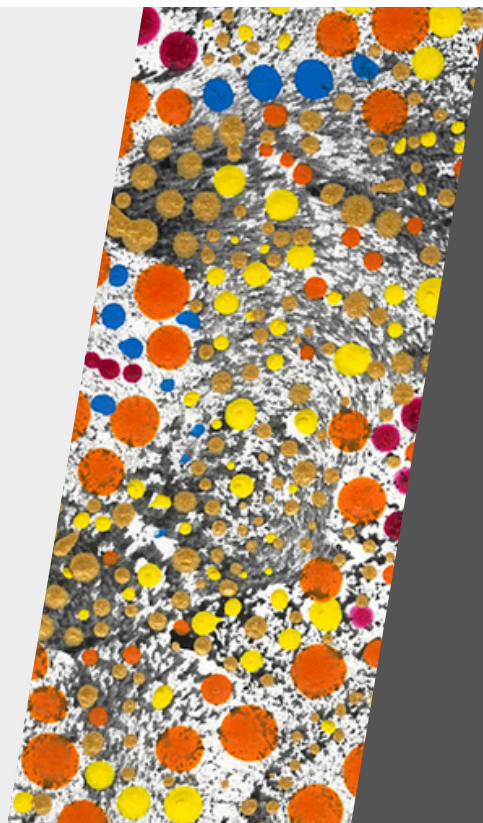




Resources: What's the harm?

Resources to support service users experiencing co-occurring gambling and substance use harms



Artist Recognition

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Full report available on ATODA's website www.atoda.org.au

The experience of gambling harms

Fact Sheet 1: Assessing gambling-related harm in Victoria: a public health perspective

Victorian Responsible Gambling Foundation

This project consulted with experts and the community to develop a conceptual framework for measuring and assessing the impact of gambling harm in Victoria. The framework can help researchers, policymakers, health professionals and the community better understand and minimise the negative consequences of gambling.

<https://responsiblegambling.vic.gov.au/resources/publications/fact-sheet-1-a-conceptual-framework-of-gambling-harm-165/>

Fact Sheet 2: The seven dimensions of gambling harm

Victorian Responsible Gambling Foundation

To measure gambling harm, the researchers focused on its outcomes and manifestations. They identified seven dimensions of harm experienced by people who gamble and those close to them.

<https://responsiblegambling.vic.gov.au/resources/publications/fact-sheet-2-the-seven-dimensions-of-gambling-harm-166/>

Fact Sheet 3: How gambling harm affects health and wellbeing

Victorian Responsible Gambling Foundation

The researchers asked participants to assess the impacts of gambling harm on health and wellbeing with reference to other health conditions.

<https://responsiblegambling.vic.gov.au/resources/publications/fact-sheet-3-how-gambling-harm-affects-health-and-wellbeing-167/>

Fact Sheet 4: Distribution of harm

Victorian Responsible Gambling Foundation

This fact sheet explores the distribution of harm at a population level by aggregating the effects of harm among individuals.

<https://responsiblegambling.vic.gov.au/resources/publications/fact-sheet-4-distribution-of-harm-168/>

The experience of substance use harms

Ranking the harm of psychoactive drugs

Frontiers in Psychiatry

This study provides an updated ranking of the average overall harms as well as harms in specific health and social dimensions of various psychoactive substances.

<https://www.frontiersin.org/journals/psychiatry/articles/10.3389/fpsy.2020.592199/full>

The Australian drug harms ranking study

Journal of Psychopharmacology

The aim of this study was to review drug harms as they occur in Australia using the Multi-criteria Decision Analysis (MCDA) methodology adopted in earlier studies in other jurisdictions.

<https://pubmed.ncbi.nlm.nih.gov/31081439/>

Alcohol, tobacco & other drugs in Australia

AIIHW

The use of alcohol and other drugs has a number of economic impacts relating to household expenditure, decreased productivity and healthcare and law enforcement costs. This report sought to articulate the economic impacts of alcohol and other drugs.

<https://www.aihw.gov.au/reports/alcohol/alcohol-tobacco-other-drugs-australia/contents/impacts/economic-impacts>

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The co-occurrence of gambling and substance use harms

Complex lives: co-occurring conditions of problem gambling, April 2014

Victorian Responsible Gambling Foundation

This paper provides a summary of existing evidence about the co-occurrence of problem gambling with other conditions.

<https://responsiblegambling.vic.gov.au/documents/24/complex-lives-co-occurring-conditions-of-problem-gambling.pdf>

Problem gambling & co-occurring issues

Multicultural Centre for Women's Health

A double-sided sheet providing information about the co-occurrence of gambling with mental health issues or substance use, in simple English.

<https://www.mcwh.com.au/wp-content/uploads/2019-English-Fact-sheet-Comorbidity-English-mainstream-service.pdf>

Substance use disorders and addictive behaviours,

QIMR Berghofer

A range of resources around substance use and 'addictive behaviours' for the Australian treatment context.

<https://www.qimrb.edu.au/>

Slots and Shots: Gambling Resources for the Alcohol and Other Drug (AOD) Sector, 2015

Odyssey House Victoria

This resource aims to strengthen workers' skills and understanding of gambling and how to appropriately respond to clients who present for AOD treatment who may also have or be at risk of a gambling issue.

<https://nceta.flinders.edu.au/application/files/6515/0646/7735/EN603.pdf>

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Overcoming gambling stigma

The Gambling Perceived Stigma Scale (GPSS) and the Gambling Experienced Stigma Scale (GESS)

Journal of Gambling Issues

See Appendix B & C of a journal article regarding validation of the scales.

<https://cdspress.ca/wp-content/uploads/2022/08/Phillip-Donaldson-Erika-Langham-Talitha-Best-Matthew-Browne.pdf>

The stigma of problem gambling: Causes, characteristics and consequences

Victorian Responsible Gambling Foundation

This study examined stigma from two perspectives: from the point of view of people with gambling problems (self-stigma), and from the point of view of others (public stigma).

<https://responsiblegambling.vic.gov.au/resources/publications/the-stigma-of-problem-gambling-causes-characteristics-and-consequences-351/>

On stigma and how we can tackle it

Gambler's Help

Short article outlining issues of stigma.

<https://gamblershelp.com.au/lets-talk-gambling/on-stigma-and-how-we-can-tackle-it/>

Gambling harm stigma

Gamble Aware

Outputs from an 18-month research programme within communities of people with lived experience of gambling harms and stigmatisation in Great Britain.

<https://www.gambleaware.org/our-research/gambling-harm-stigma/>

Overcoming substance use stigma

Substance Use Stigma Mechanism Scale (SU-SMS)

Drug and Alcohol Dependence

The SU-SMS was developed for use in a diverse range of substance using populations. It can be adapted for persons affected by alcohol use and/or drug use disorders.

<https://earnshawlab.org/wp-content/uploads/2016/04/SU-SMS.pdf>

Changing attitudes, changing lives: Options to reduce stigma and discrimination for people experiencing problematic alcohol and other drug use

Queensland Mental Health Commission

This report outlines 18 options for reform regarding systemic issues to address stigma and discrimination for people experiencing problematic alcohol and other drug use, and their families.

<https://www.qmhc.qld.gov.au/documents/changingattitudeschanginglives>

Stigma and discrimination among the NSW Health and NGO workforce towards people experiencing harm from use of alcohol or other drugs

NSW Ministry of Health

The research described in this report sought to understand the attitudes, beliefs and behaviours among parts of the workforce towards people who are at risk from their alcohol and other drug use.

<https://www.health.nsw.gov.au/aod/resources/Documents/aod-stigma-discrimination.pdf>

We found out who our friends were: John and Frankie's story

Government of South Australia

The video and associated resources shows how one person's experience affected an entire family through the stigma that is associated with drug use.

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/services/mental+health+and+drug+and+alcohol+services/drug+and+alcohol+services/dassa+publications+and+resources/we+found+out+who+our+friends+were+dassa>

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Talking about gambling harms

Guide to talking about gambling and related harms

Gambling and Racing Commission, ACT

This resource has been developed as a foundational document, providing practical guiding principles to support balanced, respectful, and informed conversations about gambling and the harm it can cause.

<https://www.act.gov.au/community/gambling-harm/talking-about-gambling-harm>

'Changing the Conversation': How to talk about gambling harm

Government of South Australia

A guide for how to talk about gambling harm from the Government of South Australia.

https://gamblingharmssupport.sa.gov.au/_data/assets/pdf_file/0005/173246/Changing-the-conversation-How-to-talk-about-gambling-harm.pdf

Reducing Stigma: A Guide for Talking about Gambling Harm

Victorian Responsible Gambling Foundation

A guide developed to assist media professionals and others to promote healthy, productive public conversations about gambling harm through a better understanding of the issue and appropriate language for talking about it.

https://responsiblegambling.vic.gov.au/documents/1266/FINAL_-_Gambling_harm_language_guide_-_March_2024.pdf

Talking about gambling: a guide for media professionals

GambleAware

This guide is for media professionals and people who support public conversations about gambling harm.

<https://www.gambleaware.nsw.gov.au/for-professionals/for-media-professionals/using-safe-and-respectful-language>

Talking about substance use harms

Language Matters (version 2)

Network of Alcohol and other Drugs Agencies (NADA) and NSW Users and AIDS Association (NUAA)

The Language Matters resource was developed for the NSW alcohol, tobacco and other drug sector.

https://nada.org.au/wp-content/uploads/2021/01/language_matters_-_online_-_final.pdf

Mindframe Guidelines

Mindframe

The evidence-informed guidelines aim to positively influence the quality of media reporting on AOD-related issues, improve community attitudes towards people living with issues related to AOD use and increase help-seeking behaviour.

<https://mindframe.org.au/alcohol-other-drugs/communicating-about-alcohol-other-drugs/mindframe-guidelines>

The Power of Words

Alcohol and Drug Foundation, the Association of Participating Service Users, Harm Reduction Victoria and Penington Institute

The Power of Words practical guide and desktop flip book are designed to support healthcare and other professionals working with people who use alcohol and other drugs to reduce stigma and improve health outcomes.

<https://adf.org.au/talking-about-drugs/power-words/>

Safe Space

Harm Reduction WA

This Safe Space poster was developed as a resource to promote non-judgmental and respectful language and communication relating to alcohol and drug use.

<https://directory.atoda.org.au/wp-content/uploads/2023/02/PBHRWA-Safe-Space-Poster-new.pdf>

About trauma

Organisational guidelines for trauma-informed service delivery

Blue Knot Foundation

This resource serves as a guide for systems and services seeking to undergo trauma-informed change.
<https://professionals.blueknot.org.au/resources/publications/organisational-guidelines-for-trauma-informed-service-delivery/>

Trauma-informed Care and Practice Organisational Toolkit (TICPOT)

NSW Mental Health Coordinating Council (MHCC)

The TICPOT and other associated resources.

<https://www.mhcc.org.au/resource/ticpot-stage-1-2-3/>

Trauma-informed practices for responding to difficult situations, 2022

Network of Alcohol and other Drugs Agencies (NADA)

A trauma-informed practice guide to support non-government community and health workers to provide services that are safe places for consumers, their support networks and staff.
<https://nada.org.au/wp-content/uploads/2022/12/Trauma-informed-practices.pdf>

What is trauma-informed care?

Trauma-Informed Care Implementation Resource Center

Various resources to support provision of trauma informed care.

<https://www.traumainformedcare.chcs.org/what-is-trauma-informed-care/>

Screening for trauma

Tools for self-assessment of PTSD, dissociation and dissociative disorders

<http://traumadissociation.com/questionnaires>

The ACE Score Calculator, based on the original scoring criteria of the Adverse Childhood Experiences Study allows individuals to calculate their own ACE Scores

<https://acestoohigh.com/got-your-ace-score/>

Stressful Life Events Screening Questionnaire

<https://niwaplibrary.wcl.american.edu/wp-content/uploads/2015/StressfulLifeEvents.pdf>

Screening for suicide risk

Suicide Assessment Kit

<https://ndarc.med.unsw.edu.au/sites/default/files/ndarc/resources/SAK%20screeener%20computerised%20updated.pdf>

Screening for gambling and gambling harm

Brief Biosocial Gambling Screen (BBGS)

<https://www.divisiononaddiction.org/outreach-resources/gdsd/toolkit/bbgs/>

Early Intervention Gambling Health Test (EIGHT)

<https://www.acts.co.nz/ABACUS-Eight-Gambling-Test.php>

Lie/Bet

https://www.naadac.org/assets/2416/2019NWRC_John_Bundrick_Handout2.pdf

South Oaks Gambling Screen (SOGS)

<https://www.hca.wa.gov/assets/free-or-low-cost/south-oaks-gambling-screen-SOGS.pdf>

NODS-PERC

<https://www.cgakit.com/nods-perc>

Problem Gambling Severity Index (PGSI)

<https://novopsych.com/assessments/health/problem-gambling-severity-index-pgsi/>

Screening for substance use and substance use harm

Alcohol, Smoking and Substance Involvement Screening Test (ASSIST)

<https://eassist.assistportal.com.au/#/e-assist>

Alcohol Use Disorders Identification Test (AUDIT)

<https://auditscreen.org/>

Drug Use Disorders Identification Test (DUDIT)

https://www.directline.org.au/self-assessment/drugs#/?_k=0iu5el

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Gambling harm treatment and support

Rolling the Dice! Brief Interventions for Problem Gambling in Substance Use Disorder Treatment

<https://www.recoveryanswers.org/research-post/rolling-the-dice-brief-interventions-for-problem-gambling-in-substance-use-disorder-treatment/>

ACT Gambling Support Service

<https://actgamblingsupport.org.au/>

Care Financial

<https://www.carefcs.org/>

The Hope Project

<https://thehopeprojectnow.com/>

Gambling Help Online

<https://www.gamblinghelponline.org.au/>

Mutual help / peer-led groups

<https://au.meetings.smartrecovery.org/meetings/?coordinates=50&location=canberra>
<https://gaaustralia.org.au/meetings/?tsml-day=any&tsml-region=act>

Substance use harm treatment and support

For information about services, visit the ACT Alcohol, Tobacco and Other Drug (ATOD) Program Directory

<https://directory.atoda.org.au/>



Mutual help/peer-led groups

<https://au.meetings.smartrecovery.org/meetings/?coordinates=50&location=canberra>

<https://meetings.aa.org.au/meetings/?tsml-region=act>

<https://www.na.org.au/multi/canberra-and-surrounds-meetings/>

Programs and service Australia-wide

<https://adf.org.au/help-support/path2help/>

Harm reduction strategies

<https://adf.org.au/reducing-risk/>

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Making referrals

ISBAR - Identify, Situation, Background, Assessment and Recommendation

Government of South Australia

<https://www.sahealth.sa.gov.au/wps/wcm/connect/public+content/sa+health+internet/clinical+resources/clinical+programs+and+practice+guidelines/safety+and+wellbeing/communicating+for+safety/isbar+-+identify+situation+background+assessment+and+recommendation>

How to Refer a Patient Over the Phone: ISBAR vs PIQUED vs 5Cs (AKA How to Call a Consult)

<https://www.youtube.com/watch?v=rDnTfNSmk3s>

Comorbidity Guidelines: Communicating with other services

The Matilda Centre

<https://comorbidityguidelines.org.au/b5-coordinating-care/communicating-with-other-services>

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Developing cross-sectoral collaborations

Comorbidity Guidelines: Coordinating care

The Matilda Centre

<https://comorbidityguidelines.org.au/part-b-responding-to-cooccurring-conditions/b5-coordinating-care>

Sample MoU

Not-for-profit Law

<https://www.nfplaw.org.au/free-resources/working-with-others/memorandum-of-understanding-mou#template>

The partnerships analysis tool: A resource for establishing, developing and maintaining partnerships for health promotion

VicHealth

https://www.vichealth.vic.gov.au/sites/default/files/2023-05/VH_Partnerships-Analysis-Tool_web%5B1%5D.pdf

Aboriginal and Torres Strait Islander peoples

Comorbidity Guidelines: Specific population groups

The Matilda Centre

<https://comorbidityguidelines.org.au/part-c-specific-population-groups/aboriginal-and-torres-strait-islander-people>

Aboriginal and Torres Strait Islander gambling

Gambling Help Online

https://www.gamblinghelponline.org.au/support-yourself-or-others/understanding-gambling/aboriginal-and-torres-strait-islander-gambling?language_content_entity=en

Winnunga Social Health

<https://www.winnunga.org.au/social/>

Gugan Gulwan Youth Aboriginal Corporation

Service for young first nations people in the ACT

<https://www.facebook.com/GuganGulwanYAC/>

People with additional complex health needs

Guidelines on co-occurring mental health conditions for alcohol and other drug settings

The Matilda Centre

<https://comorbidityguidelines.org.au/>

People with intellectual disability and their lived experiences of gambling

Victorian Responsible Gambling Foundation

https://responsiblegambling.vic.gov.au/documents/995/VRGF_RR_AUG2021_IntellectualDisability_Sepember2020.pdf

Gambling Harms and Neurodivergence: Understanding the Context and Support for Neurodivergent People in Gambling

GambleAware

<https://www.gambleaware.org/our-research/publication-library/articles/gambling-harms-and-neurodivergence-understanding-the-context-and-support-for-neurodivergent-people-in-gambling-phase-2-report/>

Supporting people with an intellectual disability who use alcohol and other drugs

Alcohol and Drug Foundation

https://cdn.adf.org.au/media/documents/Supporting_people_with_intellectual_disability_with_AOD1.pdf

Comorbidity Guidelines: Neurodiversity and substance use

The Matilda Centre

<https://comorbidityguidelines.org.au/resources/webinars/neurodiversity-and-substance-use-what-clinicians-need-to-know>

People who identify as being gender or sexuality diverse (LGBTQIA+)

Examining risk and protective factors for the development of gambling related harms and problems in Victorian LGBTQIA+ communities

Victorian Responsible Gambling Foundation

https://responsiblegambling.vic.gov.au/documents/994/VRGF_RR_AUG2021_ExaminingRisk_Oct2020.pdf

LGBTQIA+ People and Gambling Harms: A scoping review

GambleAware

[lgbtqplus-people-and-gambling-harms-full-report.pdf](https://www.gambleaware.org.au/wp-content/uploads/2021/03/lgbtqplus-people-and-gambling-harms-full-report.pdf)

AOD LGBTQIA+ inclusive guidelines for treatment providers

ACON

https://www.acon.org.au/wp-content/uploads/2019/02/AOD-Inclusive-Practice-Guidelines-for-Treatment-Providers_A4_v11.pdf

Meridian: Canberra's LGBTQIA+ community organisation

Meridian

<https://www.meridianact.org.au/>

Young people

Gambling and young people aged 18–24

Gambling Help Online

<https://www.gamblinghelponline.org.au/support-yourself-or-others>

Addiction

ReachOut

<https://au.reachout.com/mental-health-issues/addiction>

Alcohol and other drugs: how you can support your young person

Headspace

<https://headspace.org.au/explore-topics/supporting-a-young-person/aod-supporting-your-young-person/>

Aging populations

Older people and gambling

Gambling Help Queensland

<https://gamblinghelpqld.org.au/blog/older-people-and-gambling/>

Drinking, medications, illicit drugs and older Australians

Australian Drug Foundation

<https://adf.org.au/insights/aod-older-australians/>

People experiencing domestic and family violence

The relationship between gambling and domestic violence against women

ANROWS

<https://www.anrows.org.au/project/the-relationship-between-gambling-and-domestic-violence-against-women/>

Engaging men who perpetrate domestic and family violence in the alcohol and other drugs treatment context

NADA

<https://nada.org.au/resources/engaging-men-who-perpetrate-domestic-and-family-violence-in-the-alcohol-and-other-drugs-treatment-context/>

AOD worker's guide to domestic and family violence

Engender Equality

<https://engenderequality.org.au/wp-content/uploads/2024/02/AOD-Workers-Guide-to-Domestic-and-Family-Violence-SHE.pdf>

Domestic and Family Violence Capability Assessment Tool: for Alcohol and Other Drug Settings

ATODA

https://www.atoda.org.au/wp-content/uploads/2023/07/CapabilityTool_Online.pdf

People in contact with the custodial system

Exploring gambling and its role within prison culture: "You can be flying high, then fighting"

Howard League

https://howardleague.org/wp-content/uploads/2023/03/Gambling-prison-culture_Summary_Howard-League-for-Penal-Reform_30-March-2023.pdf

Prison, alcohol and drug use

Australian Drug Foundation

<https://adf.org.au/insights/prison-aod-use/>

Vulnerable populations - People exiting prison

CHN ACT

https://www.chnact.org.au/wp-content/uploads/2020/02/PHN-BNA-People-Exiting-Prison-Chapter_12-9-17.pdf

People from culturally and linguistically diverse communities

Gambling in culturally and linguistically diverse communities in Australia

Australian Institute of Family Studies

<https://aifs.gov.au/research/research-snapshots/gambling-culturally-and-linguistically-diverse-communities-australia>

Let's Talk about Gambling in Multicultural Communities

ECCV

https://eccv.org.au/wp-content/uploads/2018/07/14-Gambling_Forum_Summary_Report_FINAL.pdf

CALD AOD Project: Final report

VAADA

<https://www.vaada.org.au/wp-content/uploads/2018/03/CALD-AOD-Project-final-report.pdf>

Full report, themes by topic and additional resources
available at www.atoda.org.au





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