

Sex, Substances, Sugar & Screens:

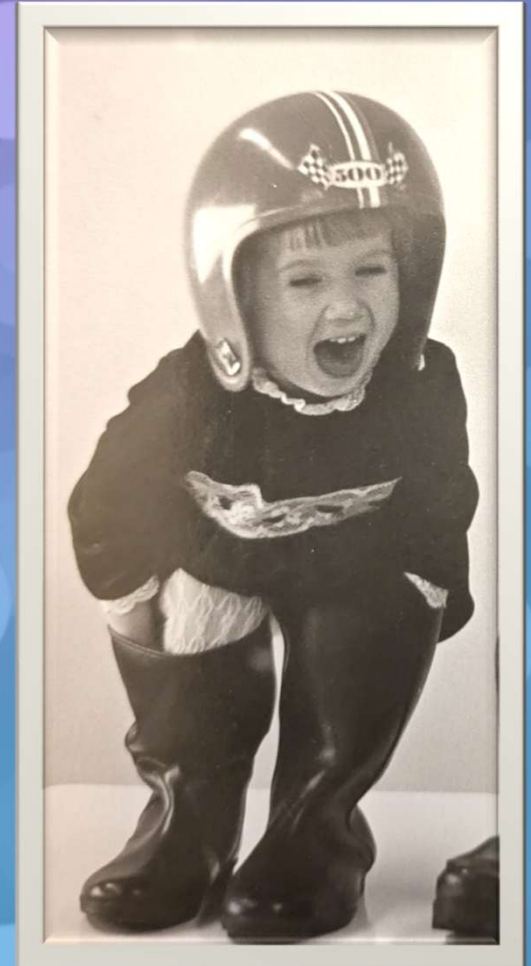
Addiction Shifting (before and/or after) Gambling



National Council on Problem Gambling Annual Conference, Nashville

July 24, 2026 12:15- 1:45 PM

Applied Rhetoric and Evidence-Informed Strategies for Functional Management of Compulsive Behavior Migration



1972

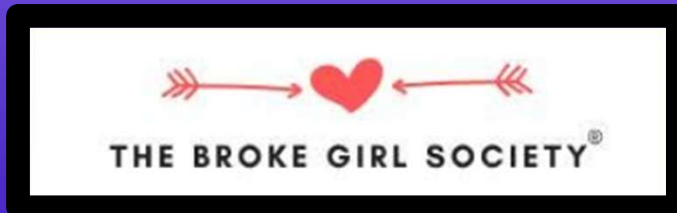
Kitty Martz

CGRM, CGAC-II, IGRS, BARA, MBA

Executive Director - Voices of Problem Gambling Recovery
Portland, Oregon [Email: kittymartz@vpgr.net](mailto:kittymartz@vpgr.net)



Affiliations, not representing:



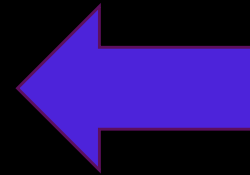
Addiction is cultivated in the:



Product

Environment

Person



The common engine:

Escape from stress

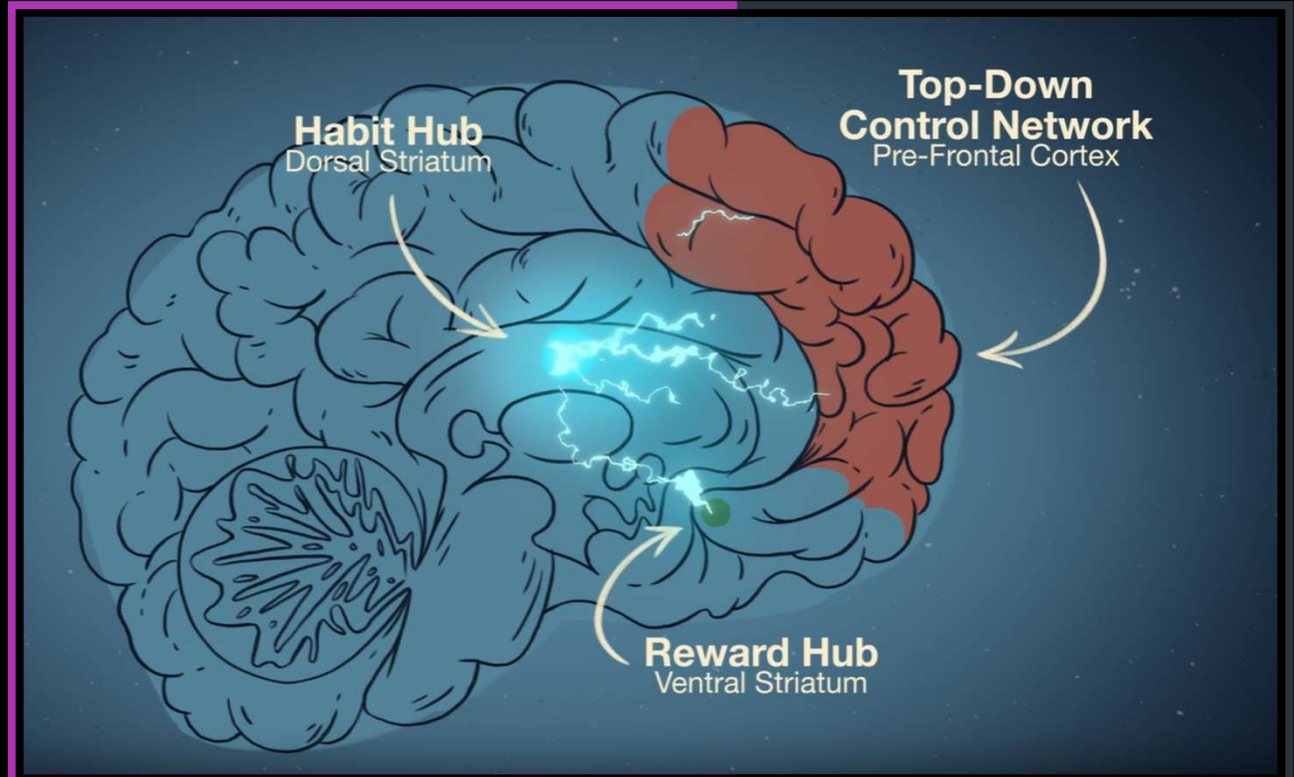
Trauma

Isolation

Availability

Shame

Reward loops /
conditioning



<https://brainconnections.ca/>



Risk Factors:

Attunement

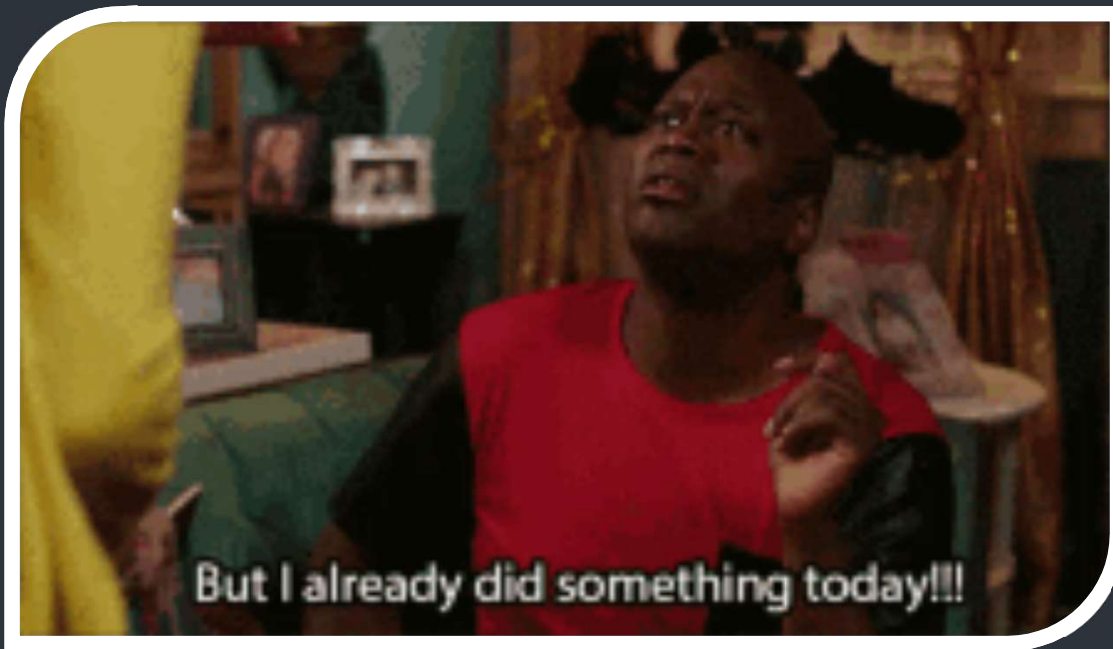
Mental
Illness

Early onset

Isolation

Financial
stress

Effective strategies for folks managing problem or disordered gambling:



Counseling

Friction

Community

Talk transparency

Daily anchor activity

Credit: Lewis & Clark Problem Gambling Services, Oregon

Meet OopsieDaisy:



Amber Wallin

I just peed a little

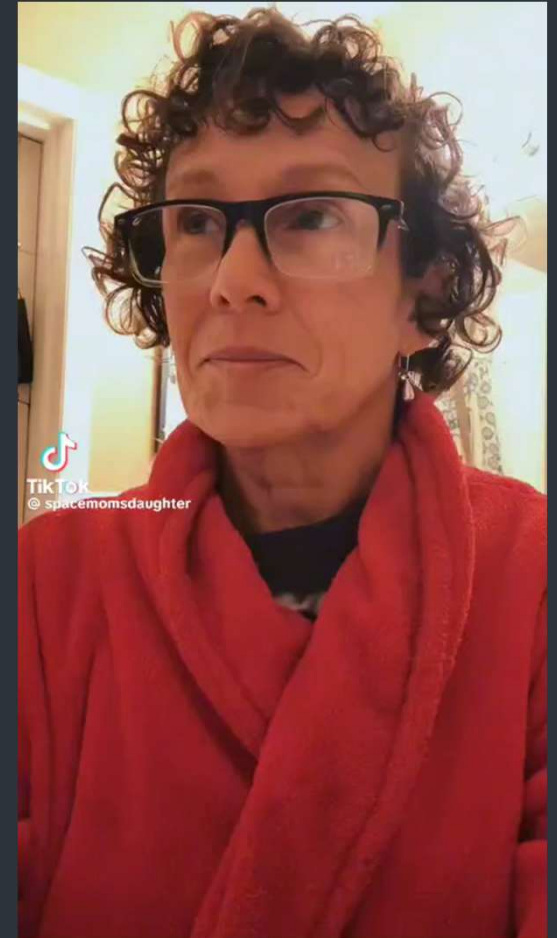


2022-03-03

Reply



327





Elizabeth

Fun fact: my moms extreme addiction to candy crush played a part in my parents divorce lmao

2022-02-07

Reply

♡ 80K



Snaililoquy

My friend
her uncle
them into
bankrupt
spending
on candy

2022-02-07

Re



_que.sera.sarah

I thought this was my sister commenting until I finished reading. My mom just stole all our identities for \$170k on angry birds^q.

2022-02-18

Reply

♡ 6,523





pessimisticplantlady

I've spent probably
\$3k on Uber eats
during depressive
episodes so I feel
this to my core 😅

2022-02-07

Reply

♡ 12K



🇸🇰 César RF 🇮🇹

For real, at one
point I ordered
from 3 different
places and the
three showed up
at the same
time! 💀💀💀

2022-02-20

Reply ♡ 547





sidneyraz ✓

thank you for
sharing

2022-03-01 Reply ❤️ 1,248 🗨️



Oopsiedaisy 🌈👤 · Creator

Getting absolved
off past sins on
tiktok 🙏🙏

2022-03-01 Reply ❤️ 369 🗨️



Oopsiedaisy 🌈👤 · Creator

One thing about
me, if imma go
viral, it's gonna
be in my nasty
dirty robe lol

2023-03-27 Reply ❤️ 19 🗨️

24,500 comments



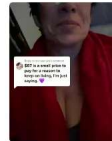
icats

\$87 is a small price
to pay for a reason
to keep on living,
I'm just saying. 💜

2022-02-06 Reply 41.9K



Oopsiedaisy · Creator



2023-03-28

888





Dez the lez

Why is that so
relatable? 😂 I
spent like \$50 on
Pokémon go two
summers ago
cause I was going
through it 💀

2022-02-27

Reply

♡ 1,113



MeowOsaurus

73
LEVEL

51,328,124/ 10,250,000

+ 3/4



Strategies for service providers:

Problem Gambler Liar
Codependent
Enmeshed Enabled Addict Drug Addict
Gambling Addict Relapse
Recovery Treatment
Clean Hand-off
Abstinence date

“What happened?”

Screen, integrate

Map migration

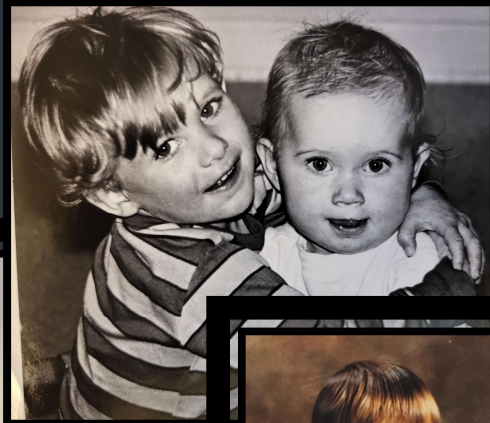
Protective factors

Balance wheel

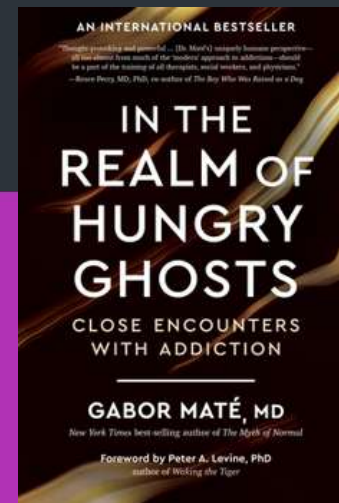
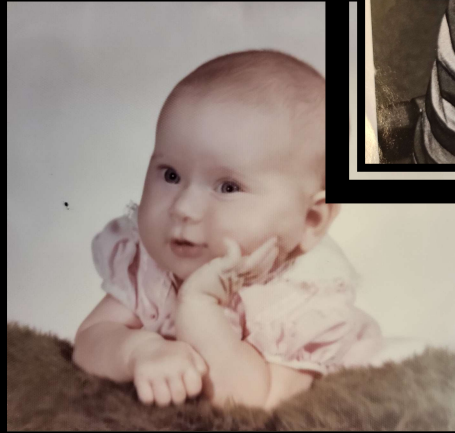
Reduce cues

Reduce stigma

What we can do:



“What happened?”



What we can do:

Protective Factors



What we can do:



Protective Factors:

Hobbies

Limited Exposure

Self Confidence

Safety

Caring adult

What we can do:

Screen and Integrate
Services (“De-silo-ify”)



What we can do:



Map migration

Attunement

Unplanned
Mentally ill parents
Unwell brother

Co-occurring

Nuerodivergence
X-addiction

Isolation

Loneliness

Availability

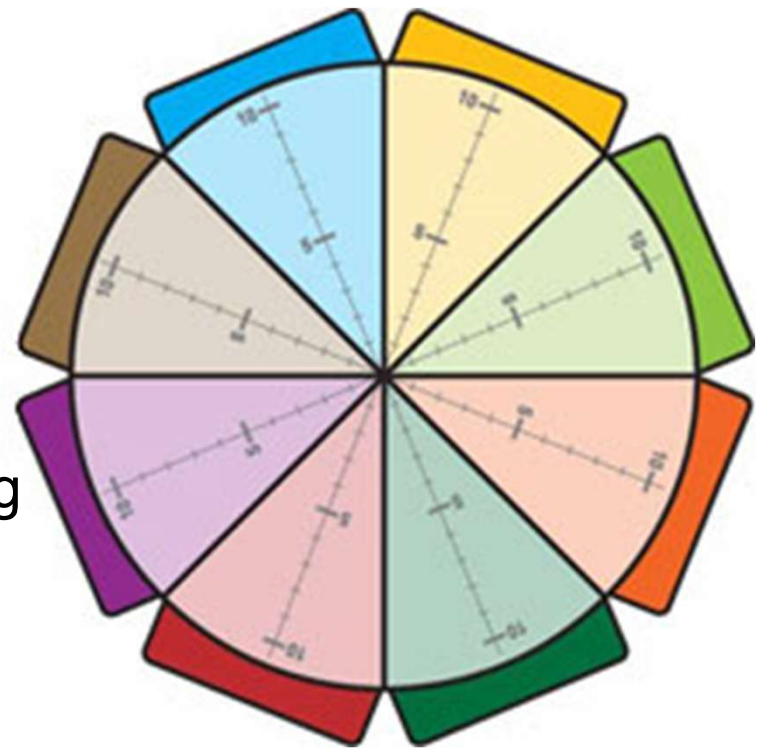
Oregon Lottery
Pandemic - screens

What we can do:

Life Balance Wheel

Examples:

- Pets
- My people
- Work
- Finances
- Health
- Compulsive Behavior
- Environment
- Education
- Community
- Volunteering
- Sports
- Hobbies
- Spirituality
- Romance



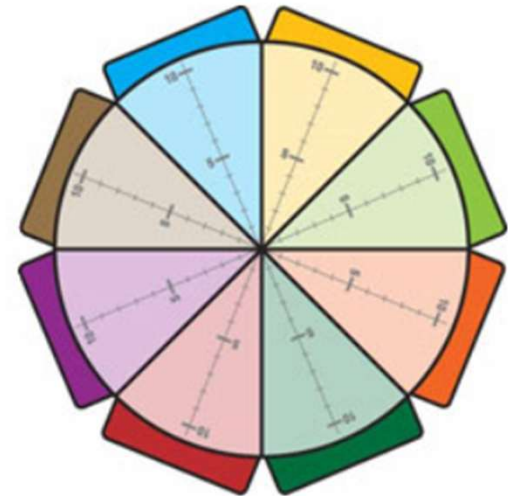
What we can do:

Life Balance Wheel



My spokes:

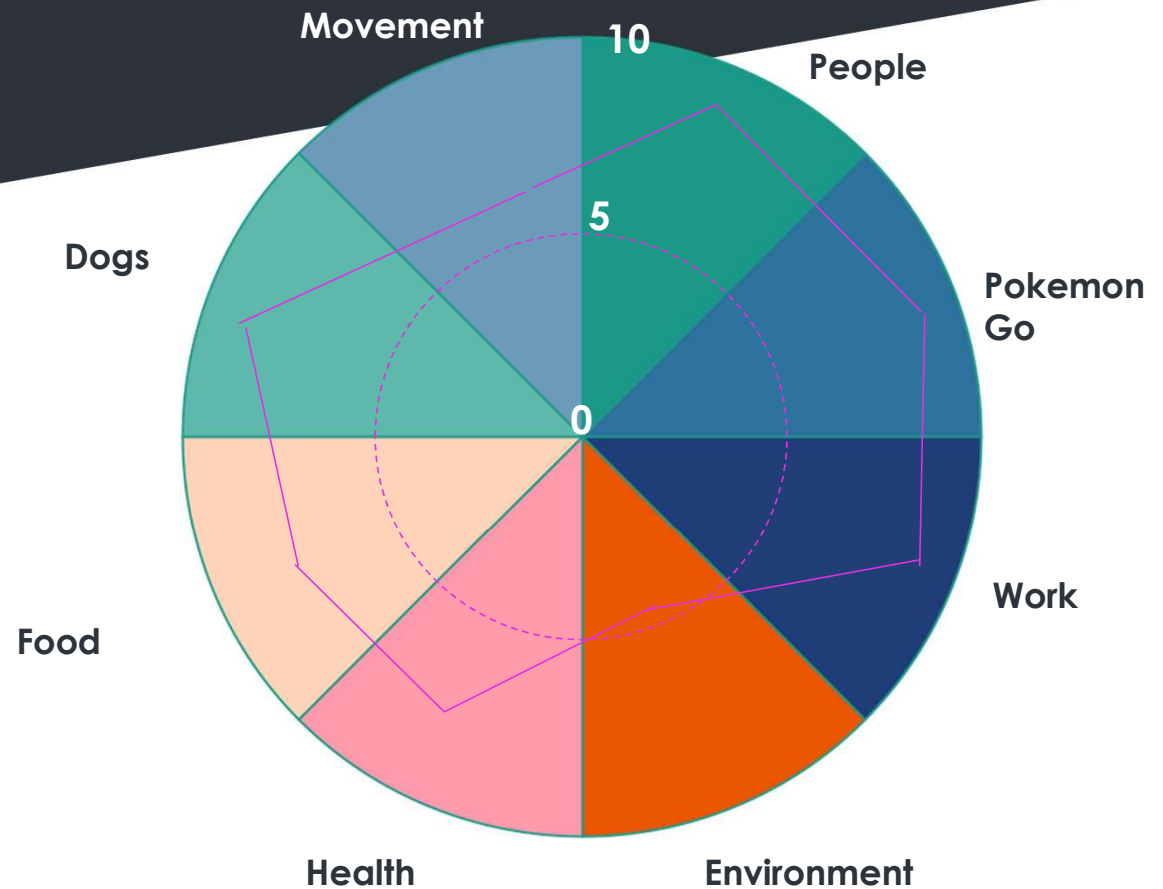
Dog
Food
Movement
Health
People
Environment
Pokémon Go
Work



“Lifestyle Balance Pie”

Method:

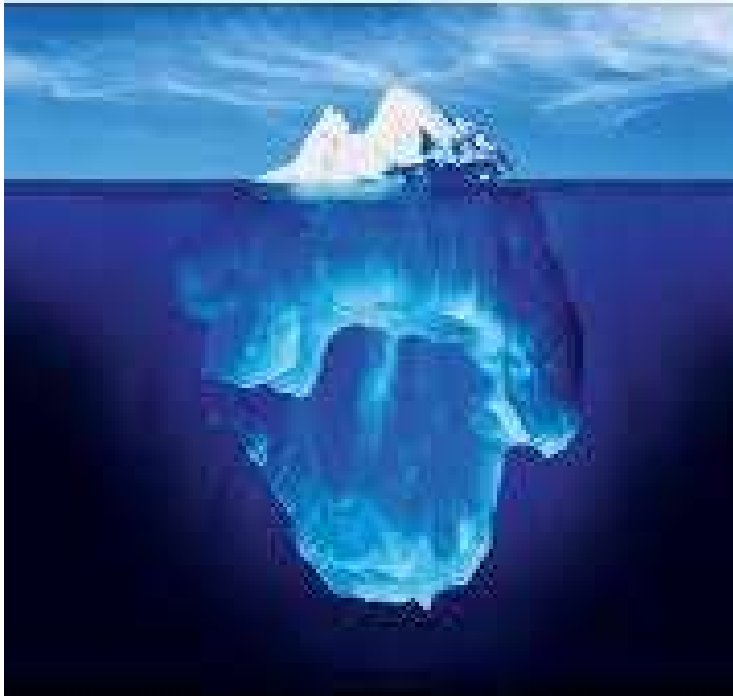
- (8) categories
- How satisfied am I?
- 0 – low, 10 – high
- Plan what shifts & how
- Every 90 days



What we can do:

Reduce cues





Thank you

kittymartz@vpgr.net

Books:

