

## East Midlands NHS Gambling Harms Service

We are based in Derby and offer specialist treatment and support to people experiencing gambling harm across Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire, and Rutland.

### Criteria

- 18 years of age or over
- Registered with a GP in the East Midlands (Derbyshire, Leicestershire, Lincolnshire, Northamptonshire, Nottinghamshire, or Rutland)
- Experiencing current or recent problematic gambling, resulting in harm to themselves and/or to other people
- Can travel to the service in person or who can commit time for assessment and treatment remotely by telephone or video call (on Microsoft Teams)
- Consents to treatment and agree to engage with our team.

### Further information

Our website provides more in-depth detail regarding the service.

The service will aim to see up to 450 people per year.

The support offered will largely be through virtual support in group settings.

Individualised and face to face support may be offered where required.

#### **Self-Assessment**

For people who want to get a better understanding around their pattern of gambling and to see if support is suitable for them, a self-assessment questionnaire will be available on our website.

#### **Referral**

Referrals can either be through self-referral or professional referral.

Our service will be contactable via an 0300 number or via email. We are also developing a website, launching in early June:  
[eastmidlandsgambling.nhs.uk](mailto:eastmidlandsgambling.nhs.uk)

All referrals will be responded to within 72 hours.

#### **Triage**

A member of the triage team will contact and ask some basic information and personal details.

We will also provide details of other organisations that offer immediate support and advice.

We will send, by email or post, questionnaires to further support the referral.

## **Service Model**

### **Assessment**

Contact will be made up to 14 days following referral to arrange a comprehensive assessment with one of our mental health practitioners.

Following assessment, a care plan will be agreed with the clinical team which will include the treatment pathway.

### **Preparation workshops**

Our assistant psychologists and other team members will support 3 preparation workshops:

Workshop 1 – Exploring motivation to change

Workshop 2 – Stimulus control

Workshop 3 – Recovery and planning for the future.

### **CBT sessions**

Our CBT therapists will then provide 8 sessions of support. Sessions will cover everything from triggers and craving to activities and planning for the future.

Homework exercise and questionnaires will be sent out to support progress beyond sessions.

### **Specialist interventions**

Our service can also provide specialist interventions such as Psychodynamic therapy and Naltrexone prescribing. The specialist pathway will be decided through the MDT meeting.

### **Relapse prevention**

If required a relapse prevention plan can be collaboratively developed to support ongoing change. Individuals will also be able to attend monthly groups facilitated by a member of the team with lived experience.