

# NC PROBLEM GAMBLING PROGRAM

1-877-718-5543

<https://morethanagame.nc.gov>

*If gambling is more than a game, free help is available.*

## College and University Grant Information

### What You Need to Know

- People who report having three or more adverse childhood experiences are three times more likely to experience problem gambling. (Poole, 2017)
- People in their teens and twenties have the highest rates of problem gambling. (Stacked Deck, 2010)
- Youth with gambling problems are more likely to use tobacco, drink heavily and use drugs. (College Gambling Facts and Statistics, 2018)
- Approximately 6% of college students in the United States have a serious gambling problem. (College Gambling Facts and Statistics, 2018)
- Student athletes and sports fans gamble more than other students (Gambling on College Campuses, n.d.).

### Defining Problem Gambling

Problem gambling, or gambling disorder, includes all gambling behavior patterns that compromise, disrupt or damage personal, family or vocational pursuits. The essential features are increasing preoccupation with gambling, a need to bet more money more frequently, restlessness or irritability when attempting to stop, “chasing” losses and loss of control. In extreme cases, problem gambling can result in financial ruin, legal problems, loss of career and family or even suicide.

### The North Carolina Problem Gambling Program

The North Carolina Problem Gambling Program (NCPGP) was established to provide and support effective problem gambling prevention, education, outreach and treatment programs throughout the state.

### The College and University Grant Program

The NCPGP offers grants of up to \$5,000 to colleges and universities to provide problem outreach, prevention, treatment and recovery to students, faculty and staff. The program focuses on outreach and education, screening and gambling policy implementation. In addition, the program has recently expanded to include recruiting and training of problem gambling focused peer support specialists, engaging peer educators in the implementation of a holistic version of the bystander approach on campus, adding virtual counseling services or partnering with an off-campus counseling center to provide problem gambling virtual counseling services to students. Participants in the program can distribute promotional items with the NCPGP Helpline, create an educational event or presentation, create curriculum for courses, participate in Problem Gambling Awareness Month or integrate problem gambling into a health and wellness coalition. Grantees can also utilize screening questions in campus/student health centers and counseling departments; send students, faculty and staff to Sure Bet workshops; and participate in the National Gambling Disorder Screening Day.

### Sure Bet Workshops

The NCPGP provides a workshop series called Sure Bet on a virtual platform several times per year. The registration can be included in the grant budget.

Contact Alison Drain at [alison.drain@dhhs.nc.gov](mailto:alison.drain@dhhs.nc.gov) or 919-800-8482 for more information.

# College and University Grant Guidelines

## Approach to Application

### 1) Outreach and Education

Provide information about the North Carolina Problem Gambling Program and problem gambling to students, faculty and staff by the following:

- Distribute promotional items with the NCPGP logo.
- Create an educational event or presentation.
- Select a population of students to focus on with an educational event or marketing campaign.
- Create a curriculum for courses or trainings.
- Participate in Problem Gambling Awareness Month.
- Create a marketing campaign or social media campaign to release on campus.
- Send staff, counselors, peer educators or administrators to Sure Bet workshops.
- Integrate problem gambling into a health and wellness coalition.
- Have peer educators attend the bystander approach training and implement on campus.
- Train problem gambling focused peer support specialists.

### 2) Screening and Treatment

- Utilize screening questions in the counseling center, health center or financial aid department.
- Have counseling center staff trained on problem gambling by attending the Sure Bet workshop series and provide treatment on campus.
- Participate in the National Gambling Disorder Screening Day or another day of your choice.
- Add virtual counseling services to the counseling center on campus.
- Partner with an off-campus counseling service provider and have them trained on problem gambling, apply to join the NCPPG registry and offer virtual counseling services to students.

### 3) Policy

- Create and raise awareness of a campus policy on gambling.

Coordination with graphics and design, peer health, social work, psychology, education and counseling departments is encouraged.

## How the Grant Program Works

- The soft deadline for applications is May 30, 2022, and the final deadline is Aug. 30, 2022. The first round of grants will be awarded on Aug. 15, 2022. The second and final round of grants will be awarded on Sept. 30, 2022.
- The grant award is official once the award letter and approved plan is returned to Alison Drain with the appropriate administrator's signature from the college or university.
- This is a reimbursement grant. The college or university grant department must send an invoice and an itemized expense report after services have been rendered or items purchased to the attention of Alison Drain at [alison.drain@dhhs.nc.gov](mailto:alison.drain@dhhs.nc.gov). Invoices and itemized expenses can be sent monthly or by June 30 of the following year.
- A midterm report is due by Jan. 15, 2023
- All changes to program outcomes and/or program budget must get pre-approval by sending the original grant document with changes made in red adjacent to approved outcomes and/or budget.
- The outcomes, or end-of-year report, is due to Alison Drain by May 30, 2023.
- The grant program is competitive and each year grantees must reapply.

## Acceptable Uses of Funding

- Student stipends for problem gambling outreach, design, promotional work and research.
- Prizes for artwork competitions, such as designs for T-shirts, posters and brochures.
- Printing and distribution of educational materials on campus.
- Educational events or presentations to students, faculty and staff.
- Door prizes for attending problem gambling related presentations or for filling out surveys.
- Public service announcement supplies, such as software, projectors, laptops or cameras.
- Print outreach materials with the NCPGP logo on T-shirts, water bottles, etc. (Any promotional item above \$40 must get pre-approval).
- Sure Bet workshop registrations; lodging and mileage for students, faculty, and staff to be reimbursed at the North Carolina Department of Health and Human Services state rate.
- Guest speakers related to problem gambling (need pre-approval).

## Unacceptable Uses of Funding

- Faculty and staff stipends or fringe benefits.
- Indirect costs such as office expenses or administrative expenses.
- Funding another programs' materials.

## Outreach and Education Areas of Focus

Below are a few suggestions for outreach and education. Please do not hesitate to reach out to Alison Drain at [alison.drain@dhhs.nc.gov](mailto:alison.drain@dhhs.nc.gov) with any other ideas or areas of focus.

- A peer educator program would include selected students attending a series of webinars in order to prepare them for their role on campus. The webinars could include information about problem gambling on college campuses, how to present information on problem gambling and bystander training.
- Sports betting is being legalized in more states across the country, and the NCAA and the ACC provide educational opportunities for student athletes. However, we encourage our college and university campuses to augment these modules with educational opportunities for student athletes to learn about problem gambling as it relates to sports betting, NCAA policies and integrity issues that could arise with collegiate sports betting.
- An educational event on campus for the general population of students that engages them in fun and educational activities to assist in learning about problem gambling on college campuses and how to reach out for help.
- A marketing campaign designed by graphic design and communication students on campus to be distributed through electronic and print media. A kick-off event is suggested for this type of program.
- Promotional items distributed with the North Carolina Problem Gambling Helpline and website, providing students with the knowledge that there are services for those affected. A leaflet or flyer could be utilized as part of the promotional items with a few important facts about problem gambling on college campuses.
- A social media campaign during Problem Gambling Awareness Month, which utilizes the college's or university's social media pages. It is suggested a group of students and staff are selected to share these messages on their pages.
- A contest for the best problem gambling awareness T-shirt design; have it printed and distribute the winning T-shirt at a school event.
- A curriculum that includes problem gambling for social work, psychology or counseling students.
- Training on problem gambling for incoming freshmen and/or resident assistants.

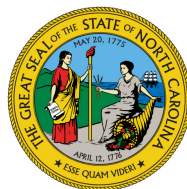
# The North Carolina Problem Gambling Program College and University Grant Scoring System

The impact activity score includes outreach and education, screening and policy implementation. Not all college and universities will receive the same amount of funding, nor are funds guaranteed each year. Past grant performance will also be taken into consideration by reviewing outcome reports.

Impact Activity Score	Possible Score	Actual Score
Create and release an educational marketing campaign utilizing the NCPGP Helpline	4 points	
Create and implement an educational problem gambling event. (Four points for first event and one point added for each additional event.)	4 points	
Create and infuse problem gambling education into curriculum in psychology, social work, education or counseling courses.	4 points	
Add virtual counseling services to counseling center or partner with an outside agency to provide virtual counseling services. All counselors must be trained on problem gambling.	4 points	
Train counseling center staff on problem gambling and add screening tools to intake process.	3 points	
Recruit peer educators with lived experience of problem gambling to take UNC BHS and NCPGP peer support training and register as a NCPGP peer support specialist.	3 points	
Send peer educators and/ or counselors to peer support workshop for bystander approach and have them present information on campus.	3 points	
Implement a screening day on campus, analyze data and refer students to counseling center for treatment.	3 points	
Send counselors, staff or faculty to Sure Bet workshops.	1 point	
A counseling staff member who has attended both Sure Bet One and Sure Bet Two workshops.	1 point	
Create and implement a gambling policy or have a schoolwide current gambling policy.	1 point	
Add screening questions to health center or financial aid departments with a clear action plan on how to refer students to treatment services.	1 point	
Advertise the NCPGP Helpline by distributing promotional items or brochures at events.	1 point	

## Total Points and Funding

Score	Funding Total
5 points	Up to \$1,000
6-10 points	Up to \$2,000
10+ points	Up to \$5,000



NC DEPARTMENT OF  
**HEALTH AND HUMAN SERVICES**  
Division of Mental Health, Developmental Disabilities and Substance Abuse Services  
NC Problem Gambling Program

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