



2021 Problem Gambling, Gaming & Substance Use Video Contest: Supporting Resources for the High School Video Contest

Marion County HHS High School Video Contest 2021
Problem Gambling Prevention Program

The following information and resources are available to assist high school aged youth participating in the 2021 Problem Gambling, Gaming, and Substance Use Video Contest. Helpful links are broken into Messaging Topics. Participating groups are encouraged to choose a messaging topic, or create their own if they are so inspired.

For more information and to sign up for the video contest, go to Art.MCHealthy.net.

General Resources:

1. Oregon Health Authority, Problem Gambling Resources: <https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>

Video Messaging Topics:

1. Resources for Topic 1: **Discuss the connections between problem gambling/gaming and alcohol/drug use.**
 - A. General Resources:
 - Oregon Health Authority, Problem Gambling Resources: <https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>
 - Marion County, Problem Gambling Prevention: <https://www.co.marion.or.us/HLT/PH/PS/gambling/Pages/default.aspx>
 - The Recovery Village, Gambling Addiction and Substance Abuse: <https://www.therecoveryvillage.com/process-addiction/compulsive-gambling/substance-abuse>
 - NIDA, The Brain and Addiction: <https://teens.drugabuse.gov/drug-facts/brain-and-addiction>
 - American Addiction Centers, Problem Video Gaming: <https://americanaddictioncenters.org/video-gaming-addiction>
 - B. Video Resources:
 - SAMHSA, Triggers and Cravings: The Science of Addiction, Part 2: <https://www.youtube.com/watch?v=43SfGbtzyp0>
 - Brain Connections, problem gambling effects on the brain: <https://www.youtube.com/watch?v=OGIz8mocgGo>
 - Discovery News, Why Candy Crush [smart phone video game] Is So Addictive: <https://www.youtube.com/watch?v=kORDVsYYJpg>
 - Discovery News, What Makes Gambling So Addictive: <https://www.youtube.com/watch?v=DJWQvQ25hvg>
 - 60 minutes, Extra: Slot machines and "The Zone:" <https://www.youtube.com/watch?v=yMZHbJ6LxUA&t=1s>

2. Resources for Topic 2: **Lead a balanced, positive life. Drinking and drug use interferes with time spent with family and friends, school or work, or healthy hobbies. Problem gambling can too.**
 - A. General Resources:
 - Oregon Health Authority, Problem Gambling Resources: <https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>
 - Marion County, Problem Gambling Prevention: <https://www.co.marion.or.us/HLT/PH/PS/gambling/Pages/default.aspx>
 - UHealthy Today, How to lead a Balanced Life: <https://www.uhealth.org/today/how-to-lead-a-balanced-life/>
 - SAMHSA, Eight Dimensions of Wellness: <https://www.goiam.org/wp-content/uploads/2017/01/New-Eight-Dimensions-of-Wellness.pdf>
 - B. Video Resources:
 - Natural High, various videos/resources: <https://www.naturalhigh.org/storyteller/>
 - SAMHSA, Triggers and Cravings: The Science of Addiction, Part 2: <https://www.youtube.com/watch?v=43SfGbtzyp0>
 - Brain Connections, problem gambling effects on the brain: <https://www.youtube.com/watch?v=OGIz8mocgGo>

3. Resources for Topic 3: **The root cause of problem gambling, gaming, and substance use is often an escape from other problems in life, such as depression, anxiety, and other mental health conditions.**
 - A. General Resources:
 - Oregon Health Authority, Problem Gambling Resources: <https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>
 - Marion County, Problem Gambling Prevention: <https://www.co.marion.or.us/HLT/PH/PS/gambling/Pages/default.aspx>
 - NIDA, The Brain and Addiction: <https://teens.drugabuse.gov/drug-facts/brain-and-addiction>
 - B. Video Resources:
 - Brain Connections, problem gambling effects on the brain: <https://www.youtube.com/watch?v=OGIz8mocgGo>
 - SAMHSA, Triggers and Cravings:
 1. What is Addiction: <https://www.youtube.com/watch?v=ZIPCEIKGaD0>
 2. The Science of Addiction: <https://www.youtube.com/watch?v=43SfGbtzyp0>
 3. Introductory & Maintenance Phases of Addiction: <https://www.youtube.com/watch?v=VyGTJK35SIE>
 4. Disenchantment Phase: <https://www.youtube.com/watch?v=etH7TgiybLI>
 5. Disaster Phase: https://www.youtube.com/watch?v=sFmxasB_ApU
 - SAMHSA, Adverse Childhood Experiences, Risk Factors for Substance Abuse and Mental Health: <https://www.youtube.com/watch?v=UX7HxYeswkl>
 - 60 minutes, Extra: Slot machines and “The Zone:” <https://www.youtube.com/watch?v=yMZHbJ6LxUA&t=1s>

4. Cost on communities for those who have gambling and alcohol and drug use addictions.
 - A. General Resources:
 - Oregon Health Authority, Problem Gambling Resources: <https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>
 - Marion County, Problem Gambling Prevention: <https://www.co.marion.or.us/HLT/PH/PS/gambling/Pages/default.aspx>
 - Oregon Council on Problem Gambling, 2018 Booklet: <https://oregoncpg.org/the-gambling-landscape-in-oregon/>

5. Discuss similarities in advertising tactics from the gambling industry and alcohol industry.
- A. General Resources:
- Oregon Health Authority, Problem Gambling Resources: <https://www.oregon.gov/oha/HSD/Problem-Gambling/Pages/Resources.aspx>
 - Marion County, Problem Gambling Prevention: <https://www.co.marion.or.us/HLT/PH/PS/gambling/Pages/default.aspx>
 - Research Study, Gambling Advertising and Marketing on Children and Adolescents: https://www.researchgate.net/publication/46302105_Impact_of_Gambling_Advertisements_and_Marketing_on_Children_and_Adolescents_Policy_Recommendations_to_Minimise_Harm
- B. Video Resources:
- Discovery News, How Casinos Trick You Into Gambling More: <https://www.youtube.com/watch?v=9THLOo7WWoQ&t=11s>
 - Discovery News, Why Candy Crush [smart phone video game] Is So Addictive: <https://www.youtube.com/watch?v=kORDVsYYJpg>
 - Vox, The problem with video gambling machines: <https://www.youtube.com/watch?v=Wb2Rddn3nk>

Video Library with information regarding Problem Gambling, Problem Video Gaming, and Substance Misuse:

- Brain Connections, problem gambling effects on the brain: <https://www.youtube.com/watch?v=OGIz8mocgGo>
- BBC News, Inside the Brain of a Gambling Addict: <https://www.youtube.com/watch?v=BF5SzIN63w8>
- Discovery News, What Makes Gambling So Addictive: <https://www.youtube.com/watch?v=DJWQvQ25hvg>
- Discovery News, Why Candy Crush [smart phone video game] Is So Addictive: <https://www.youtube.com/watch?v=kORDVsYYJpg>
- 60 minutes, Extra: Slot machines and “The Zone:” <https://www.youtube.com/watch?v=yMZHbJ6LxUA&t=1s>
- Sanlam Investments, Gambler’s Fallacy (explained in a minute) – Behavioral Finance: https://www.youtube.com/watch?v=f_MUjkr0yu4
- SAMHSA, Addiction as a Disease – Not a Moral Failure: <https://www.youtube.com/watch?v=kGwo-CMTcVs>
- SAMHSA, Triggers and Cravings:
 1. What is Addiction: <https://www.youtube.com/watch?v=ZIPCEIKGaD0>
 2. The Science of Addiction: <https://www.youtube.com/watch?v=43SfGbtzyp0>
 3. Introductory & Maintenance Phases of Addiction: <https://www.youtube.com/watch?v=VyGTJK35SIE>
 4. Disenchantment Phase: <https://www.youtube.com/watch?v=etH7TgiyblI>
 5. Disaster Phase: https://www.youtube.com/watch?v=sFmxasB_ApU