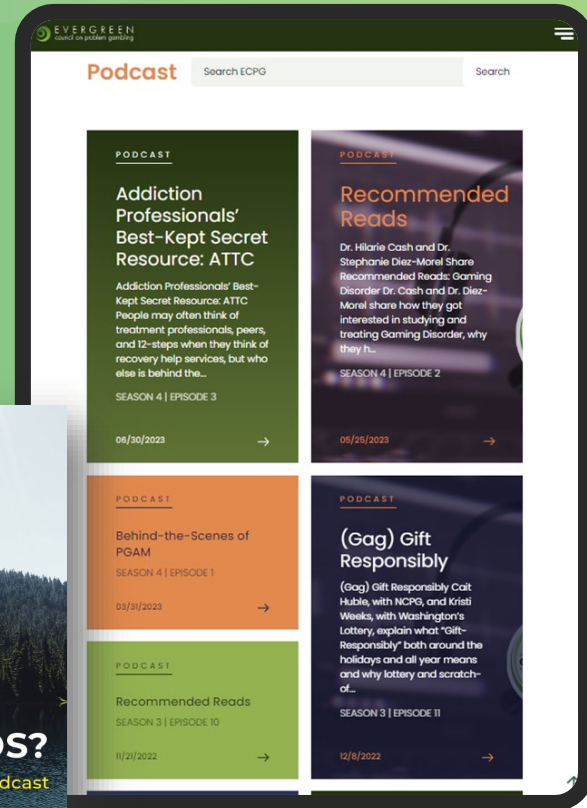
- Non efficacious activities
- Substitute intervention vs adjunctive to counseling
- Working counter to treatment plan without adequate collaboration
- Requires front loading of policies, procedures and supervision
- Creating reliance on peer
- Position to do the most harm with the least training

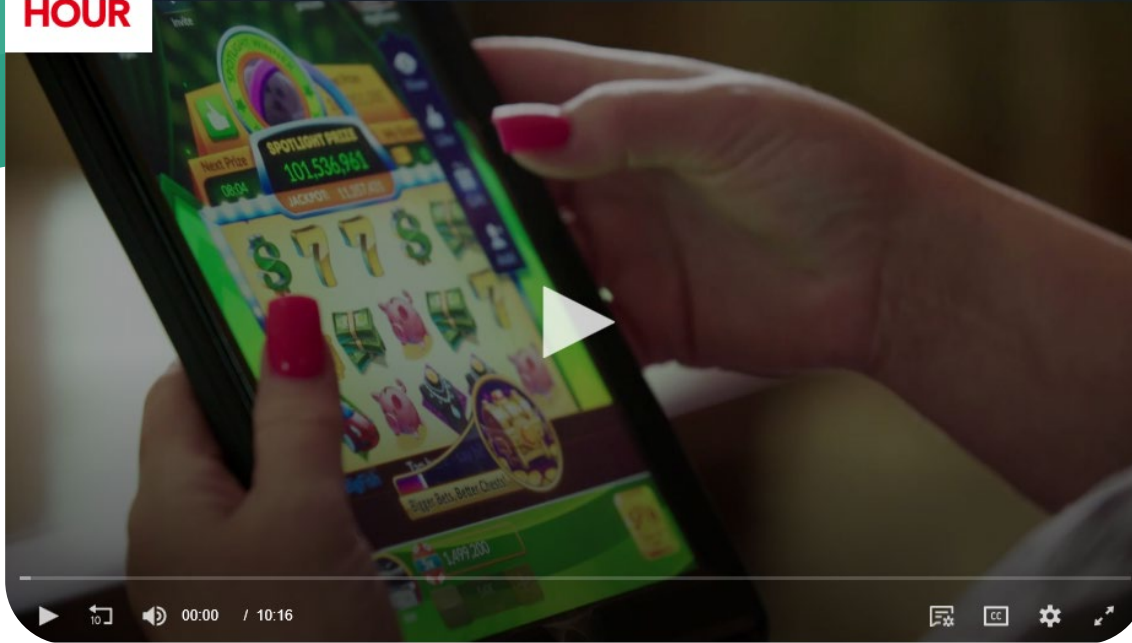
# SWOT Analysis - THREATS

## Treatment Work

- Ditto to last one
- Recurrences (multiple Dx)
- Un-prepared/ un-equipped programs (Gambling + eating disorder? Gaming + SUD? Gambling + gaming + Autism? Gaming + Pornography? Indigenous healing?)
- New forms of gambling/ gaming with limited data. Even less data on specific populations and minority groups.
- Rapid industry and legislative changes
- Funding and regulation vary by state and are subject to bias of the leadership and regulators

# The Big Fish Social Casino Example





**Big Fish** recently lost a lawsuit for operating “unlawful gambling devices”. They had to pay back players over \$155 million and agreed to implement “addiction-related resources” and a “self-exclusion policy”. They still operate based in Seattle, WA.

*“Judge approves \$155M class action settlement related to Big Fish Games and online gambling lawsuit” (8/31/2020)*

<https://www.geekwire.com/2020/big-fish-games-pay-155m-tweak-games-part-class-action-settlement-gambling/>

***“How social casinos leverage Facebook user data to target vulnerable gamblers” (8/13/2019)***

<https://www.pbs.org/newshour/show/how-social-casinos-leverage-facebook-user-data-to-target-vulnerable-gamblers>



9 **Gambling**

Listings may not promote the buying, selling or facilitation of online gambling for money or money's worth, including digital currencies. Online gambling includes gaming, betting, lotteries, raffles, casino, fantasy sports, bingo, poker and sweepstakes in an online environment.

**Facebook's Policy on users posting about gambling on vendor pages**

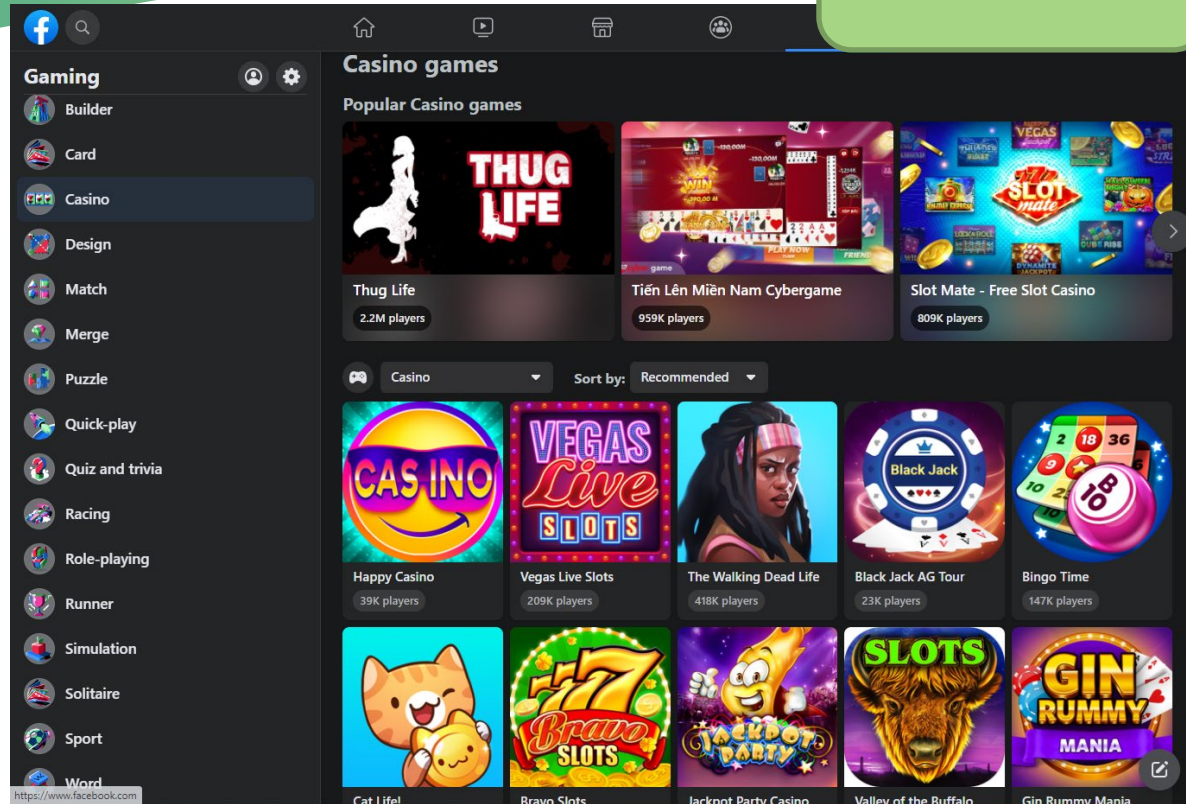
11 **Human Exploitation and Sexual Services** ↗

Listings may not promote any form of human trafficking, prostitution, escort, or sexual services.

12 **Ingestible Supplements** ↗

Listings may not promote the buying or selling of ingestible supplements.

Also  
Facebook...





[Big Fish Casino](#) > [Responsible Play](#)

 [Search](#)

## Responsible Play

### Responsible gameplay

[What is Responsible Gameplay?](#)

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[When Might Gameplay Be a Problem?](#)

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### What you can do

[Steps You Can Take If You Need a Break](#)

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[Disabling Game Notifications](#)

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[Steps You Can Take to Limit the Money You Spend](#)

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[If You Need More Help](#)

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[Self-Exclusion Policy](#)

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## Articles in this section

Steps You Can Take If You  
Need a Break

Disabling Game  
Notifications

Steps You Can Take to Limit  
the Money You Spend

If You Need More Help

Self-Exclusion Policy

# Self-Exclusion Policy



Big Fish

Updated 8 days ago

Playing video games can be a fun part of a balanced life, but Big Fish Games recognizes that there can be too much of a good thing. We want to ensure we're providing you with a safe, enjoyable experience; that includes empowering you with the ability to permanently exclude yourself from our games. This Self-Exclusion Policy explains how you can implement this type of change, and how this change will impact your ability to access Big Fish Games games in the future.

Please read this policy carefully. If you have questions after reading this policy, please reach out to our Customer Support team for assistance.

Regardless of your reason -- for example, you may be struggling to exercise control over your gameplay, your gameplay may be having a negative effect on your life, or you simply no longer wish to have a Big Fish Games account -- you can contact our Customer Service team at any time to request that your account be banned. The Customer Service team will promptly action your request, no questions asked. Once implemented, your access to the app will be blocked.

Please note that all account bans are permanent, regardless of whether you proactively requested that your account be banned, or a ban was imposed on your account at the discretion of Big Fish Games. There are no exceptions to this permanent ban status.





This Photo by Unknown Author is licensed under [CC BY](#)

[Big Fish Casino](#) > [Submit a request](#)

## Submit a request

Please choose your issue below

Account Issue

Purchase Issue

Submit Feedback/Other

Technical Issue


Game Odds

[Big Fish Casino](#)

[Terms of Use](#)

[Privacy Policy](#)



 [BIG FISH CASINO](#) > [SUBMIT A REQUEST](#)

## Submit a request

Please choose your issue below

- Purchase Issue
- Submit Feedback/Other
- Technical Issue
- Parental Control
- Self-Exclusion**

[Big Fish Casino](#) [Terms of Use](#) [Privacy Policy](#)



# Social Casino accessibility

- 97% of social casino games are accessible to under 12

Source: Zendle & Scholten (2020)

# Trends: Gambling Harm

1. Gamification of gambling



# Trends: Gambling Harm

2. Risk free / bonus etc. bet marketing
3. Online / streaming gambling



# Trends: Gambling Harm

4. E-Instant scratch - lotteries
5. Historic Horse Racing / Pari Mutuel / Bingo / Keno - totalizer databases
6. Smart watches
7. Sports – micro betting / in game bets

# Trends: Gambling Harm

- 8. Esports
- 9. Virtual reality / augmented reality / metaverse



Virtual Reality – Table Games

# Trends: Gambling Harm

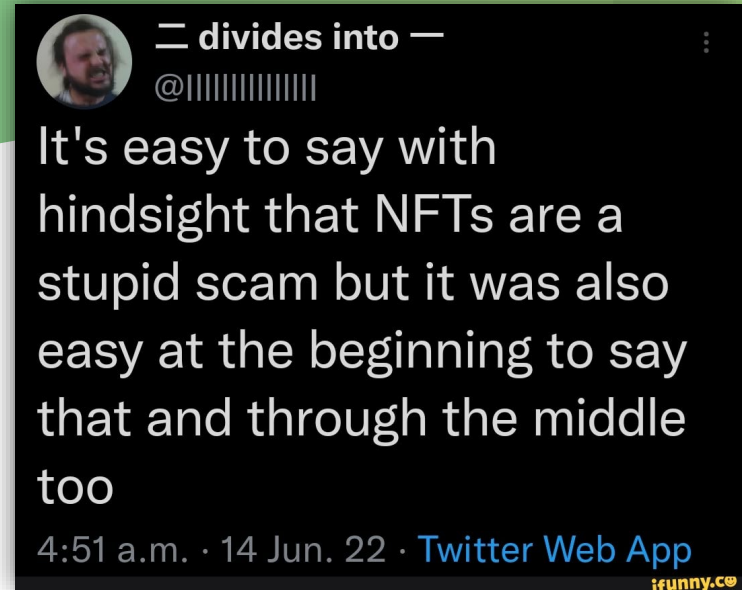
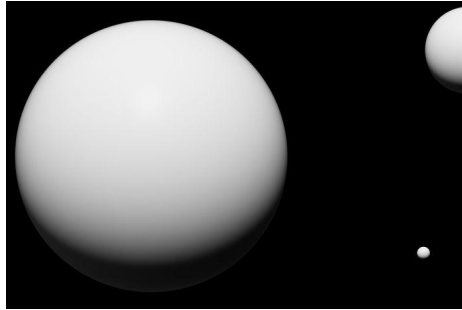
Virtual Sports - Horse racing

## 10. Virtual sports



# Trends: Gambling Harm

NFT “The Merge” by Pak



- 11. NFTs
- 12. Day trading – Crypto – Node/Ponzi schemes
- 13. Monetizing and targeting on social media
- 14. Social casino betting

# Money \$

Extra money or too little, dreams of winning

# Time

Free time or boredom

# Accessibility

Local in -person access, online, mobile, advertising

# SWOT Analysis of integrating PG/G

## STRENGTHS

What strengths can you bring to this work?

## WEAKNESSES

What weaknesses can your team overcome or change?

What about where YOU work?

What opportunities can you take advantage of for the benefit of those you serve?

## OPPORTUNITIES

What threats can you help combat now, for a long-term benefit?

## THREATS

**What are your  
next steps?**

**Key take-  
aways?**

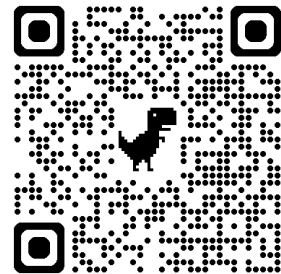


# ***Gambling Counselor Core Training***

**Nov. 4-7 and Jan. 13-16 (ZOOM)**

Email Tana if you would like to be notified when registration opens:

[trussell@evergreencpg.org](mailto:trussell@evergreencpg.org)



# Thanks!

**Any questions?**

You can find us at:

■ Tana: [Trussell@evergreencpg.org](mailto:Trussell@evergreencpg.org)

■ Kitty: [kittymartz@vpgr.net](mailto:kittymartz@vpgr.net)

# Resources

Where to learn more and find tools

# Evergreen Council on Problem Gambling [www.evergreencpg.org](http://www.evergreencpg.org)

Call or text the 24-hour Helpline 1-800-547-6133 to get started. You can also chat with a specialist by clicking this button.



EVERGREEN  
council on problem gambling

[Help and Hope](#)

[Training](#)

[Awareness](#)

[Responsible Gaming](#)

[Connect](#)

[About ECPG](#)

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[TREATMENT SERVICES](#) // [HELP AND HOPE](#) // [GAMING/INTERNET DISORDER SERVICES](#)

## Gaming and Internet Disorder Services

### Treatment and Support services for Gaming Disorder and Internet Addiction

Gaming in our current age is common, and problem gaming is increasingly more pervasive. Game design and game culture is becoming increasingly embedded with gambling elements. Gambling and Gaming Disorders share many common features, including the fact that there are far too few service providers and help resources for those dealing with gaming, gambling, tech and screen use. That is why the Evergreen Council on Problem Gambling (ECPG) is committed to supporting treatment services, promoting and providing training on Gaming Disorder and other internet and tech-

[AWARENESS](#) // [RESOURCES AND DOWNLOADS](#)

## Problem Gambling Information Resources

**ECPG has compiled a host of websites,  
research studies, downloads, and  
other helpful information about  
gambling addiction.**

**Websites for more information on problem  
gambling:**

- [The National Council on Problem Gambling](#)
- [Gamblers Anonymous](#)

# Peer Training Opportunities

<https://www.vpgr.net/>



## Problem Gambling Peer Professional Pathways

Training and Billing / Encountering

Oregon Health Authority - February 2024



Home



### CGRM-Certified Gambling Recovery Mentors

This certification requires 40-hour MHACBO approved Problem Gambling Specific Peer training and two years of documented recovery from gambling disorder.

Recommended courses include PG Peer Practice training, Ethics for PG Peer Professionals, and PG Peer 201 (required for proposed CGRM-II certification through MHACBO) - as additional courses or for recertification.

Courses



### Integrated Co-Occurring Disorder (ICD) PG Peer Specialist

This designation requires completing a 16-hour PG Peer 101 course. Specialists are not required to have lived experience with gambling problems; however, it is recommended that Peer Specialists be mindful of gambling activity in public due to the potential impact on peer relationships.

Recommended courses include PG Peer Practice training, Ethics for PG Peer Professional for continuing education for specific certification.

Courses



### THW/PSS/CRM Without Problem Gambling Lived Experience

To work with problem gambling clients within a contracted problem gambling non-Medicaid program, you must complete a 16-hour PG Peer 101 course. It is not required that you have lived experience with gambling problems; however, it is recommended that peer mentors be mindful of gambling activity in public due to the potential impact on peer relationships.

Recommended courses include PG Peer Practice training and Ethics for PG Peer Professional for continuing education for specific certification.

Courses

Save-the-Date!  
Cultural Awareness and Healing Support Conference  
**FOUR DIRECTIONS**



**September 16-19, 2024**

Little Creek Casino Resort - Shelton, WA

*Four Directions* is Evergreen Council on Problem Gambling's annual fall conference. Many representatives of Tribal Nations in the Pacific Northwest have come together to plan this important conference, with the aim of *Honoring the Past and Protecting the Future* through holistic health, wellness, and recovery support.



[evergreencpg.org](https://evergreencpg.org)



SCAN ME



Washington State  
Gambling Counselor Certification

## Become a Washington State Certified Gambling Counselor (WSGCC-I/II)

### TAKE THE FIRST STEPS TOWARD GAMBLING COUNSELOR CERTIFICATION

- Active DOH license in behavioral health (SUDP, LMHC, LCSW, LMFT, etc.)
- 30 hours of gambling-counseling training
- 100 hours of direct gambling counseling services with 5 hours of Supervision
- National Exam or Case Conceptualization

### WHY GET CERTIFIED?

- Credibility with your clients and peers as a specialist
- Competency in addressing gambling-related harms as either a primary or co-occurring issue
- Competency in assessment, diagnosis, and treatment of Gambling Disorder, couples, and families
- Professional development and clinical skills advancement

### GET STARTED TODAY!

Visit our website to learn more by scanning the QR code below or by visiting [evergreencpg.org](http://evergreencpg.org) (or call 360-352-6133)



## Financial Support and Other Benefits for Students and Certified Gambling Counselors (CGCs)/Trainees



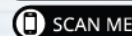
### Student Research Grant and Academic Scholarship Awards

Grant/Award application cycles are April 1 and October 1, annually. Receive between \$2000 to \$3500 in academic support.

### Training and Workforce Development Scholarship Awards

#### Peers, Prevention Specialists, Students, and Teachers Receive:

- Free registration for ECPG conferences, workshops, or other eligible trainings
- Hotel stipend for in-person events



#### Treatment Providers (CGCs/trainees) Receive:

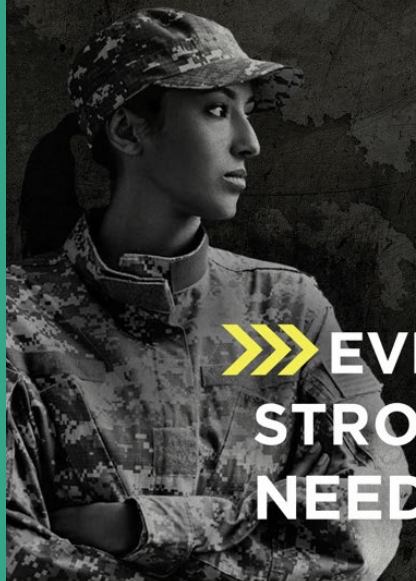
- The above benefits + Waiver of the Gambling Counselor Certification Application fee

### Treatment and Supervision Financial Reimbursement

Gambling Counselor Clinical Supervision Reimbursement  
Outpatient and Residential Gambling Treatment Support  
Request more info at [info@evergreencpg.org](mailto:info@evergreencpg.org)

Treatment and Supervision reimbursement are also available for contractors of the Washington State Health Care Authority, DBHR, Problem Gambling Program (contact [HCAProblemGambling@hca.wa.gov](mailto:HCAProblemGambling@hca.wa.gov))

**40%** **OF VETERANS**  
seeking treatment for gambling  
report a suicide attempt



**»»» EVEN THE  
STRONGEST  
NEED HELP**

[MilitaryGamblingSupport.org](https://MilitaryGamblingSupport.org)

HELP IS AVAILABLE FOR PROBLEM GAMBLING. THERE IS HELP AND HOPE.  
Call the Washington State Problem Gambling Helpline for assistance 24/7:

**1-800-547-6133**



council on problem gambling

Washington State  
Health Care Authority

PROBLEM GAMBLING HELP AND RESOURCES ARE AVAILABLE FOR  
**BLACK, INDIGENOUS, AND PEOPLE OF COLOR COMMUNITIES**

We encourage all individuals and their families to reach out  
and find the help they need and deserve.



**HELP  
IS  
HERE**

[GamblingHelpForAll.org](https://GamblingHelpForAll.org)

HELP IS AVAILABLE FOR PROBLEM GAMBLING. THERE IS HELP AND HOPE.  
Call the Washington State Problem Gambling Helpline for assistance 24/7:

**1-800-547-6133**



council on problem gambling

Washington State  
Health Care Authority



# KEEP IT FUN SPORTS FANS!

If you bet – Bet Responsibly.

**KeepItFunWA.org**



## BEING A SPORTS FAN IS FUN, Sports Betting Can Be Fun, Too.

As a sports fan,  
it's easy to take things to extremes.  
If you bet on sports games,  
Keep It Fun—Bet Responsibly.

For help with a problem,  
contact the 24/7 confidential  
Washington State  
Problem Gambling Helpline  
**CALL - TEXT - CHAT**

**1-800-547-6133**

To Chat Visit:


**KeepItFunWA.org**





**Scan the QR Code Below  
to Learn More and Register Today!**



 **SCAN ME**

**WhatIsGamingDisorder.com**

Brought to you by



### **Foundations in Gaming Disorder Core Training**

Whether you are a parent, educator, prevention specialist, or counselor, **Foundations in Gaming Disorder** – Core training is designed for you. The training will help dispel myths about gaming, provide practical skills and parenting techniques to help set limits, and identify support for spouses, partners, and other loved ones. Information is offered to help understand rating systems, the overlap of gambling elements and, ultimately, to have a healthier relationship with games.

Get Started Today! Register at **WhatIsGamingDisorder.com**

It's a greatly underdiagnosed and undertreated condition.

It's important for behavioral health counselors to screen for it because it can cause other problems.

— Clifford Sussman, MD

**214.4M**

Estimated US Gamers  
Entertainment Software Association  
(2020)

**3%-4%**

Gamers Living with  
Gaming Disorder  
Shevens, Dornshyn, DeFabbro, and King  
(2020)

**8.6M**

Potential U.S. Gamers  
Living with  
Gaming Disorder  
Entertainment Software Association  
(2020)

**WhatIsGamingDisorder.com**

# CONNECT WITH US!



## READ, WATCH, LISTEN, AND ATTEND.

### **ECPG LIVE!**

LIVE VIDEO DISCUSSIONS ON HOT TOPICS WITH INDUSTRY LEADERS

### **KALEIDOSCOPE**

REFLECTIONS OF DIVERSE VIEWS ON MENTAL HEALTH EQUITY

### **CONNECTIONS**

A HEALTHY GAMBLING AND GAMING PODCAST

## **SOCIAL MEDIA, BLOG, AND EVENTS**

[evergreencpg.org/connect](https://evergreencpg.org/connect)



# DRIVE SOCIAL IMPACT



## Insightful, Engaged, and Inspired Networks

Scan this code to see a list of our social accounts. We hope you can join us in raising awareness for Problem Gambling and Gaming.



# Recovery Support (12-step and community support)

## Gambling

- [Gamblers Anonymous \(GA\)](#)
- [Gam-Anon](#)
- [Gamblersinrecovery.com](#)
- [GamTalk.com](#)

## Gaming

- [Gamequitters](#)
- [Online Gamers Anonymous](#)  
(OLGA / OLG -Anon)
- [Computer Gaming Addicts Anonymous \(CGAA\)](#)
- [Internet and Technology Addicts Anonymous \(ITAA\)](#)



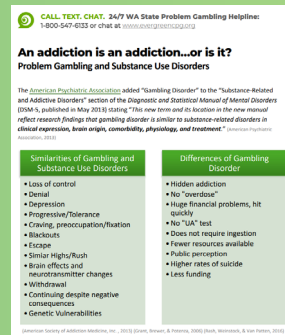
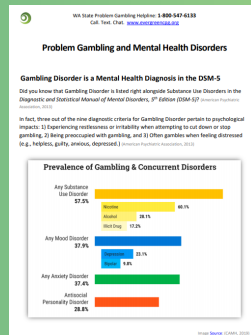
# Fact Sheets

## Problem Gambling and MH

## Problem Gambling and SUD

## PG and Public Health

## Health Impacts of PG



# RESOURCES FOR MONITORING



[https://support.steampowered.com/kb\\_article.php?ref=5149-eopc-9918](https://support.steampowered.com/kb_article.php?ref=5149-eopc-9918)



Turn off autoplay:

<https://www.businessinsider.com/how-to-turn-off-autoplay-on-youtube>



<https://www.qustodio.com/>  
<https://bark.us> & other apps



<https://www.playstation.com/en-us/network/legal/ratings/>



<https://support.apple.com/en-us/HT201304>

## How to set up parental controls on Xbox, Windows 10 and Android

By Henry St Leger March 30, 2020

Those pesky kids



(Image: © Epic Games)

<https://www.techradar.com/how-to/xbox-parental-controls-console-windows-10-and-android-tools-explained>

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