

FROM GROUP TO INDIVIDUAL PSYCHOSOCIAL TREATMENT FOR GAMBLING ADDICTS WITHIN THE JUSTICE SYSTEM

- Addressing challenges, needs and possibilities -

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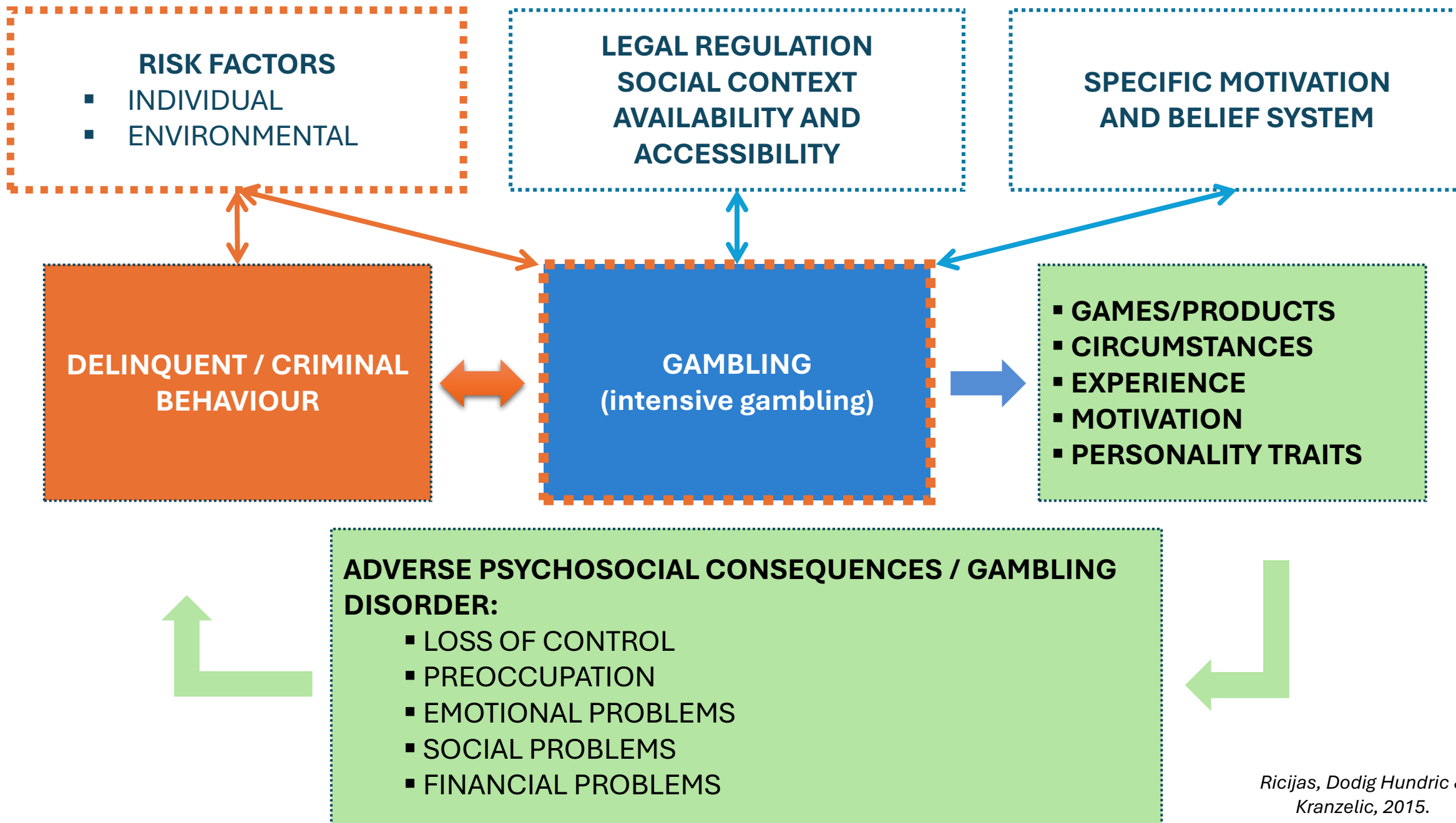


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Background of the project

- **In 2016 Croatian Ministry of Justice and Public Administration** initiated a need for a project related to gambling treatment within the prison system (penitentiaries and prisons)
- Tender for projects
- **Practical and legal need for such treatment**
 - Number of prisoners with gambling-related problems
 - Prison sanctions that include obligatory (gambling) addiction treatment





Gambling among criminal offenders

43,7% help-line callers report committing a gambling-related crime

54,1% gamblers in treatment report committing a crime

18 women serving gambling-related sentence responsible for 454 convictions (2 of them for 86%)



1/3 of offenders meets PG criteria

PG arrested 7x more often than non-gamblers

32% of PG arrested at least once in their life-time

Croatian Criminal Code



**2 options for obligatory
treatment of addiction**

Special Obligations § 62

Security Measures § 65

Our project for creating and implementing gambling-related treatment for prisons



1st year

80 hours of training for JS professionals

17 professionals trained

2nd year

Small group of professionals – creating the treatment program

3rd year

Piloting the treatment program in 3 prisons/penitentiaries

Scientific evaluation

Modification - Finalizing

4th year

Training prison staff for implementing the Program

About the Program

- **Highly structured Group Treatment Program = Manual for implementation**
 - 17 structured workshops with prisoners
- Psycho-social & psycho-educational
- Conducted by a pair of professionals (2 persons)
- Follows the expected treatment process
- Combines individual and group work
- Interactive = active involvement of prisoners
- In line with scientific evidence-based principles



- Cognitive-behavior treatment approach
 - Motivational interviewing techniques
 - Reality therapy (Theory of choice)

Implementation – in total minimum 22 weeks

MODE	ACTIVITY	COMPONENTS OF WORK – DESCRIPTION AND PURPOSE
Individual	1-3 meetings	<ul style="list-style-type: none"> ⇒ assess gambling-related problems, as well as the need to enter the Program, ⇒ introduce the potential participant to the basic characteristics of the Program, ⇒ assess the inclusion and exclusion criteria for inclusion in the Program, ⇒ motivate participants to join the Program.
Group	6-9 workshops	Program implementation
Individual	1-2 meetings	<p>Halfway through the program:</p> <ul style="list-style-type: none"> ⇒ motivation to participate, ⇒ feelings triggered by the Program, ⇒ satisfaction with cooperation within the group, ⇒ any problems that the participant encounters and does not wish to verbalize in a group, ⇒ other areas that may affect the successful continuation of participation in the Program and the achievement of objectives.
Group	6-9 workshops	Program implementation
Individual	1-2 meetings	<p>The goal of summarizing and rounding out the treatment process.</p> <p>On individual level, assessing whether further involvement in psychosocial interventions is needed.</p>



Structure & content of the Program

I. INTRODUCTION	II. RAISING THE CRISIS AND THE MOTIVATION FOR CHANGE	III. UNDERSTANDING YOURSELF AND GAMBLING	IV. SOCIO-EMOT. SKILLS /EMPOWERMENT FOR CHANGE	V. RELAPSE PREVENTION AND CHANGE PLAN	VI. SUMMARY
1. INTRODUCTORY WORKSHOP	3. STAGES OF DEVELOPMENT OF GAMBLING ADDICTION	5. BEHAVIORAL COMPONENTS & PSYCHOLOGICAL NEEDS	9. CRITICAL THINKING	14. CRAVINGS & TRIGGERS	17. FINAL WORKSHOP
2. GAMBLING THROUGH SOCIAL CONTEXT	4. MOTIVATION FOR CHANGE & LIFE VALUES	5. BEHAVIORAL COMPONENTS & PSYCHOLOGICAL NEEDS	10. PROBLEM SOLVING & DECISION-MAKING	15. RELAPSE PREVENTION & CHANGE PLAN 1	
		7. GAMBLING MATH	11. EMOTIONS – AWARENESS & COPING	16. RELAPSE PREVENTION & CHANGE PLAN 2	
		8.SPORTS BETTING MATH	12. RISK & PROTECTION		
			13. SELF- CONFIDENCE		

Evaluation design & results after 17 workshops

1. Evaluation of the (short-term) **effects** of the program
2. Evaluation of **subjective gains** of prisoners
3. Evaluation of prisoners' **satisfaction** with the program and each workshop
4. Evaluation of the program implementation **process**

**No control group = ethical reasons*

***EASG – Oslo 2022*

Feedback from prisoners:

= very positive and affirmative!



RESULTS OF THE PILOT IMPLEMENTATION:
= 3 prisons/penitentiaries [N=27 prisoners]

- ✓ Less gambling-related cognitive distortions
- ✓ More negative attitudes towards gambling
- ✓ Better and more correct knowledge about gambling and gambling products
- ✗ Emotional problems (depression, anxiety, stress)
- ✗ Perceived self-efficacy
- **No iatrogenic effect!**

Some (new) practical challenges

1. What to do with long-sentence prisoners (e.g. 10, 20 years of prison)?
2. Smaller prisons do not have enough prisoners with gambling-related problems to form a group
3. Prisoners with short sentences (e.g. 3 to 6 months) do not have enough time to go through the whole treatment process
4. Probation system does not work with offenders in a group setting – only individual



BUT – they all have this special obligation or security measure = legally obligatory

= need for modification and individual version of the program



Modifications – new 1 year project

Group setting	Individual treatment sessions (one-on-one)
Highly structured workshops	Semi-structured sessions
17 obligatory workshops	Minimum 12 obligatory treatment sessions + 7 voluntary treatment sessions <i>(we had evaluation & feedback from the group version)</i>
90-minute workshops	60-minute sessions
Treatment goals & program aims remained the same	

HOW TO MAKE IT SHORTER

INDIVIDUAL OBLIGATORY AND VOLUNTARY SESSIONS

I. INTRODUCTION	II. RAISING THE CRISIS AND MOTIVATION FOR CHANGE	III. UNDERSTANDING YOURSELF AND GAMBLING	IV. SOCIO-EMOT. SKILLS /EMPOWERMENT FOR CHANGE	V. RELAPSE PREVENTION AND CHANGE PLAN	VI. SUMMARIZING
INITIAL MOTIVATIONAL AND INFORMATIONAL MEETING	2. DEVELOPMENT OF GAMBLING ADDICTION	4. COMPONENTS OF BEHAVIOR & PSYCH. NEEDS	8. CRITICAL THINKING	11. CRAVINGS & TRIGGERS	ROUNDING OFF THE FORMAL TREATMENT PROCESS
1. THE SOCIAL CONTEXT OF GAMBLING	3. MOTIVATION FOR CHANGE	4a. COMPONENTS OF BEHAVIOR & PSYCH. NEEDS 2	8a. CRITICAL THINKING	11a. RISK AND PROTECTION	
1a. THE SOCIAL CONTEXT OF GAMBLING 2	3a. MOTIVATION FOR CHANGE 2	5. THOUGHTS AND WHOM. DISTORTIONS	9. PROBLEM SOLVING & DECISION-MAKING	12. RELAPSE PREVENTION & CHANGE PLAN	
		6. MATH OF GAMBLING	9a. PROBLEM SITUATIONS		
		7. MATH OF SPORTS BETTING	10. EMOTIONS – AWARENESS & COPING		
			10a. SELF-ESTEEM/ CONFIDENCE		

T1

T2



Udruga za
Kreativni
Socijalni Rad



REPUBLIKA HRVATSKA
Ministarstvo pravosuđa i
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TRETMANA OVISNIKA O KOCKANJU
U ZATVORSKOM SUSTAVU I PROBACIJI
- UTOK**

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TODOSIEV, LUCIJA ŽIVKOVIĆ

ZAGREB - SVIBANJ, 2023. GODINE



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ZAGREB - SIJEČANJ, 2021. GODINE

Plan 2024 → Realization 2025



- Plan was to start with the implementation of individual treatment at the beginning of 2024
 - And to have here the first evaluation results of individual Program
- Administrative problems with the tender

- **New project will start in 2025:**
 - Training of new justice system professionals
 - Implementation of individual treatment in the probation system and small prisons
 - Scientific evaluation of the individual treatment



**FROZEN
PIZZA MODEL**

Thank you for your attention! 😊



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