

Case Study

A Client Working Through The Challenges of Lottery Gambling

Demographic Data

The client is a 33-year-old African American male. The client is divorced and has two children. The client reported no religious affiliation at this time, but is interested in the Islamic faith.

Initial client impression

The client is well groomed, and cooperative in session. His tone of voice is within normal limit and he is engaged with his provider.

Chief complaints

The client is receiving treatment services at an Opioid Treatment Program and has denied using drugs for over a year. The client reported that he has used multiple substances throughout his life, but his primary drug of choice is heroin followed by cocaine. The client reported during a recent session that he is experiencing severe cravings to use cocaine. He mentioned that once he became sober, he started playing the lottery. It started off as an occasional purchase, but over the past few months, he has spent \$100.00 or more a week on the daily numbers.

He is currently receiving unemployment benefits, as he was laid off from work several months ago and is searching for new employment. His gambling has led to financial challenges (e.g. missed child support payments, unable to pay bills, and this month he is unable to pay his rent). He stated that last week he borrowed money from his mother to pay bills, but was feeling lucky, so he spent his mother's money on the lottery and now paying back his mother has been added to the list of debts.

Clients Internal Strengths

The client has insights on abstaining from drug use. He has been sober over the past year and finds the interventions he learned in individual and group therapy helpful when he experiences urges to use substances. The client reported that his current cravings to use cocaine have been troubling, as this has been the closest he felt towards relapsing in the past year.

Clients External Strengths

The client attends Narcotics Anonymous (NA) meetings on a weekly basis, and credits the 12-Step group, along with Medication Assisted Treatment and his therapy as the primary reasons he has remained clean for a year. The client has two sons, who he loves dearly, but does not see them as often as he would prefer. The client has a couple close friends who he sees on a quarterly basis.

Strengths and Assets

The client has a year of sobriety (the longest time since adolescents that he has stayed away from drugs). He has a history of working construction jobs, but is currently laid off. He has a sponsor that he speaks to on a regular basis, but has been conflicted regarding talking to him about his current urges.

Personal History

The client started using alcohol and drugs when he was an adolescent. He reported starting with alcohol, but progressed to stronger drugs after hanging out with peers who were using the substances. He was married in his 20s, and the couple have two children, but his consistent drug use

was the cause of divorce. Drug use also contributed to his loss of custody. His ex-wife has full custody, and allows the client to see his children when sober and up to date with child support payments. He stated that when he plays the lottery, he thinks about winning big (being able to pay all his back child support) and spending more time with his kids. Since being laid off, this is all he can think about and spends many hours trying to come up with a system to predict the winning numbers. The client also stated that he had some wins over the past year and goes back to the convenience store to play the numbers in hopes of getting even.

Mental Status and Diagnosis

The client meets criteria for Opioid Use Disorder, In sustained remission as not meeting criteria for opioid use disorder for 12 months.

The client meets criteria for Stimulant Use Disorder, Cocaine, In sustained remission as not meeting criteria for stimulant use disorder, cocaine, for 12 months.

The client meets criteria for Gambling Disorder, Mild as experiencing the following symptoms: tolerance, preoccupation, distressed gambling, and chasing losses.