

GAMBLING AWARENESS

NBA players make anonymous plea about fixing gambling problem

The NBA has been nothing short of chaotic this season, as there have been an array of storylines outside of the actual game of basketball. One of those storylines happened to occur at the beginning of the season, when Terry Rozier, Damon Jones and Chauncey Billups were arrested due to federal gambling charges.

Those cases are still ongoing, but it has seemed to become a bigger issue over the past few years, especially with the league partnering with sports betting apps to gain revenue.

Players are finally speaking their truth about the gambling issue, and in an anonymous poll made by The Athletic, they were asked if the integrity of the game is in danger. 74.6% said no, while the remaining thought differently.

“I don’t think we have an integrity issue,” one player said. “It’s almost like it’s the beginning of possible issues that could happen because of gambling. It’s getting more negative attention that could affect the purity of the game.

“The purists, we just want to play.”

On the other hand, there is a scenario where things could get out of hand, and some of the players are already seeing it.

“They have to do something with gambling,” one player said. “If they don’t, the league is in trouble.”

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BETTOR CHOICE GAMBLING TREATMENT PROGRAM

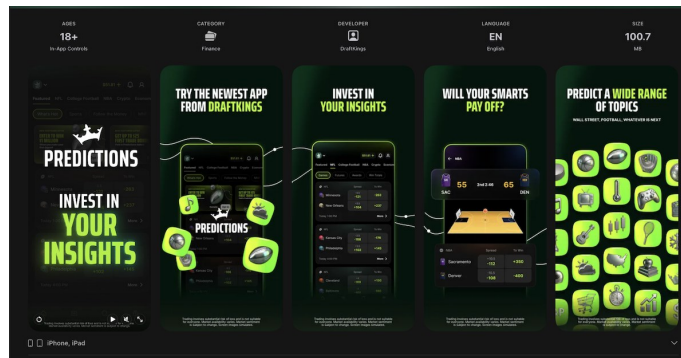
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“We go out, and I can hear a fan say, ‘Please get 11 points,’ you know what I’m saying? I just feel like that’s (messed) the game up a little bit,” a second player said.

It has also gotten to the point where players are partnering with prediction markets, such as Giannis Antetokounmpo owning a percentage of Kalshi.

“I don’t think the (NBA’s) integrity is in danger; I think it’s just a lot of new stuff people are taking advantage of,” a player said. “It’s just like college with NIL starting. You don’t have specific rules until someone tries to alter or break them, and then you find more reasons to implement different rules.”





What are Prediction Markets and how can we use them safely?

By Holly Savitsky, LCSW, ICGC-II

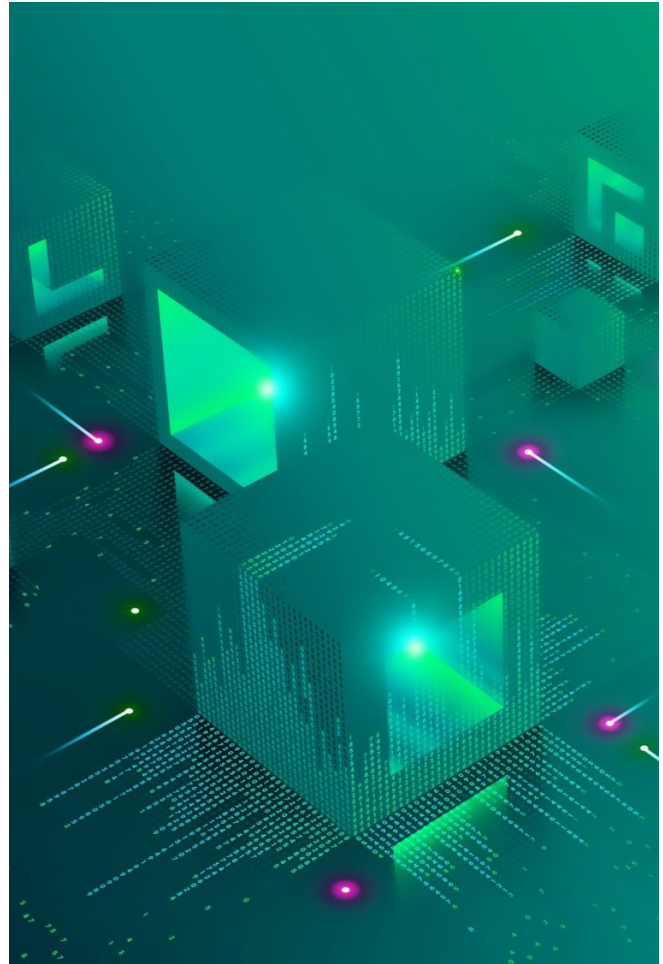
Prediction Markets have exploded in popularity over the past several years. According to the Pew Research Center, Prediction market trading volume has risen from just under \$5 billion monthly in mid-2025 to nearly \$24 billion in April 2026. But what are they and how do they work?

Prediction Markets are exchange-trade markets that allow users to bet money on future events with unknown outcomes, typically focused on different business, political, sports, and cultural events. Prediction markets utilize a financial instrument known as an “event contract”, in which users buy a “yes” or “no” position priced between \$0-\$1. The prices correspond with the probability of an event outcome, which is determined by what the public believes at any given time. The closer to the \$1 mark that the contract is, the higher the expected probability of the event happening. For example, if the public determines there is a 70% chance of X team winning a professional game, corresponding “yes” contracts are priced at about \$0.70 before trading fees. The corresponding “no” contracts cost \$0.30. While the markets don’t define that the activity is gambling, the very definition of gambling is betting something of value on an unknown outcome.

While a fun entertainment for many, similar to gambling, some people have engaged in compulsive betting on the prediction markets and experienced serious financial and emotional harm. Prediction Market platforms, such as Kalshi and Polymarket, offer several proactive features to help mitigate risks. They offer deposit and spending limits, which can be set by the user to cap the amount that they can deposit or spend. They also allow users to set temporary “cool off” periods, where their ability to trade is disabled for a period of time. Both platforms also have dashboards that allow the user to view trading history, total amounts wagered, and their profits and losses, which is a beneficial tool as many people will report that they got “caught up” and it “didn’t feel real” until they realized they were in financial trouble. Finally, both platforms offer the option for users to self-exclude, which means that they are unable to use the platform for a set period or even permanently.

TAKING BACK CONTROL STARTS HERE

SelfExclude.io was developed as a voluntary program designed to help you hit "pause" on prediction markets whenever you feel the need. Whether you need a short break or a longer pause, it's about giving yourself the space to breathe and reflect while protecting what matters to you most.



HOW IT WORKS

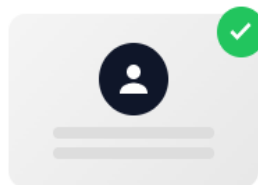
SIMPLE, SECURE, CONFIDENTIAL

Self-exclusion takes just a few minutes and helps you take a break from prediction market trading.



CREATE ACCOUNT

Sign up with your email and create a secure account to begin the enrollment process.



VERIFY IDENTITY

Complete identity verification using your government-issued ID to ensure accurate matching.



CHOOSE DURATION

Select a fixed timeframe that helps you meet your goals. Options include 1 month, 3 months, 6 months, or 1 year.

SELF-ASSESSMENT

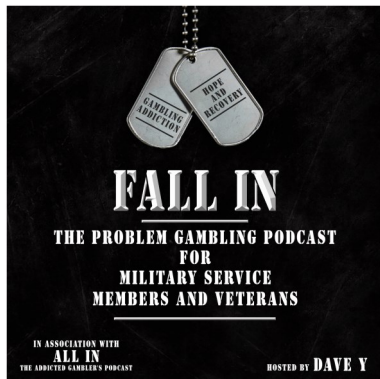
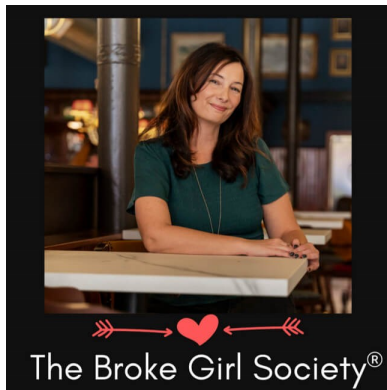
WARNING SIGNS

If you identify with 2 or more of these statements, it may be time to consider self-exclusion.

1. Do you check prediction market prices compulsively throughout the day?
2. Have you taken positions larger than you can afford to lose?
3. Do you find yourself “revenge trading” after losses to get even?
4. Has your prediction market activity affected your work, relationships, or sleep?
5. Do you hide your trading activity or losses from family/partners?
6. Have you borrowed money or used credit to fund your trading account?
7. Do you feel anxious or irritable when you can't access the markets?
8. Have you tried to stop or reduce trading but couldn't?

PROBLEM GAMBLING RESOURCES

PODCASTS



KEEP GAMBLING SAFE & AFFORDABLE




- Set a **limit** on how much time & money & stick to it.
- View gambling as entertainment, not as a way to make money.
- Balance** gambling with other leisure activities.

If you gamble and spend more time & money than planned, take a break.

CONCERNED ?
HELPLINE Confidential 24/7
1-888-789-7777


KEEP THE PROBLEM OUT OF GAMBLING

- Gamble with limits on time, frequency, & duration.
- Gamble in a social setting with others, not alone, & with money you can afford to lose.



Problem Gambling **Helpline: 1-888-789-7777**
www.ct.gov/dmhas/pgs

Low Risk Gambling is



- A form of recreation, not to make money nor to make up for previous losses.
- Setting limits on time, frequency, and duration.
- In a social setting with others, not alone.
- With money you can afford to lose.

High Risk Gambling is when

- Coping with grief, loneliness, anger or depression.
- Under financial pressure and stress.
- Recovering from mental health or substance use disorders.
- Using alcohol or other drugs, or is under legal age to gamble.

Problem Gambling Services, CT State Dept. of Mental Health & Addiction Services
www.ct.gov/dmhas/pgs

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