

# **GAMBLING AWARENESS TOOLKIT**

Métis Nation  
of Ontario 

**MNO Gaming-Gambling Awareness Program (G-GAP)**  
**[ggap@metisnation.org](mailto:ggap@metisnation.org)**

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The NODS-CLiP\*

# Short Gambling Screen Test

1. Have there ever been periods lasting 2 weeks or longer when you spent a lot of time thinking about your gambling experiences or planning out future gambling Ventures or bets? Do you check your emails and social media before you go to bed and/or when you wake up?  
☐ **Yes**   ☐ **No**
2. Have you ever tried to stop, cut down, or control your gambling?  
☐ **Yes**   ☐ **No**
3. Have you ever lied to family members, friends, or others about how much you gamble or how much money you lost on gambling?  
☐ **Yes**   ☐ **No**
4. If "Yes" to one or more questions, further assessment is advised.  
☐ **Yes**   ☐ **No**

\* Volberg, R. A., Munck, I. M., & Petry, N. M. (2011). A quick and simple screening method for pathological and problem gamblers in addiction programs and practices. *The American Journal on Addictions*, 20, 220-227.

**For more information:**

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# GAMBLING SELF-ASSESSMENT

## HOW DO YOU RATE?

Thinking over the last 12 months check of each box that applies to you.

Item #	Question	NEVER	SOMETIMES	OFTEN	ALMOST ALWAYS
1.	Have you bet more than you could really afford to lose?	0	1	2	3
2.	Have you needed to gamble with larger amounts of money to get the same feeling of excitement?	0	1	2	3
3.	When you gambled, did you go back another day to try to win back the money you lost?	0	1	2	3
4.	Have you borrowed money or sold anything to get money to gamble?	0	1	2	3
5.	Have you felt that you might have a problem with gambling?	0	1	2	3
6.	Has gambling caused you any health problems, including stress or anxiety?	0	1	2	3
7.	Have people criticize your betting or told you that they think you might have a gambling problem, regardless of whether or not you thought it was true?	0	1	2	3
8.	Has gambling caused or contributed to any financial problems for your or your household?	0	1	2	3
9.	Have you felt guilty about the way you gamble or what happens when you gamble?	0	1	2	3

**TOTAL SCORE:** The higher your score the greater the risk that your gambling is a problem.

**0** = Non-problem gambling.

**1 or 2** = Low level of problems with few or no identified negative consequences.

**3 to 7** = Moderate level of problems leading to some negative consequences.

**8 or more** = Problem gambling with negative consequences and possible loss of control.

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# WHAT IS GAMBLING?

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. When gambling, whether you are winning or losing, most results are out of your control and winning is by chance. Métis Nation of Ontario research conducted in 2011 indicated that the most common forms of gambling in the Métis community, in order are:

- Lottery, scratch and pull tab tickets
- Bingo
- Slot Machines
- Casino Games (i.e. blackjack, roulette, craps)
- Sports Betting
- Card Games played with money (i.e. Texas Hold'em)
- Draws (i.e. 50/50)

## WHAT IS PROBLEM GAMBLING?

Problem gambling happens when your gambling habits start to negatively impact your life or the lives of those around you. Some warning signs that your gambling may be getting out of control include:

- Missing family events to gamble
- Ignoring self-care, work, school or family
- Borrowing or stealing money, selling or losing personal items to gamble
- Lying about being at the casino or Bingo Hall
- Lying about how many lottery ticket you buy
- Always thinking about or being distracted with thoughts of gambling
- Feeling stress, anxiety and or having mood swings
- Bills unpaid and financial problems
- Lying about being sick and missing work or school to gamble

**Ontario Problem Gambling Helpline:**  
**1-888-230-3505 (24/7)**

Our Gaming-Gambling Awareness Program is offered in community offices across the province. If you need assistance please contact a Métis Nation of Ontario Healing and Wellness worker close to you or our G-GAP Provincial Coordinator.

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# RESPONSIBLE GAMBLING TIPS

## **Setting Limits**

If you are going to Gamble....Know the facts and the Risks.

## **Plan Ahead**

Arrange your day and evening ahead of time and plan other leisure activities in addition to gambling.

## **Set a Time Limit**

Before you gamble pick and stick to your time limit. Wearing a watch, setting your phone alarm, or have someone call or pick you up.

## **Be Self-Aware**

Gambling to escape other life problems doesn't work. Do not gamble if you are feeling lonely, anxious, depressed, or if you are experiencing anxiety, depression, pain or loss.

## **Set a Money Limit**

Use only money set aside for entertainment and stick to it. Do not use money needed for food, bills or other necessities. Leave your debit and credit cards at home.

## **Take Frequent Breaks**

Leaving a game, machine, table or your computer to take a break is important because that time away allows you to check your limits to make sure you aren't over in time or money.

## **Balance Gambling with Other Activities**

You're more likely to enjoy the time you spend gambling if gambling isn't your only form of entertainment. It is no fun to keep losing money. If you're playing for fun and you win, it's nice to use that windfall for other things. If you balance gambling with other activities you are less likely to let it interfere with your work or your relationships with friends and family.

## **GETTING HELP:**

If you are concerned that gambling may be getting out of hand or has caused difficulties confidential help is available. Our Gaming-Gambling Awareness Program is offered in community offices across the province. If you need assistance please contact a Métis Nation of Ontario Healing and Wellness worker or our G-GAP Provincial Coordinator.

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# MÉTIS 45+ & GAMBLING

## QUICK FACTS

In 2011 research was conducted by the Métis Nation of Ontario on the impacts of gambling with Métis adults aged 45 and over.

## Popular Activities

The most common gambling activities reported by Métis seniors, in order from most common to least include:

1. Raffle Tickets
2. Lottery Tickets
3. Scratch Tickets
4. Slot Machines
5. Bingo
6. Sports Betting

## Know the Risk

Gambling concerns are much higher for Métis baby-boomers and seniors than the average for mainstream in the same age group. Research indicates:

- 8% are problem gamblers
- 9% are moderate risk gamblers
- 11% are at high risk for problem gambling
- 20% indicated that problem gambling has caused problem in their families.
- 50% know someone that has a gambling problem.

## Unique Facts about Métis baby boomers and gambling:

- Have more children than average
- Have less overall income
- Understand gambling risks but accept the risk of experiencing a gambling problem
- Majority of Métis problem gamblers have good family functioning

## GETTING HELP:

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# YOUTH & INTERNET GAMBLING/GAMING

Youth often start gambling with family members purchasing and/or receiving lottery or scratch tickets as gifts and playing cards or bingo for money and prizes. Popular activities amongst youth today include: dice, sports pools, cards, online gaming & gambling, internet poker.

**KNOW THE RISKS:** Gambling among youth is a popular activity, with males twice as likely to develop problems (Gupta R. Drevenky JL, Familial and social influences on juvenile gambling behavior). At risk and problem youth gamblers have higher rates of:

- Alcohol and binge drinking (Student Wellness Survey 2010)
- Drug use including marijuana
- Suicidal thoughts and attempts
- School problems: lower grades, truancy, and behaviour issues
- Risky sexual behaviour
- Family problems
- Peer relationship issues
- Legal and money troubles
- Dissociative 'escape' behaviours
- Criminal activity such as theft

**INTERNET GAMBLING/GAMING:** Internet use becomes a problem when it begins to cause a decline in grades, school attendance, participating in family activities, and keeping up friendships outside of cyberspace. The Centre for Internet Addiction has found that at an alarming rate internet gaming encourages a new breed of gambling addicts.

As it is easy to forget that electronic money is still real money, convenient access to your bank account increases the likelihood of: Impulse betting, chasing losses, purchasing and selling non-tangible goods like 'skins' popular with online games.

Internet gaming addicts can spending up to 15 hours a day online and can suffer the same emotional and some of the physical withdrawal symptoms that drug and alcohol addicts experience when prevented from getting high or drunk.

**Métis Youth Speak Out Video** (Part 1):

<https://youtu.be/vBDNGYmcF3s>

**Métis Youth Speak Out Video** (Part 2):

<https://youtu.be/UMAvJ8XDohs>

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# GAMING/GAMBLING ALTERNATIVES

## EMBRACING MÉTIS CULTURE

There is very little laughter associated with online gaming or gambling as it takes time away from your family, risks losing money, and offers no physical skills. It is important to look at gaming and gambling as entertainment and to find balance with other activities.

The unique culture and heritage of the Métis finds traditional games helpful to establish connections and relationships between communities and families.

Traditional games teach skills of concentration, memory, develop physical stamina, ability, and help to develop character, honour and integrity. These games are played with the concept of friendly competition and promote laughter and lightheartedness. Cultural games and activities offer healthy alternatives to gambling that you can do on your own, with family and friends.

**Traditional Métis Voyageur Games:** The Métis are competitive by nature and games played at community events are one way to celebrate and preserve Métis culture and heritage. Enjoyed by families, at many community events, some of the popular games hosted in Ontario include:

- Air Rifle
- Hatchet Throw
- Sling-Shot
- Archery
- Poison Circle
- Crab Tug of War
- La Butt (Leg Wrestling)
- Canoe Racing



**Extreme Games:** These traditional games are still being featured as competitions but, due to the risk of injury, they are only occasionally demonstrated in Ontario.

- 450 Lbs Sack Carry
- 300 Lbs Log Carry
- 180 Lbs Sack Carry
- 90 Lbs Sack Carry
- 20 Lb Flour Sack Carry
- Cream Can Carry



**Other Cultural Activities:**

Throughout the year the MNO offers cultural workshops. Please contact a MNO community office to inquire and see what is available in your area. Examples:

- Métis Beading
- Moccasin Making
- Traditional Cooking
- Métis Jigging & Fiddle
- Community Gardens
- Harvesting Activities
- Sharing Circles and storytelling



If you are concerned that gaming or gambling may be getting out of hand or has caused you difficulties, confidential help is available.

**Ontario Problem Gambling Helpline:**

**1-888-230-3505** (24/7)

**GETTING HELP:**

Our Gaming-Gambling Awareness Program is offered in community offices across the province. If you need assistance please contact a Métis Nation of Ontario Healing and Wellness worker or our G-GAP Provincial Coordinator.

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# **GAMBLING AWARENESS**

## **Problem Gambling Prevention Workshop**

This workshop is available as a Power Point presentation. Electronic version of this presentation is available from the MNO's Gaming-Gambling Awareness Program's Provincial Coordinator.

To get a copy of this presentation please email: **[ggap@metisnation.org](mailto:ggap@metisnation.org)**

# GAMBLING AWARENESS



Photo: Loma Rowlinson

## PROBLEM GAMBLING PREVENTION GAMING-GAMBLING AWARENESS PROGRAM (G-GAP) May 2019



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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 Ontario Problem Gambling Helpline to consult with a counsellor in your area: 1-800-230-3505 (24 hours)



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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 10<sup>th</sup> bet than they were on your 1<sup>st</sup> 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

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

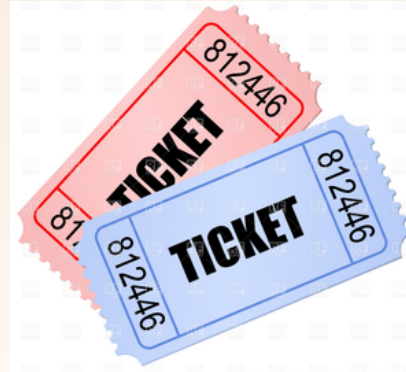


Photo: Public Domain

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 100<sup>th</sup> 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](http://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

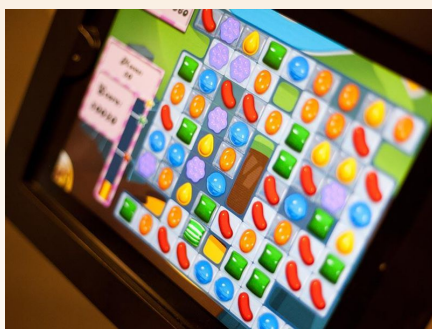


Photo: Public Domain

### 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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## GETTING HELP

**Ontario Problem Gambling Help Line  
1-866-531-2600**

- Residential Treatment Centers
- Counselling for individuals and families
- Support Groups
- Métis Nation of Ontario Mental Health – Telepsychiatry Services
- MNO Gaming-Gambling Awareness Program (G-GAP) is offered in community offices across the province.

If you or someone you know needs assistance please contact a Métis Nation of Ontario Healing and Wellness worker close to you or contact our G-GAP Provincial Coordinator.

For more information:  
Métis Nation of Ontario  
Gaming-Gambling Awareness Program (G-GAP)  
[ggap@metisnation.org](mailto:ggap@metisnation.org)



**Métis Nation of Ontario**  
Healing and Wellness

**Métis Nation  
of Ontario**   
25 YEARS

## 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



# FACILITATOR'S GUIDE: **MÉTIS ELDERS SPEAK OUT WORKSHOP**

Following are suggestions on how to utilize the **Métis Elders Speak Out** video to promote communication and information sharing within your community about healthy and responsible gambling practices.

## FACILITATOR'S GUIDE: MÉTIS ELDERS SPEAK OUT WORKSHOP

**PURPOSE:** To encourage dialogue and inform participants about the benefits of responsible gambling through awareness, using facts and stories from personal experiences.

**METHOD:** Through group activity/discussion surrounding the video.

**INSTRUCTIONS:** Watch the video, and then step by step review the various points, statements and comments provided by interviewees on gambling related issues. Encourage dialogue around gambling using the video as a launch vehicle.

**Métis Elders Speak Out Video:** <https://www.youtube.com/watch?v=K3PoD0jEuW8>

**Discussion Points:** (in order as seen in the video)

1. Hand out the Factsheet from page 7: *Métis 45+ and Gambling*  
Review key points and statistic with Métis seniors and gambling
2. Hand out the Factsheet from page 5: *What is Gambling/Problem Gambling*  
Go over the definition of gambling and then problem gambling.  
**Gambling:** When you risk something of value on an event or outcome that is uncertain, or taking a chance of losing money or belongings when winning or losing is decided mostly by chance.  
**Problem Gambling:** Is not just about losing money but how it can affect a person's whole life. It is defined as any type of gambling that compromises, disrupts, or damages personal, family or work pursuits. Where possible use personal examples of gambling experiences to promote discussion.  
**Open Discussion:** In reflecting on the Métis Elders Speak Out Video, discuss gambling effects on lower income families and people who can least afford to gamble. Discussion around what gambling can do to families when gambling takes away household income. Examples to talk about include: household bills not getting paid, loss of services like hydro, gas, water etc., rent or mortgages not being paid, health effects for the gambler and family members, family violence as a result of gambling and financial pressures.
3. Hand out the Factsheet from page 6: *Responsible Gambling Tips*  
Review factsheet and open discussion.  
Talk about safer and more responsible gambling. Discuss the few simple rules to follow to keep gambling fun and entertaining. Go through the rules on keeping gambling safe and under control:

- Don't think of gambling as a way to make money
  - Always gamble with money you can afford to lose
  - Set a money limit (and stick to it)
  - Set a time limit
  - Never chase your losses (returning to gamble more to win back money you have previously lost)
  - Never gambling when you are upset or depressed
4. Talk about gambling as "Big Business". Discuss casinos, bingo halls and gambling as an entertainment industry. Draw correlations between government, industry and citizens. Point out the large number of casino's dotting the landscape as well as the many bingo halls.
  5. Discuss the "lures", the glitz and the glamour, particularly for seniors. Have discussion around advertising/promotion and gambling as an income. Advertising plays a very large roll in the way in which gambling is looked at today. Discuss the many ads that are out there, i.e., the 649 happy dance commercial. Have discussion around the way casinos are portrayed in movies and on TV. Talk about the organized bus tours for seniors, the coupons and deals available for seniors to get them into casinos.
  6. Talk about the "odds" and describe what is meant by "odds". Clarify what your chances really are. Simply speaking "odds" is the term used to describe the chances a person placing a bet has of wining. It is expressed as the ratio of a person's chance of winning to their chance of losing. Stress the fact that the "odds" are always against the person placing the bet or gambling. Reinforce the fact that the house always has the edge and the longer a person gambles the more likely it is he/she will lose!
  7. Talk about today's easy access to money and the much more available access to many forms of gambling. Discuss the availability of credit, i.e., cards, lines of credit, pay day loans and casino house credit. Talk about availability and access to tickets, scratch, pull and lotto, talk about their availability at nearly every corner store.
  8. Discuss personal loss, use examples and personal stories to highlight any hardship or losses that people may have had. Here is a chance to try to draw stories out of the people regarding personal loss surrounding gambling. Use some of your own examples to get discussion started. Remember that losses will include family, friends, co-workers, neighbors and acquaintances. A person's job may be affected as well as home life and health.
  9. Summarize by holding discussion around how awareness of safer gambling practices can aid the entire community. Here you can talk about how following the few steps toward responsible gambling can benefit people. You can discuss the positives that fund raising through bingos can bring to a community. Discuss the positives surround-

ing ticket sales for draws/ prizes as fundraisers. Talk about the opportunities for fun, an outing or a social evening that responsible gambling can provide.

10. Open the PowerPoint Presentation: Gambling Awareness – Problem Gambling Prevention Workshop - Slides 9-16

Looking at the history of gambling, both recent and older history, review Gaming & Gambling Alternatives Factsheet.

Hand out the Factsheet from page 9: *Gaming & Gambling Alternatives*  
Open discussion about community and the way gambling used to be.

Talk about games that may have been played in local neighbourhoods in the past, games like cards, dice, etc. Talk about bingo and how it has evolved.

# GAMBLING AND GAMING: **TREATMENT & REFERRALS**

If you have someone struggling with excessive gambling or gaming please access the standard assessment tools found on pages 3 and 4.

Should those tools help to identify someone in need for a more complete assessment, possible referral and/or treatment, please contact the MNO's Mental Health and Addictions team's Gaming-Gambling Awareness Program (G-GAP) for assistance:

Gaming-Gambling Awareness Program (G-GAP)  
Métis Nation of Ontario  
**[ggap@metisnation.org](mailto:ggap@metisnation.org)**

# EVALUATION FORM:

## Gaming-Gambling Awareness Program

**Date of Event:** \_\_\_\_\_

**Name of Event:** \_\_\_\_\_

Your input and feedback is important to us as we look to improve and develop new activities and workshop. Please circle or check the most appropriate response.

**This activity/workshop met my expectations.**

No                  Somewhat                  Yes                  Exceeded                  Not Applicable

**This activity/workshop increased my Awareness of Risks.**

No                  Somewhat                  Yes                  Exceeded                  Not Applicable

**This activity/workshop was culturally, linguistically, age and/or gender appropriate**

No                  Somewhat                  Yes                  Exceeded                  Not Applicable

**I am more aware of where I can access assistance and information.**

No                  Somewhat                  Yes                  Exceeded                  Not Applicable

**I am more informed about services available.**

No                  Somewhat                  Yes                  Exceeded                  Not Applicable

**I have more hope that I can find and have access to treatment if it is needed.**

No                  Somewhat                  Yes                  Exceeded                  Not Applicable

Other Comments: \_\_\_\_\_

\_\_\_\_\_

Thank you for your participation!