

Level 2 Award in Tackling Gambling-related Harms

January 2021

Guided Learning Hours: 5 hours

Total Qualification Time: 6 hours

Ofqual Qualification Number: 603/7130/4

Description

The objective of this qualification is to provide candidates with an understanding of the nature and the impact of the concepts of harmful gambling and gambling-related harm and enable them to signpost affected individuals to sources of reliable information, advice, guidance and support.

The qualification covers key definitions of gambling, harmful-gambling and gambling-related harm. It supports learners to understand the scale at which harmful gambling and gambling-harms are present in UK society, the ways in which they are caused and their consequences for the individual, their family members and wider society.

Candidates will learn how screening tools can be used to establish whether an individual is at risk of experiencing harmful gambling and gambling-related harms and the way in which effective communication can be used to support an affected individual to reduce their level of risk. Candidates will also gain knowledge of the organisations offering support and treatment services for both harmful gambling and gambling-related harms.

Anyone working with individuals affected by harmful gambling and gambling-related harm will benefit from taking this qualification, as will anyone working in the wider public health workforce. The qualification is mapped to National Occupational Standards and functions of the Public Health Skills and Knowledge Framework (PHSKF) and Making Every Contact Count (MECC) guidelines.

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Understanding and Addressing Harmful Gambling and Gambling-related Harms

Total Unit Time: 6 hours

Guided Learning: 5 hours

Unit Level: 2

Unit Number: J/618/6363

Summary of Learning Outcomes

To achieve this unit a candidate must:

- 1. Understand the nature of harmful gambling and gambling-related harms and their impact on health and wellbeing, *with reference to:***
 - 1.1 The definitions of gambling, harmful gambling and gambling-related harms
 - 1.2 The scale and severity of harmful gambling and gambling-related harms in the UK
 - 1.3 Factors that could result in an individual being affected by, or at risk of, harmful gambling and gambling-related harms
 - 1.4 The impact of gambling-related harms on the health and wellbeing of the individual, their family members and wider society

- 2. Know how to provide help and support to an individual at risk of or affected by harmful gambling and gambling-related harms, *with reference to:***
 - 2.1 The indicators of harmful gambling and the tools that are available to identify whether an individual is engaged in or at risk of being engaged in harmful gambling
 - 2.2 The ways by which an individual could be encouraged to reduce their risk of experiencing gambling-related harms
 - 2.3 The barriers to changing behaviour with regard to harmful gambling and how these can be overcome
 - 2.4 The agencies / organisations which provide services for individuals affected by gambling-related harms and the nature of the services they provide

Candidates successfully achieving this qualification will have knowledge and understanding of facts, procedures and ideas around harmful gambling and gambling-related harms to complete well-defined tasks and address straightforward problems. They will be able to interpret relevant information and ideas and will be aware of a range of information that is relevant to this area.

Indicative Content

Centres should note that this qualification uses the term ‘harmful gambling’ to describe the “urge to gamble continuously despite harmful consequences or desire to stop, causing harm to the gambler and to affected others”.

This is also defined elsewhere as ‘problem gambling’, ‘problematic gambling’ or ‘disordered gambling’, including in statistics that report the number of ‘problem gamblers’ in the UK. For the purposes of this qualification, centres and learners should treat these terms interchangeably.

1. Nature of harmful gambling and gambling-related harms and their impact on health and wellbeing

- 1.1 *Definitions of gambling, harmful gambling and gambling-related harms:* Legal definition of gambling in the 2005 Gambling Act; role of Gambling Commission in regulation; role of local authorities in licensing; activities that are legally recognised as forms of gambling; most popular forms of gambling activity in the UK; gambling-like activities that are not legally recognised as forms of gambling (such as loot boxes); differences between remote and premise-based operators; the four levels of severity gambling referenced in the Problem Gambling Severity Index; the steps of the Problem Gambling Cycle.

Gambling-related harms defined as the adverse impacts from gambling on the health and wellbeing of individuals, families, communities and society. Harmful gambling (also known as problematic or disordered gambling) defined as the urge to gamble continuously despite harmful consequences or desire to stop, causing harm to the gambler and to affected others. Recognition that whilst certain groups and individuals are more at risk of harmful gambling and gambling-related harms, they can affect anyone.

- 12 *Harmful gambling and gambling-related harms in the UK:* Estimated number of problem gamblers in the UK; difference in estimated number of problem gamblers in England, Scotland and Wales; estimated number of gamblers in the UK at risk of developing a gambling issue; number of calls to National Gambling Helpline; statistics around children and young people participating in gambling activity; take-up of services to support those affected by gambling-related harms; launch of new services to support those affected by gambling related-harms.
- 13 *Factors that could result in an individual being at risk of or affected by harmful gambling and gambling-related harms:* Social factors and triggers, such as the high visibility of premises-based gambling operators and products; risk of addiction to gambling;

growth in availability and accessibility of remote gambling operators and products through smartphones and other forms of technology; stigma; association between gambling and aspects of culture; visibility of gambling operators and products in the media.

Individual-specific factors and triggers such as gender; age; socioeconomic status; ethnic background; peer pressure; exposure to gambling in childhood and the impact of compromised parenting and Adverse Childhood Experiences; pre-existing health and wellbeing issues such as depression, anxiety, loneliness and boredom; gambling as a distraction or coping mechanism; personal financial situation; predisposition to gamble; impact of initial success in first attempts at gambling.

- 14 *Impact of gambling-related harms on the health and wellbeing of the individual, their family members and wider society:* For the individual - direct negative impact on both mental health, including increased risk of anxiety and depression, and on physical health, including increased risk of prioritising gambling over health and wellbeing needs; Indirect negative impact on wider health and wellbeing, including increased risk of debt, poverty, alcohol misuse, substance misuse, issues at work and unemployment, homelessness, isolation and suicide.

For affected others and wider society - increased risk of domestic violence; damaged relationships with friends and family; crime; anti-social behaviour; criminal behaviour; cost to the NHS; cost to economy of increased unemployment.

2. Know how to provide help and support to an individual at risk of, or affected by, harmful gambling and gambling-related harms

- 21 *Indicators of harmful gambling and tools that are available to identify whether an individual is either engaged in or is at risk of engaging in harmful gambling:* Indicators include spending longer playing than is reasonable; becoming agitated, anxious or distressed; winning regularly but continuing to gamble; frequently acquiring additional funds required to gamble; lying about gambling; chasing losses caused by gambling; screening tests including the GamCare self-assessment tool; the Short Gambling Harm Screen; the Problem Gambling Severity Index.

- 22 *Ways by which an individual could be encouraged to reduce their risk of experiencing gambling-related harms:* Communications – starting a conversation and using open questions; the FRAMES model; engaging individuals and groups; signposting to support services; support from peers and family; support from peer mentors; building their awareness of gambling harms and their impact on the individual, affected others and wider society; self-exclusion from gambling including the GAMSTOP and GAMBAN schemes; setting of monthly budgets for use in gambling; self-assessment tools; gambling diary.

- 23 *The barriers to changing behaviour with regard to harmful gambling and how these can be overcome:* Barriers such as denial; stigma; lack of knowledge and understanding around gambling-related harms and their impact on the individual and affected others; addiction / physical dependency; difficulty in changing ingrained behaviours; peer pressure and culture; impact of gambling-related harms often not as visible to an observer as the impact of other harms to health; gambling-related harms often coexist with and contribute to other harms to health; distorted view of their chances of winning. Methods for overcoming barriers such as education, aspirations, opportunities, motivation and self-efficacy
- 24 *Agencies / organisations which provide services for individuals affected by gambling-related harms and the services they provide:* Agencies and organisations to include Beacon Counselling Trust - one-to-one harmful gambling counselling service; Addiction Recovery Agency - one-to-one counselling service; GamCare - free information, advice and support and 24/7 helplines for anyone affected by harmful gambling, including both individuals and affected others; GambleAware - the National Gambling Helpline and National Gambling Treatment Service; National Health Service - the National Problem Gambling Clinic and the NHS Northern Gambling Service; Gambling Therapy – practical advice and emotional support for anyone affected by harmful gambling; Citizens Advice; Gamblers Anonymous – group support; Big Deal – targeted support for young people, either for themselves or someone they care about; GAMSTOP and GAMBAN – provide individuals with the mechanism to self-exclude from online gambling activities. Gordon Moody Association – residential treatment programmes for the gamblers most severely affected by gambling-related harms.

Mapping to Standards

This qualification is mapped to the Public Health Skills and Knowledge Framework, to Level 1 of the Kent, Surrey and Sussex guidelines for Make Every Contact Count (MECC) and to the following National Occupational Standards of Skills for Health:

- HT2 Communicate with individuals about promoting their health and wellbeing
- HT3 Enable individuals to change their behaviour to improve their own health and wellbeing
- SJF GAM001 Identify indicators of gambling-related harm in individuals and signpost to appropriate sources of help
- SJF GAM002 Identify and respond to immediate needs related to gambling-related harm

For more information concerning this mapping, please contact RSPH using the details provided below.

Progression

Learners who achieve this qualification can progress to other related RSPH qualifications such as:

RSPH Level 2 Award in Understanding Health Improvement

RSPH Level 2 Award in Improving the Public's Health

RSPH Level 2 Award in Supporting Behaviour Change

Assessment

The knowledge and understanding of the candidates will be assessed by a multiple-choice examination of 25 questions to be completed in 40 minutes. The multiple choice examination is provided by RSPH. A candidate who is able to satisfy the learning outcomes will **achieve** a score of at least 17 out of 25 in the examination. Strong performance in some areas of the qualification content may compensate for poorer performance in other areas.

Suggested Reading and Useful Websites

A list of suggested reading and useful websites can be found in the Centre Area of the Qualifications section of the RSPH web-site (www.rsph.org.uk).

Centres should make this list available to learners, should they require it.

Centre Guidance

How to apply to offer this qualification:

To become a centre approved to offer this qualification, please complete the 'Centre Application Form' which can be found on our website in the Qualifications and Training section. If you are already an approved centre, please complete the 'Add an Additional Qualification Form' which can be downloaded from the Centre area on the website www.rsph.org.uk. Please ensure that you include details of your quality assurance procedures. You will need to attach representative CVs to this application. Please contact the Qualifications Department at centreapproval@rsph.org.uk if you need any assistance.

Special Assessment Needs

Centres that have candidates with special assessment needs should consult The Society's Reasonable Adjustment and Special Consideration Policy; this is available from RSPH and the RSPH web site (www.rsph.org.uk).

Recommended Qualifications and Experience of Tutors

RSPH would expect that tutors or facilitators have teaching experience and a Level 3 or above qualification in a relevant subject area. However, it will consider experienced practitioners who supervise staff in the workplace and who have appropriate background knowledge to deliver this qualification. Centres should be registered with RSPH.

Other Information:

All RSPH specifications are subject to review. Any changes to the assessment or learning outcomes will be notified to Centres in advance of their introduction. To check the currency of this version of the specification, please contact the Qualifications Department or consult the RSPH website.

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Any enquiries about this qualification should be made to:

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