



Objectives

Back in the Game
Program Overview-
Review Multiple Touch
Points

In-Depth Look at Online
Platform for Problem
Gambling Prevention

Discuss Recent
Engagement Results



Program Overview



What is Back in the Game?

- Mental Performance
- Prevention
- Education
- Passive Approach



6 Core Mental Skills

- Goal Setting
- Preparation
- Focus & Motivation
- Self-talk & Visualization
- Confidence Building
- Working through adversity



Emphasis on problem gambling

Along with discussions on mental health and substance use disorder, this version of Back in the Game program will place an emphasis on the prevention of problem gambling. Our program will include prevention strategies to avoid at-risk behaviors.



Benefits

- Improved performance
- Improved awareness when it comes to at-risk behaviors and mental health
- Emotional wellness

6 PROGRAM OPPORTUNITIES

Lowest touch point

Highest touch point

1

- 1 Hour Webinar**
- Mental Skills Overview
 - Risk Factors

2

1 Hour Education for Staff and Coaches

(In-person & virtual options)

- Risk Factors
- How to Help

3

1.5 Hour Virtual Course for Student Athletes

- 4 Modules, More In-Depth

4

2 Hour In-Person Program for Student Athletes

(Includes access to online course for those who schedule)

5

1 Day Mini-Camp

(Brief presentation on mental skills, interactive exercises problem gambling focus, prevention)

6

3 Day Intensive Camp

(Intensive and immersive education and practice for mental performance concepts-stations, problem gambling focus, prevention, On-field content)



PARTNERING SPONSORSHIP



Back in the Game[®]
you, getting better.

Sponsored By:



COUNCIL ON COMPULSIVE GAMBLING
OF PENNSYLVANIA

PROGRAM #3

1.5 Hour Virtual Course for Student Athletes

Includes:

- In-depth overview of each mental skill with strategies (4 modules)
- Discussion of risk factors for athletes and problem gambling and prevention strategies
- Target age-high school
- Easily scalable

Delivered:

- Recorded Content
- Self-paced
- On-demand-works well with busy schedules



In The News

NCAA rolls out first sports wagering e-learning module

12th October 2023 | By Robert Fletcher

The National Collegiate Athletic Association (NCAA) has launched its first sports wagering e-learning module to educate student-athletes about gambling-related harm.



Athletes and Problem Gambling

0% complete

Search by lesson title

Intro 0/3

Course Intro Video
VIDEO - 2 MIN - PREREQUISITE

Sponsored by the Council on Compulsive Gambling of Pennsylvania
TEXT - PREREQUISITE

Pre-Survey
SURVEY - 3 QUESTIONS - PREREQUISITE

Mental Performance Intro Module #1 0/8

Problem Gambling Intro Module #2 0/4

Athletes and Problem Gambling Module #3 0/3

Course Intro Video



Athletes and Problem Gambling Prevention



0:12

COMPLETE & CONTINUE →

Search by lesson title

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SURVEY - 3 QUESTIONS - PREREQUISITE
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- Athletes and Problem Gambling Module #3 0/3
- Mental Performance and Problem Gambling Prevention Module #4 0/3

Pre-Survey

QUESTION 1 OF 3

Rate your overall understanding of problem gambling

1 (no understanding) 2 (minimal understanding) 3 (moderate understanding) 4 (significant understanding)

CONFIRM

<https://backinthegame.thinkific.com/courses/take/copy-of-back-in-the-game-mini/surveys/48442610-pre-survey>

You are previewing as an enrolled student

Athletes and Problem Gambling

0% complete

Search by lesson title

Intro 0/3

Mental Performance Intro Module #1 0/8

Mental Performance Video

VIDEO - 35 MIN - PREREQUISITE

Goal Setting Key Points

TEXT - PREREQUISITE

Preparation Key Points

TEXT - PREREQUISITE

Confidence Key Points

TEXT - PREREQUISITE

Self-Talk and Visualization

TEXT - PREREQUISITE

Focus and Motivation

TEXT - PREREQUISITE

Mental Performance Video

Back in the Game



The 6 Core Areas of Mental Skills Training

1. Goal Setting
2. Preparation/Routine Building
3. Confidence Building
4. Self-Talk/Visualization
5. Focus/Motivation
6. Adversity Training



COMPLETE & CONTINUE →

You are previewing as an enrolled student

Module #1

- Problem Gambling Intro Module #2 0/4 ^
- Problem Gambling Intro Video VIDEO - 10 MIN
- Problem Gaming Intro Video VIDEO - 8 MIN
- Problem Gambling Key Points TEXT
- Problem Gambling/Gaming Quiz QUIZ - 6 QUESTIONS
- Athletes and Problem Gambling Module #3 0/3 v
- Mental Performance and Problem Gambling Prevention Module #4 0/3 v
- References 0/2 v
- Contact Info 0/1 v

TEACH ONLINE WITH THINKIFIC

Problem Gambling Intro Video



Common Types & Trends

- Casinos
- Lotteries
- Sports & esports wagering
- Fantasy sports?
- Day trading?
- Social casino games?
- In-game purchases?



Play Video

COMPLETE & CONTINUE →

You are previewing as an enrolled student

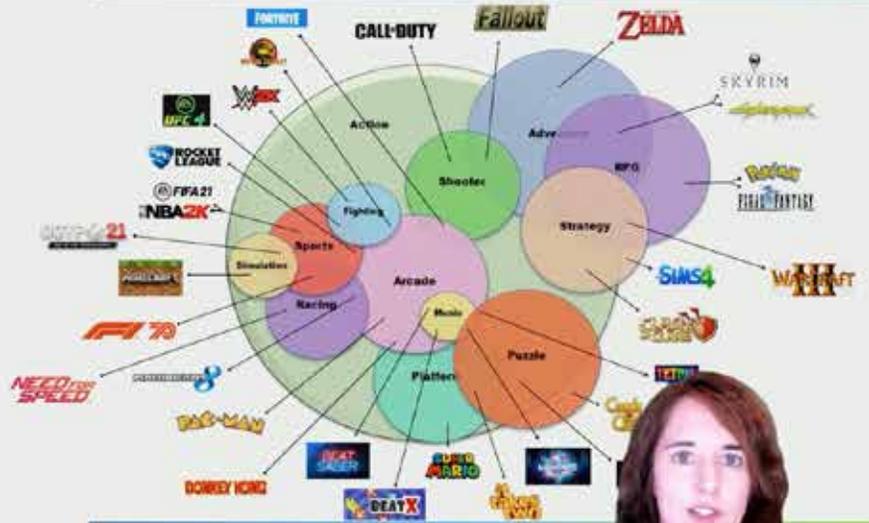
Module #1

- Problem Gambling Intro Module #2 0/4 ^
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- Problem Gambling Key Points TEXT
- Problem Gambling/Gaming Quiz QUIZ - 6 QUESTIONS
- Athletes and Problem Gambling Module #3 0/3 v
- Mental Performance and Problem Gambling Prevention Module #4 0/3 v
- References 0/2 v
- Contact Info 0/1 v

Problem Gaming Intro Video



Major Genres & Esports



2:12 Play Video Volume Settings Fullscreen

COMPLETE & CONTINUE →

You are previewing as an enrolled student

- Mental Performance Intro Module #1 0/8
- Problem Gambling Intro Module #2 0/4
- Athletes and Problem Gambling Module #3 0/3
- Athletes and Problem Gambling Video 0/1 VIDEO - 12 MIN - PREREQUISITE
- Athletes and Problem Gambling TEXT - PREREQUISITE
- Athletes and Problem Gambling Quiz QUIZ - 5 QUESTIONS - PREREQUISITE
- Mental Performance and Problem Gambling Prevention Module #4 0/3
- References 0/2
- Contact Info 0/1

TEACH ONLINE WITH THINKIFIC

Athletes and Problem Gambling Video

Athletes and Problem Gambling



you. getting better.

the Better INSTITUTE

2. Perfectionist Tendencies

- Fear of failure
 - "I can't fail"
 - "I can't make a mistake"
 - Motivation to keep going until you succeed



Play Video

COMPLETE & CONTINUE →

You are previewing as an enrolled student

MODULE #1

- Problem Gambling Intro Module #2 0/4
- Athletes and Problem Gambling Module #3 0/3
- Mental Performance and Problem Gambling Prevention Module #4 0/3
- Mental Performance and Problem Gambling Video**
VIDEO - 17 MIN - PREREQUISITE
- Mental Performance and Problem Gambling Key Points
TEXT - PREREQUISITE
- Mental Performance and Problem Gambling Quiz
QUIZ - 5 QUESTIONS - PREREQUISITE
- References 0/2
- Contact Info 0/1

TEACH ONLINE WITH THINKIFIC

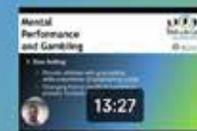
Mental Performance and Problem Gambling Video

Mental Performance and Gambling



1. Goal Setting

- Provide athletes with goal setting skills-importance of establishing a plan
- Changing from a results focused to a process focused mindset



COMPLETE & CONTINUE →

Allegheny ●
.....
Westmoreland ●
.....
Butler ●
.....
Washington ●
.....



AAU ●
.....
Club Teams ●
.....
Travel Leagues ●
.....
Local Youth Teams ●

Markets to Consider



IAL ● PPL ● WPIAL ● PIAA ●

SCHOOL DISTRICTS

- **67 Counties** in the Commonwealth of Pennsylvania
- Approximately **500 public school districts** as of 2023
- **1,416 high schools** in PA
 - **895** Public Schools
 - **521** Private Schools



Data retrieved from education.pa.gov

SCHOOL LEAGUES

- **Pennsylvania Interscholastic Athletic Association Inc. (PIAA)**
 - Divided into **12 districts**
 - Membership: **1,452 Schools**
- **Others leagues include:**
 - Inter-Academic League
 - Central Athletic League
 - Eastern Pennsylvania League
 - Lehigh Valley Conference
 - Mountain Valley Conference



Data retrieved from piaa.org

NON-ACADEMIC YOUTH LEAGUES

- **700+ Club/Travel youth sports teams** in the state of Pennsylvania
- Provides an option to access youth sports outside of the traditional school system



Who did we talk to?

High Schools-Athletic
Directors and Principals

Multiple Sports
Organizations

County Authorities

Coaches in Recovery

Parents of Student
Athletes



Results

**How many teams/organizations
committed to the program?**



Results

- **1 Team**

- 14U Girls Hockey, 50% Participated

- Agreement for 3 boys 15U/16U hockey teams (45 players), **6 signed up and backed out last minute**

Reasons for Lack of Engagement

Budget

Schedules/Time
Constraints

It's Not a Problem w/ This
Age

"They aren't of age to
gamble"

Lack of Follow Through

"What is the incentive?"



- 67% of respondents reported no/minimal understanding of problem gambling
- 33% of respondents reported hearing other students talk about gambling



- 0% of respondents reported gambling with friends/family
- 43% of respondents participated in sports betting, card games, lottery
- 37% of respondents participated in fantasy sports.



All participants reported an increased understanding of problem gambling, risk factors for athletes, and mental wellness skills.

What's Next?

