

Tennessee Institute for  
Gambling Education & Research

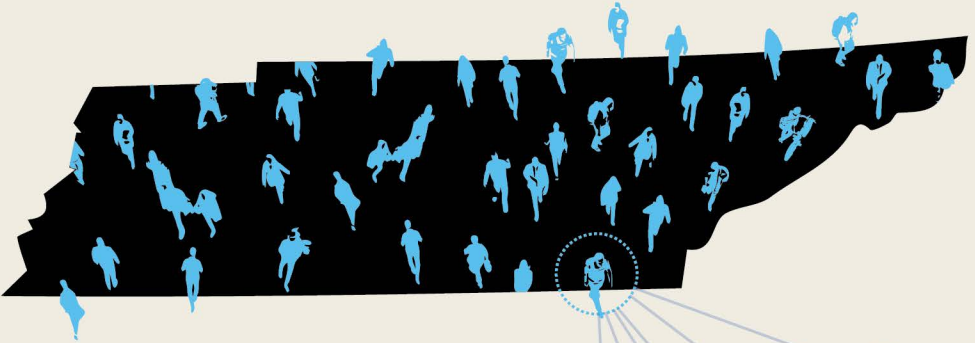
# The Gambling Clinic

*Providing gambling treatment to  
over 2,500 Tennesseans since 1998*

**TGC<sup>®</sup>**

# The Problem

- 1 3 out of every 10 Tennesseans will experience gambling disorder symptoms.



- 2 Each person with a gambling problem will harm six other people. The people harmed are those who are usually those who are closest to them and from whom they need social support.

- 3 9 out of 10 individuals with a gambling problem never seek treatment.



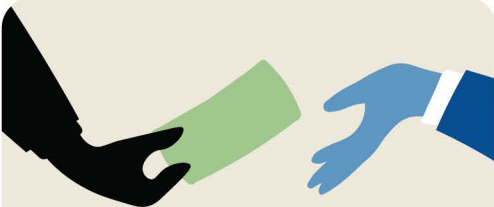
Devastating loss  
of money or the  
inability to  
meet financial  
obligations



Loss of job because  
of poor performance

## Lived Experiences

While many people who gamble do not experience harmful effects, for those who do, addiction can consume nearly every aspect of their lives.



Stealing money  
to fund gambling

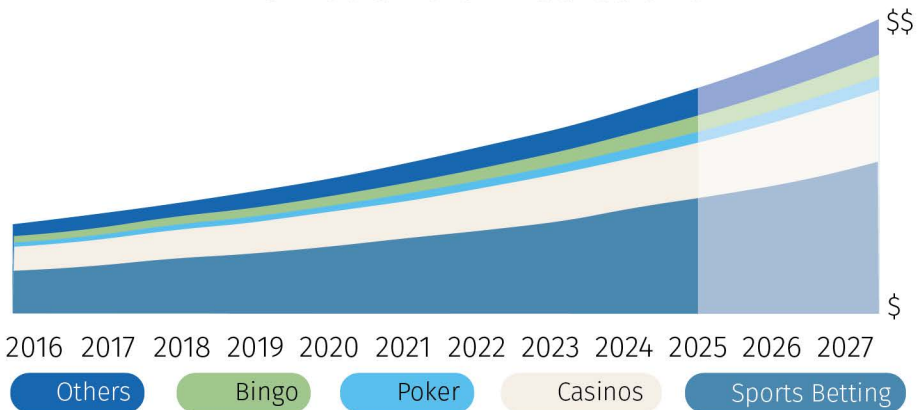
Destroying trusting  
relationships  
with close family  
and friends

Suicidal thoughts or  
suicide attempt

# The Challenge

*The United States has seen a significant increase in the availability, acceptability, and marketing of gambling since 2016, and this trend is only predicted to grow in the coming years.*

US Online Gambling  
Market Size & Predictions



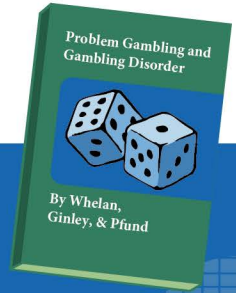
People with problems often fail to seek treatment. This is due to

- Unawareness of how to get help
- Stigmatized beliefs that the problem is purely lack of self-control
- Gambling becoming hidden or secretive
- Sports gambling's increasing cultural acceptability following massive increases in advertising

# The Solution

*Our mission is to provide a science-informed system of care to reduce the harms caused by gambling*

**OUR RESEARCH INFORMS  
OUR CLINICAL WORK,  
AND OUR CLINICAL WORK  
INFORMS OUR  
RESEARCH.**



TGC carries out this mission by providing

- An **online resource** that provides all Tennesseans, including loved ones and health care professionals, with general information for seeking help and specific next steps such as booking an appointment.
- **Regional clinics** that offer Telehealth and/or in-person treatment with an intentional and concerted effort to support underserved communities.

*This work is made possible in partnership with the  
Tennessee Department of Mental Health  
and Substance Abuse Services.*

# Process Overview

**Developing** an online system of care for key target audiences:

- the public
- people with gambling problems
- concerned family and friends
- health service providers

**Operating** accessible telehealth and in-person therapy services based on state-of-the-art science.

**Providing** community outreach material and training modules, including tailored programming to support historically underserved communities.

**Conducting** continuous evaluation and research on services to monitor and enhance outcomes.

**Promoting** research to expand our knowledge about gambling disorders and related issues.

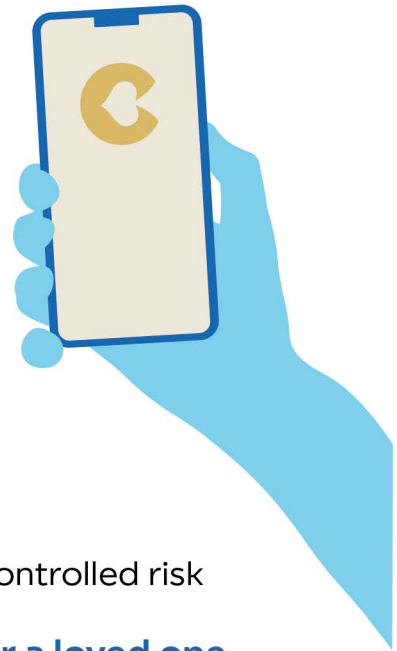
**Preventing** harm by promoting responsible and safe gambling engagement.



# Online Resources

Treatment begins with free, online resources for anyone on our website [www.thegamblingclinic.com](http://www.thegamblingclinic.com).

The self-reflective, motivational content educates website visitors and guides them in booking an appointment with our clinicians if needed.



## Raising Awareness

- Tutorials for responsible play
- General education
- Adolescent gambling concerns
- Financial information to facilitate controlled risk

## Making the next step for oneself or for a loved one

- Self-assessment and guide to promoting change
- Worksheets for setting limits on time or money
- Workbook and video for building conversation skills
- Steps to find alternatives to wagering due to boredom or escaping distress
- The self-exclusion process explained
- Appointment scheduling system for in-person and/or online consultation and therapy

*Website is created in partnership with experienced Nashville-based web developer and marketing firm, Aroluxe.*

# Regional Clinics

For those who seek treatment, we provide either in-person or Telehealth treatment or guidance to anyone in Tennessee through one of our three clinics:



## Health care provider resources

- Provider facilitated screening tool that can also provide a feedback report
- Referral process that connects to The Gambling Clinic
- Empirically-based technical reports

## Stepped-care treatment

- Education to enhance expectations and promote understanding of change process
- Private and confidential self-assessment of gambling behavior
- The self-exclusion process explained
- In-depth self-assessment with brief instant feedback intervention
- Creating limits and positive play goals  
Individualized treatment with a trained professional

# Does TGC Work?

Our ongoing data tracking reveals that about 9 out of 10 people who complete the Gambling Clinic's treatment experience reduced harm, decreased gambling, and better financial health.

*“ I’ve always found it difficult to connect to new people and that kept me from taking the first step at the Gambling Clinic. Eventually, I realized how my gambling problem was affecting so many other areas of my life, so I finally reached out to learn more.*

***I am so glad I took that first step.***

*The staff at TGC have exceeded my expectations and allowed me to open up not just about my urge to gamble, but all of the surrounding issues. It's great to say gambling is not my problem anymore.”*

*“ This is the best decision I have ever made in life.*

***The team at TGC is warm, welcoming, and non-judgemental.***

*I have felt safe to make the necessary steps to change my life.”*

# Leadership Team

## **Dr. James Whelan** Executive Director

The Gambling Clinic and the Tennessee Institute for Gambling Education & Research  
Founder | Licensed Clinical Psychologist | Professor of Psychology University of Memphis



Dr. Whelan is a leading expert on gambling behavior and treatment with over two decades of experience reducing gambling-related harm. Leading The Gambling Clinic and TIGER, he has built programs that unite research, education, and treatment to support individuals and communities. Author

of more than 100 publications and Editor-in-Chief of the *Journal of Gambling Studies*, Dr. Whelan is respected for his ability in translating complex research into practical tools that help people rebuild their lives. He is driven by a clear mission: to help people overcome challenges so they can build the lives—and successes—they deserve.

## **Dr. Meredith Ginley** Director of Clinical Innovation and Translational Research

Licensed Clinical Psychologist | Associate Professor of Psychology at East Tennessee State University



Dr. Ginley oversees the delivery of all clinical services at The Gambling Clinic, ensuring quality and evidence-based care. A recognized leader in science-informed treatment of gambling disorder, she has authored over 60 peer-reviewed publications on prevention, assessment, and treatment.

Dr. Ginley is committed to bridging clinical practice and research, ensuring that empirical findings directly inform treatment approaches and designing research studies to address questions that emerge from clinical work. She also leads ongoing training for treatment providers and directs the research team to conduct actionable, evidence-based investigations.

*Tennessee Certified Peer Recovery Specialists coordinate treatment entry, continuation, and post-treatment support.*

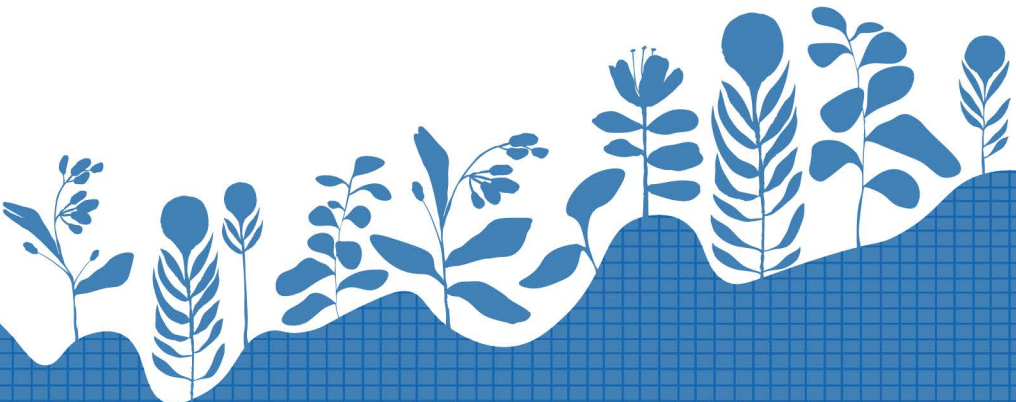
# **IMPLEMENTING THE SOLUTION**

Our legislators' decision to set aside 5% of tax revenue for gambling treatment has provided Tennessee with an opportunity to care for those harmed by gambling.

We at the Gambling Clinic are answering the call with funding from the TDMHSAS to help those in need. For decades, we have partnered with clients to learn about and address gambling as an addiction. In turn, the challenges in the clinic have been the focus of our innovative research.

Over the next five years and beyond, our goal is to make Tennessee a leader in developing and using empirically-based information to manage gambling harms experienced by the people living in our communities.

Funded by grant provided by





Tennessee is a national  
and international leader in addressing  
gambling disorders.

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**Connect**

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