



PROGRAM MATERIALS
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Internet and Sports Gambling - A “Secret” Addiction No More

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Online Sports Gambling: A "*SECRET*" Addiction No More



A “Secret” Addiction No More- Online Sports Gambling

Presented by -Brian S. Quinn, Esq. – Education and Outreach Coordinator, LCL of PA, Inc.

Brian S. Quinn, Esquire is a licensed attorney in Pennsylvania who currently serves as the Education and Outreach Coordinator for Lawyers Concerned for Lawyers of Pennsylvania, Inc., a Lawyers Assistance Program established in 1988 for the purpose of helping lawyers, judges and law students recover from alcoholism, drug addiction and mental health disorders.

Mr. Quinn obtained his undergraduate degree in 1970, his law degree in 1973 and a certificate in Drug and Alcohol counselling in 2012, from Villanova University. Prior to his work with Lawyers Concerned for Lawyers, he was a private practitioner for over 40 years and has also worked in the field of alcohol and drug counseling in suburban Philadelphia.

Mr. Quinn is a past member of the Board of Directors of Lawyers Concerned for Lawyers of Pennsylvania and served as a peer volunteer prior to accepting his current role as the organization's Educator in 2017. He has written and presented on lawyer wellness topics to law firms, Bar Associations and legal education providers for state, national and international groups as well.

What Is A LAP ?

Our mission:

To provide a caring peer assistance program to save the lives and restore the health and professional competence of lawyers and judges, members of their families, and law students who are at risk as a result of alcohol and drug use, gambling, depression or other serious mental illness. We carry out this mission through a combination of confidential helpline services, volunteer support and education.

Lawyers Concerned for Lawyers of Pennsylvania

Confidential Helpline
1-888-999-1941

24 hrs./day, 7 days/week, 365 days/year

www.lclpa.org

- ✓ Free assistance with interventions
- ✓ Free evaluation by a healthcare professional
- ✓ Free information and literature
- ✓ Peer support
- ✓ Lawyer/Judge/Law Student-only support group meetings
- ✓ LCL staff support

**Our services are free, confidential,
non-judgmental and non-obligatory.**

We Protect Your Identity and Information

LAPs do **not*** report or disclose any identifying information to the Supreme Court, the Judicial Conduct Board, the Disciplinary Board, the Board of Law Examiners or any other agency of the Supreme Court; nor do we report or disclose any identifying information to a State Bar Association, local Bar Associations or any judicial or law related organization. We do not report any identifying information to anyone without your prior consent.

You may remain anonymous and still receive our services.

*** YOU MUST CONSULT THE ETHICAL RULES OF YOUR STATE**

ABA / Hazelden- Betty Ford Study

(Published February, 2016 *Journal of Addiction Medicine*)

Problematic Drinking*

- 6.4% of entire U.S. population
- **21%** of *all licensed attorneys*
- **32%** of all attorneys *under 30 yrs. old*



* Problematic drinking defined as hazardous, possible dependence

ABA / Hazelden- Betty Ford Study (Published February, 2016 *Journal of Addiction Medicine*)

Depression, Anxiety and Stress Scale

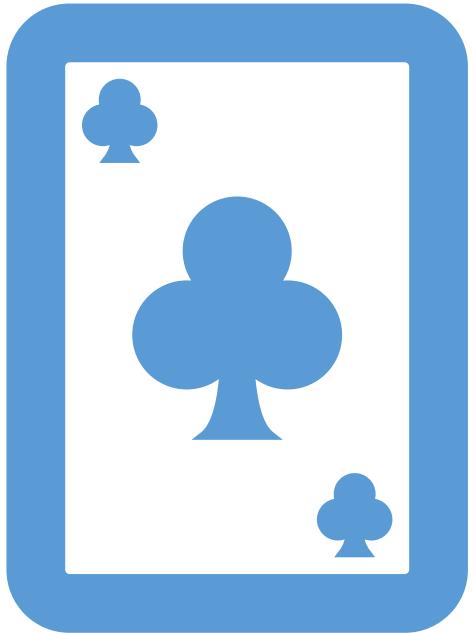
Depression – **28% of all attorneys**

Stress – **23% of all attorneys**

Anxiety – **19% of all attorneys**

Higher rates among younger lawyers





What Is Gambling?

Gambling is defined as any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or skill.

What is Problem Gambling ?

- Gambling behavior which causes disturbance in any major area of life: psychological, physical or social
- A progressive addiction
- Increasing preoccupation with gambling, a need to bet more money more frequently
- Restlessness or irritability when attempting to stop
- Continuation of gambling behavior in spite of mounting, serious, negative consequences

Gambling Disorder

It is estimated that 2.6% of the population, nearly 10 million people, in the United States suffer from some form of gambling disorder.



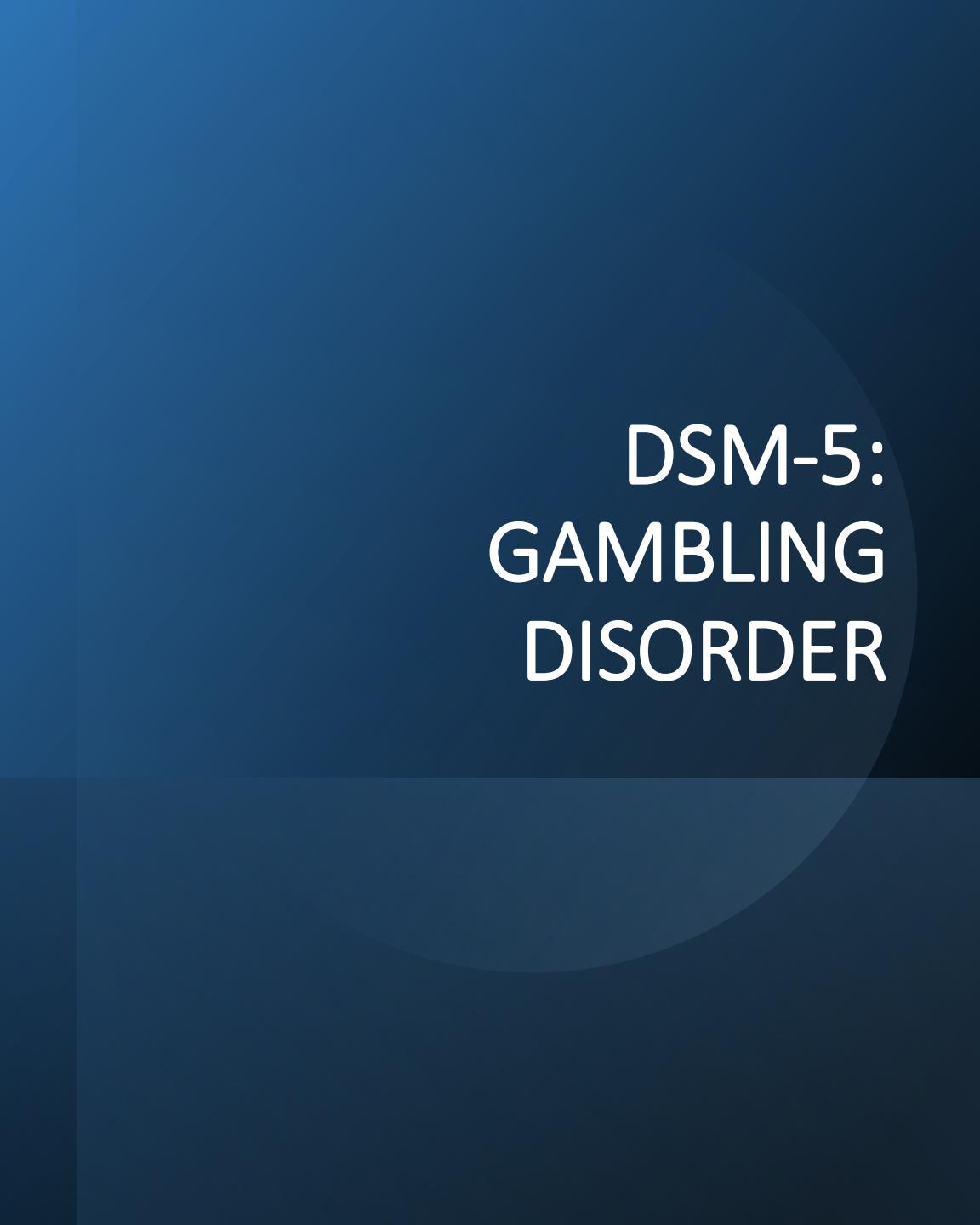
Gambling Disorder



In 2013 the Diagnostic and Statistical Manual of Mental Disorders (5th ed.) recognized gambling disorder as the very first non-substance-related addiction disorder



(American Psychiatric Association, 2013).



DSM-5: GAMBLING DISORDER

- The DSM-5 has moved gambling disorder to the section, Substance-Related and Addictive Disorders. The rationale for this change was the growing scientific literature on gambling disorder that has revealed common elements with substance use disorders. Many scientists and clinicians have long believed that disordered gamblers closely resemble individuals with alcohol and drug problems

GAMBLING DISORDER DSM-5 CRITERIA

Persistent and recurrent problematic gambling behavior leading to clinically significant impairment or distress, as indicated by the individual exhibiting four (or more) of the following in a 12-month period:

GAMBLING DISORDER

DSM-5 CRITERIA

- A. Needs to gamble with increasing amounts of money in order to achieve the desired excitement
- B. Is restless or irritable when attempting to cut down or stop gambling
- C. Has made repeated unsuccessful efforts to control, cut back or stop gambling

GAMBLING DISORDER

DSM-5 CRITERIA

D. Is often preoccupied with gambling (e.g., persistent thoughts of reliving past gambling experiences, handicapping or planning the next venture, thinking of ways to get money with which to gamble)

E. Often gambles when feeling distressed (e.g., helpless, guilty, anxious, depressed)

F. After losing money gambling, often returns another day to get even (“chasing” one’s losses)

GAMBLING DISORDER

DSM-5 CRITERIA

G. Lies to conceal the extent of involvement with gambling

H. Has jeopardized or lost a significant relationship, job, or educational or career opportunity because of gambling

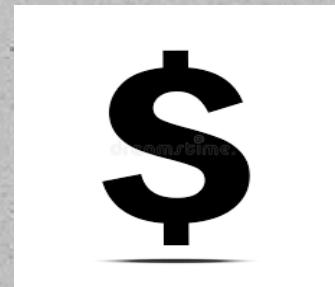
I. Relies on others to provide money to relieve desperate financial situations caused by gambling (bailout)

GAMBLING DISORDER

DSM-5 CRITERIA

According to Dr. Charles O'Brien, chair of the Substance-Related Disorders Work Group for DSM-5, brain imaging studies and neurochemical tests made a **“strong case that [gambling] activates the reward system in much the same way that a drug does.”**

Disordered gamblers report cravings and highs in response to their stimulus of choice; it also runs in families, often alongside other addictions.



The search for action or *winning* phase.

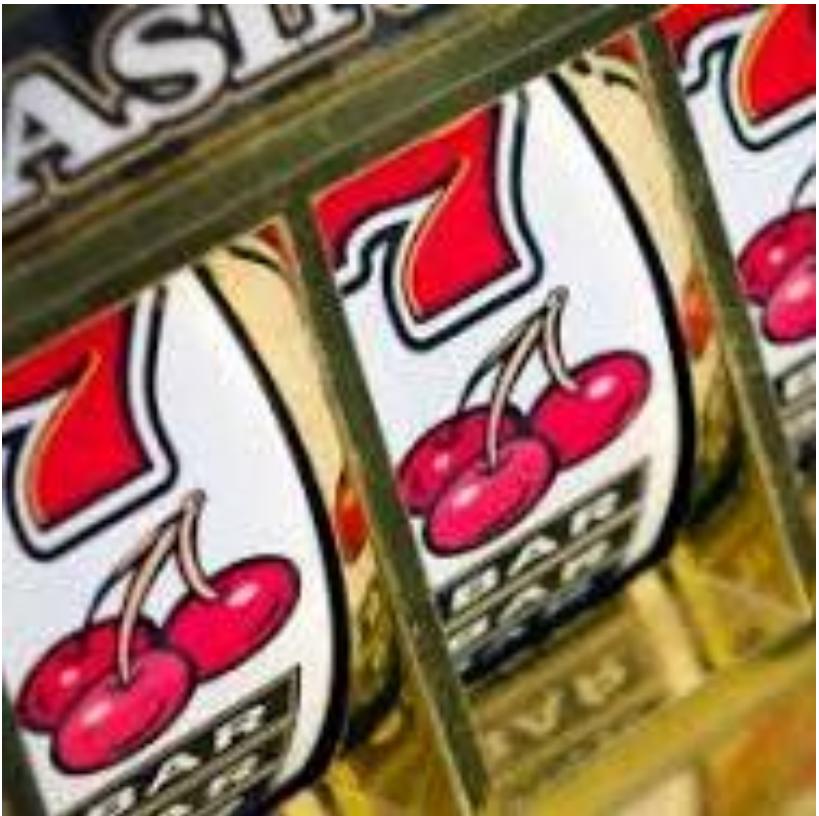
The chase or *losing* phase.

The *desperation* phase.

The *hopelessness* phase.

**COMPULSIVE
GAMBLING IS
CHARACTERIZED
BY FOUR
STAGES:**

The search for action or *winning* phase:



Many gamblers win in the early period of the progression and see that as a product of their personal ability, convincing them that they are “better” or “smarter.” They are convinced they can “win big,” which will enhance their image of themselves.

Gambling is still fun and exciting. Losses are “bad luck.” For others it is a way to escape from problems or troubled relationships. While gambling, all their cares and worries go away.

The *chase* or *losing* phase:

Continued gambling inevitably leads to increased losses of both money and self –esteem. To regain these, the gambler borrows money and bets on credit. More time spent gambling and bigger bets are needed to cover losses and repay loans.



Family troubles arise as time spent gambling and debt increases. Absenteeism and job changes are common. Lies and deception result in risk taking and illegal activity.



The *desperation* phase:

The personal and professional reputation of the gambler is negatively impacted. Bailouts become increasingly common. The gambler becomes increasingly alienated from family, friends, and colleagues. Typically, there is a marked increase in the amount of time spent gambling.

The gambler begins to panic, experience deep depression and often turns to illegal acts and other types of desperate behavior.

The *hopelessness* phase:

The gambler becomes obsessed with getting even and paying off debt. Personal, financial and professional problems multiply. Stealing family and client funds, writing bad checks and fraudulent loans begin to occur as panic sets in.

Devastating consequences can occur as the progression continues, including increased use of alcohol and drugs. Unethical and criminal behavior are common. Depression and risk of suicide increase.



The "*SECRET* " Addiction

Gambling is not something that can be detected by the way a person looks. For the most part, there are no physical characteristics or signs: no evidence from breath odor or blood tests, no needle marks or withdrawal symptoms.

This gives the compulsive gambler a better opportunity to conceal their addiction from family, friends and colleagues.

The increased availability of internet gambling opens a wide variety of disguises for the compulsive gambler's use of a phone or computer without detection at home or on the job.

WARNING SIGNS OF A POSSIBLE GAMBLING PROBLEM

Showing an intense interest in gambling related matters

Failing at attempts to cut back or stop gambling

Neglecting personal needs or health

Using retirement funds to gamble or cashing in an insurance policy

Suddenly needing money or loans

Exhibiting mood swings based on winnings and losses

WARNING SIGNS OF A POSSIBLE GAMBLING PROBLEM

Missing personal or household items

Hiding gambling losses from family members

Being secretive or deceptive when asked
about gambling

Receiving late notices or telephone calls from
creditors

Talking only about wins, not losses

Liquidating assets

WARNING SIGNS OF A POSSIBLE GAMBLING PROBLEM

Gambling to feel good when faced with a crisis at home or in the work place

Gambling to celebrate good fortune or mourn bad

Repeated absence from work station or family activities to use cell phone in private

Concealing how time is spent away from work/home

Planning special occasions around gambling

GAMBLING DISORDER and CO-MORBIDITY



According to DSM – 5, individuals suffering with gambling disorder have a significantly increased rate of suffering with:



Depression



Anxiety



Substance Use Disorders

Co-Occurring Disorders

Co-occurring disorders often exist among people diagnosed with a compulsive gambling disorder.

*The most frequent are substance use disorders.**

ALCOHOL USE DISORDER – 73%

Drug Disorder – 38 %

Anxiety and/or Mood disorder – Over 40%

* PetryNM,StinsonFS,GrantBF.2005.ComorbidityofDSM-IVpathologicalgambling and other psychiatric disorders: results from the National Epidemiologic Survey on Alcohol and Related Conditions. *Journal of Clinical Psychiatry* 66:564–574

Co-Occurring Disorders

- Drug users with Antisocial Personality Disorder 2 times more likely to be gamblers.
- Prevalence of problem gambling ***10 times higher*** in substance use population.
- 15-20% of pathological gamblers report a significant suicide attempt rate.*

*Ciarrocchi, J. W. (2002). *Counseling problem gamblers: A self-regulation manual for individual and family therapy*. CA: Academic Press. ISBN#0-12-174653-4

Co-Occurring Disorders

- In 2013, the American Psychiatric Association formally recognized gambling disorder as a disorder related to substance use disorders (as a form of addiction).
- The treatment for a dual diagnosis of gambling disorder and substance use disorder will vary depending on the type of substance the individual was abusing.
- When treating those with a gambling addiction, all of their disorders should be identified for treatment.



GAMBLING ADDICTION DISORDER and SUICIDE

People suffering with gambling disorder have the highest rate of suicidal ideation and suicide attempt among individuals with substance use and other addictive disorders. According to the American Psychiatric Association (APA), more than one in two disordered gamblers experience suicidal ideation, and approximately one in five disordered gamblers attempt suicide.

LEGALIZED GAMBLING IN THE UNITED STATES

In 2019 gambling revenues in the United States reached a record high of \$43.6 billion dollars



(American Gaming Association, *State of the States 2020*)

LEGALIZED GAMBLING IN THE UNITED STATES

2020 gambling revenues dropped 31% as a result of COVID-19, but exceeded \$63 billion in 2023 and were \$71.9 billion in 2024 – a new record.



(American Gaming Association)

LEGALIZED GAMBLING IN THE UNITED STATES

In 2025 it is expected to exceed
100 BILLION !!



LEGALIZED SPORTS GAMBLING IN THE UNITED STATES:

In *Murphy v National Collegiate Athletic Association*, 138 S.Ct. 1461(2018), The U.S. Supreme Court held the Professional and Amateur Sports Protection Act (“PASPA”) was unconstitutional, and cleared the path for legalized sports gambling in the United States



LEGALIZED SPORTS GAMBLING IN THE UNITED STATES

48 States have some form of gambling (Hawaii and Utah do not)

44 States have casinos

39 States plus D.C. have legalized, fully operational sports betting

1 State (MO) has authorized sports betting (not yet operational)



U.S. SPORTS BETTING 2024



**\$150 BILLION in
SPORTS WAGERS**

THE GAMBLING ESTABLISHMENT

- The Gambling Establishment is a partnership between casinos, online operators, sports, television and State government.
- In the United States it is estimated that public revenue generated directly from gambling represents nearly 3% of state budgets.



NFL Commissioner Roger Goodell on the topic of sports gambling :

2009 - “By legalizing sports betting it will be in Delaware’s interest to create ever larger numbers of new gamblers as the state attempts to maximize any revenue found in this promotion. *The negative social impact of additional gambling cannot be minimized in a community.*”

2012 - “It’s *a very strongly held view* in the NFL, it has been for decades, that the *threat* that gambling could occur in the NFL or fixing of games or that any outcome could be influenced by the outside *could be very damaging to the NFL and very difficult to ever recover from.*”

2017 - “Society in general has a little bit of a change with respect to gambling in general. We’ve seen that. I think *we still strongly oppose legalized sports gambling. The integrity of our game is No. 1. We will not compromise on that.*”

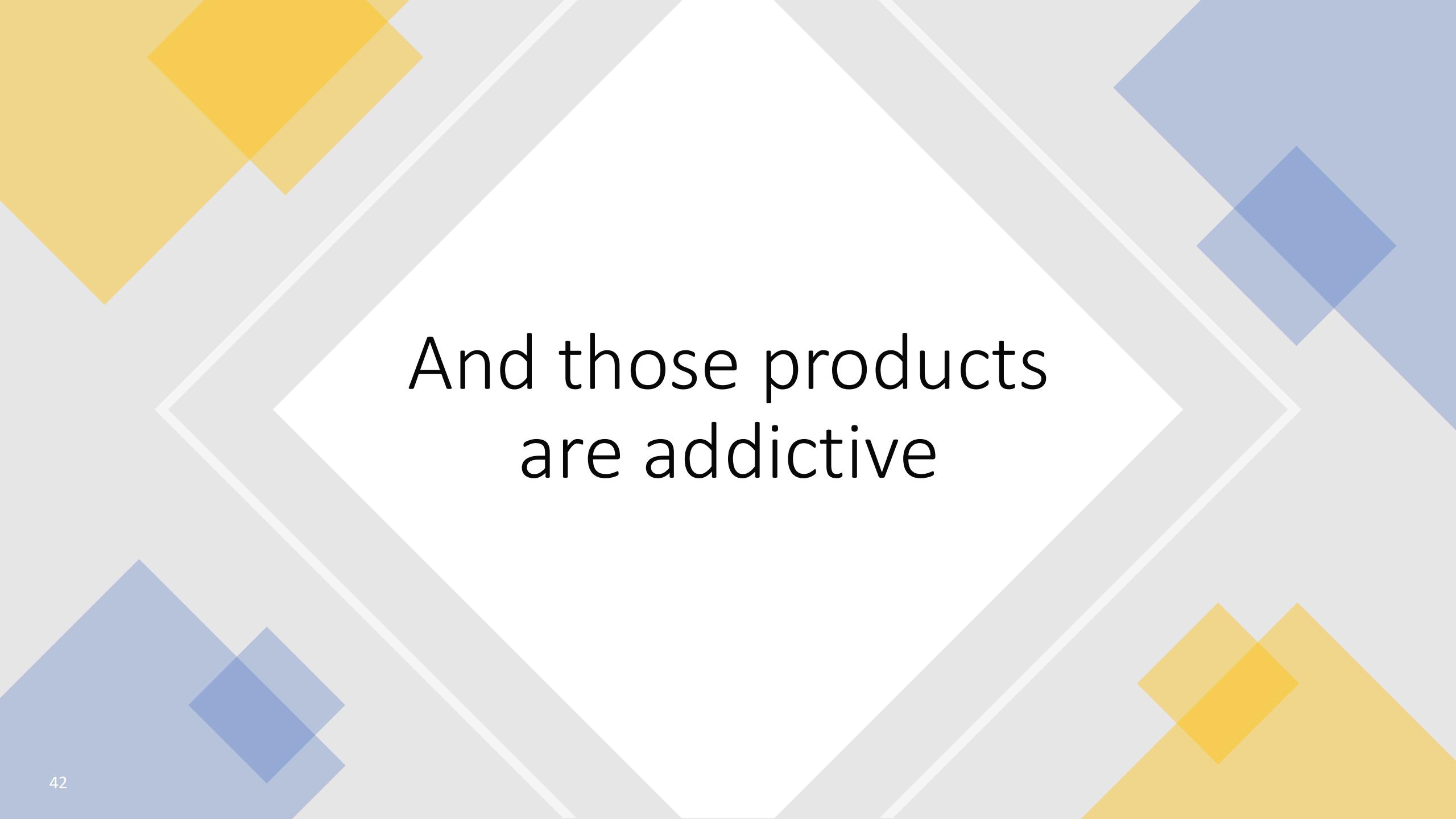


Legalized Sports Gambling: Ethical Considerations

- **2020** – “We think that sports gambling in many ways creates a lot more engagement for our fans. It gives them another opportunity to engage with the game.”
- **March 19, 2021** – NFL Commissioner Announces a Record \$113 Billion Dollar Television Contract
- **March 19, 2021** - “We’re going to find ways we can engage fans through legalized sports betting,”
- **April 15, 2021** – NFL partners with Caesars, FanDuel, and DraftKings

But in the meantime....

- Immediately following the Supreme Court decision in Murphy, the NFL approached the players' union and offered to renegotiate the league collective bargaining agreement.
- To gain the cooperation of the players, the new collective bargaining agreement includes a still undisclosed arrangement for the league to share gambling revenue with the union and players.
- NFL rewrites its governing constitution and removed all prohibitions against relationships with the gambling industry.
- The gambling industry pays billions to the NFL, ensuring that their “official partners” must aggressively market and promote gambling products.



And those products
are addictive

GROWTH OF GAMBLING



In the past four years alone, more than 80 million people have started gambling online, allowing the online gambling industry to more than double its user base, reaching an astounding 176 million users

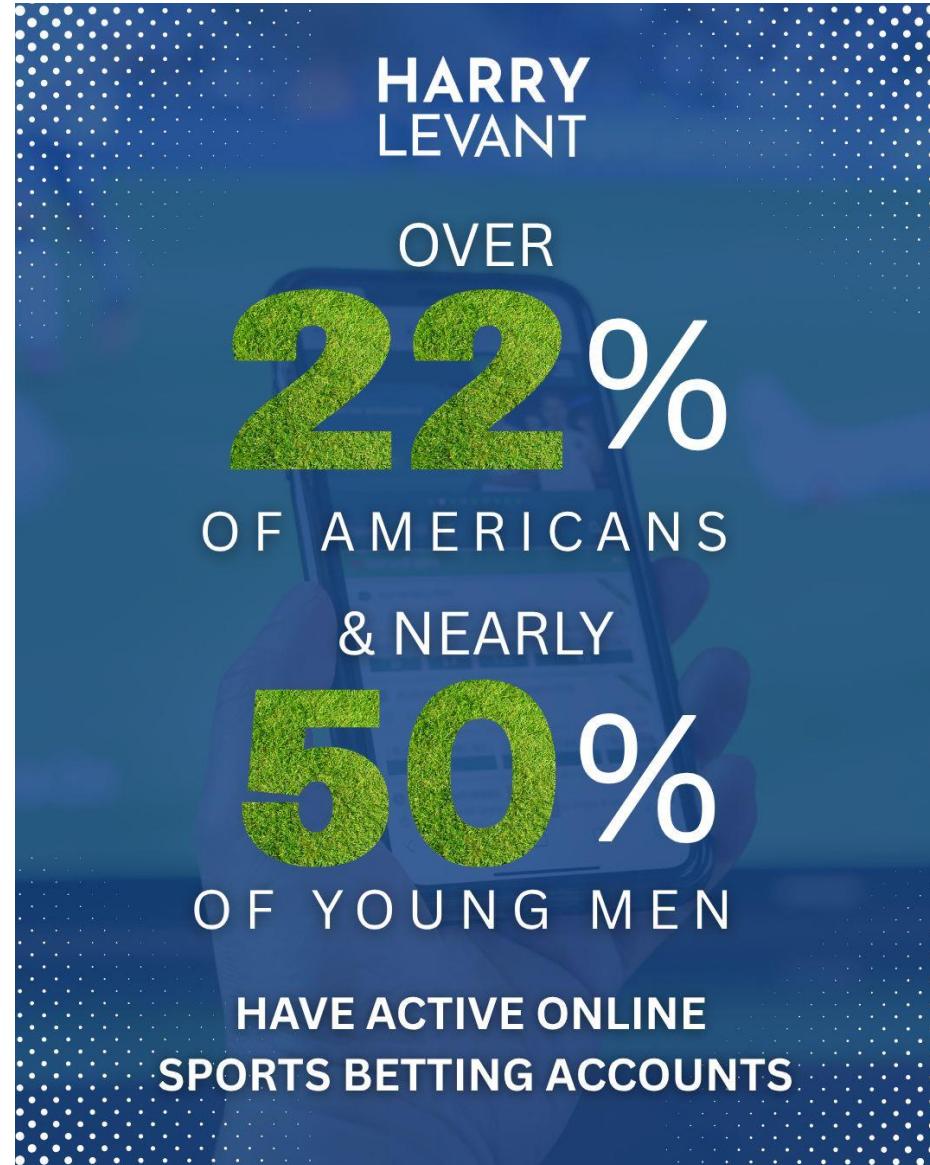


***INTERNET
GAMBLING***

Internet Gambling

- The term Internet gambling is often used interchangeably with online gambling and refers to all forms of gambling on chance events for money (including wagering and betting on skilled games) via the Internet. This includes gambling using computers, mobile phones, or wireless devices connected to the Internet.
- Many believe that individuals who gamble online differ from non-Internet (land-based) gamblers.

THE GROWTH OF ON LINE SPORTS BETTING



What changed ??

Thanks to some of the sports betting giants who have seen their user bases grow exponentially, we have seen aggressive marketing campaigns as well as partnerships with major sports leagues like the NFL and NBA.



The POWER of ADVERTISING

US online gambling ad spending is massive

- \$ FanDuel – \$1 billion
- \$ Caesars \$1 billion
- \$ Bet MGM – \$300 million
- \$ Draft Kings- \$200 million



Key Gambling Statistics

1. The Percentage of People Who Admitted to Gambling Over the Past 12 Months Is 62%.
2. 30% of people believe gambling can be trusted and is fair.
3. 0.7% of those surveyed are considered problem gamblers.
4. 71% of Survey Respondents Think that Gambling Has a Negative Effect on Family Life.
5. 67% believe offering bonuses is an important factor.
6. 71% of Survey Respondents Think that Gambling Has a Negative Effect on Family Life.
7. 75% of college students partake in sports betting and 6% qualify as problem gamblers.
8. *29% of people think that the timing for TV gambling ads should be stricter.*
9. *26 % feel that widespread restrictions should be applied to gambling ads.*
10. *Additionally, 22% think that gambling ads should be somehow censored.*



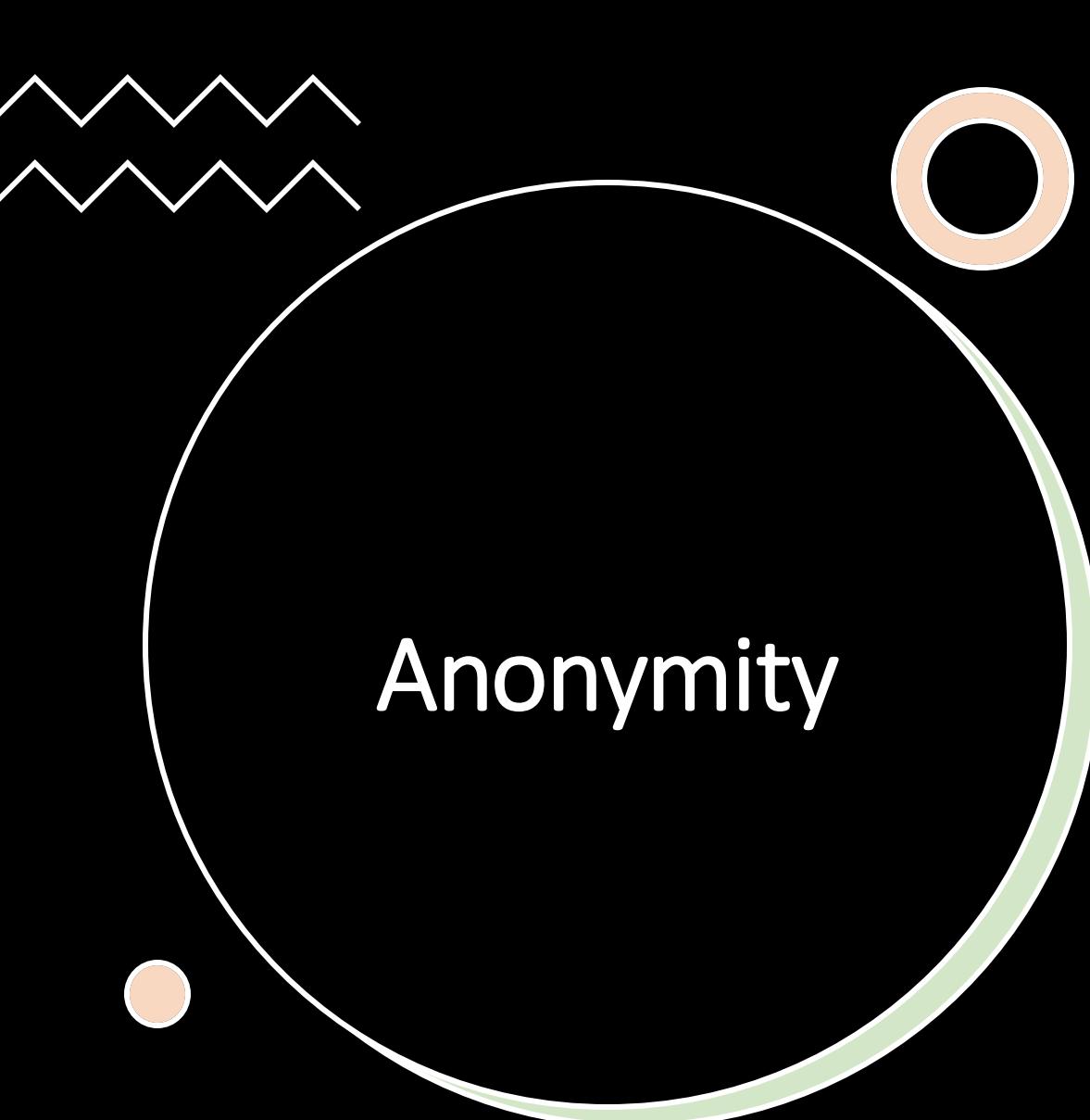
Internet and Mobile Device Gambling and the Impact on the Gambler:

- Accessibility
- Affordability
- Anonymity
- Escape
- Immersion / Dissociation
- Disinhibition
- Event Frequency
- Interactivity
- Simulation

Griffiths, Mark, PhD. Internet Gambling: Issues, Concerns, Recommendations

Internet Gambling

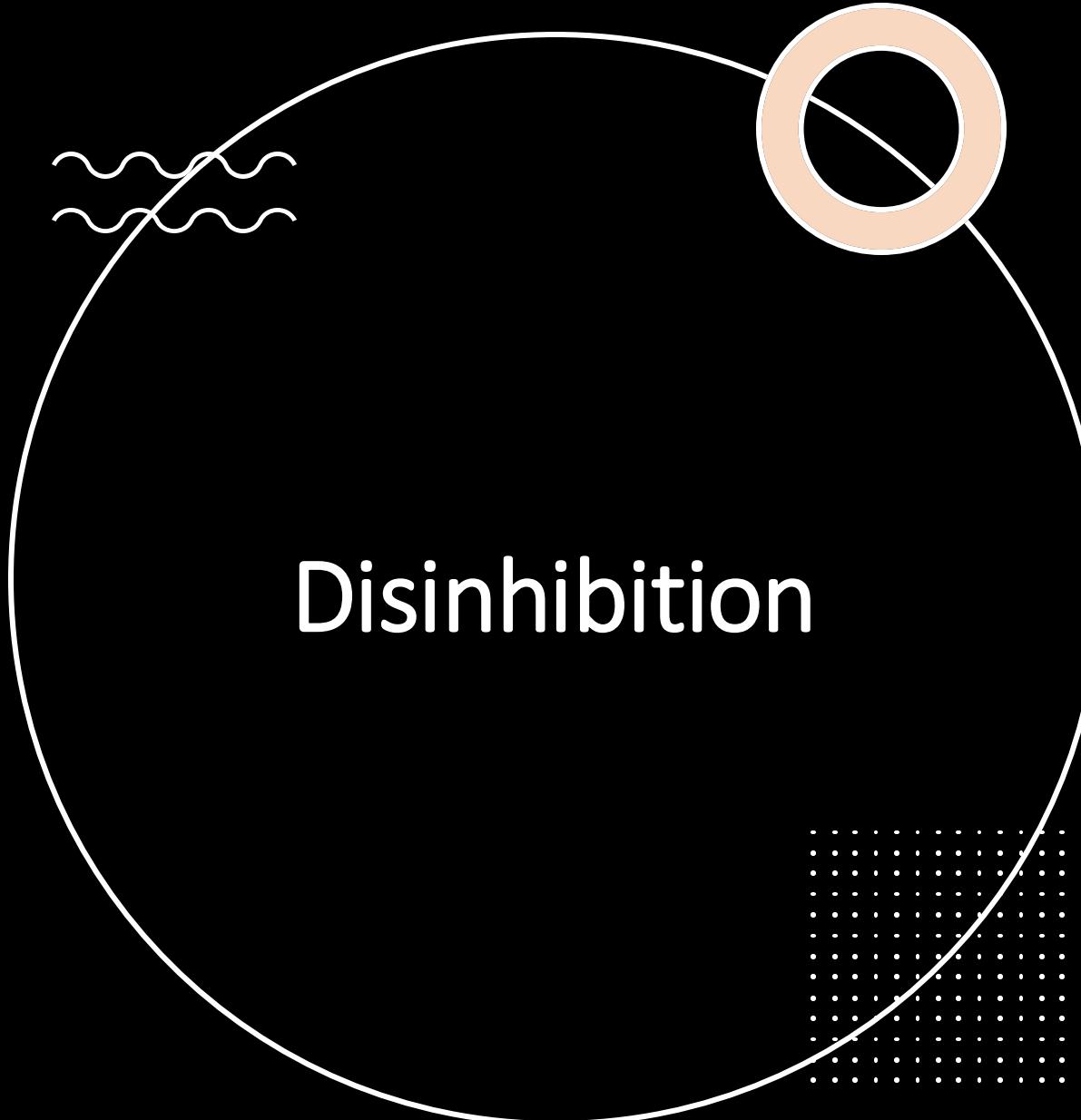
- When asked about advantages of gambling on the Internet versus gambling in land-based venues, Internet gamblers typically cite accessibility and convenient access. These findings suggest that Internet gambling is used when other venues are inaccessible, or because less time and effort are required.
- Privacy of online play is considered beneficial by many players.



Anonymity

- No fear of stigma
- Greater sense of perceived control
- Increased feelings of comfort since one cannot detect signs of disapproval or judgment from facial expressions.
- Gamblers see this as a safe way to gamble since others cannot see the face of the one losing





- Internet makes people LESS inhibited
- People open up more quickly online
- Reveal themselves emotionally (and physically) much faster.
- For gambling, this can lead to more \$ gambled

ACCESSIBILITY and ACTION



Safe or Out ? Ball or Strike ? Pass or Run ?

- Now in game wagering is the new norm and the sports leagues are able to sell their statistics to sports books as a result of a business partnership that controls those statistics. So it is a necessity that those providers keep people engaged for as long as possible.
ACCESSIBILITY AND ACTION are the key elements
- Fueled in part by the TV ads and marketing for sports gambling. It is estimated that ad revenues will eclipse \$2 BILLION in 2023.
- U.S. audiences have a 3 to 1 negative response to ads



More on In-Play Wagering

- Leads to high speed and continuous reinforcement
- Leads of micro-bursts of dopamine similar to the digital dopamine drip that social media “likes” can provide
- Lacks time component for reflection
- Constant and continuous action and marketing
- Pre-occupation
- Isolation
- Emotional connection with team or activity

Not the dough but the dopamine

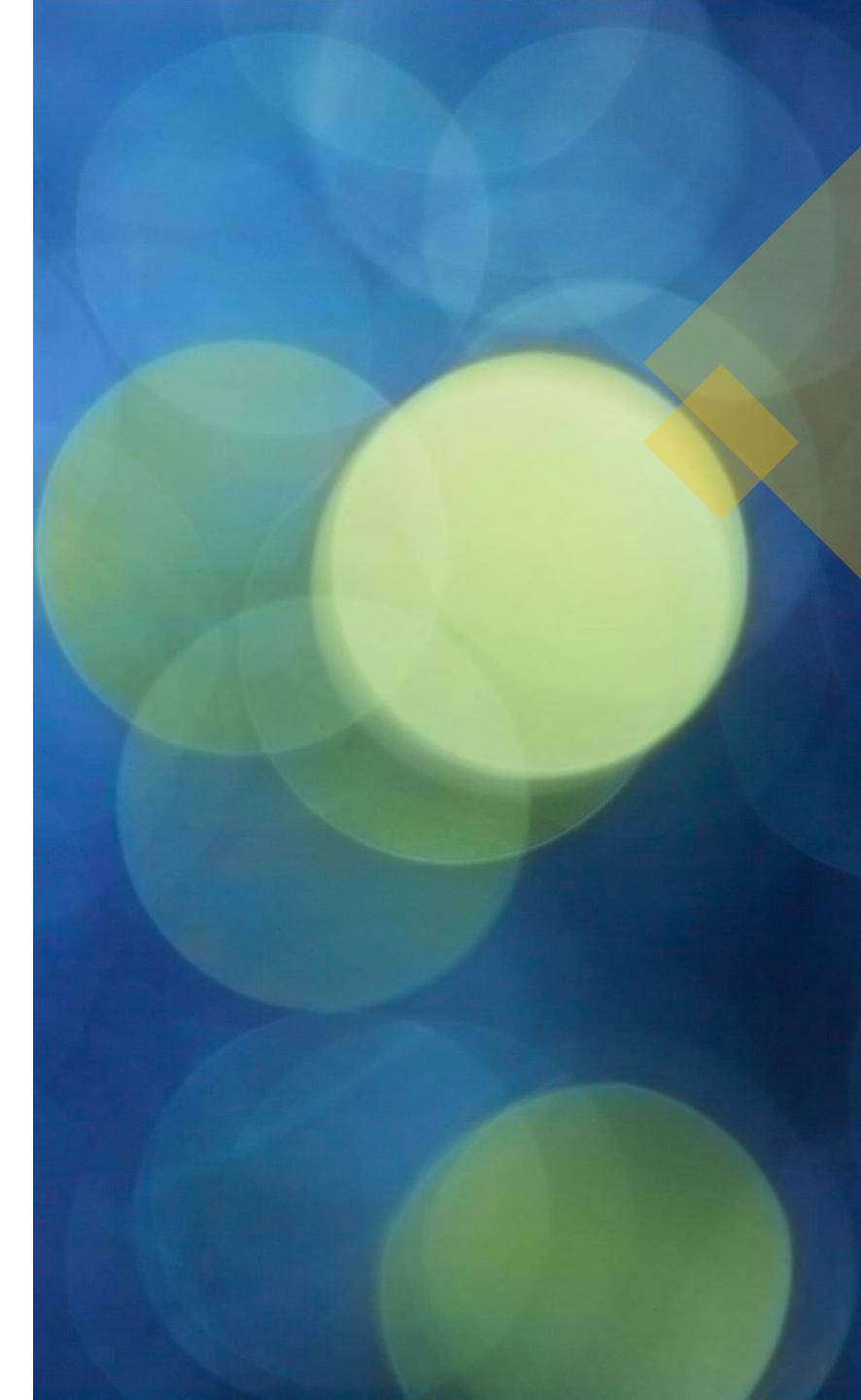
Mobile sports betting apps perform so well for their creators because they have been optimized to get users to gamble more and gamble faster.

The apps are designed to be played quickly and aggressively to trigger repeated hits of dopamine and, eventually, addiction.

A free no-risk bet you say?

The ads are everywhere — TV, online, YouTube, train stations, sports venues, billboards, airports, apps, and more. Casinos and Sports Books offering you free initial risk-free bets for their online games, roulette, blackjack, poker, slots, etc.

But most bettors (even lawyers) don't take the time to read the **Terms and Conditions**.

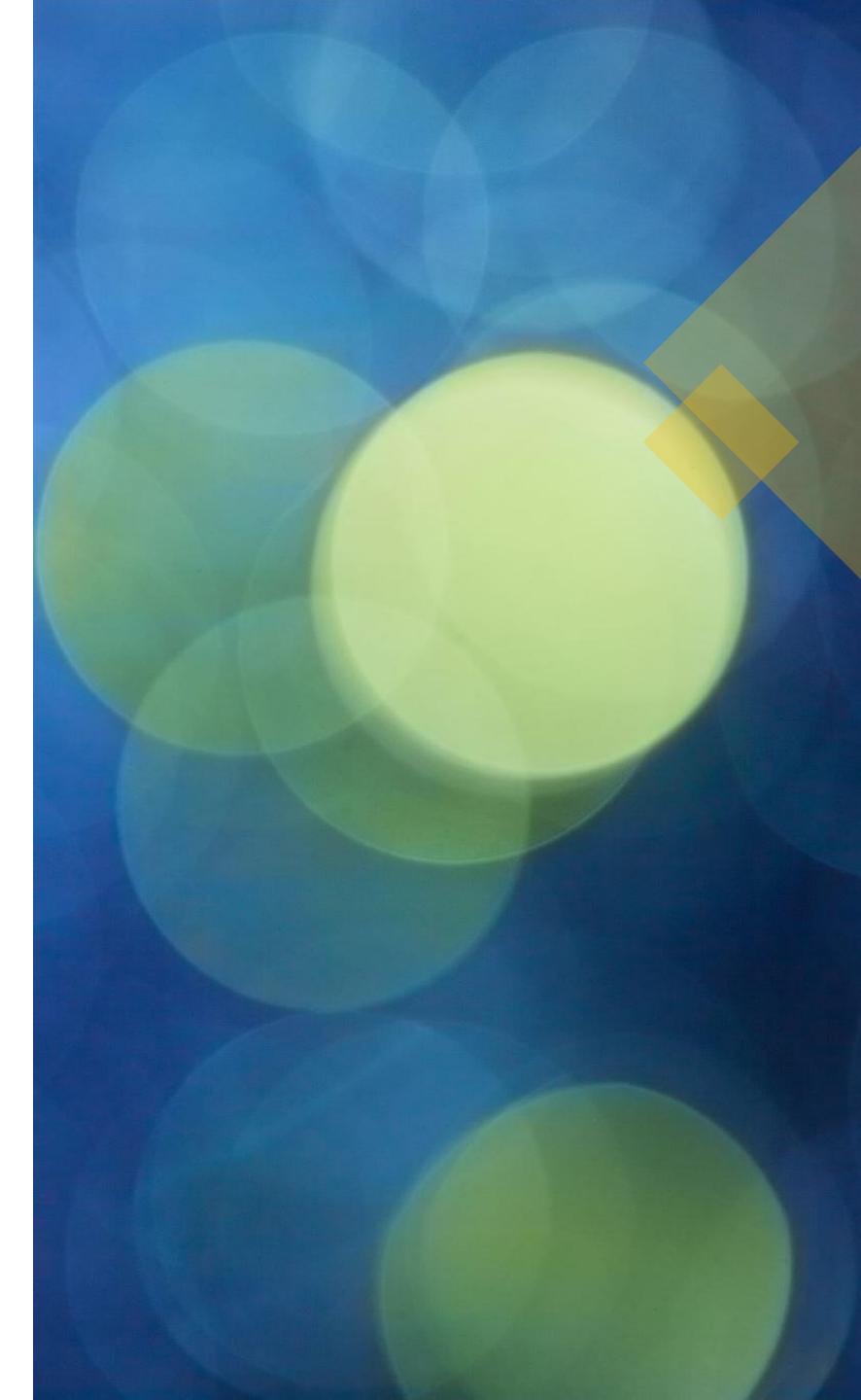


A free no-risk bet you say?

REMEMBER - These T&C were written by lawyers

The importance of reading the T&C is that the casinos make it *eminently clear* what you are getting. Is the “house” at risk or the bettor ?

Keep in mind the “chase” and the other stages of a compulsive gambling disorder.



Legislative Trends

- There is an ever-changing landscape of legislative trends on both a State and U.S. level.
- Everything from a continued push for legalizing sports betting in states (California, Alabama, Georgia and Texas) where it is still not allowed, to increasing the tax rate on gambling revenues (Illinois was a yes and New York was a no), to banning proposition bets on college sports in North Carolina which failed to pass.
- The SAFE Bet Act introduced by Sen. Blumenthal (CT) and Rep. Paul Tonko (NY) was introduced in Sept. 2024, and addresses advertising and AI in the industry.



Internet Gaming Disorder

- A condition for further study in DSM-5 (APA 2013)
- Not an “official” disorder in the DSM but one in which the American Psychiatric Association wants additional research done.
- W.H.O classifies as addiction in 2018



Accessibility
and Action

**OUR GREATEST NATURAL RESOURCE IS THE
MINDS OF OUR CHILDREN.**

- WALT DISNEY -

LIQUOTES.COM



Why Are Legal Professionals at High Risk of Mental Health & Substance Use Disorders?

- Conflict driven and adversarial profession
- Emotional detachment
- Win-lose, black-white, often rigid thinking
- Perfectionism
- Excessive self-reliance

These traits are great for a successful career but not so great for mental health.



Why Are Legal Professionals at High Risk of Mental Health & Substance Use Disorders?

- High expectations and accountability
- Lack of work-life balance
- Always on call to solve others problems
- High stress level are consistent predictors of SUD's and their severity.
- Need to be in control threatened by COVID
- Inherent pessimism

HARM CAUSED TO OUR PROFESSION BY THE ATTORNEY WHO IS IMPAIRED BY GAMBLING

Violation of Rules of Professional Conduct

Theft of trust account funds

Neglected clients and cases

More DB complaints and claims to LFCS

Reputation of attorney and profession is ruined

GAMBLING DISORDER and FINANCIAL CRIMES

- It has been estimated that up to 1/3 of people suffering with gambling disorder will commit financial crimes.
- Risk factors include:
 - Being in a position of trust
 - Access to the funds of other
 - Increased financial pressure
 - Ability to rationalize as "borrowing"
- *The applicability and relevance of these 4 risk factors to the legal profession must not be overlooked.*



What keeps lawyers and judges
from seeking or accepting the
help they so desperately need

?

FOUR MAJOR BARRIERS

Shame and Embarrassment- *STIGMA*

Denial

Cunning, baffling, insidious diseases

Enabling

STIGMA !!!

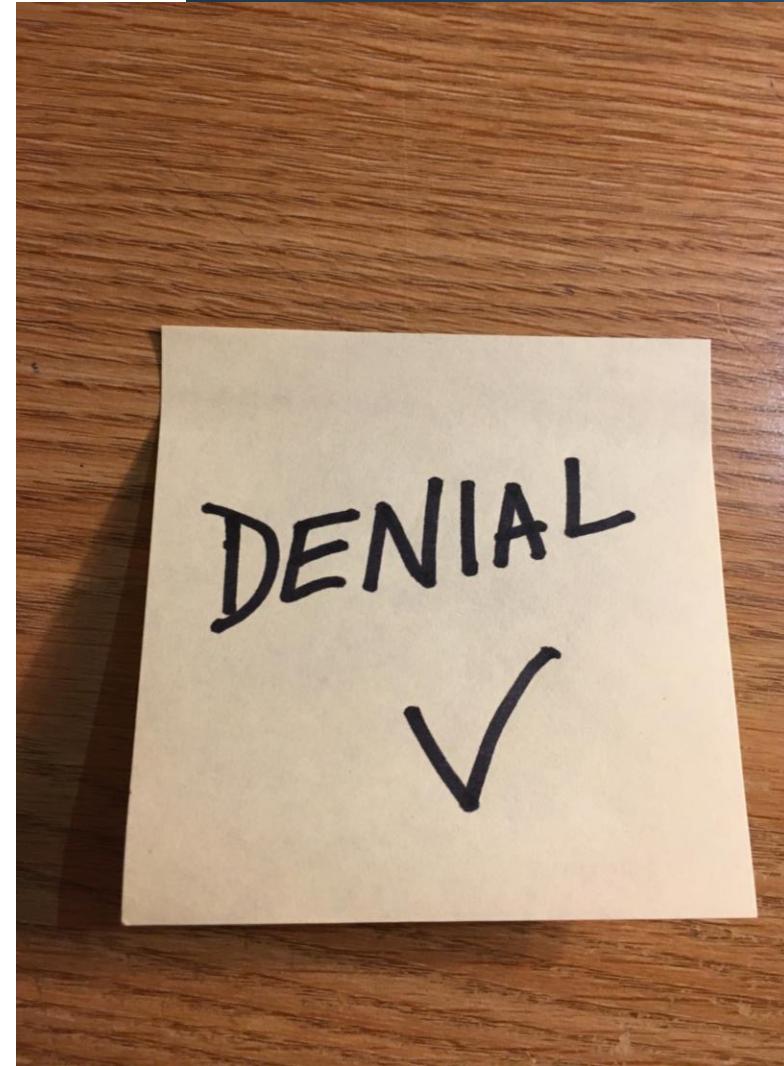
HOW DO WE REDUCE STIGMA ?

Direct contact with someone who has personally experienced a relevant disorder: PEER SUPPORT



Dealing with *Denial*

- The most potent barrier
- Psychological defense mechanism
- Rationalize and minimize behavior
- Honestly believe they are under control
- I'm not one of “them” mentality



ENABLING

Removes motivation to change

Provides evidence that fuels denial

Allows cons of treatment to outweigh pros

PREVENTS treatment of a progressive disease

Greater harm to career, family and well being

Not good for YOU either !!



THE CONSPIRACY OF SILENCE

- Lawyers are trained to deal with and solve problems. Thus, it is most difficult for the attorney to seek help since by doing so he feels he is admitting failure.
- Complicating this problem further is the tendency of the attorney's or judge's peers to indulge in a conspiracy of silence (enabling), and lighten the normal stresses of our profession.



What Can You Do ??

- CALL LAP 24hr. CONFIDENTIAL HELPLINE.
- ASSESSMENT and EVALUATION by an experienced healthcare professional is essential to recovery.
- IDENTIFY any CO-OCCURRING illnesses.
- DEVELOP an appropriate TREATMENT plan.

GUIDANCE FROM THE COURT

ABA Rules of Professional Conduct address that concern by providing an exception to the duty to report by not requiring disclosure of information otherwise protected by the Rules or information gained by a lawyer or judge while participating in an approved lawyers assistance program. Model Rule 8.3(c).

Providing for an exception ... encourages lawyers and judges to seek treatment through such a program. Conversely, without such an exception, lawyers and judges may hesitate to seek assistance from these programs, which may then result in additional harm to their professional careers and additional injury to the welfare of clients and to the public.



To Call LAP...or Not to Call

- I'm ok. I can work this out for myself.
- I'm not like a "real" alcoholic anyway.
- I want help but I don't want anyone to know.
- Will I be reported to Discipline?
- I already tried to get help and it didn't work.
- I don't have the money to pay for treatment.
- What will people say about me if I ask for help ?
- It's no use – nobody will understand – I give up !



To Call LAP...or Not to Call

- Is this really any of my business?
- I want to help but I don't want to get involved.
- Will I harm his/her or the firm's reputation?
- Must I report him or her to Discipline?
- I already tried to help and it didn't work.
- Let's wait and see. Maybe it will get better.
- I really don't have time for someone else's problems.

ONLINE GAMBLING

A “*Secret*” Addiction No More

Thank you all for attending today’s Continuing Legal Education program. If you have any questions that were not answered or would like to contact me for any reason, please call or email me at the following:

Brian S. Quinn, Esq., Education and Outreach Coordinator

LAWYERS CONCERNED FOR LAWYERS of PA, INC.

(717) 460-3385

brian@lclpa.org

Call the Lawyers Assistance Program in YOUR State

Directory of Lawyers Assistance Programs by State

https://www.americanbar.org/groups/lawyer_assistance/resources/lap_programs_by_state.html