



Le Grand  
**CHEMIN**

Centres spécialisés pour adolescents  
Toxicomanie - Jeu excessif - Cyberdépendance

# PRESENTATION OF THE TREATMENT SERVICES FOR PROBLEMATIC GAMBLING

WITHIN THE

CROSS-TRAINING PROGRAM ON MENTAL HEALTH AND SUBSTANCE  
USE DISORDERS

**GAMBLING: BASIC NOTIONS AND RESOURCES TO SUPPORT  
INTERVENTION**

Douglas Mental Health University Institute  
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## OUR MISSION

- Le Grand Chemin is a non-profit organization whose services are entirely free.
- The mission of Le Grand Chemin centre is to offer high-intensity internal treatment services lasting less than 90 days, social reinsertion for adolescents presenting a substance use disorder, problematic gambling or cyberaddiction, as well as providing support services for members of their entourage.



## OUR CLIENTELE

- Francophone adolescents between 12 to 17 years of age and having a substance use disorder or problematic gambling or cyberaddiction.
- Adolescents presenting or not presenting mental health problems.
- Adolescents requiring high-intensity intervention and willing to receive services including housing for these problems.
- Members of the entourage who play a parental role.



# THE PROGRAM

- Our approaches:
  - ❖ *Cognitive behavioural approach;*
  - ❖ *Motivational interviewing;*
  - ❖ *Impact techniques;*
  
- Intervention methods:
  - ❖ *Shared educational experience;*
  - ❖ *One-on-one meetings;*
  - ❖ *Group meetings;*
  - ❖ *Thematic workshops;*
  - ❖ *Art therapy;*
  - ❖ *Family meetings;*
  - ❖ *Sporting and socio-cultural activities;*
  - ❖ *Living conditions of the intensive services with housing*



# OUR SERVICES IN RELATION WITH GAMBLING

## □ Treatment of problematic gambling

This service aims to offer adolescents in treatment and their parents services for information, prevention, screening, and treatment of problematic gambling.

## □ Services for members of the entourage

In a context where the involvement of parents in a service that is parallel to the treatment of the adolescent has a significant impact on the recovery of the youth, Le Grand Chemin offers support services for families of the adolescents who are admitted to the centre.

## □ Social reinsertion

For a period of up to sixteen weeks, the social reinsertion program allows the person to translate into real life the autonomy and abilities acquired throughout the rehabilitation process, and to take on or regain a level of social participation of their own.



# OUR SERVICES

## □ Educational

- The objective of this service is to offer individualized educational follow-up, in the form of agreements with various school boards aiming to maintain or reintegrate the adolescent in a school setting.

## □ Follow-up for physical health

- Another objective of Le Grand Chemin centre is to ensure that the health of each adolescent is assessed through an evaluation conducted by a health care professional.



# TREATMENT APPROACH FOR PROBLEMATIC GAMBLING

The service is supported by research directed by Mrs. Rina Gupta, PhD of McGill University, in relation with gambling problems of youths attending the Jean Lapointe Centre for adolescents in 2006 (former name of Le Grand Chemin from 1989 to 2006).

The proposed structure is based on training on problematic gambling for staff working at the ARC, revised in 2014, which was produced by Claude Boutin, Pierre Desrosiers, and Nancy Dionne for the ACRDQ.



# 1. EVALUATION

- **Conducted during the first 14 days of the therapy**
- Administration of the "*Diagnostic criteria of the DSM-IV-J*" questionnaire. This tool indicates if the adolescent is an at-risk gambler or if it is possible that he or she is a problematic gambler.
- When it is possible that the adolescent is a problematic gambler, the following questionnaire is administered: "*Screening instrument for gamblers / short version IDJP*"





## 2. ANNOUNCEMENT OF RESULTS AND OFFER OF SERVICE

- **One-on-one meeting offered to at-risk or problematic gamblers**
- Announcement of results. Enhance the understanding and manage the emotional impact on the adolescent when he/she is presented the results.
- Gather information to validate and enhance the understanding of the problem (type of gambling, frequency, start, progression and expenses).
- Propose adding specific elements for the gambling problem to the intervention plan.
- In the case of an adolescent who is less motivated to question his or her gambling habits, it is recommended to use the techniques and tools of motivational interviewing.



### 3. AWARENESS OF ERRONEOUS IDEAS

- **One-on-one meeting offered to at-risk or problematic gamblers**
- Make a distinction between gambling and games of skill. You can use the video "*La petite histoire de la cerise*," the electronic game "*La ville piégée*", impact techniques, etc.
- Bring into question, if applicable, the belief that the adolescent may have that he or she can control gambling activities (illusion of control).
- The staff member and the adolescent will finally agree on a definition of luck and chance, which will lean the most possible toward the fact that it is unpredictable and uncontrollable.



## 4. BEHAVIOURAL INTERVENTION STRATEGY IN RELATION WITH AT-RISK SITUATIONS

- **One-on-one meeting offered to at-risk or problematic gamblers**
- **Exploration of risky situations:**
  - The staff member and adolescent discuss what a risky situation is.
  - The staff member discusses with the adolescent his or her own at-risk situations.
  - The adolescent comes up with concrete solutions that he/she will set in place to face risky situations.
- **Examples of behavioural strategies:**
  - Learning to better manage relational difficulties;
  - Learning to manage positive and negative emotions;
  - Finding strategies to replace gambling;
  - Etc.

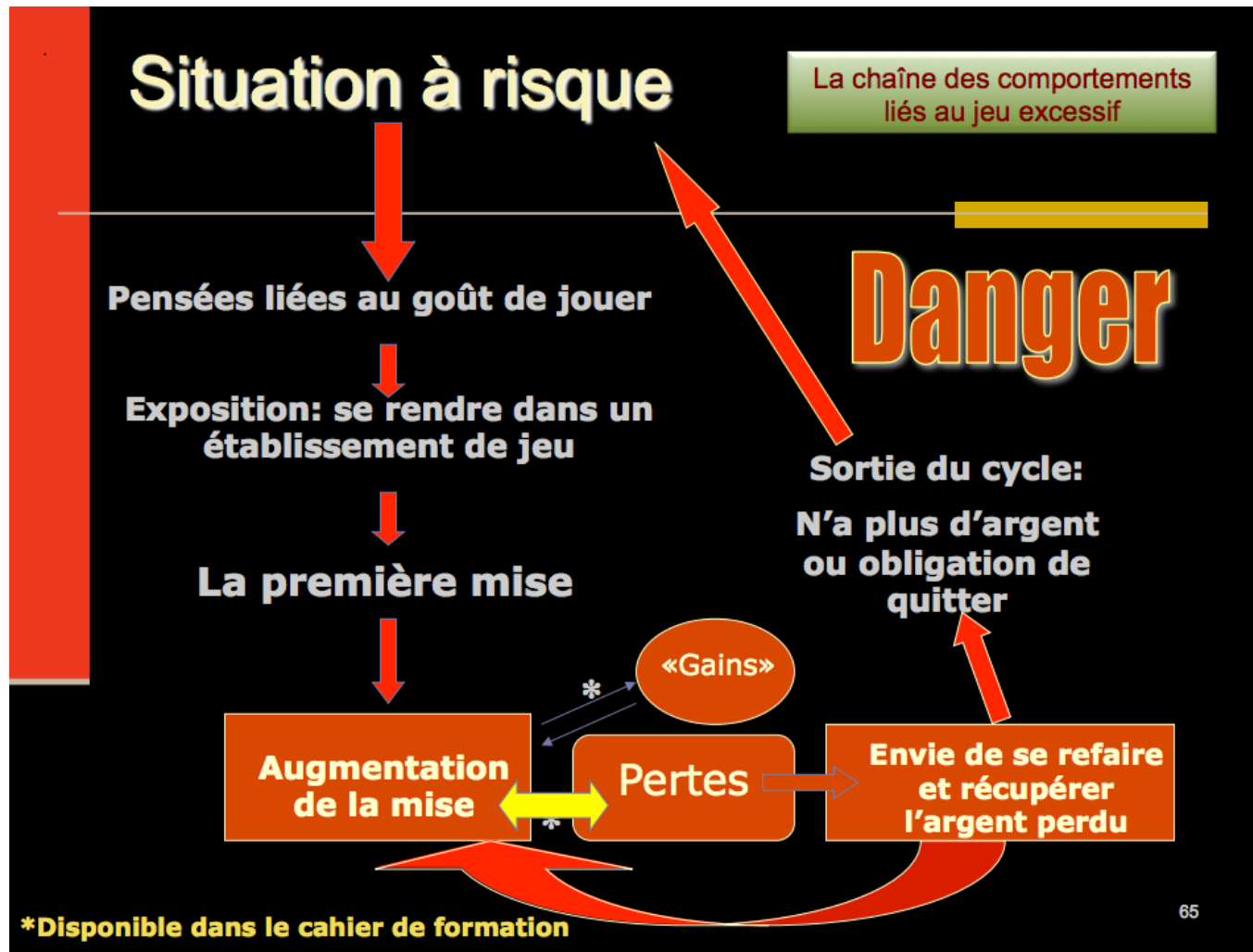


## 5. STRATEGIES FOR COGNITIVE INTERVENTION IN RELATION WITH ERRONEOUS IDEAS

- **One-on-one meetings for the problematic gambler**
- Present and explain to the adolescent *"the chain of behaviours linked to problematic gambling."*
- Perform the exercise *"Analysis of a gambling session."*
- Be aware of the erroneous ideas of the adolescent. Base one's self on the theoretical framework presented in the following documents: *"Erroneous ideas and gambling," "gambling" and "ECJ – additional explanations of sub-categories"*.
- Use cognitive-behavioural exercises



# THE BEHAVIOURAL CHAIN LINKED TO PROBLEMATIC GAMBLING



## 6. AWARENESS OF THE PREVENTION OF RELAPSE

- **One-on-one meetings for the problematic gambler**
- To do so, the staff member verifies if the adolescent has already experienced a relapse, their perception, how they were able to overcome it, etc.
- Explore risk and protective factors.
- Use cognitive-behavioural exercises.



## PREVENTION ACTIVITY:

- In addition to systematic detection, we are sure to conduct prevention interventions via thematic workshops with adolescents and their parents.



QUESTIONS?

