

Nova Scotia
Gaming Foundation

Making A Difference

ANNUAL REPORT 2009 - 2010

www.nsgamingfoundation.org



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Making a Difference

How do we know we are making a difference? At the Nova Scotia Gaming Foundation, we measure our impact by the extent to which we meet our strategic priorities. These objectives, informed by our stakeholders and set by the Board of Directors, steer the course of the NSGF and are at the heart of who we are and what we do.

Because we measure success by how well we achieve our strategic priorities, this year's annual report showcases the work of the NSGF by the goals that drive us:

Mitigating and Reducing the Undesirable Effects of Problem Gambling

Informing Balanced Dialogue on Gambling Problems

Building Capacity to Make a Difference



Marian Riecy
North South County
Foundation

Want
Change?

Message from the Executive Director & Board Chair

This past year has been a busy and rewarding one for the Nova Scotia Gaming Foundation, and we are very pleased with the progress we have made in the pursuit of our vision: *individuals, families, and communities free from gambling harm.*

The theme of this year's annual report is "Making a Difference." As you will see in the following pages, we measure the extent to which we are making a difference by the progress we make in pursuit of each of our strategic priorities: mitigating or reducing the undesirable effects of gambling, informing balanced dialogue on gambling problems, and building capacity to make a difference in Nova Scotia communities.

Highlights from 2009-2010 include the launch of the Student Scholarship Essay Contest, the commissioning of research on the Province's new My-Play System (formerly the Informed Player Card System), the approval of funding for three new research studentships and eight new Community Health Projects, and steps to improve the funding program for Community Health Boards. The Foundation also partnered with the Ontario Problem Gambling Research Centre to launch a new online gambling-related resource tool and participated in an inter-provincial research project to develop a tool for the identification and assessment of problematic gambling behaviours among teenagers 13-17 years old.

This year, the Board of Directors also refined its Strategic Plan for 2010 to 2013, which sets out the NSGF's priorities for the next three years. Through the achievement of our strategic goals, we will continue to provide leadership in the promotion of problem gambling awareness in Nova Scotia. Over the coming year, we look forward to continued dialogue and collaboration with our stakeholders.



Also in 2009-2010, the Board secured the services of an investment manager to ensure that its assets achieved continued growth and its funds could be best utilized to support communities in their work.

In conclusion, we would like to thank our staff, many friends, and stakeholders for their loyalty and support. Once again, Foundation staff responded to the important work of the NSGF with enthusiasm, dedication, and creative endeavour. Their efforts are greatly appreciated.

We would also like to extend our gratitude and appreciation to Tracy Schrans who resigned from our Board of Directors this year. Tracy has been a volunteer member of the Board since 2006, and her commitment, loyalty, and wise counsel on gambling-related research will be greatly missed.

Finally, on behalf of the Foundation, we would like to thank our stakeholders for their continuing support. You can rest assured that we remain fully committed to transparency, accountability, and engagement with Nova Scotia communities. We are thrilled to share the successes of 2009-2010 with you, and we invite you to celebrate them with us.

Warm Regards,

Jim MacCormack



A handwritten signature in black ink that reads "Jim MacCormack".

Jim MacCormack, Board Chair

A handwritten signature in black ink that reads "Celeste M. Gotell".

Celeste Gotell, Executive Director

Celeste Gotell



Interventions

- Youth - education on why not to gamble
- start early
 - teach responsible gambling
 - provide a "care free" environment
 - "budget" for gambling \pm need
- "You spend \pm Once!"

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Mitigating and Reducing the Undesirable Effects of Problem Gambling

Problem gambling is a significant public health concern: gambling harm not only affects individual gamblers, it also impacts the physical, emotional, and financial health of spouses, family members, friends, coworkers, and the community at large. Every initiative or action we undertake, including the support of community-based organizations and the 37 Community Health Boards throughout the province, is in pursuit of our mission: *to make positive changes in the lives of individuals, families, and communities affected by problem gambling.*

The Nova Scotia Gaming Foundation (NSGF) is committed to funding community projects that address the needs of persons affected by problem gambling, their families, and their communities. Community Project grants help support individuals and communities in dealing with the negative consequences of problem gambling and expand the knowledge base of best practices in problem gambling intervention/prevention programming in Nova Scotia.

Community Project funding is considered for qualified applicants who propose time-limited and/or self-sustaining projects in problem gambling prevention, treatment, education, remedial intervention, and research.

Two levels of community project funding are available:

Community Projects I

Funding up to \$10,000 for projects that typically occur over a one-year period

Community Projects II

Funding up to \$60,000 for projects that typically occur over a one- to three-year period

Community Projects I & II

Community Projects I & II Approved in 2009-2010:				
Organization	Project	Project Duration	Grant Amount	
Community Projects I				
Association of Black Social Workers, Nova Scotia Chapter	<i>Exploring Problem Gambling in African Nova Scotian Communities: Creating Awareness and Making Connections</i>	One Year	\$10,000.00	
Canadian Mental Health Association, Kings County Branch	<i>Gambling: Understanding Makes Us Stronger</i>	One Year	\$10,000.00	
GameOverVLTs.com Society	<i>Gambling on Main Street</i>	One Year	\$9,900.00	
Nova Scotia Sea School	<i>Create and Discover! Leisure Alternatives through Community Arts for At-Risk or Problem Gamblers in HRM</i>	One Year	\$10,000.00	
YWCA of Halifax	<i>Financial Empowerment for Women Recovering from Gambling Addiction</i>	One Year	\$9,998.19	
Community Projects II				
Tatamagouche Centre	<i>Community-Based Training and Peer Support Approaches to Implementing the Women in Recovery from Addictions Program (WRAP)</i>	One Year	\$26,910.00	
Tri-County Women's Centre	<i>I am a Woman and Have I got a Story to Tell</i>	Two Years	\$24,245.00	
Community Projects I & II Approved in Previous Years that Continued into 2009-2010:				
Organization	Project	Year Awarded	Project Duration	Grant Amount
Community Projects I				
Elizabeth Fry Society of Mainland Nova Scotia	<i>Support and Resources for Women Adversely Affected by Gambling</i>	2008-2009	One Year	\$9,305.00
Canadian Mental Health Association, Nova Scotia Division	<i>An Exploratory Study of the Connections between Problem Gambling and Mental Health and Illness in Nova Scotia</i>	2008-2009	One Year	\$10,000.00
Community Projects II				
Addiction Services, Colchester East-Hants Health Authority	<i>High Stakes: Addressing Gambling and Substance Use Among Adolescents Using an Experimental Framework</i>	2008-2009	Three Years	\$22,500.00
Addiction Services, South West Health Authority	<i>Get Your Game On!</i>	2008-2009	Three Years	\$60,000.00
L'Association Radio Clare (CIFA 101.4 FM)	<i>Let's Talk Gambling/Parlons des Problemes de Jeu</i>	2008-2009	One Year	\$4,327.00
Pictou Landing First Nation	<i>Problem Gambling: Let's Deal With It</i>	2008-2009	Three Years	\$60,000.00
Tatamagouche Centre and Addiction Services, Cumberland, Colchester East Hants, and Pictou Couth Health Authorities	<i>Women in Recovery From Addictions Program (WRAP)</i>	2008-2009	Two Years	\$50,450.00

In 2009–2010, six Community Projects I were awarded:

Association of Black Social Workers

Exploring Problem Gambling in African Nova Scotian Communities: Creating Awareness and Making Connections

To what extent is problem gambling an issue among African Nova Scotians? How are African Nova Scotian seniors and youth impacted by gambling behaviour?

In an effort to address these questions, and to create awareness about problem gambling within the African Nova Scotian community, the NSGF approved a 2009-2010 Community Project grant for the Nova Scotia Association of Black Social Workers.

Completed in March 2010, the scope of the NSABSW's project included a literature review, focus groups with African Nova Scotia seniors, and the presentation of a gambling awareness workshop at the Linking Borders International Conference held in Halifax, Nova Scotia from September 24-26, 2009. This workshop, which explored the impact of gambling on the health, well-being, and quality of life of African Nova Scotian youth and seniors, was also presented to students at the Nova Scotia Community College African Canadian Transition Program, to African Canadian staff at Capital Health Addictions Services, and to seniors who attended the project's Seniors' Focus Groups.

“ We need to be able to educate our community. We try to hide it but in hiding it we are not helping ourselves and the community. ”

African Nova Scotian Seniors'
focus group participant, 2009

“ I see the relationship between mental illness and addictions everyday in my professional life. ”

Gambling: Understanding Makes Us Stronger
survey respondent

Canadian Mental Health Association (Kings County Branch)

Gambling: Understanding Makes Us Stronger

As part of their one-year 2009-2010 Community Project I, the Canadian Mental Health Association Kings County (CMHA, Kings County), conducted a needs assessment in the form of a questionnaire to local organizations and businesses. The survey confirmed suspicions: there is a need and a desire within the community for education about gambling and mental illness including the signs and symptoms of gambling harm. It also revealed a need for increased awareness about how people affected by gambling can access help and an interest in individually tailored workshops for different at-risk groups including university students, Kings County clergy, and the First Nations community.

To address these needs and requests, Heather Frenette, CMHA, Kings County, and Audrey Shields, Clinical Therapist with Addiction Services at Annapolis Valley District Health Authority, will develop and present six workshops in the summer and fall of 2010. The workshops aim to encourage community dialogue about gambling by exploring the societal influences and impacts of gambling. Workshop topics include the politics and history of gambling in the province, the normalization of gambling, and strategies for reducing gambling harm.

“ It was very refreshing to sit as a group and discuss issues plaguing our community and talk about some of the things that need to be done to reduce the rate at which seniors gamble. ”

Seniors and Gambling
focus group participant, 2009

Community Links

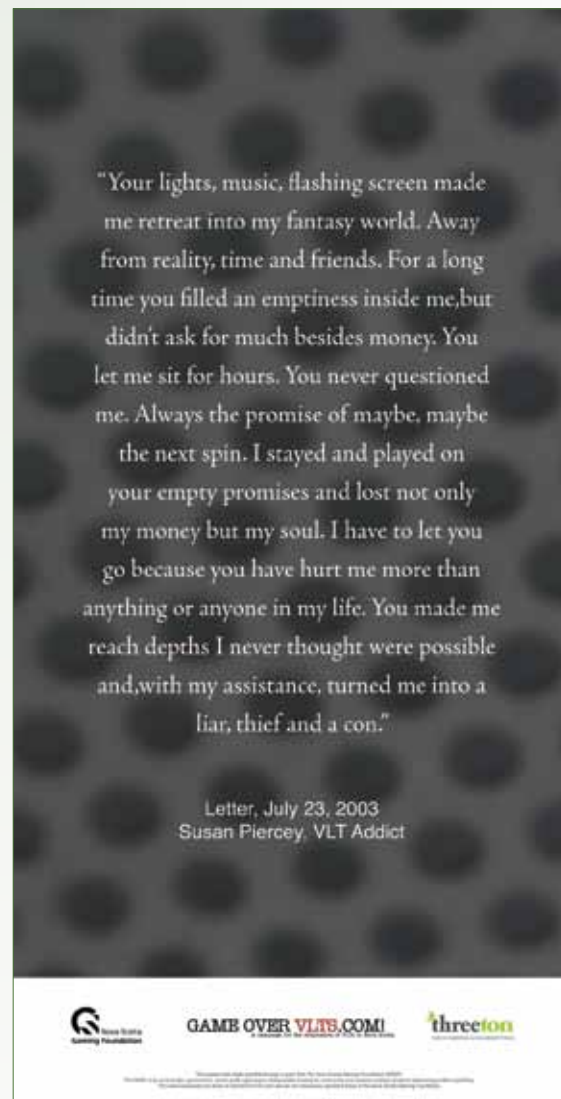
Seniors and Gambling: A Hidden Problem?

Increasingly, seniors and people who work with seniors are expressing concern about a perceived growth in the number of seniors involved in gambling activities and the number of gambling activities being promoted to seniors. This past year, Community Links, a provincial organization that promotes age-friendly communities and quality of life for Nova Scotia seniors, developed a Level 1 Community Project to explore these issues.

Based on an analysis of research on seniors and gambling, responses to surveys, and discussions with seniors in focus groups, Community Links produced the report *Seniors and Gambling: A Hidden Problem?* The report identifies several key themes related to Nova Scotia’s seniors and gambling, including the following:

- Gambling is a ‘hidden problem’: many more seniors are at risk or are experiencing gambling harm than is indicated in prevalence studies.
- Strategies and methodologies used in prevalence studies do not always suit the senior population.
- Seniors’ organizations are increasingly dependent on the revenues from gambling activities, but there is little understanding of the implications that this has both for the organizations and their memberships.

The full report is available on the NSGF website.



GameOverVLTs.com Society

Gambling on Main Street

The GameOverVLTs.com Society is committed to educating the Nova Scotian public about the impact Video Lottery Terminal (VLT) gambling can have on public health. To help inform small businesses, service organizations,

and community groups across Nova Scotia about the socioeconomic impact and risks associated with VLT use, GameOverVLTs.com Society will present a series of public presentations titled Gambling on Main Street. A pilot night of the Gambling on Main Street series was held on February 3, 2010 at the New Glasgow Library and featured former VLT addict and notable actor John Dunsworth. The official presentation series is scheduled to kick off in late 2010 across the province.

YWCA Halifax

Financial Empowerment for Women Recovering from Gambling Addiction

The development of financial literacy skills is crucial to the success of treatment and recovery from gambling addiction. With funding from a 2009-2010 Community Project I grant, the YWCA Halifax began a needs assessment in 2009 to determine both the content and curriculum of a potential financial literacy program to be offered at the YWCA in Halifax. The needs assessment consists of interviews, surveys, and focus groups with women from the Halifax Regional Municipality who are currently experiencing or have ever experienced harm from their own gambling.

Once the needs assessment is complete in Fall 2010, the YWCA Halifax plans to apply for further NSGF Community Project funding to develop a financial literacy program for women informed by the results of this project.

Nova Scotia Sea School

Create and Discover! Leisure alternatives through community arts for at-risk or problem gamblers in HRM

In order to maintain recovery from gambling addiction, it is essential that individuals identify alternative leisure activities to replace or mitigate their gambling addiction or

risk factors. Acknowledging this, the NSGF granted the Nova Scotia Sea School 2009-2010 Community Projects I funding to launch a three-month pilot program that would engage at-risk and problem gamblers in visual art and the creative process.

A partnership of Capital Health's Addiction Prevention and Treatment Services, the project (officially called Sea Change Arts Program) provided participants with the knowledge, resources, and skills in specific art mediums to incorporate art making into their daily lives. The Sea Change Arts Program culminated in an impressive and moving public display of the participants' work, held on December 16, 2009, at the Dartmouth North Community Centre.

Tatamagouche Centre

Community-Based Training and Peer Support Approaches to Implementing the Women in Recovery from Addictions Retreats

In 2009-2010, the Tatamagouche Centre was awarded a Community Projects II grant to develop a series of training workshops to support the best practice project manual that is being developed as part of the Centre's 2008-2009 Community Project II, "*Women in Recovery from Addiction Program Retreat Series (WRAP Retreats)*". Scheduled to launch in Spring 2010, the project will be tri-phased: In Phase One, focus groups of past participants of the WRAP retreats will help assess the impact of the program on participants' recovery. In Phase Two, service providers who work with women affected by problem gambling will review the WRAP manual and provide input. Based on the focus group recommendations, two participatory training workshops will be developed and piloted in Phase Three. These will include training for service providers and training for women in recovery to understand and use the WRAP manuals to support women in recovery from problem gambling in their own communities.

Tri-County Women's Centre

I am a Woman and Have I got a Story to Tell

Men and women have different needs through the recovery process, and the Tri-County Women's Centre's program *I am a Woman and Have I got a Story to Tell* respects these differences. By encouraging self-expression through visual art and creative writing, the program helps women affected by problem gambling express their personal life experiences as well as their individual hopes, dreams, and memories.

Other components of the program reflect a holistic approach to wellness and include reflexology, yoga, relaxation techniques, and nutrition counselling.

After a successful NSGF-funded pilot project, the Tri-County Women's Centre received a Community Projects II grant to offer *I am a Woman and Have I got a Story to Tell* three times from October 2009 to January 2011 to participants from Yarmouth and surrounding areas. In Fall 2009-2010, the program was offered to five women in Shelburne affected by gambling harm. To determine the effectiveness of the program, a quantitative evaluation of the participants' experience of the program was conducted.

“ *I got a life back. I met wonderful people and people who understood that it is not all about the addictions, so we talked about relationships, health, parenting, about us – all the things that we needed to look at.* ”

I am a Woman and Have I got a Story to Tell
participant

In 2009-2010, two Community Projects I approved in a previous year continued:

Elizabeth Fry Society of Mainland Nova Scotia

Support and Resources for Women Adversely Affected by Gambling

Since 1982, the Elizabeth Fry Society of Mainland Nova Scotia has offered supportive programs and services and a nurturing environment for women who are at risk or who have been involved in the criminal justice system.

Noticing an increasing relationship between problem gambling and conflict with the law among the female clients they serve, the Society sought and received Community Project I funding from the NSGF in 2008-2009 to begin a support program for women involved in gambling behaviours that are adversely affecting their lifestyle and environment.

The program offers one-on-one group and individual meetings in a safe, supportive, and non-judgmental women-centered environment. These include personal development workshops on a variety of topics such as building healthy relationships, establishing personal boundaries, managing conflict, and relapse prevention. Acknowledging that women often nurture and care for others while neglecting their own needs, the program permits the involvement of family, if requested.

According to Interim Executive Director Jeanette Milley, “The women we work with at the Society have clearly expressed to us that supportive, women-centered treatment programs are critical to re-establishing healthy, balanced lifestyles that promote a sense of wellbeing. They report that the Elizabeth Fry Society is a setting where they can feel safe, secure, and fully accepted for who they are.”

“ *Women need this kind of a program. I look forward to coming here...* ”

Elizabeth Fry Society
Problem Gambling Group participant, 2009

Canadian Mental Health Association (NS Division)

An Exploratory Study of the Connections between Problem Gambling and Mental Health

The link between mental health problems and problem gambling behaviour is a topic that has recently received a lot of attention in research communities, particularly in relation to how gambling behaviour can affect dopamine levels. Despite this increased understanding, public awareness about the connection between mental health issues and gambling remains low.

With funding from a 2008-2009 Community Project I, the Nova Scotia Division of the Canadian Mental Health Association (CMHA, NS Division) are exploring the nature and extent of problem gambling among Nova Scotians with mental health issues. Through targeted focus groups with mental health consumers and interviews with service providers of problem gambling treatment, the CMHA, NS Division, aims to determine if there is a need for specialized problem gambling programs for Nova Scotians over the age of 19 living with mental illness.

In 2009-2010, data collection from target focus groups, individual questionnaires, and data collection from applicable organizations was underway. A literature review summarizing applicable research was also completed. Results of the exploratory study are anticipated in Fall 2010.

In 2009-2010, five Community Projects II approved in previous years continued:

Addiction Services

Colchester East-Hants Health Authority

High Stakes: Addressing Gambling and Substance Use Among Adolescents Using an Experimental Framework

In 2008-2009, the NSGF awarded Addiction Services, Colchester East Hants Health Authority a three-year Community Projects II grant to develop and implement High Stakes, an innovative adventure-based program for adolescents at-risk for problem gambling in Colchester East Hants, Pictou, and Cumberland counties.

The first offering of the program was held in August 2009 and was a huge success! Seven females ages 14-17 who had screened at a level of risk for gambling and substance abuse problems participated in the five-day adventure camp designed to help them develop skills that will prevent future harm from gambling and substance use behaviours. Held at Acadia University in Wolfville, Nova Scotia, the High Stakes program featured a low and high ropes course, drumming workshops, swimming, and educational evening programs like Gambling Education Night.

“ *The first offering of the High Stakes program was such a success that the seven teen participants ‘voted’ to have a group reunion one year later to reconnect, discuss what is new in their lives, and have some more fun!* ”

Janet Tomlinson, *High Stakes* Coordinator
and Clinical Therapist - Gambling,
Capital Health District Addiction Services

“ *It's all chance. Get Your Game On!* ”

Junior high school student
Get Your Game On
participant

In August of 2010, the second offering of the High Stakes Program will feature exciting new additions. Split between Blomidon Provincial Park and Acadia University in Wolfville, the program will challenge ten coed adolescents to tackle the outdoor wilderness and use experiential learning to develop skills that will prevent future harm from gambling and substance use behaviours.

Addiction Services, South West District Health Authority *Get Your Game On!*

North American children and youth today are among the first generations to come of age in a society where gambling has been almost completely normalized. Consequently, deliberate efforts are needed to mitigate harm to young people by educating them about the potential dangers and risks associated with gambling behaviour.

In October 2008, with the help of a three-year Community Projects II grant, Addiction Services of South West District Health Authority launched the educational program *Get Your Game On!* This two-and-a-half-hour school-based program features five interactive stations of games, simulations, and drama activities designed to educate participants about how gambling affects their minds, bodies, and communities.

In 2009-2010, the *Get Your Game On!* program continued to provide students in Shelburne, Yarmouth, and Digby with

valuable skills to reduce their gambling. In fact, a total of 450 Nova Scotian junior-high students have taken part in *Get Your Game On!* Also this past year, Addiction Services has worked towards developing a manual to allow other organizations in Nova Scotia to offer the program to youth in their areas.

The manual will be available through the NSGF or Addiction Services, South West District Health Authority in Fall 2010.

L'Association Radio Clare (CIFA 101.4FM) *Let's Talk Gambling/Parlons des Problèmes de Jeu*

In 2008-2009, the French language radio station L'Association Radio Clare (CIFA 101.4FM) received a Community Projects I grant to produce six French language radio shows on the topic of problem gambling. Designed to raise awareness about problem gambling in Francophone communities in Nova Scotia, the series, which was titled *Parlons des Problèmes de Jeu*, or *Let's Talk Gambling*, was hosted by Charlene Pothier, Problem Gambling Specialist with Addiction Services, South West District Health Authority, and addressed the following themes:

- warning signs of gambling problems
- prevalence and the effects of media on problem gambling
- impact on the family and close friends of problem gamblers
- the different forms of gambling
- impact on the individual gambler
- resources available to the Francophone community in Nova Scotia

The first segment of the series aired in the late fall of 2009, and subsequent installments were broadcast until May 2010.

“ We were “reaching a demographic group (Acadians and other French speaking audience, young and old) that we would rarely otherwise address.”

Charlene Pothier, Problem Gambling Specialist with Addiction Services, South West District Health Authority and host of *Parlons des Problèmes de Jeu (Let’s Talk Gambling)*

Pictou Landing First Nation

Problem Gambling: Let’s Deal With It

This past year marked the third year of the Pictou Landing First Nation Health Centre’s coordinated effort to break the silence that often surrounds problem gambling in First Nations’ communities. The primary goals of this NSGF Community II project, titled *Problem Gambling: Let’s Deal With it*, are to increase community awareness of the consequences of problem gambling and to develop and deliver a culturally appropriate community-based recovery program that respects traditional Mi’kmaq approaches to healing and community engagement.

A recent needs assessment of Pictou Landing First Nation indicated a strong commitment to reviving the Mi’kmaq language and traditional knowledge to support community revitalization. Given that best practice findings identify that strategic cultural revitalization efforts are essential to individual and community recovery, this remains the focus of the project going forward.

In order to meet the needs of the Health Centre and the *Problem Gambling: Let’s Deal With It* organizational committee, a project extension has been granted to August 2011.

Tatamagouche Centre

“Women in Recovery from Addictions Program Retreat Series (WRAP Retreats)”

In 2008, the Tatamagouche Centre, in partnership with Addiction Services of the Cumberland, Colchester East Hants, and Pictou County Health Authorities, was awarded a three-year Community Project II grant to develop Women Recovering from Addictions Programming (WRAP Retreats).

Designed to assist women with problem gambling to understand the cycle of addiction as affecting mind, body, and spirit, WRAP Retreats offers a roadmap for recovery through dramatizations, storytelling, body work, art therapy, small group discussions, and guided meditations. From April 2009 to February 2010, three WRAP Retreats were held at the Tatamagouche Centre and 56 women and 10 children from across Nova Scotia attended in total.

Also in 2009-2010, the Tatamagouche Centre began to develop a practice manual that documents the theoretical orientation, principles, objectives, and activities of the WRAP Retreats. This manual will be available to other interested organizations and service providers through the NSGF when it is complete.

Community Health Board Funding

Since 2006, the Nova Scotia Gaming Foundation has offered funding to each of the 37 Community Health Boards (CHBs) in the province to help develop gambling-related awareness projects. This past year, in response to an expressed need for an updated funding and application process, the NSGF began steps to rework its funding procedure for the Province's CHBs. This revision process was made possible by a new Memorandum of Agreement (MOA) with Health Promotion and Protection, effective April 1, 2009, which provides the Foundation discretion to disburse funds using a different approach.

Initial steps included an NSGF-hosted workshop for CHB Coordinators and Board members at the 2009 Community Health Board Conference on October 16th in Dartmouth, Nova Scotia. There, in addition to gambling awareness presentations from Audrey Shields, Gambling Specialist, and Prevention and Health Promotions Coordinator Gwenyth Dwyn, Annapolis Valley Health District Health Authority, NSGF Executive Director Celeste Gotell elicited suggestions for improvements to the existing funding arrangements.

Following the workshop, the NSGF initiated a Community Health Board Stakeholder Working Group to ensure continued CHB input. The Working Group, made up of CHB Board Members and Coordinators from across the province, convened in January 2010 to continue discussing a revised funding approach that would better support CHBs in addressing problem gambling issues in their communities. At this meeting, it was concluded that 2009-2010 CHB funding, which had not yet been dispersed, should be dedicated to the development of a new funding program and a CHB Gambling Awareness Resource Toolkit.

At the close of 2009-2010, the NSGF has established plans to rework the CHB funding process based on the Group's

recommendations and will hire a Project Assistant for the summer term to develop the Gambling Awareness Resource Toolkit. The CHB Stakeholder Working Group is slated to meet again in the Spring and Summer of 2010.

Community Health Board Stakeholder Working Group Members

Todd Boyle	Board Member Central and East Pictou
Susan Dunn	Coordinator Halifax Peninsula
Carole Hill-Bojarski	Coordinator Yarmouth
Cathy Leslie	Coordinator Eastern Shore, Musquodoboit
Elizabeth MacDonald	Board Chair Central Cape Breton
Luanne Schenkels	Coordinator Colchester East Hants
David Stevenson	Board Chair North Shore
Dolly Williams	Board Member Southeastern

The following 2008–2009 Community Health Board Projects were completed in 2009–2010:

Clare Community Health Board

The Clare Community Health Board (CCHB) produced a French and English language problem gambling awareness campaign titled “*Let’s Talk About Gambling*” or “*Parlons de Problemes de Jeux.*” With assistance from Addictions Services staff, CCHB developed one radio ad and two print ads that were developed with the involvement of local youth. The youth also acted in the radio ad. The series ran for three-months in the local media.

Digby & Area Community Health Board

Posters promoting Nova Scotia’s Problem Gambling Help Line were placed in Digby area schools and public venues. In Freeport, a ‘bench sign’ that advertises the Problem Gambling Help Line was also displayed on a public bench outside a high-traffic storefront.

Shelburne County Community Health Board

To ensure Shelburne County residents know where to turn for help related to gambling harm, a Problem Gambling Help Line signage campaign was initiated. Two signs advertising Nova Scotia’s toll-free Problem Gambling Help Line were displayed prominently at both of the local curling clubs (one of which doubles as a bingo hall in the off-season) for the next five years.

Pugwash and Area, SOAR (Springhill, Oxford, Amherst, and Regions), and SPAR (Southampton, Parrsboro, Advocate, and Regions)

To help reduce the stigma related to problem gambling and mental health, the films *Owning Mahoney* and *Canvas* (as well as a selection of short films) were shown in the communities of Pugwash, Amherst, and Parrsboro as part of the Cumberland Film Festival. An informal audience discussion about gambling-related issues raised in each film followed the screenings.



Informing Balanced Dialogue on Gambling Problems

The Nova Scotia Gaming Foundation is committed to open dialogue informed by objective data that considers the ethical, social, biological, and economic dimensions of gambling issues. We help facilitate the debate and acquisition of cutting-edge knowledge through daily updates to our website; the production of our communication pieces *Touchpoint*, *Dialogue*, and *Charting the Course*; and public response to timely issues.

We are committed to making the NSGF website the online destination for gambling-related information in Nova Scotia. To this end, our website is updated daily and contains a multitude of gambling-related resources including the following: current and archived industry reports and research articles; relevant local, national, and international news pieces, videos, and podcasts; NSGF publications; and an extensive links page. To further encourage dialogue among our stakeholders, this past year we introduced an informal online polling feature that seeks the public's opinion on current gambling issues relevant to Nova Scotia.

NSGF Publications

Touchpoint : bi-weekly food for thought

Launched in August of 2007, *Touchpoint* is a bi-weekly communiqué that provides readers an accessible, one-page look at current gambling-related issues relevant to Nova Scotia.

In 2009-2010, 22 issues of *Touchpoint* were released. Highlights include a series of issues that 'unpacked' the *2007 Adult Gambling Prevalence Study*, a discussion of the untracked rate of gambling-related suicides in Nova Scotia, informal evaluations of how well the province is meeting its strategic goals

outlined in *A Better Balance: Nova Scotia's First Gaming Strategy*, and results from numerous informal NSGF website polls.

Dialogue: a closer look

Dialogue is a bi-annual newsletter that provides in-depth information about topics related to gambling. The NSGF has been producing *Dialogue* since Summer 2007.

In 2009-2010, two issues of *Dialogue* were released: one in June 2009 and the other in December 2009.

Internet Gambling

June 2009's issue of *Dialogue* featured the growth of Internet gambling and included an overview of the growth of the industry in specific countries; information about *Betstopper*, the Nova Scotia Gaming Corporation's prevention software program; and relevant information

from *Nova Scotia's 2007 Adult Gambling Prevalence Study*. The issue also featured an excerpt from a New York Time's interview with Martha Fenkel, a celebrity journalist who speaks candidly about her past addiction to online gambling.

Advertising and the Normalization of Gambling

The theme of December's *Dialogue* was "Advertising and the Normalization of Gambling." Articles explored the importance of media literacy, commercial gambling advertising in Atlantic Canada. The issue also included depictions of gambling in film as well as included interviews with noted gambling researcher Dr. John McMullan of Saint Mary's University and Nigel Turner, co-author of "*Images of Gambling in Film*," a 2007 study that explores cinematic representations of gambling in contemporary film.

Updates: what's new online

Every day, news articles and scholarly reports are added to the Resource Library section of the NSGF website. In an effort to keep the public abreast of what's new online at the NSGF, the electronic publication *Updates* was developed.

The first two issues of the monthly *Updates* were released in February and March of 2010 and included hyperlinks to recent additions to the following website sections: Online Poll, News Articles & Announcements, Research Articles and Reports, Links, and Upcoming Events.



Charting the Course: a word from the Board

Since the release of its inaugural issue in January 2009, *Charting the Course* has helped communicate the strategic direction that guides the activities of the NSGF.

An important accountability document, this publication provides updates to stakeholders on the work and decisions of the Foundation's Board of Directors.

In 2009-2010, three issues of *Charting the Course* were released: in May, August, and December of 2009.

A Balancing Act: Gambling and Public Health

During election time, many important social and public health issues - like gambling - are raised by politicians on the campaign trail and by members of the public and media; however, the quality of discussion on these issues relies on all parties understanding the issue's history as well as its social and political context.

In keeping with the NSGF's strategic priority to help inform balanced dialogue on gambling, the Foundation provided an informative background on gambling in Nova Scotia to politicians, community leaders, and to members of the media during the 2009 Nova Scotia Provincial Election. This publication, titled "*A Balancing Act: Gambling and Public Health*," was distributed in advance and in anticipation of the Leaders' Debates.

NSGF in the News

Part of our efforts to help inform balanced dialogue in the community means responding publicly to gambling-related issues relevant to Nova Scotia. As a not-for-profit, arms-length government organization that encourages and supports an independent response to problem gambling, the NSGF is uniquely positioned to provide balanced input on the impact of gambling on public health in Nova Scotia.

Informed by statistics and information from the *2007 Adult Gambling Prevalence Study* and related research, the NSGF weighed in on various important gambling issues and debates in 2009-2010.

Highlights include the following:

- In April 2009, the NSGF expressed concern about the Atlantic Lottery Corporation's Request for Proposals to expand online gambling opportunities in Nova Scotia. It is widely accepted by problem gambling researchers and specialists that easy accessibility to gambling is linked to a higher risk of problem gambling development.
- In August 2009, the NSGF called for information-sharing on gambling changes in response to the Atlantic Lottery Corporation not having notified the general public of its increase to weekly online gambling limits from ninety-nine to one thousand dollars. Open, transparent information-sharing is vital if Nova Scotia is to effectively meet the needs of the more than 47,000 Nova Scotians who are at-risk or already experiencing gambling problems.
- In recognition of National Addictions Week in Canada (November 15-20, 2009), the NSGF illustrated to the public the magnitude of problem gambling issues in Nova Scotia. Because it is often difficult to conceptualize a number or percentage, the following comparison was made: the number of adults in Nova Scotia at risk or already experiencing problems with their gambling is roughly equal to the entire population of Lunenburg County, which includes, among others, the towns of Bridgewater, Lunenburg, and Chester, according to the 2006 Statistics Canada census.
- In anticipation of the holiday season, in December 2009 the NSGF cautioned Nova Scotians to think twice before buying scratch tickets and gambling-related items as stocking stuffers for children and youth. Not only is underage gambling an illegal activity, research shows that it can increase the potential for youth to develop gambling problems later in life.

English is...
Reading
Writing
Listening
Speaking

Public Writing

• All writing is a response to a situation or audience.

• All writing has a purpose.

• All writing is a choice.

• All writing is a process.

• All writing is a craft.

• All writing is a form of communication.

• All writing is a form of expression.

• All writing is a form of identity.

• All writing is a form of power.

• All writing is a form of resistance.

• All writing is a form of love.

• All writing is a form of life.

The Writing Process

Pre-writing	Writing
Brainstorming	Drafting
Researching	Revising
Outlining	Editing
Organizing	Proofreading
Generating ideas	Finalizing

Parts of a Personal Letter

Header

Salutation

Body

Closing

Signature

Postscript



Building Capacity to Make a Difference

Supporting problem gambling research in Nova Scotia is a key part of what we do. Whether providing funds to Master's and PhD students to conduct quality research projects related to problem gambling, teaming with the Nova Scotia Health Research Foundation to provide grants to researchers, or collaborating with other provinces through the Interprovincial Consortium on Gambling Research, the Nova Scotia Gaming Foundation is committed to building the research capacity needed to make a difference.

Research Studentships

Nova Scotia is home to some of the best gambling researchers in the world. By providing the opportunity for Master's and PhD students in Nova Scotia to conduct research projects related to problem gambling, the NSGF is helping to ensure this trend continues.

In 2009-2010, Research Studentships were approved for three students: Amanda Hudson-Ellsworth of Dalhousie University, Roderick Clark of Dalhousie University, and Mike Buckley of Capella University.

Research Studentship Charts

Research Studentships Approved in 2009-2010:			
Recipient	Project	Project Duration	Grant Amount
Mike Buckley, Capella University	<i>A Self-Administered Problem Gambling Screen as Motivational Therapy for Problem Gambling</i>	Two Years	\$10,000.00
Roderick Clark, Dalhousie University	<i>An Investigation of Implicit Associations Across Gambling Treatments</i>	One Year	\$5,000.00
Amanda Hudson-Ellsworth, Dalhousie University	<i>Affective Biases in Problem Gamblers</i>	One Year	\$5,000.00

Research Studentships Approved in Previous Years that Continued into 2009-2010:				
Recipient	Project	Year Awarded	Project Duration	Grant Amount
Shaughney Aston, University of South Australia	<i>Women Living with Gambling Problems in Rural Nova Scotia</i>	2008-2009	One Year	\$4,379.00
Sabrina Demetriooff, Dalhousie University	<i>An Evaluation of Gender Differences in Gambling Motives in University Students</i>	2008-2009	Two Years	\$10,000.00
Daniel McGrath, Dalhousie University	<i>Personality Characteristics, Motivations for Gambling, and Substance Risk Among Young Internet Gamblers in Nova Scotia</i>	2008-2009	One Year	\$5,000.00

Amanda Hudson-Ellsworth

Affective Biases in Problem Gamblers

Amanda Hudson-Ellsworth of Dalhousie University will research how problem gambling behaviour may reflect a means of dealing with emotional motives such as seeking excitement or repairing negative moods. The project will examine potential impaired emotional and decision-making abilities in problem gamblers and the results may provide insight into factors that contribute to problem gambling.

Roderick Clark

An Investigation of Implicit Associations Across Gambling Treatments

Rod Clark of Dalhousie University will examine the implicit associations that may contribute to problem gambling. His project will look at the associations experienced by gamblers who undergo treatment in order to determine if there are different implicit associations, such as reward or relief, for action vs. escape gamblers at the outset of therapy. The research will also explore whether implicit associations change from the start to the end of treatment.

Mike Buckley

A Self Administered Problem Gambling Screen as Motivational Therapy for Problem Gambling

A PhD candidate of Capella University and a Clinical Therapist and Researcher with Addiction Prevention and Treatment Services in the Capital District Health Authority, Mike Buckley will research the *Self-Administered Problem Gambling Screen (SAPGS)*, a new problem-gambling screening instrument developed by Focal Research Consultants and designed to be user-friendly and self-scored. His study will evaluate the ability of the SAPGS to motivate gamblers who are currently not in treatment to move through the Transtheoretical model stages of change (precontemplation, contemplation, preparation, action, and maintenance) towards a more balanced, controlled, and/or gambling-free life.

Roderick Clark



Amanda Hudson-Ellsworth



Mike Buckley



Shaughney Aston



This past year, one project was completed and two 2008–2009 Research Studentships continued.

Shaughney Aston

Women Living with Gambling Problems in Rural Nova Scotia

In 2008, Shaughney Aston, a PhD candidate of the University of South Australia and Clinical Therapist and Researcher with Addiction Services in the Annapolis Valley District Health Authority, received funding from the Nova Scotia Gaming Foundation to investigate the effect of gender and rural location on the everyday lives of women experiencing gambling problems in rural Nova Scotia. Aston's research, titled *Women Living with Gambling Problems in Rural Nova Scotia*, will apply information gathered from meetings with leading Australian academics and practitioners working in the intersecting fields of problem gambling, addiction, gender, and rurality to the review of interviews with rural Nova Scotian women.

By drawing on learnings from the international research community, this research will lay important groundwork for future investigation into the challenges facing individuals, families, and communities affected by gambling harm in rural Nova Scotia.

Sabrina Demetriooff

An Evaluation of Gender Differences in Gambling Motives in University Students

Sabrina Demetriooff, a PhD candidate in Clinical Psychology at Dalhousie University, continued her evaluation of the influence of gender on motives for gambling behaviour in University Students.

In 2008-2009, Sabrina Demetriooff, a PhD candidate in Clinical Psychology at Dalhousie University, was awarded a two-year Research Studentship Award to examine the influence of gender on university students' motivations to gamble. Her research draws from undergraduate surveys conducted at three Canadian universities: Dalhousie University in Halifax, Carleton University in Ottawa, and the University of Manitoba in Winnipeg; and compares the differences in gambling motivations between problem and non-problem gamblers.

In 2009-2010, Demetriooff completed the planning and began the coordination of data collection for her research project. She plans to complete the data collection process in Spring 2010, and will conduct her analysis in Summer 2010.

Daniel McGrath

Personality Characteristics, Motivations for Gambling, and Substance Risk among Young Internet Gamblers in Nova Scotia

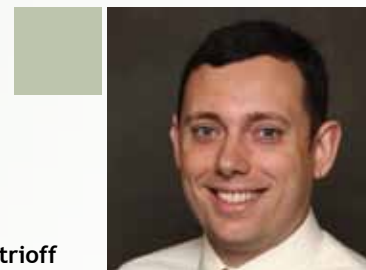
In 2008-2009, Daniel McGrath, a PhD candidate in Experimental Psychology at Dalhousie University, was awarded a one-year Research Studentship grant with the option to apply for renewal. Through a survey of 120 young adults who self-identified as Internet gamblers, McGrath's research investigates the extent to which various psychological factors contribute to problems with Internet gambling in young adults 19 to 30. McGrath's research is a critical step in developing prevention and awareness campaigns that address the potential for harm from Internet gambling among young adults in Nova Scotia.

McGrath began gathering data for his research project in early 2010 and expects to continue this process into Summer/Spring 2010.

“ *The NSGF studentship has allowed me to continue my doctoral study at a critical time when access to key researchers in my field is necessary.* ”

Shaughney Aston, PhD candidate
and 2008-2009 Research Studentship Recipient

Daniel McGrath



Sabrina Demetriooff



NSGF Supports Gambling Research

In addition to providing Research Studentship grants to talented young researchers, the NSGF funds select gambling-related projects in partnership with the Nova Scotia Health Research Foundation (which are subject to the NSHRF peer review process) and also offers Research Grants, which provide up to \$60,000 for gambling-related projects that occur over a three-year period.

In 2009–2010, one NSGF-funded NSHRF research project concluded while one continued. Also, one Research Grant project concluded while two continued.

Keeping Female Caregivers Healthy

Stephanie Wood: *Exploring the Leisure Experiences of Caregivers to Persons Harmfully Involved in Gambling, Alcohol and/or Drugs*

Leisure plays an important role in the health of both individuals and communities; however, only a limited amount of data is currently available on the leisure activities of caregivers who tend for persons harmfully involved with alcohol, drugs, and gambling. In 2008, Stephanie Wood, a Master's candidate in the Department of Health and Human Performance at Dalhousie University, was given funding through the Nova Scotia Health Research Foundation to explore the leisure experiences of female caregivers in Nova Scotia.

Wood's research, completed in 2009-2010, determined that leisure is an essential component of the health and wellbeing of women who care for persons harmfully involved with alcohol, drugs, and gambling, and that providing and supporting leisure opportunities is one of the best ways to maintain the health of caregivers.

Nicotine and VLT Gambling

Daniel McGrath: *The Effects of Nicotine and Smoking on VLT Gambling Behaviour*

In 2008, Dalhousie University Ph.D. candidate Daniel McGrath was awarded continued Nova Scotia Gaming Foundation funding through the Nova Scotia Health Research Foundation to further his study of how smoking and tobacco use impacts the propensity to gamble. McGrath's research examines gambling-related thoughts, behaviour, and reinforcement in video lottery terminal (VLT) gamblers who are given randomized access to one of the following: nicotine-containing cigarettes, placebo cigarettes, nicotine inhalers, or placebo inhalers.

McGrath completed data collection for his project in 2009-2010 and plans to publish his findings in a peer-reviewed journal in Fall 2010.

Smoking, Drinking, and VLT Use

Dr. Sherry Stewart: *Investigations of the Reward Mechanisms Involved in Pathological Gambling – Alcohol Use Disorder Comorbidity*

In early 2010, Dr. Sherry Stewart, Professor of Psychiatry, Psychology, Community Health and Epidemiology at Dalhousie University, completed her seven-year investigation into the correlation between alcohol consumption, nicotine use, and video lottery terminal (VLT) gambling behaviours.

Her research, titled "Investigations of the Reward Mechanisms Involved in Pathological Gambling - Alcohol Use Disorder Comorbidity," involved three studies that measured participants' heart rates to determine their arousal reaction to various stimuli: the first study found that probable pathological gamblers are no more susceptible to alcohol and/or VLT play-induced heart rate accelerations than non-pathological gamblers; however, results from the second study suggest that VLT players who gamble for excitement

(action players) may find VLTs more exciting when they are drinking alcohol. Finally, the third study revealed that heart rates, and therefore arousal levels, were highest in participants who had ingested alcohol and nicotine while playing on the VLTs.

Dr. Stewart is hopeful that her project's findings may contribute to the identification of a reward mechanism common to these addictive behaviours.

Measuring Acupuncture's role in Addiction Recovery

Dr. Robert Gilbert: *The Efficacy of Auricular Acupuncture in Reducing Anxiety Associated with Addiction Recovery*

Anxiety is a natural emotion of individuals in recovery from problem gambling; however, left unaddressed, it can complicate treatment and increase the risk of relapse. Recognizing the potential of alternative therapies to help clients manage their anxiety, many addiction treatment programs worldwide offer alternative therapies like acupuncture and meditation in addition to traditional therapies.

The National Acupuncture Detoxification Association (NADA) protocol of auricular acupuncture, which involves inserting needles into specific points on the ear, is an especially common form of acupuncture. Popular in treatment programs across Europe and North America, it is available to clients of Capital Health Addiction Prevention and Treatment Services in Halifax Regional Municipality.

In 2007, Dr. Robert Gilbert from the QEII/Dalhousie University's School of Health Sciences began the first formal research ever to evaluate the efficacy of this therapy in a setting of addictions recovery. His study divided 103 participants from Capital Health's regular addiction treatment programs, many of whom self-identified as problem gamblers, into three treatment groups: those who

received NADA protocol auricular acupuncture treatments, those who received 'sham' acupuncture in points that have not been documented to have a therapeutic effect, and a control group who received directed relaxation instruction.

After comparing the pre- and post-baseline anxiety and physiological measures of all members, the research showed that anxiety levels, heart rate, and systolic blood pressure were significantly reduced in all of the treatment groups; however, there were no statistical differences between the three groups.

Dr. Gilbert completed his research project in 2009 and presented his findings at Halifax's Issues of Substance Conference in November. Gilbert also gave a Knowledge Transfer Presentation in February 2010 to Addictions Services members from three District Health Authorities. A second knowledge transfer session is slated for June 2010.

Investigating Barriers to Change

Dr. Steven Smith: *The Role of Selective Exposure and Subsequent Information Processing in Health Behaviour*

According to Dr. Steven Smith, Associate Professor in the Psychology Department of Saint Mary's University, a major challenge to the efficacy of health promotion campaigns is the natural tendency for individuals to avoid information that contradicts their pre-existing beliefs and to instead give selective attention to information that supports their preconceptions.

Through his NSGF-sponsored research project, Dr. Smith seeks to determine what motivates individuals to accept and digest messages intended to help reduce gambling harm and which strategies might reduce some peoples' tendencies to avoid or ignore this information. It is hoped that this knowledge can be used to help encourage Nova Scotians who are at-risk or experiencing gambling harm to seek treatment.

The research involves three studies of different demographics: the first two are designed to measure university students' attitudes and impressions about banning online gambling sites. The third involves volunteers from Addiction Services' gambling prevention research panel, which includes approximately 300 Nova Scotians who fall into one of the following categories: problem gamblers, at-risk gamblers, or non-problem gamblers. This study will be useful in determining the best approach to encourage those affected by gambling harm to seek treatment.

In 2009-2010, Dr. Smith's team completed the first of the three studies and began the pre-test of materials and data collection for the second, slated to commence in Summer 2010. The research team also attended the 11th annual conference of the Society of Personality and Social Psychology on January 23-30 in Las Vegas, Nevada, and one team member attended a training workshop in advanced statistical technique at the University of Kansas.

Provinces Collaborate on Research

The Interprovincial Consortium on Gambling, of which the Nova Scotia Gaming Foundation is a funding partner, has undertaken three national research initiatives to develop valid measurement instruments that assess problem gambling impacts and indications for risk.

Other organizations who helped fund one or all of the research initiatives include the following: the Addictions Foundation of Manitoba, the Ontario Problem Gambling Research Centre, the Gaming Policy and Enforcement Branch of British Columbia, the Canadian Centre on Substance Abuse, New Brunswick Department of Health, Saskatchewan Liquor and Gaming Authority, Ministère de la Santé et des Services Sociaux du Québec, the Manitoba Gaming Control Commission, the Canadian Centre on Substance Abuse, and the Alberta Gaming Research Institute.

In 2009–2010, the Interprovincial Consortium made the following progress:

Canadian Adolescent Gambling Inventory

The *Canadian Adolescent Gambling Inventory (CAGI)* is an instrument for assessing gambling risk and problem gambling in adolescents between the ages of 13 and 17 and can be used to collect prevalence data to inform the development of treatment, prevention, and intervention programs; inform policy; and guide future research. In addition to assessing whether an individual has a gambling problem, the *CAGI* also looks at psychological, social, and financial dimensions of harm. The *CAGI* is available in both English and French, and an abridged version limited to 5 or 6 questions is available as an initial screening tool for use in clinical settings.

The *CAGI* was developed through the modification of the *Canadian Problem Gambling Index (CPGI)* and input from field research. In 2009-2010, the *CAGI* completed its third and final phase of development: the fine-tuning of the instrument through clinical trials using a sample of Canadian youth who were at greater risk of having problems with gambling or who were experiencing problems with gambling.

The goal of Phase III was to assess the classification accuracy, validity, and reliability of the *CAGI* for detecting problem gambling behaviours against a clinical assessment, and to compare the *CAGI* with existing instruments for youth problem gambling.

In developing and testing the *CAGI*, two conclusions were clear. First, Canadian provinces and territories need to engage in large-scale studies of youth populations to obtain reliable data regarding the prevalence of problem gambling behaviours among youth. Second, this research should involve long-term studies to gain awareness of how prevalence rates change as individuals transition from youth to adulthood.

On September 3 and 4, 2009, lead *CAGI* researcher Dr. Joël Tremblay presented the *CAGI* to an international audience of gambling experts and researchers at the International Symposium on Gambling and Addictions in Montreal.

The official launch of *CAGI* is scheduled for Summer 2010.

Socio-Economic Impact of Gambling Framework

In 2009-2010, the Interprovincial Consortium funded further investigation to bolster the *Socio-Economic Impact of Gambling Framework's (SEIG Framework)* effectiveness and usefulness to policy makers and researchers. Released in 2008, the *SEIG Framework* is a tool designed to measure the social and economic costs and benefits of gambling in six impact domains: health and well-being, economic and financial, employment and education, recreation and tourism, legal and justice, and cultural.

This goal of this year's funded research was to investigate the information and/or research required to encourage the *SEIG's* implementation as a tool to inform policy.

Canadian Problem Gambling Index

In 2001, the Interprovincial Consortium launched the *Canadian Problem Gambling Index (CPGI)*, a research tool designed to measure the prevalence of gambling and problem gambling in the general population. By including indicators of social context and degrees of problem severity, the *CPGI* provides a more complete view of gambling than earlier instruments. To date, the *CPGI* has been tremendously well received and has been used in all Canadian provinces and internationally, including in Australia, Norway, and Iceland.

This past year, the Consortium funded a Scientific Advisory Panel consisting of Dr. Norbet Schmitz, Dr. Sherry Stewart, and Dr. Joël Tremblay to conduct a review and refinement of the *CPGI*. This includes a study to enhance and develop the *CPGI* items to assess harm and an examination of the critiques of the *CPGI*.

NSGF Launches Independent Research Project

The Nova Scotia Gaming Foundation has a mandate to support independent gambling research in the province, and as a not-for-profit, arms-length organization it is uniquely positioned to do so. This past year, when the Province announced the launch of the Informed Player Choice System (now referred to as the My-Play System) in Nova Scotia, the NSGF saw an opportunity to support a research initiative that would evaluate the system's potential to reduce gambling risk and harm to Nova Scotians.

Consequently, the Nova Scotia Gaming Foundation announced the launch of its first-ever strategic research project in September of 2009. The project aims to examine the impacts of the new system on high-risk and problem gamblers and will be carried out in two phases: Phase One involves the recruitment of VLT players to take part in a confidential non-government Video Lottery Player Research Panel, which will help establish a baseline pre-measure of behaviours, opinions, and attitudes of regular video lottery terminal players. Phase Two will involve conducting surveys with all Research Panel participants and analyzing the data.

In 2009-2010, the NSGF commissioned the independent Nova Scotia research firm, Focal Research Consultants Ltd. to conduct Phase One. Beginning in late February, trained staff from Focal Research began visiting VLT retail sites throughout the province to offer VLT players the opportunity to join the private Research Panel. The Research Panel offers players the opportunity to share their experiences and opinions about the video lottery terminal program and VLT play without being identified.

What is the My-Play System?

The My-Play System is a card-based player tracking system that provides users with various self-monitoring features including account summary information which reveals the amount spent per day, per month, and per year; a summary of wins/losses for the current play session; options to set time and money limits; and the ability to self-exclude or limit access to play.

The Synopsis Project: Developing New Tools for Gambling Research

The Gambling Research Synopsis Inventory (aka the Synopsis Project) is an online database that contains concise summaries of gambling-related research articles. Designed to provide gambling-related research to a wide audience, the Synopsis Project is a useful tool for service providers, policy makers, researchers, practitioners, government agencies, stakeholders, and the general public alike.

The NSGF partnered with the Ontario Problem Gambling Research Centre and the Centre for Addiction and Mental Health (CAMH) to bring this gambling-specific research tool to Nova Scotians. At the close of 2009-2010, the Synopsis Project was in its final stages of development, and it is slated to launch in Spring 2010.



Meet the Board of Directors



Jim MacCormack, Ben Eoin - Jim MacCormack is Chair of the Board of Directors of the Nova Scotia Gaming Foundation and has been a member since August of 2005. Jim holds a Master's degree in Social Work and is retired from a distinguished 40-year career as a public servant for both the Province of Nova Scotia and the Cape Breton Regional Municipality. A dedicated volunteer, Jim has served and chaired numerous boards throughout his life.



Jerome Aucoin, Sydney - Jerome Aucoin recently retired as a Clinical Therapist and Problem Gambling Specialist with Addiction Services at the Cape Breton District Health Authority. Jerome's 20 years of experience developing programs and services aimed at the prevention and treatment of problem gambling are testament to his commitment to making gambling safer for the people of Nova Scotia.



Janice Fraser, New Glasgow - Janice Fraser is a Manager of Community-Based Services at Addiction Services in the Pictou County Health Authority. Previously a Clinical Therapist and Problem Gambling Specialist, Janice has a long-standing interest in a broad-based approach to addiction and social problems and has served on the Provincial Gambling Task Force, the Provincial Gambling Initiative Group, and the Provincial Committee for Best Practices for Problem Gambling.



Gary Grant, Hammonds Plains - Gary Grant is a 26-year veteran of the Royal Canadian Mounted Police. His professional postings include Ottawa (Ontario); Ferryland and Whitbourne (Newfoundland); and Liverpool, Bridgewater, and Halifax (Nova Scotia). Gary holds the Commanding Officer's Commendation for innovative drug education development with the Nova Scotia Commission on Drug Dependency and is a standing member of the Nova Scotia RCMP Veterans Association.



Dave Whiting, Yarmouth - Dave Whiting is the General Manager of the Yarmouth Development Corporation and has been the Port Manager of the Port of Yarmouth since it was divested by Transport Canada in 2001. A retired member of the RCMP, Dave is the Foundation Chair of the Independent Marine Ports Association of Canada, a member of the Executive Committee of the North Atlantic Ports Association, and a member of the Maritime Seacoast Advisory Board and the Board of the Nova Scotia Museum.



Tracy Schrans, Boutilier's Point - Tracy Schrans is President of Focal Research Consultants and has extensive population and applied research experience in the area of gambling, with specific expertise in electronic gambling machines. Tracy was on a leave of absence from the Nova Scotia Gaming Foundation Board of Directors starting July 2009, and this leave was made permanent following her resignation in March 2010.



Nova Scotia Gaming Foundation Financials

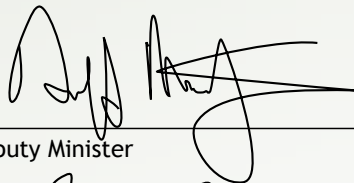
Nova Scotia Gaming Foundation

Balance Sheet

March 31, 2010

ASSETS	2010	2009
Current Assets	\$ 258,896	\$ 3,453,259
Cash (Notes 3 and 6)	3,358,437	-
Investments (Note 4)	50,149	11,026
Accounts receivable (Note 5)	3,777	403
Prepaid expenses	48,449	52,064
Due from Nova Scotia Gaming Corporation	<u>\$ 3,719,708</u>	<u>\$ 3,516,752</u>
 LIABILITIES AND FUND BALANCE		
Current Liabilities	60,869	32,860
Accounts payable and accrued liabilities	<u>259,996</u>	<u>157,485</u>
Grants payable	320,865	190,345
 Long-term Grants Payable	<u>24,889</u>	<u>62,698</u>
	<u>345,754</u>	<u>253,043</u>
 Fund Balance	1,058,035	1,055,214
Unrestricted	<u>2,315,919</u>	<u>2,208,495</u>
Community Development Account (Note 6)	<u>3,373,954</u>	<u>3,263,709</u>
	<u>\$ 3,719,708</u>	<u>\$ 3,516,752</u>

APPROVED ON BEHALF OF THE BOARD



Deputy Minister



Director

A complete set of the audited financial statements for the NSGF are available at
www.nsgamingfoundation.org/annual-reports.aspx

Nova Scotia Gaming Foundation

Statement of Operations and Changes in Fund Balance

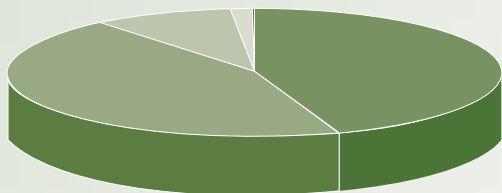
For the Year Ended March 31, 2010

	Unrestricted	Community Development Account	2010 Total	2009 Total
Revenues				
Nova Scotia Gaming Corporation	\$ 315,473	\$ -	\$ 315,473	\$ 327,609
VLT retailers	315,473	-	- 315,473	327,609
Investment Income	8,558	58,023	66,581	72,343
Miscellaneous	10	-	10	-
Unused grants	-	<u>11,448</u>	<u>11,448</u>	<u>32,751</u>
	<u>639,514</u>	<u>69,471</u>	<u>708,985</u>	<u>760,312</u>
Expenses				
Grants (Note 7)	121,371	73,412	194,783	326,118
Salaries and benefits	285,940	-	285,940	217,619
Board and Committee meetings	17,188	-	17,188	17,881
Travel	2,975	-	2,975	2,313
Professional fees	14,850	-	14,850	16,268
Office expenses and rent	70,321	-	70,321	30,974
Conference	14,375	-	14,375	37,512
Research expenses	107,446	-	107,446	1,685
Amortization of premium	2,227	-	2,227	176
Adjustment to fair value	-	-	-	<u>844</u>
	<u>636,693</u>	<u>73,412</u>	<u>710,105</u>	<u>651,390</u>
Excess of revenues over expenses	\$ 2,821	\$ (3,941)	\$ (1,120)	\$ 108,922
Fund balance, beginning of year	<u>1,055,214</u>	<u>2,208,495</u>	<u>3,263,709</u>	<u>3,154,787</u>
	1,058,035	2,204,554	3,262,589	3,263,709
Unrealized gains in CDA Accounts	-	<u>111,365</u>	<u>111,365</u>	-
Fund balance, end of year	<u>\$ 1,058,035</u>	<u>\$2,315,919</u>	<u>\$3,373,954</u>	<u>\$3,263,709</u>

A complete set of the audited financial statements for the NSGF are available at
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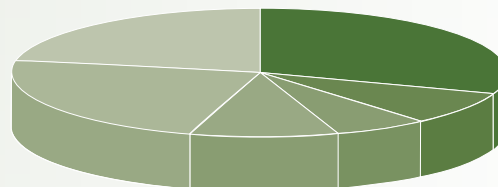
Nova Scotia Gaming Foundation

Revenue and Expenses



Revenue

VLT Retailer Commissions	\$315,473
Nova Scotia Gaming Corporation	\$315,473
Investment Income	\$66,581
Miscellaneous	\$10
Unused Grants	\$11,448



Expenses

Grant Funding	\$216,028
Community Programming	\$59,049
Internal Capacity	\$43,464
Public Debate and Awareness	\$68,437
Research Programming	\$168,028
Administration	\$155,099

A complete set of the audited financial statements for the NSGF are available at
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Nova Scotia Gaming Foundation Annual Report 2009-2010

Written by: Jen Wheatley, NSGF

Designed by: Shelly Molgaard, RGD, MGDC, Krylen Design





ANNUAL REPORT 2009 - 2010

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