




Stories that Matter:

The importance of
lived experience to
understanding,
preventing and
healing from gambling
addiction.



About ME

Andree is a longtime speaker with the PGRN whose lived experience can speak to some of the complexities surrounding mental health, trauma and gambling addiction. Sharing these moments of loss and resiliency could be profound teaching moments enabling real connection and a moment for change.

About PGRN

Established in 1993 and committed to helping individuals and communities address gambling in a healthy and responsible way through public awareness, education, advocacy, prevention and treatment/referral.

Current programs include:

- Problem gambling workshops and presentations
- Peer support and treatment referrals
- Drop-in-Centre

FLAWED CONSUMER— PROBLEM GAMBLER

01

Stay in your own lane

Lived Experience, Experts by Experience, Tiktok, Memoir – these connections can provide comfort. (Julie Rak *Pocket Queens*, CGS Blog).

02


Video Gaming

Social media and gaming is removing some of the “villain” out of that personal responsibility.

03

SHAME IS NAME OF THE GAME





Lived experience can break down misconceptions, myths and fears (especially in conjunctions with one's lifetime education, qualifications and experiences).

Stigmatize

People just think
you're an idiot

Personal blame and
shame

Legitimize



Machines are
addictive

Reducing free spins,
loyalty programs, near
misses, speed of spins

Humanize

Public Health Issue

Using in public policy
may help reduce stigma
and harm.





So how do we move through them?

- ❁ **First step from Stigma to Normalize – Education and Awareness**

- ❁ Fiona Nicoll *Gambling in Everyday Life- Entanglement of Government and Gambling.*

- ❁ **Second step from Normalize to Humanize– Lived Experience and Storytelling**

- ❁ Involvement has been under-explored and under-utilized

”Researchers need to expand their methods beyond the survey and the laboratory to spend more time playing and talking with gamblers’ (Nicoll 2019).



Measuring the Immeasurable



Bringing to Light

Thoughts of suicide



Connections

Isolation and feelings of loneliness, emptiness



Feedback

In class presentations
report daily video game
play and wagers



Reducing Stigma

Memoirs, Blogs, Tiktoks,
Podcasts

My rewards



Thank you for listening! Questions?

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Information and Education

Peer Support and treatment referrals

Drop-In-Centre

