

Engaging individuals with lived experience of gambling harm



Australian
National
University

Dr Aino Suomi
Director, ANU Centre for Gambling Research



Lived Experience Co-authors

Carolyn Crawford

Carol D

Paul Fung

Carmel Harty

Libby Mitchell

Kate Somerville

Ken Wolfe

with

Prof Nicki Dowling



Background

Growing interest in engaging with people with lived experience (LEX) of gambling harm in:

- research
- policy development
- intervention development

Lack of evidence-informed tools to guide LEX engagement, risk of tokenistic/ insensitive engagement

Two main objectives, to develop:

- I. Principles for engagement of LEX of gambling harm
- II. Engagement framework with practical guidance



Nothing about us, without us

- Why is it **important** to include LEX in research, and the development of policy and practice?
- What are the **challenges**?
- What are the **benefits**?



Engaging with the LEX group

10 LEX co-researchers recruited through

VRGF (Re-spin, Three Sides of the Coin)

Professional networks

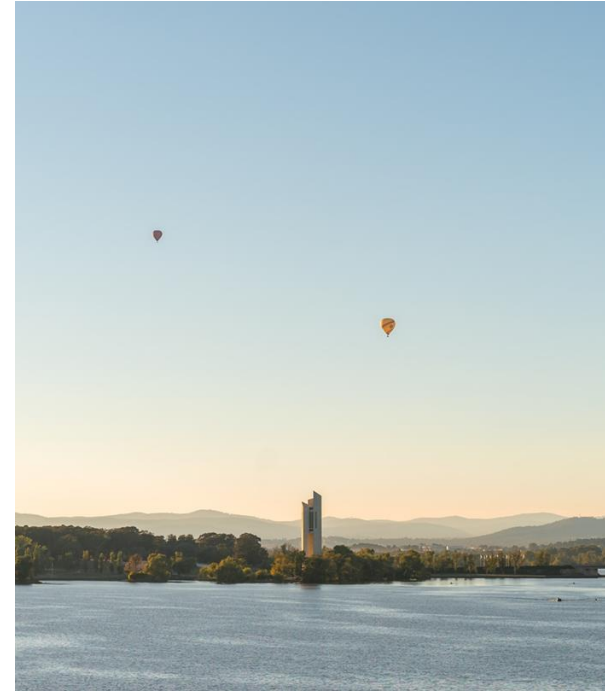
Gambling Help service providers

'Requirements' for LEX

LEX of gambling harm in relation to own or someone else's gambling

No active gambling problem

2 full day meetings → reimbursement \$250/day



Principles of engagement with LEX of gambling harm



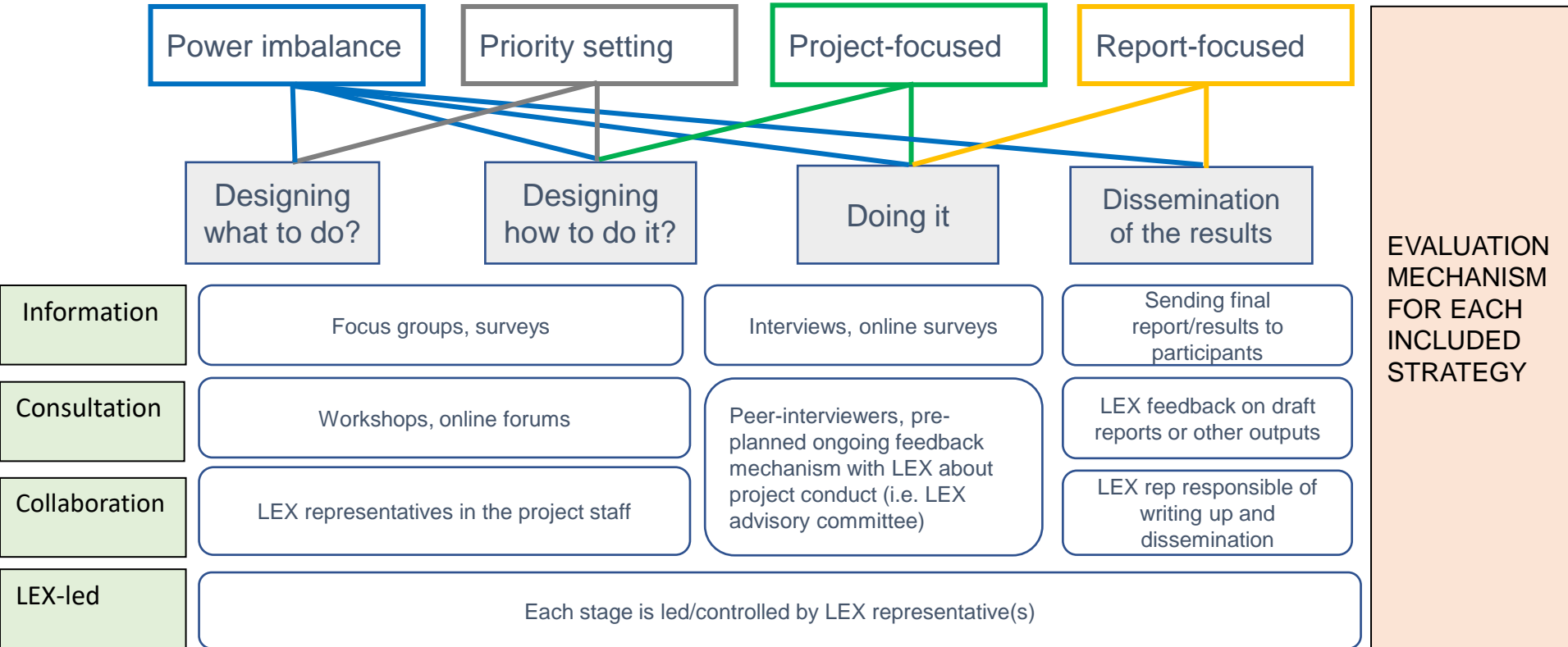
- Recognition of the unique expertise of individuals with LEX
- Acknowledgment of the value and authority of LEX
- Meaningful inclusion, not just tokenistic, in all levels of decision-making

Principles of engagement (Cont.)

- Acknowledgment and awareness of different forms of gambling harm, including those on affected others
- A person cannot speak on behalf of others unless asked to do so
- Recognition that people's perspective of their own experience changes with time
- Avoid assumptions of what LEX has meant for an individual person



Framework for the engagement of LEX of GH



Case-example: Children of parents who gamble



1. As a **co-investigator** (LEX-led)
2. An **advisory committee** including individuals with past experience of gambling harm.
(Collaboration)
3. **Focus group** of children of gamblers.
(Consultation)
4. Interviews of parents with a history of gambling problems by a **peer-interviewer** with a LEX of gambling harm (LEX-led)



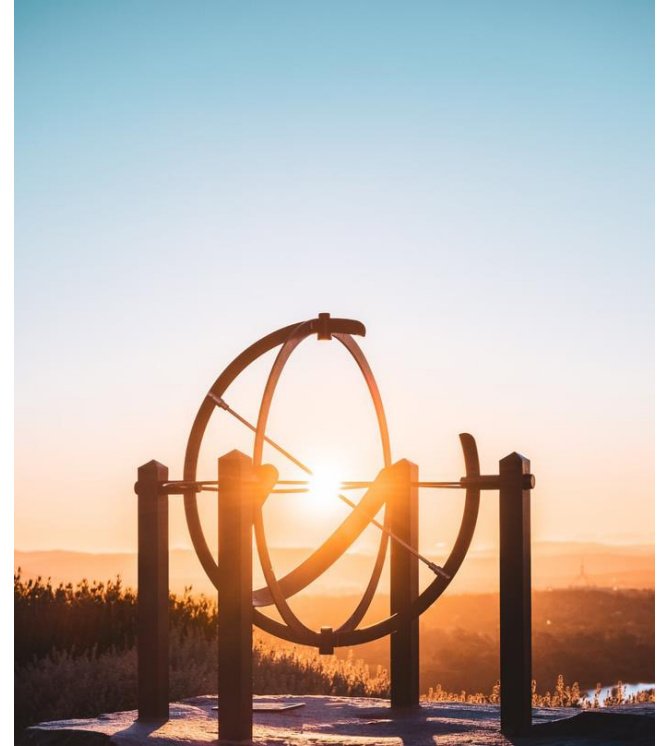
Summary and recommendations

- Involvement of LEX is currently under-utilised in gambling research and prevention initiatives
- “Nothing about us, without us” offer powerful tools to reduce gambling harm
- For meaningful contribution, LEX should be included from the earliest stages of each project as possible



Summary and recommendations (Cont.)

- Appropriate engagement strategies depend on
 - project type
 - desired outcomes
 - project resourcing, (time & money)
- Engagement of LEX is resource intense = investment in quality
- Engagement plan/strategies routinely evaluated and outcomes reported as part of project deliverables



Thank you

Dr Aino Suomi

Aino.Suomi@anu.edu.au

Suomi, A. & Dowling, N. (2020). *Lived experience of help-seeking in the presence of gambling related harms and coexisting mental health conditions*, Victorian Responsible Gambling Foundation, Melbourne.



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