

# **Problem Gambling Harm Reduction:**

---

## ***A Peer Support Perspective***

***Presented by: Josh Hampton***

# Agenda

---



Peer Support



Harm Reduction is  
evidence based



Meeting peers  
where they're at



Reducing harmful  
impacts of stigma




Harm reduction as  
a pathway of  
recovery



# Peer Support

---



**The peer support worker's role is to assist people with finding and following their own recovery paths, without judgment, expectation, rules, or requirements.**

---

[Value of Peers Infographics: General Peer Support \(samhsa.gov\)](https://www.samhsa.gov)

# Gambling Harm



---

**“Gambling-related harms are the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society.**

These harms impact on people’s resources, relationships and health. Negative effects can include loss of employment, debt, crime, breakdown of relationships and deterioration of physical and mental health.”

[Problem gambling vs gambling-related harms \(gamblingcommission.gov.uk\)](https://gamblingcommission.gov.uk)

# Harm Reduction is...



---

“Harm reduction is an evidence-based approach that is critical to engaging with people who use drugs and equipping them with life-saving tools and information to create positive change in their lives and potentially save their lives.”

[Harm Reduction | SAMHSA](#)

# SAMHSA modified for PGAM...

---


Harm reduction is an evidence-based approach that is critical to engaging with ***people who GAMBLE*** and equipping them with life-saving tools and information to create positive change in their lives and potentially save their lives.

# Life Saving Tools and Information

- 
- Support groups, GA 12-step, Celebrate Recovery, SMART, All Recovery, and other PGAM support groups
  - Gambling Harm Reduction Plan
  - Financial Counseling and Financial Education
  - Helplines, state and national level
  - Bet Blocking Software
  - Self Exclusion
  - PGAM Counseling, Peer Support and Recovery Coach services
  - Awareness Education (PGAM 101)







**“A Harm Reduction approach  
meets people where they are,  
*engaging* with them and  
providing support.”**

---

SAMHSA Harm Reduction Framework

# **“Harm reduction seeks to reduce the harmful impacts of stigma.”**

---

**– SAMHSA Harm Reduction Framework**

- Stigma prevents individuals from discussing their problems caused from gambling or even the gambling itself.
- Reduced help seeking and isolation
- Stigma creates barriers
- PSS are a living breathing form of harm reduction
- Educating our peers and the public
- Sharing our lived experience




# Prevention is Harm Reduction


---

- “Prevention, in particular primary prevention, seeks to prevent problems before they start. That means preventing exposure .... (or screening and intervening with early misuse), reducing risk factors, and strengthening protective factors at the individual, relationship, community, and society levels.”
- [Harm Reduction Framework \(samhsa.gov\)](https://www.samhsa.gov/harm-reduction-framework)



# SAMHSA Harm Reduction Framework (modified for PGAM)...

- 
- Prevention also seeks to stop or delay the progression of **GAMBLING** to a **GAMBLING** disorder, as well as prevent other harms associated with **GAMBLING**. Harm reduction recognizes the complex relationship people may have with **GAMBLING**, starting from first use, through the many possible intervention points from there. Harm reduction does not minimize the inherent harms associated with **GAMBLING** and acknowledges that reducing harm can take different forms for different people at different points



***“Recovery* is a process of change through which people improve their health and wellness, live self-directed lives, and strive to reach their full potential.”**

---

[Recovery Support Tools and Resources | SAMHSA](#)

**“This definition does not describe recovery as an end state, but rather as a process. Complete symptom remission is neither a prerequisite of recovery nor a necessary outcome of the process.”**

---

[Recovery Support Tools and Resources | SAMHSA](#)

# In conclusion

---

SAMHSA's Harm Reduction framework may be a guide for a PGAM harm reduction approach.

Harm Reduction may help individuals set and reach goals in recovery.

Peer support specialists utilize their lived experience to foster connection and provide real and authentic support to individuals throughout their recovery journey



# Thank you

---



- Josh Hampton, NCCPSS
- 828.407.0056
- [jhampton@sunriseinasheville.org](mailto:jhampton@sunriseinasheville.org)
- [www.sunriseinasheville.org](http://www.sunriseinasheville.org)