

GAMBLING AWARENESS



Photo: Loma Rowlinson

PROBLEM GAMBLING PREVENTION GAMING-GAMBLING AWARENESS PROGRAM (G-GAP) July 2020 (updated)



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WHAT IS GAMBLING?



Photo: Loma Rowlinson

Gambling is when a person makes a decision to risk losing something of value, usually money or belongings, with the hope of gaining something of greater value and when the winning or losing is decided mostly by chance.

Examples:

- Slots & Casino Games
- Bingo
- Lottery Tickets
- 50/50 Draws
- Sports Betting



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WHAT IS PROBLEM GAMBLING?



Image: Public Domain

Problem Gambling happens when your gambling habits start to negatively impact your life or the lives of those around you.



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GAMBLING PRE-SCREEN

Grab your pencil and pen. Self-Assessment. How do you rate?

Yes or No

1. Have you ever participated in any form of gambling?
2. Have you ever felt the need to cut down on your gambling?
3. Have you ever felt guilty about gambling?
4. Have you ever borrowed money to gamble?
5. Have you ever spent more money gambling than you intended?
6. Have you ever felt annoyed by criticisms of your gambling?
7. Have you ever lost time from work or school as a result of your gambling?



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GAMBLING PRE-SCREEN RATING

If you gave a “yes” response to question 1 that is enough reason to justify asking and answering the remaining pre-screen questions.

If you gave a “yes” response to any of questions 2-7 it is sufficient reason to proceed with further screening tools to see your risk level.

GETTING SUPPORT: Screening tools are available from the MNO or you can call the MNO’s Mental Health and Addictions Crisis Helpline to assist you: 1-888-767-7572



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MYTH BUSTING

Myth #1:

If I keep gambling my luck will change and I will win back the money I have lost.

Fact: Every time you place a bet, the outcome is completely random and independent of the previous one.

This means that the odds are no more in your favour on the 10th bet than they were on your 1st bet.

Over time, the more you risk, the more you will lose.



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MYTH BUSTING

Myth #2:

I have a special strategy that helps me win. I pick certain number for the lottery or press the stop button on a slot machine at exactly the right time.

Fact: The outcome of most games of chance, particularly lotteries and slot machines, is completely random. You cannot influence it, regardless of what you do.

For lotteries: Betting the same numbers every week won't help you win any more than betting different numbers. Or buying more tickets will not increase your odds to win because it only takes 1 ticket to win and the more tickets purchased actually reduces your chance even more.

For Slots: Slot machines have a random number generator which means all numbers that come up are random and starts over with each spin. Pressing the stop button at a certain time will not influence what that outcome is.



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MYTH BUSTING

Myth #3:

I almost won! I am due to win soon.

Fact: "Almost" winning in no way means that a real win is around the corner. Future gambling outcomes are in no way influenced by previous outcomes.

Myth #4:

I have a feeling that today is my lucky day. I just know I am going to win.

Fact: Having a feeling, hoping, wishing, or needing to win money has absolutely no influence on the outcome of any game of chance.



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HISTORICAL MÉTIS GAMING & GAMBLING

The Métis played sports and games based on everyday survival skills needed for hunting, trapping, and trading furs.



Games were designed to teach:

- cooperation
- team work
- social skills
- strength based capacity building
- enrich teachings
- strengthened bonds
- good forms of exercise
- leisure activities for all ages

These skills were important for the emotional, physical, and mental development of the community members.



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HISTORICAL MÉTIS GAMING

**Losing Everything is
Not Part of our History**



Photo: MNO

Traditional games celebrated community and demonstrated determination and strength needed and shown in daily life and work.

Competitions and games of chance had risk when some participants would bet their tools, weapons and goods.

However, unlike modern day gambling, losing everything was not the norm.



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TRADITIONAL MÉTIS GAMES

Extreme Games



Photos: Loma Rowlinson & MNO



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Participating in competitions and playing games of chance have been passed down from generation to generation.

The more extreme Traditional Métis Voyageur Games competitions require displays of strength, endurance and accuracy. Many of these activities are still done today:

- Hatchet Throw
- Sling-shot
- Rifle Shooting
- Archery
- 80 lb Cream Can Carry
- 300 Log Carry
- 90, 180, 300 & 450 lb Flour Sac Carry

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MÉTIS COMPETITIONS

Moderate Games



Photos: MNO



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Moderate Competitions provided opportunities for healthy fun and 'bragging rights'. Some included:

- Crab Tug of War
- Poison Circle
- Cabresser (Lassoing)
- La Butt (Leg Wrestling)

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MÉTIS CONTESTS



Photo: Berni Picco

Métis men traditionally also competed in horse races and arm wrestling.

Women displayed their embroidery, quilts, hooked rugs, sashes and crochet work

Children played scaled down versions of adult activities.



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MÉTIS CONTESTS

Arts and Cultural Expression



Photo: MNO

The Métis shared their culture and traditions often holding friendly contests. Such events rarely had monetary rewards attached to the 'winners'. Contests would include:

Music:

- Fiddle
- Jigging
- Spoons

Clothing Making:

- Finger Sash Weaving
- Floral Beading
- Moccasin and Jackets



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GAMES OF CHANCE



Image: Public domain

Similar to modern gambling games, bingo and slots, games of chance do not involve any true skills – everything is chance like flipping a coin.

Some games the Métis played were:

- Plum Pit Game (pits with dots, like dice)
- The Hand Game (guess what hand it is in)
- Sliding Stones (roll stones down a slope into holes at the bottom and count points)



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STRATEGY GAMES



Image: Public domain

The Métis also played a variety of strategy games that were portable and did not take up much room when traveling.

Métis that were religious played only for entertainment however some of the Métis would place moderate bets for trade of goods. A few of these games include:

Card Games

- Euchre
- La Brouche
- Gin Rummy
- Put and Take
- Cribbage

Blacksmith Puzzles

The Map Game (played by children; similar to Hide and seek but in teams)



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MÉTIS MODERN DAY GAMBLING

2011 Métis Nation of Ontario Gambling Research indicated the most popular forms of Métis (ages 45+) gambling, in order are:

1. Raffle Tickets (prize draws, penny tables etc.)
2. Lottery Tickets
3. Scratch Tickets
4. Slot Machines
5. Bingo
6. Sports Betting



Photo: Public Domain

Other forms of popular Métis gambling include:
 Racetracks, Casino Games (cards, roulette, craps),
 Video Lottery Terminals, Online Poker, Stock
 Market



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MÉTIS GAMBLING STATISTICS

20% of Métis indicated that problem gambling has caused problem in their families.

50% of Métis seniors know someone that has a gambling problem.

14% of Métis survey respondents said there has been a gambling problem in the family due to:

- Gambler borrowing excessively
- Emotional hardship

***Unique to the Métis population:**
 Research indicated that higher risk gambling and higher levels of reported depression were both associated with better family functioning.



Photo: MNO



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AVERAGE GAMBLING STATISTICS

Young adults aged 18-24 have the highest rate of problem gambling at 6.9%

Over 1/3 of young adults aged 18-34 play poker for money

45% of teens played poker in the past year.



Photo: Public Domain



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UNDERSTANDING RANDOMNESS

Winning when gambling happens by chance, with no plan or purpose.



Photo: Public Domain

Randomness means that no one can predict what combinations or results will occur next.

Example 'Coin Toss'.

- Chance of winning is 50% and no matter what happened before you cannot predict if it will be heads or tails.
- Just because a coin has come up heads several times in a row, it is not reasonable to think that it will more likely to come up tails on the next flip.
- In reality, the outcomes are totally independent: the coin does not "remember" what it has done in the past and there is no way to predict what it will do next.
- No matter what has happened before, the probability of tails for one coin is always 50%.



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UNDERSTANDING THE ODDS

Odds are your chances of winning

Comparing the Odds:

- 1 in 50 to celebrate your 100th birthday
- 1 in 240,000 chance of being struck by lightning
- 1 in 3 million chance of seeing a UFO.
- 1 in 14 million will win the Lotto 6/49.



Amination: bestanimations.com

Facts:

- The 'odds' are always against the person placing the bet
- The 'House' (Casino, Bingo Hall etc.) always has the edge or upper hand to win
- The longer you gamble, the more you will likely lose



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ONLINE GAMBLING

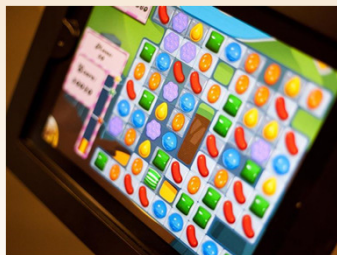


Photo: Public Domain

On-line Casinos:

Will offer you some free plays and let you win. Then they entice you to stay on the site but now you need to spend your money. That is when your winning streak ends.

Free Online Games:

Games like Neo-Pets and Candy Crush teach young children how to gamble. Parents need to be diligent that these games don't encourage spending money and gambling to get invisible rewards.



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RESPONSIBLE GAMBLING TIPS

- Set a money limit
- Set a time limit
- Never chase losses – gambling more to try to win back the money you lost
- Gambling is a form of entertainment, not a way to make money
- If you gamble only use money that you can afford to lose
- Don't gamble when you are depressed or upset
- Never go gambling with a problem gambler or 'high roller'
- Go gambling with a friend that supports responsible gambling views
- Limit the number of times a year you go gambling.
- Remember: Just because the 'jackpot' is bigger doesn't mean your odds are greater no matter how many tickets or how much money you spent.



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PROBLEM GAMBLING SIGNS

Behaviour & Physical signs:

- Stops doing things previously enjoyed
- Misses family events
- Changes patterns of sleep, eating or intimacy
- Has conflicts over money with other people
- Is often absent or late for work or school
- Is gone for long, unexplained periods of time
- Neglects personal responsibilities
- Thinks about gambling all the time
- Is less willing to spend money on things other than gambling
- Cheats or steals to get the money to gamble or pay debts
- Has legal problems related to gambling
- Uses alcohol or other drugs more often
- Ignores self-care, work, school or family tasks
- Headaches, stomach problems, anxiety



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PROBLEM GAMBLING SIGNS

Emotional Signs:

- Gets dismissive, angry or defensive when gambling concerns come up
- Withdraws from family and friends
- Seems far away, anxious or has difficulty paying attention
- Has mood swings and sudden outbursts of anger
- Complains of boredom or restlessness
- Seems depressed or suicidal

Financial Signs:

- Frequently borrows money or asks for salary advances
- Takes a second job but always seems broke
- Cashes in savings accounts, RRSP's or insurance plans
- Alternates between being broke and flashing money
- Family members complain that valuables and appliances are disappearing, or money is missing from a bank account or wallet.



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PROBLEM GAMBLING STIGMA

What is Stigma?

When someone is devalued or discredited because of a perceived negative attribute, behaviour. Stigma can also be self-imposed.

What is Problem Gambling Stigma?

Problem Gambling attracts a lot of negative public stigma.

Gamblers are often labelled and stereotyped negatively as compulsive, impulsive, desperate, irresponsible, risk-taking, depressed, greedy, irrational, antisocial, and aggressive.

Public Stigma often results in social exclusion, distancing, devaluation of relationships, employment and lack of trust, pity, shame, status loss, and discrimination.



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EFFECTS OF STIGMA

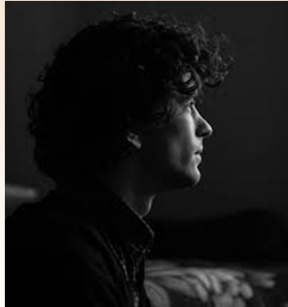


Photo: Public Domain. PxHere

Effects of Stigma

Problem Gambling Stigma makes the problem gambling feel shamed and or discredited.

Stigma is a major barrier to problem gamblers admitting they have a problem or seeking help.



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REDUCING STIGMA

What can you do?

Know the Facts: Problem Gambling is a mental health issue

- Gambling Addiction is as real as alcoholism
- Gambling Addiction can be as hard to break as a drug addiction.

Be aware of your own attitudes and behaviour

Choose your words carefully

Educate others by sharing facts and challenge myths and stereotypes

Provide Support, dignity and respect to those struggling with problem gambling. Provide encouragement



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GAMBLING AWARENESS VIDEOS

Metis Youth and Internet Gambling

Part 1:

https://www.youtube.com/watch?v=vBDNGYmcF3s&list=UUYt1gnqk88jHpRWiOXe0d_A&index=86

Part 2:

https://www.youtube.com/watch?v=UMAvJ8XDohs&list=UUYt1gnqk88jHpRWiOXe0d_A&index=85

Metis Elders Speak Out

https://www.youtube.com/watch?list=UUYt1gnqk88jHpRWiOXe0d_A&v=K3PoD0jEuW8



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GETTING HELP

If you are concerned about gambling or the gambling behaviour of someone you care about there is free confidential help available in Ontario.

MNO Mental Health and Addictions Crisis Line:
1-877-767-7572 (24/7)

ConnexOntario:
1-866-531-2600
(available in multiple languages)

To book a workshop, assessment or more information:

Metis Nation of Ontario
Gaming-Gambling Awareness Program (G-GAP)

ggap@metisnation.org
www.metisgaming.com

www.metisnation.org



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CONCLUSION

Thank you for participating.

Your comments are important to us. Please remember to complete our event evaluation form and hand it to a Métis Nation of Ontario employee before you leave.

Hope you enjoy the rest of your day.

KICHI MARSII/THANK YOU



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