NATIONAL BUREAU FOR DRUG PREVENTION

Pathological gambling and behavioural addiction prevention in Poland

Warsaw, 25-26 November 2014

Legal framework – Problem Gambling Fund

Act of 19 November 2009 on gambling
(Article 88 on the establishment of Problem Gambling Fund); amendment of Act of 26 May 2011).

Source of Fund budget – 3% of the revenue from government contributions to state monopoly gambling.

State appropriation fund, whose spending is dedicated exclusively to the following:

- Informative and educational activities and producing expert opinions and reports on the problem;
- Developing new methods of preventing and solving behavioural addiction-related problems;
- Supporting institutions and societies performing tasks connected with solving addiction-related problems, including production of gambling prevalence and risk reports;
- Raising quality of prevention and therapeutic programmes as well as improving professional competence of programme providers.

Fund to be operated by the minister competent for the matters of health. Decision of the Minister of Health of 27 July 2010 to make the National Bureau for Drug Prevention the Fund's operator

Legal framework – addiction treatment funding

National Health Fund as the main source of financing of addiction treatment services. Treatment in ambulatory, day care and residential facilities according to Regulation of minister of Health of 6 November 2013 on guaranteed psychiatric and addiction treatment.

Number of patients F.63.0 in years 2008-2013

2008 – 969

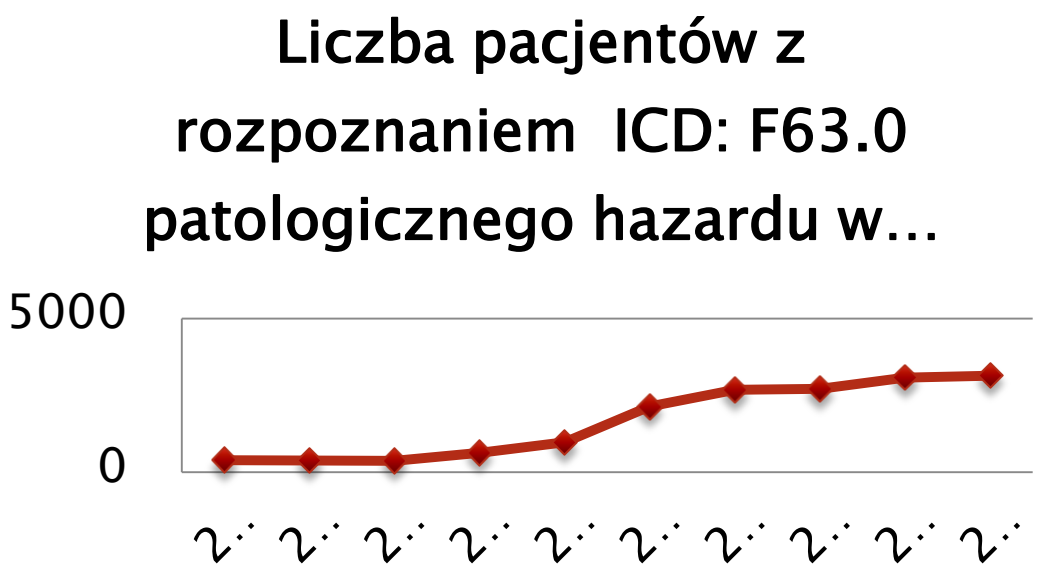
2009 – 2 139

2010 – 2 677

2011 – 2 708

2012 – 3 079

2013 – 3 141



Problem Gambling Fund activities

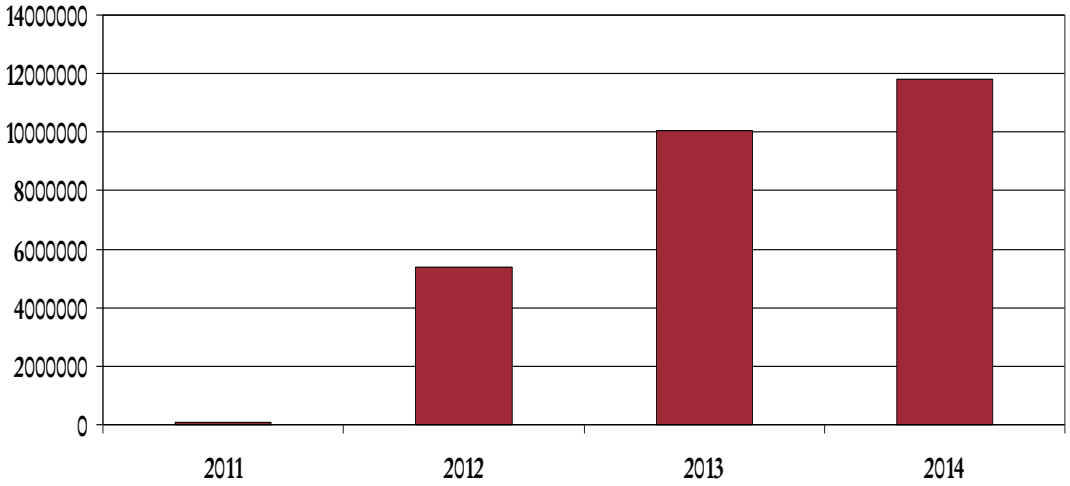
- Performing activities specified in 5 Programmes developed by the Minister of Health by funding provision.
- 11 competition for programme applicants performed so far
- 354 agreements concluded at the total amount of over PLN 27 mln (approx. EUR 7 million)
- Allocation of Problem Gambling Fund resources in respective years and percentage value of the spending

2011 – 88 900 PLN

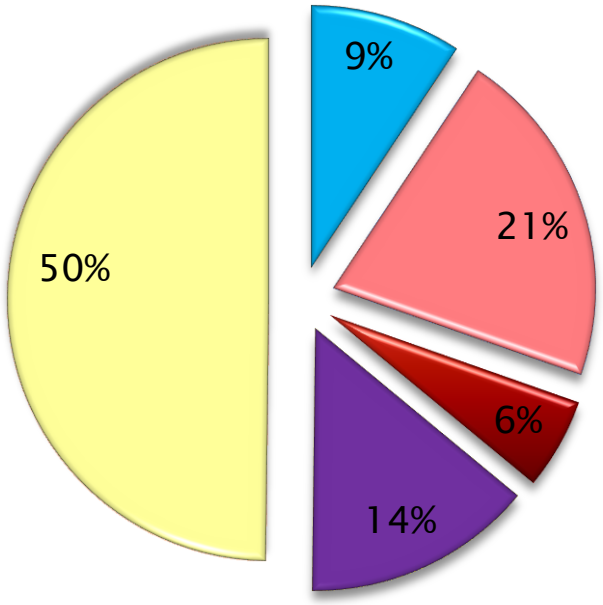
2012 – 5 375 352 PLN

2013 – 10 068 027 PLN

2014 – 11 810 663 PLN



Activities of the Problem Gambling Fund



- Program I Scientific research
- Program II Training projects
- Program III Prevention
- Program IV Information and education
- Program V Support for addicted individuals

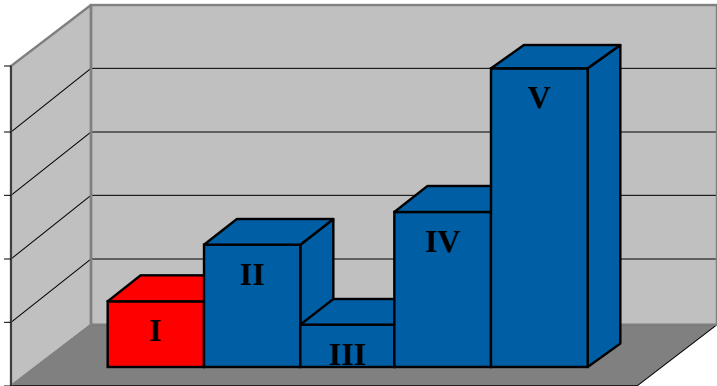
PROGRAMMES OF THE MINISTER OF HEALTH

Programme I: Support for scientific research into gambling and other non-substance addictions along with problem solving

Aims: to increase knowledge on the prevalence of gambling and other behavioural addictions in the general population and specific age groups; assess institutional and human capacity; validate the effectiveness of selected strategies, methods and tools in prevention and therapy of behavioural addictions and specify protective and risk factors for behavioural addictions.

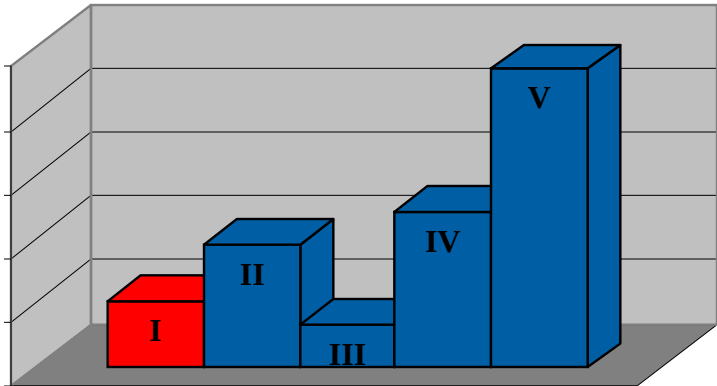
Activities performed:

- Estimation of prevalence and identification of risk and protective factors for gambling and other behavioural addictions;
- Evaluation of institutional and HR capacity in the field of prevention and behavioural addiction-related assistance provision
- Development of diagnostic tools for behavioural addictions
- 20 research projects



„Estimation of prevalence and identification of risk and protective factors for gambling, including problem/pathological gambling and other behavioural addictions”

- **Survey results :**
  - ✓ **Gambling**: 50 thousand Poles addicted to gambling, approx. 200 thousand at risk of addiction. Highest prevalence rate (12.3%) of gamblers among adolescents up to the age of 18.
  - ✓ **Internet:** 100 thousand individuals addicted to the Internet, 750 thousand at risk of addiction. 90% of at-risk people are up to 34 years old, mostly children and adolescents under 25.
  - ✓ **Shopping :** 3.5% of respondents present symptoms of addiction, which totals 1 million people in the population (majority are women with higher education, from high income groups)
  - ✓ **Work:** approx. 10% of Poles have a real work addiction problem (symptoms of workaholism similar in all categories of survey respondents in productive age (aged 35-64; working on a freelance basis; women)
- **Public perception of behavioural addictions**
  - ✓ simplified picture, based mostly on stereotypes, belief that addicted individuals are themselves to blame for their problems, lack of sympathy, lack of support for treatment
- **Recommendations:** one of the most important protective factors for the addiction is provision of information on risk, implementation of educational programmes and provision of assistance for the problem-stricken individuals; removing stereotypes prevailing in society about behavioural addictions.



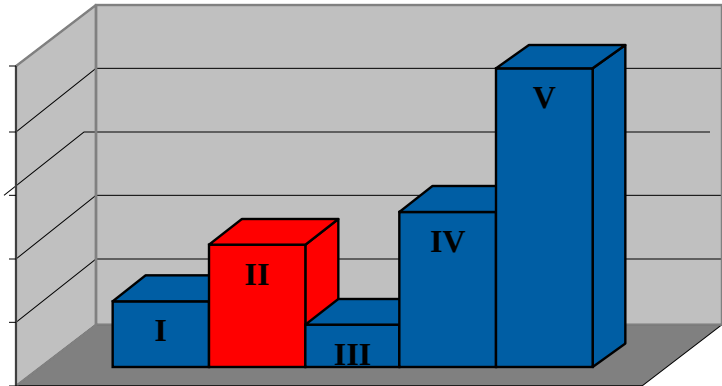
Programme II

Raising quality of prevention and therapeutic programmes

Aims: to improve professional competencies of prevention and therapeutic staff; gaining new skills by staff members at gambling centres, which will contribute to responsible gambling practices.

Activities performed:

- Training projects on effective methods of behavioural addiction prevention and therapy for providers of prevention programmes, addiction therapists and doctors,
- Training projects addressed to medical school students and other students in the field of health care
- Training projects for gambling operators,
- International conferences and scientific seminars on threats related to gambling and other behavioural addictions.



Programme III

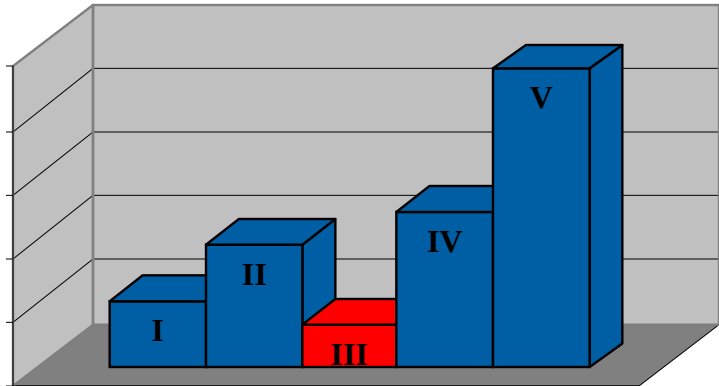
Prevention of gambling or other behavioural addictions

Aims: to raise the young people's awareness of the risk related to gambling, promoting healthy lifestyle, fostering protective factors for problem gambling and other behavioural addictions.

Activities performed:

Development and pilot implementation of prevention programmes

- universal prevention programmes,
- selective prevention and early intervention programmes.



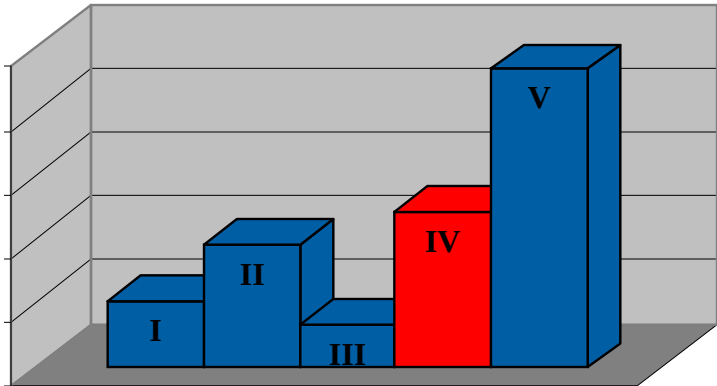
Program IV

Information and education actions to address gambling and other behavioural addictions

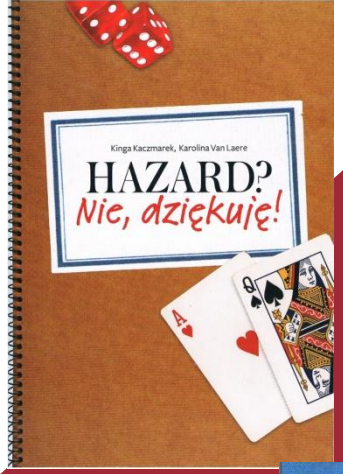
Aims: to sensitize the public to gambling problems, provide reliable information on risks related to gambling and other behavioural addictions and disseminate knowledge in this respect.

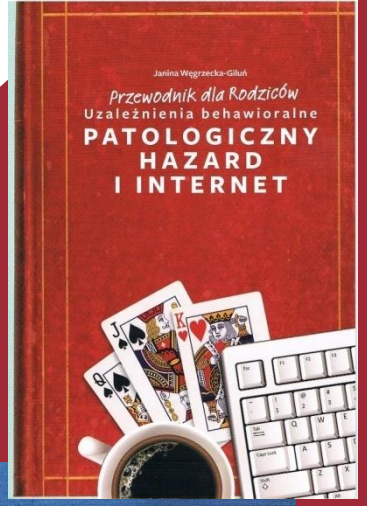
Activities performed:

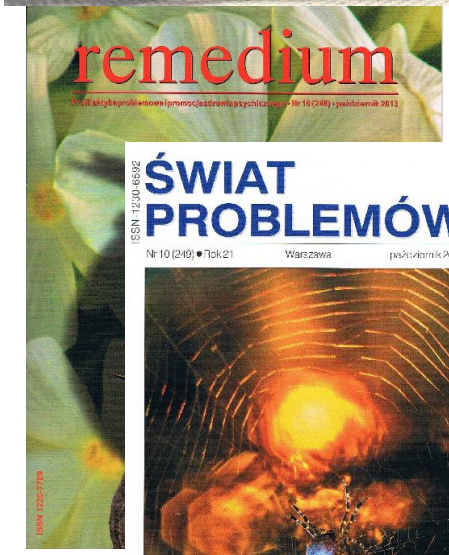
- Hotline **801 889 880,**
- Website and online counselling centre **uzaleznieniabehawioralne.pl,**
- Information and educational materials related to behavioural addictions (brochures, leaflets, posters, educational films, murals, articles in professional magazines: Świat Problemów, Remedium),
- Regional conferences on behavioural addictions,
- National campaign on prevention of gambling among young people,
- National campaign on prevention of negative results of internet and computer addiction.




PRACOHOLIZM
Pieniądze szczęścia nie dają. Dopiero zakupy.
WWW.UZALEŻNIENIABEHAWIORALNE.PL

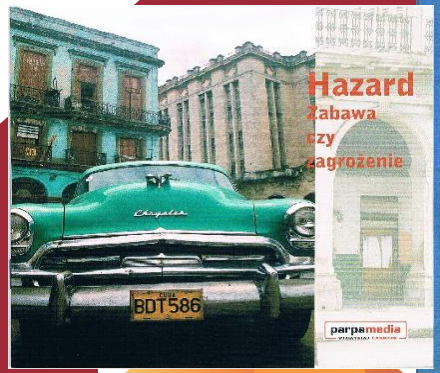

Kinga Kaczmarek, Karolina Van Laere
HAZARD?
Nie, dziękuję!

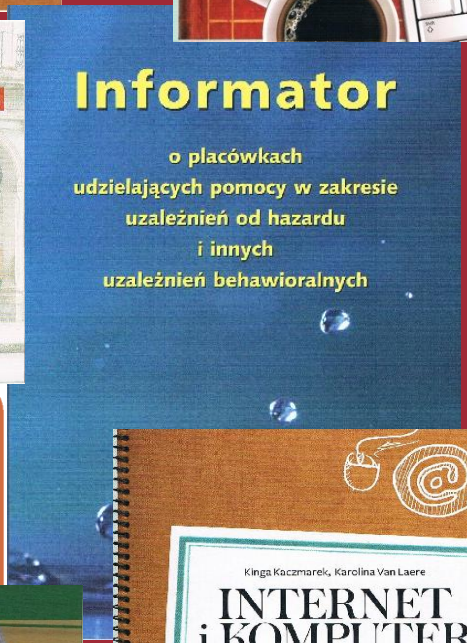

Janina Węgrzecka-Giluń
Przewodnik dla Rodziców
Uzależnienia behawioralne
PATOLOGICZNY HAZARD I INTERNET

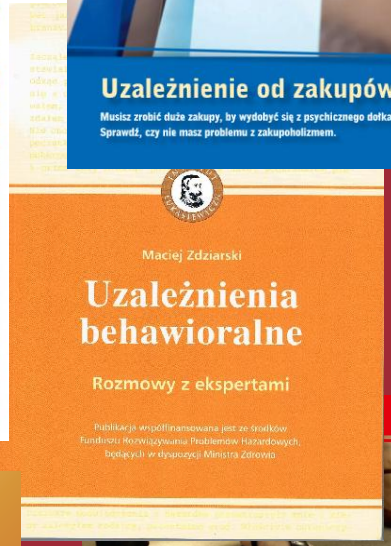

remedium

ŚWIAT PROBLEMÓW
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Warszawa
październik 2013


Poszukaj rozwiązania na www.niezalezni.info
Uzależnienie od zakupów
Musisz zrobić duże zakupy, by wydobyć się z psychicznego dołka? Sprawdź, czy nie masz problemu z zakupoholizmem.

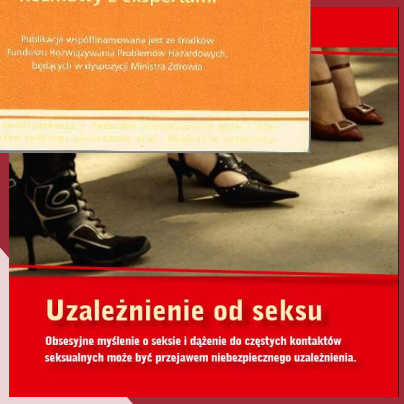

Hazard
Zabawa czy zagrożenie
parpamedia

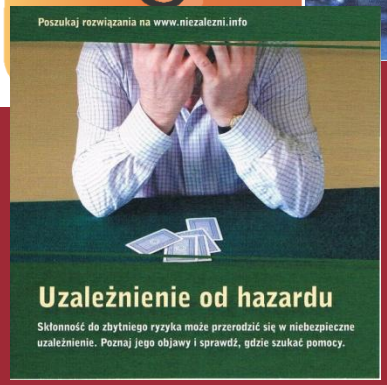

Informator
o placówkach udzielających pomocy w zakresie uzależnień od hazardu i innych uzależnień behawioralnych

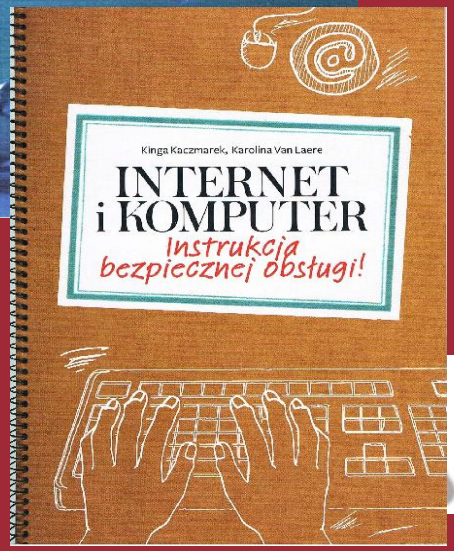

Maciej Zdziarski
Uzależnienia behawioralne
Rozmowy z ekspertami


hazard. nie graj.


Nie igraj z losem, bo on pogra z Tobą
hazard. nie graj.
www.nieigraj.com.pl
telefon zaufania 801 889 880


Uzależnienie od seksu
Obsesyjne myślenie o seksie i dążenie do częstych kontaktów seksualnych może być przejawem niebezpiecznego uzależnienia.


Poszukaj rozwiązania na www.niezalezni.info
Uzależnienie od hazardu
Skłonność do zbytniego ryzyka może przerodzić się w niebezpieczne uzależnienie. Poznaj jego objawy i sprawdź, gdzie szukać pomocy.


Kinga Kaczmarek, Karolina Van Laere
INTERNET i KOMPUTER
Instrukcja bezpiecznej obsługi!

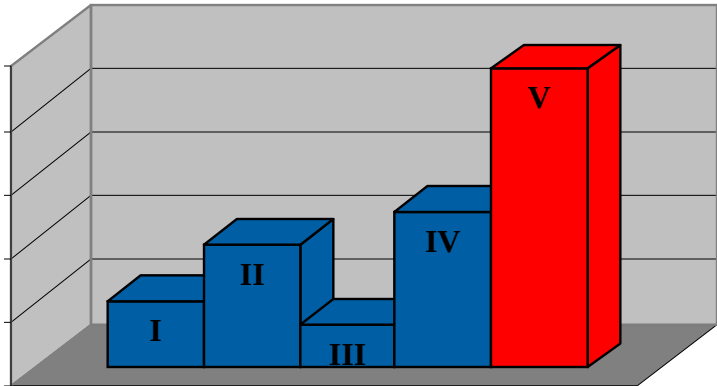
Programme V

Solving problems related to gambling and other behavioural addictions

Aims: to reduce individual and social harm resulting from gambling and other behavioural addictions; providing diversified treatment and outreach services for problem gamblers and individuals suffering from other behavioural addictions as well as their families.

Implementation:

- Co-financing of assistance programmes of individual support for addicted individuals, their families, legal consultations, financial consultancy on effective debt management
- Programme V of the Minister of Health is provided with substantial state budget contributions,
- Implementation from Problem Gambling Fund resources across the country.
- Assistance provided for 12 500 thousand individuals.
- approx. 1/3 of beneficiaries were problem gamblers, 1/3 were individuals reporting other behavioural addictions, including Internet and computer abuse, shopaholism and sexohilsm, 1/3 family members.



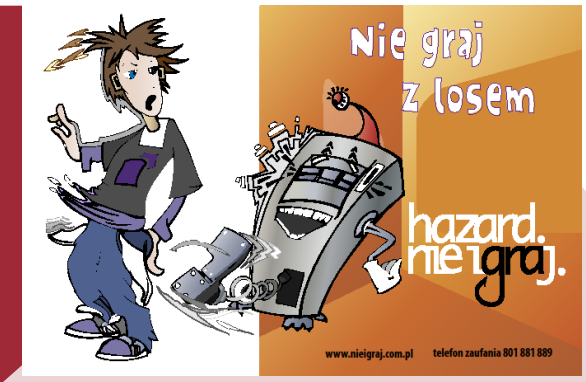
National campaign
on prevention gambling among young people.
Don’t play with gambling!



Aims: to draw public attention to the problem of gambling among young people, making people aware of the risk of money betting, improving public knowledge of protective
and risk factors, disseminating information
on assistance services for gamblers and their families

hazard.
nie graj.

Target group: adolescents aged 15-24,
parents, guardians and teachers.





WYLOGUJ SIE DO ZYCIA a robi się to TAK





LOG OUT TO LIFE. And that's how to do it!

This project aims to educate the youth about negative results of internet and computer addiction.





www.wylogujsie.org



www.wylogujsie.org

Thank you for your attention

National Bureau for Drug Prevention

Problem Gambling Department

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