

Stacked Deck Report

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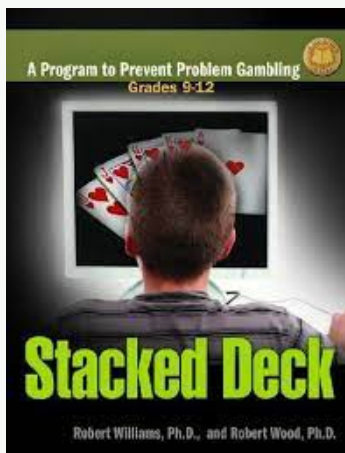
2021-2022

Introduction

Stacked Deck is the only evidence-based program that has been found to be effective in preventing and reducing the risk of problem gambling among teens and young adults. Offered in five to six sessions that extend from 35-45 minutes each, the program is aimed at changing gambling-related attitudes, knowledge, beliefs, and practices. It also seeks to improve decision-making and problem-solving. The Stacked Deck Curriculum is heavily interactive, including activities such as role-playing. Participants have designed posters and produced videos with prevention gambling messages. In addition, the curriculum includes take-home “family pages” to engage parents and other family members in the program. Participating students are tested on the curriculum before and after the intervention.

The State has been implementing Stacked Deck through the North Carolina Problem Gambling Program since State Fiscal Year 2011. Outcomes have been consistently positive. Curriculum participants take a test before and after they have completed the lessons in the curriculum.

This report provides insight into the students understanding of the information presented in the Stacked Deck and their capacity to respond to the knowledge assessment questions. It also reports on the impact of the Stacked Deck Program on youth's knowledge, beliefs, and attitudes about gambling, problematic gambling, gambling in gaming, and building resilience.



Executive Summary

A total of 731 responses were collected for the Stacked Deck Program during the 2021-2022 academic year across various schools in North Carolina. Data gathered at baseline and completion of the Stacked Deck Program show the effectiveness of the program on improving youth's knowledge, beliefs, and attitudes surrounding gambling, problematic gambling, and gambling in gaming. Thus, demonstrating its effectiveness to deliver prevention of problematic gambling to youth in North Carolina. Some of the most significant results from Stacked Deck indicated:

- 90% of youth were able to identify the signs and symptoms associated with problematic gambling
- 95% of youth believe gambling can be as addictive as alcohol or other drugs
- There was a 25% positive increase in problem gambling knowledge and attitudes
- There was a 27% increase in understanding of gambling history
- There was a 23% increase in awareness of gambling fallacies
- There was a 29% increase in revealing misconceptions of smart gambling
- A 5% decrease in reported gambling engagement & behaviors including gambling in video games



Stacked Deck Baseline Results



Prior to completing the Stacked Deck Program, a total of 801 youth were asked how frequently they engaged in gambling and gaming activities. This information provided valuable insight into current gambling engagement and behaviors of youth in North Carolina.

The youth's age ranged from 9-18 years old, 51% identified as male and 49% identified as female. When asked about their beliefs regarding the benefit or harm that gambling has for society:

- 44% believe the harm of gambling far outweigh the benefits
- 27% believe the harm of gambling somewhat outweighs the benefits
- 17% believe the benefits are about equal to the harm
- 6% believe the benefits somewhat outweigh the harm
- 6% believe the benefits far outweigh the harm

44%
of youth
reported
engaging in
gambling
activities before
completing
stacked decked

Post Stacked Deck Results

After completing the Stacked Deck Program, a total of 685 youth responses to how frequently they engaged in gambling and gaming activities. The youth's age ranged from 9-18 years old, 51% identified as male and 49% identified as female.

When asked about their beliefs regarding the benefit or harm that gambling has for society:

- 69% believe the harm of gambling far outweigh the benefits
- 16% believe the harm of gambling somewhat outweighs the benefits
- 10% believe the benefits are about equal to the harm
- 4% believe the benefits somewhat outweigh the harm
- 3% believe the benefits far outweigh the harm

After stacked deck, there was a 5% decrease in youth engaging in gambling activities including slot machines, loot boxes, and sports betting

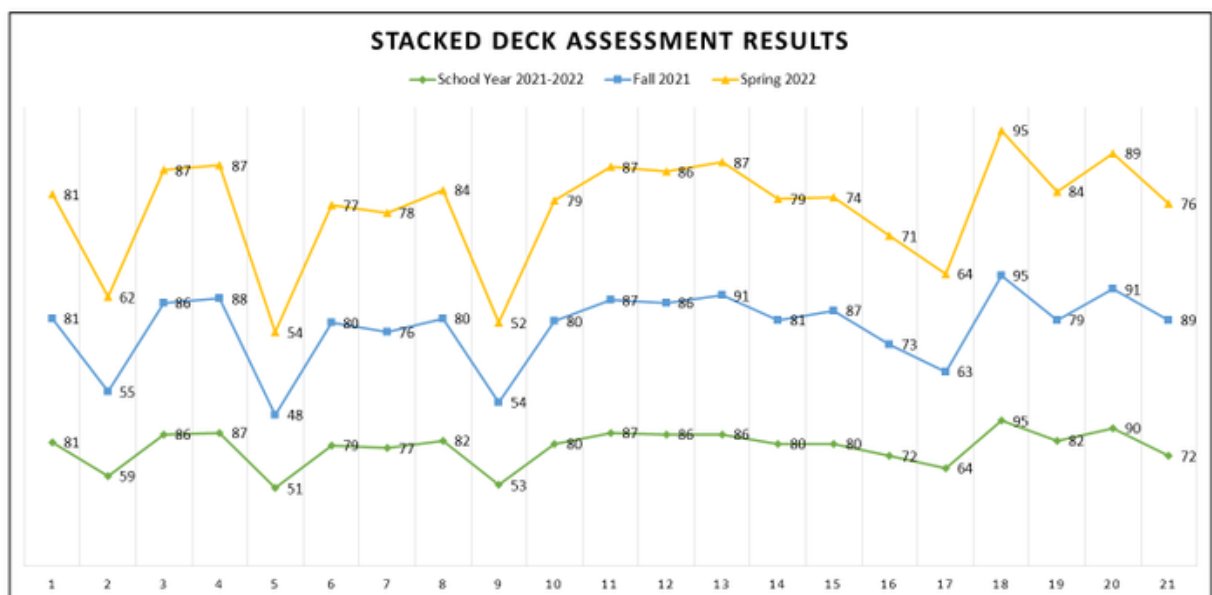


Stacked Deck Knowledge Assessment Quiz

The following information provides insight into the students understanding of the information presented in the Stacked Deck Program via their response to the knowledge assessment questions completed after the entirety of the gambling components of the Stacked Deck Program.

A total of 731 responses were completed for the Stacked Deck Knowledge Assessment Quiz for the 2021-2022 academic year across all participating schools in North Carolina who completed the Stacked Deck Program.

The graph below illustrates responses that were answered correctly during the full academic year 2021-2022, and for the Fall 2021 and Spring 2022 term separately for comparison.



Impact on gambling knowledge & beliefs

The impact of the Stacked Deck Program was measured by examining the youth's prevalence in gambling engagement and behaviors. Table below indicates the change in behavior before and after the completion of the Stacked Deck Program. There is a clear indication in reduced involvement in all types of gambling behaviors after youth completed the Stacked Deck Program.

Gambling Type	Prevalence Before	Prevalence After
Traditional Gambling	31%	28%
Gambling in Gaming	41%	36%
Gambling & Gaming Engagement	44%	39%

Stacked Deck's Positive Impact on Youth



Youth's intention to gamble was measured by asking if they plan to gamble in the next three months.

Prior to completing Stacked Deck: 12% of youth reporting they do intend to gamble

Prior to completing Stacked Deck, youth were asked a question to assess the potential for psychosocial issues or concerns that have been caused by their own behavior of gambling

Before Stacked Deck: 13% of youth stated that their gambling has caused serious problems which align with the criteria for problematic gambling.

After Stacked Deck: 7% of youth stated that their gambling has caused serious problems which align with the criteria for problematic gambling.

After
completing
Stacked Deck
87%
of youth state
they do not
intend to
gamble

Conclusion

The 2021-2022 Stacked Deck Program data shows it's effectiveness to deliver prevention of problematic gambling knowledge



Building resilience

- 25% positive increase in problem gambling knowledge and attitudes



Reducing stigma

- 95% of youth believe gambling can be as addictive as alcohol or other drugs



Changing cognitions

- 23% increase in awareness of gambling fallacies

This reports concludes that Stacked Deck has delivers a curriculum that is effective in addressing youth's knowledge, beliefs, and attitudes about gambling, problematic gambling, gambling in gaming, and building resilience. The youth who completed Stacked Deck indicate a clear improvement in these areas and are better prepared for identifying, acknowledging, understanding and preventing problematic gambling in their lives.

Acknowledgements

Thank you to all who contributed to the success of the Stacked Deck Program as an effective prevention program for problematic gambling in the state of North Carolina. Additional thanks to all the educators, youth, families, staff, and caregivers who have been a part of these efforts during the 2021-2022 academic year and in previous year.

For more information contact

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