



Iowa Problem Gambling Services State Fiscal Year 2023 Annual Report

June 2024

Katie Bee
Project Manager

Jennifer Robertson-Hill
Bureau Chief



Table of Contents

Office of Problem Gambling Prevention & Treatment Services _____	3
Overview _____	3
Funding _____	3
Services and Utilization _____	3
Next Steps _____	4
Glossary _____	5

Office of Problem Gambling Prevention & Treatment Services

Overview

Pursuant to §135.150, the Iowa Department of Health and Human Services (the Agency) administers funding through the Substance Use and Problem Gambling Services Integrated Provider Network (IPN) grant. This ensures Iowans have accessible problem gambling prevention and treatment services. Problem gambling means participation in any form of gambling activity that creates one or more negative consequences to the individual, their family or loved ones, their employer or community. IPN contractors are responsive to the needs of Iowans and work to reduce the negative impacts associated with gambling. The following services occurred in State Fiscal Year (SFY) 2023:

- In Iowa, 393,809 individuals were served with problem gambling individual-level or population-level prevention services.
- In Iowa, 5,939 direct hours were provided towards problem gambling community outreach, engagement, family education, or crisis services.

Funding

The Agency receives an appropriation from the State General Fund for addiction services that includes funding for problem gambling services and \$1,750,000 from the Sports Wagering Tax Receipt Fund.

Table 1: Office of Problem Gambling Program Expenditures 2021-2024

Activity	2024 (Budget)	2023 (Actual)	2022 (Actual)	2021 (Actual)
Treatment Services	\$1,507,500	\$1,061,603	\$898,154	\$761,464
Prevention Services	\$774,838	\$612,714	\$645,287	\$767,492
Recovery Support Services	0	0	0	0
Your Life Iowa Helpline/Website	\$206,250	\$200,000	\$206,250	\$206,654
Surveillance (BRFSS)/Outcome Monitoring	\$17,600	\$35,221	\$35,221	\$160,400
Health Promotion	\$168,661	\$1,197,857	\$113,966	\$455,228
Training/Professional Development	\$10,000	\$134,793	\$56,595	\$28,117
Data Reporting System (IBHRS)	\$20,000	0	\$1,208	\$284,486
Administration Costs	\$287,265	\$321,047	\$325,680	\$261,596
TOTAL	\$2,992,114	\$3,563,235	\$2,282,361	\$2,925,437

Services and Utilization

IPN grant funded problem gambling services include:

- Helpline referral and education through the Your Life Iowa and 1-800-BETS OFF website (yourlifeiowa.org/gambling), with telephone (855-581-8111) and text (855-895-8398) options.
- Prevention services are based on the Substance Abuse and Mental Health Services Administration (SAMHSA) Strategic Prevention Framework (SPF).
- Counseling for persons experiencing problems due to gambling and those affected by the gambling of a family member. This includes telehealth options for eligible persons with barriers to accessing certain face-to-face treatment services.
- Recovery support services like transportation assistance and recovery peer coaching for persons receiving problem gambling counseling.
- Training and professional development for prevention specialists and counselors.

Table 2: Iowa Problem Gambling Services – Utilization

State Fiscal Year	# of Prevention Hours ¹	# of Patients Screened and Referred to Gambling Treatment ²	# of Gambling Contacts to 1-800-BETS OFF ³	Traffic to 1800BETSOFF.org
2020	2,390	*	1,511 ⁴	59,672
2021	1,566	*	1,411	41,640
2022	2,005	1,350	1,569	35,640
2023	2,558	1,533	1,523	118,183

In August 2021, Iowa transitioned data collection systems to the Iowa Behavioral Health Reporting System (IBHRS). This was in response to the Iowa legislature who mandated that Iowa align substance use disorder and problem gambling treatment services. Due to this transition, Iowa HHS has updated the number of patients screened and referred to gambling treatment figures to reflect data in this system at the time of reporting.

The Agency continued to be responsive to the needs of IPN providers and problem gambling service delivery through the following:

- Implemented statewide media campaigns using the “Be #1 at Getting Help (SFY 2023)” and “Help for Them and You (SFY 2023)” campaigns to raise awareness of 1-800-BETS OFF and Your Life Iowa to encourage Iowans experiencing problems with gambling to reach out for help.
- Provided upwards of 28 hours of collaborative training opportunities to further the level of competency of substance use and problem gambling professionals in Iowa.
 - Stacked Deck: virtual problem gambling prevention training
 - 8-Part webinar series on problem gambling prevention
 - Problem gambling clinical webinar series
 - 46th Iowa’s Annual Governor’s Conference on Substance Abuse Prevention, Treatment, and Recovery
- Developed the Office of Problem “Gambling Prevention & Treatment Services: Prevention of Gambling-Related Harms Strategic Plan.”

Next Steps

Beginning on July 1, 2023, the legacy Iowa Department of Public Health and legacy Iowa Department of Human Services transitioned to the Iowa Department of Health and Human Services. The Service Delivery Alignment Assessment, which was conducted by Health Management Associates (HMA), was published on October 23, 2023. This assessment provided a thorough analysis of the current system of care and developed recommendations to further alignment efforts. It is the goal of the Iowa Department of Health and Human Services to support legacy programs through the lens of alignment to best serve Iowans in need of behavioral health services.

To learn more about the Iowa Department of Health and Human Services alignment efforts or to review the HHS Service Delivery Alignment Assessment Report, please visit the [HHS System Alignment page of Iowa HHS](#).

¹ Number of prevention hours reflects IPN grant funded providers.

² This is the number of unique patients who received a gambling screen and were recommended to an ASAM level of care as reported by all licensed problem gambling treatment providers.

³ Problem gambling calls to Your Life Iowa, the 24/7 integrated hub for free and confidential help and information for alcohol, drugs, gambling and suicide, launched in 2018.

⁴ Prior to 2020, number of Gambling Contacts to 1-800-BETS OFF included all calls including junk. Starting in 2020, these calls were excluded from the total contacts.

Appendix

Glossary

1-800-BETS OFF: A helpline and website devoted to raising awareness of problem gambling and providing assistance to those Iowans who are negatively impacted by their gambling and related behaviors, and their affected loved ones.

Gambling: The act or practice of risking the loss of something of value upon the outcome of chance or future contingent event not under his/her control in an attempt to gain something of greater value.

Gambling Disorder: Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress.

Your Life Iowa: The 24/7 integrated resource for free and confidential help and information for alcohol, drugs, gambling, mental health (adult/youth) and suicide concerns. Information and assistance are available through the telephone helpline at 855-581-8111, online at YourLifelowa.org, through text at 855-895-8398, and through mobile/internet friendly online chat and social media messaging (@YourLifelowa).