

# Self-Exclusion: A Gateway to Treatment

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# KEY ISSUES

- Who uses self-exclusion?
- How effective is self-exclusion?
- Under what circumstances would it work best?
- Little research – to date has reviewed administrative arrangements with focus on policing and implementation
  - Nowatski (2002)
  - O'Neil (2003)
  - Ladouceur et al (2000)

# BACKGROUND

- Self-Exclusion introduced in Manitoba in 1989 and adopted as a tool to assist problem gamblers
- Abstinence goal
- No research into behavioural theory
- Intended for people who want to stop gambling but are unable to stop on their own
- Low utilization rate
  - O'Neil - < 3.5% problem gamblers
  - Nowatski – 0.4 – 1.5% problem gamblers

- Abbott (1999) suggests many people who scored as “lifetime problem gamblers” in 1991 did not report lifetime problems when reassessed seven years later
- High rates of problem gambling remission – especially for those favouring gaming machines – suggest ‘outflow’ faster than previously assumed.
- McMillan (2004) suggests low utilisation of treatment services for problem gamblers

# SELF-EXCLUSION: A GATEWAY TO TREATMENT

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# WEAKNESS IN SELF-EXCLUSION PROGRAMS

- No integration with counselling services
- Confusion over roles, responsibilities, expectations and policing between individuals, industry and treatment providers
- Perceived conflicts of interest

# PROPOSED MODEL

**Shift from a punitive approach to an integrated individual centered focus with emphasis on education and rehabilitation**

# FUNDAMENTAL PRINCIPLES FOR SUCCESS

- Qualified and competent counselling assessment and referral on individual basis
- Maximise systems to detect breaches
- Monitoring and compliance
- Independent audit, publicly available data

# WHO IS RESPONSIBLE FOR WHAT?

## Individual

- Recognise, accept and be willing to deal with problem
- Make considered, not impulsive or emotional decision
- Maintain motivation
- Accept responsibility for compliance
- Not change decision for period of exclusion

# WHO IS RESPONSIBLE FOR WHAT?

## Industry

- Effective systems, policies, procedures
- What is reasonable and practical for best endeavours
- Open, transparent reporting of audit

# NEXT STEPS

- Pilot programs, Quebec , and possibly Sydney
  
- Review will identify
  - implementation issues
  - practical guidelines
  - recommend model going forward
  
- Also need to investigate
  - utilisation of treatment, counselling programs
  - what would make the treatment more attractive?