



PRAIRIE RIDGE

PREVENTION SERVICES

"CLEAN MIND; CLEAN BODY; CLEAN SPIRIT; DRUG FREE"

Newsletter

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Is Candy Crush an Indicator of a Future Problem Gambler?

Article from the Daily Mail UK

<http://www.dailymail.co.uk/news/article-2537310/Games-like-Candy-Crush-addictive-cause-childhood-gambling-problems-dont-involve-money.html#ixzz2q2Jjoleo>

The rise of online computer games on social media sites could lead to a surge in childhood gambling problems, an expert has warned. They are introducing teenagers to the excitement and rewards of gambling even when they do not involve playing for money. Games such as Candy Crush Saga - which can be played on Facebook - have a 'moreishness quality' which hooks players in.

Addictive: Candy Crush Saga, pictured, can hook users in for hours at a time and lead to children becoming addicted, according to a report by Nottingham Trent University's International Gaming Research Unit



Mark Griffiths, Director of the International Gaming Research Unit at Nottingham Trent University, is a world authority on gambling. He told the Times Educational Supplement: 'One of the biggest predictors of whether people become gamblers is the playing of gambling-type games on free-play sites.

"When you start winning, you start thinking that if I was playing with real money, I could be doing quite well."

He also stated, "children who play those free games are more likely to gamble and more likely to develop problem gambling behaviors. These are gateway activities that can lead people down the gambling road."

Candy Crush Saga gives players the option of paying money to access higher levels. It has been downloaded more than 500 million times.

What does this mean for our youth? Watch what they download on their phones. Talk to them about free games online and replace some of the "device time" with conversations and one-on-one interactions.

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Bets off during March Madness

Media Release from www.HeartlandFamilyService.org

While thirteenth-ranked Creighton, No. 16 Iowa State and No. 24 Iowa are preparing for conference tournaments along with the rest of the men's college basketball world, area gambling prevention experts are gearing up for the blitz on hotlines that comes every year with March Madness.

Every year, Americans bet an estimated \$3 billion on the NCAA Tournament. During this time, gambling help lines see an 86 percent increase in call volume. Harlan Vogel, the Nebraska Gambling Prevention Program Coordinator for Heartland Family Service, sees a correlation.

"Problem gamblers are heavily involved before March Madness," Vogel says. "And afterwards, they look for ways to make up for the money they lost in the tournament. So it extends beyond the event. March Madness is just the next step."

Problem Gambling Affects All of Us

By Meagen M. Wentz, Prevention Specialist

Different circumstances can trigger a rise in gambling habits for a person. Whether it is a large lottery amount in a certain week, March Madness brackets in the Spring, or Fantasy Football, some individuals may choose to drop a few extra bucks on a chance at a pool of money. But for a reported 3% of Americans, spending money on any type of gambling has consumed their lives. It does not necessarily follow the ebbs and flows of lottery amounts, certain sports events, or weekly work pools. It is a preoccupation. It is an addiction.



Problem or compulsive gambling is a health risk just like alcoholism or other drug addiction. And a phone call can help. According to the Iowa Gambling Treatment Program through the Iowa Department of Public Health, the Iowa 1-800-BETS-OFF helpline is a resource not only used by people referring themselves, but also those close to a gambler. The summary of fiscal year 2013 documented over 700 calls asking for treatment information for themselves, while an additional 270 callers asked about treatment for someone else. Some caller relationships were children, spouses, friends, other relatives or coworkers.

Problem Gambling Affects All of Us. If you gamble, please balance your time, energy and money so everybody wins.

*Prairie Ridge Addiction Treatment Services
gambling@prairieridge.net*

Most compulsive gamblers do not seek treatment until the late stages of gambling or until problems become so out of control he or she does not know what to do.

If you or someone you know would like to seek counseling for problem or compulsive gambling, please call Prairie Ridge Addiction Treatment Services at 641-424-2391 or email gambling@prairieridge.net to set up an appointment.

Upcoming Events

May 10th, 2014 Youth Diversion Program at Prairie Ridge, Mason City.

The program will be from 8:00-4:30 p.m. Saturday.

May 10th & 12th, 2014 Adolescent Prime for Life at Prairie Ridge, Mason City.

The program will be from 8:00-4:30 p.m. Saturday. Monday 4:00 p.m-8:00 p.m.

For more information, please contact the Prairie Ridge Mason City Office at 641-424-2391 or TOLL FREE at 1-866-429-2391.

In the next issue...

What is the most widely used and abused drug by our youth??

