



Unmasking Youth Sports Betting: Awareness, Purpose, and Resilience



Yehuda Avner LMSW
Executive Director of Elaris Recovery



Sports Betting for Young Adults

The “Reasons” Behind the Rise

- Quick Money
- Social
- Makes the games better

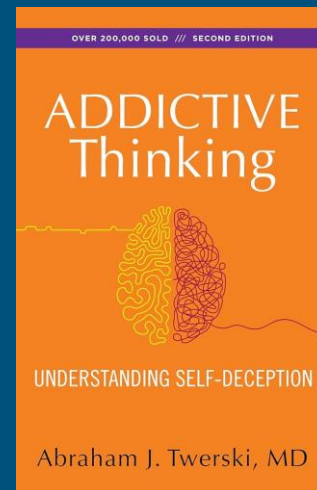
Benefits

- Fun
- Thrill
- I’m Smart

Rabbi Dr. Abraham Twerski



Gateway Rehabilitation Center. Note sign in the foreground.



Low Self-Esteem

2 Types

```
graph TD; A[2 Types] --> B[Thinking Lowly of Ourselves]; A --> C[Thinking Highly of Ourselves]
```

Thinking Lowly of Ourselves

Thinking Highly of Ourselves

Lowly Self-Esteem

- Thinking Lowly of Ourselves
- Constant Need of Validation from Others
- Repeating Unhealthy Patterns
- Louis Litt





Inflated Self-Esteem

- Egotistical
- Overly Confident
- Controlling
- Need to Prove Superiority
- Harvey Specter





Healthy Self-Esteem

- Accepting Who We Are
- Knowing Our Strengths and Weaknesses
- Recognizing Our Inherent Value
- Able to Accept and Grow From Mistakes

The Roots of Self-Esteem

- Positive Connections with Others
- Feeling Valued
- Respected
- Having Meaning and Finding Purpose
- Love

The Role of Others in One's Self-Esteem

- High Expectations
- Academic or Financial Success
- Stacking Up to Siblings
- Family Reputation
- Inability to Make Mistakes
- Respect
- Unconditional vs Conditional Love

Families Don't Cause Addiction – But Relationships Matter

- NO BLAME
 - No Manual to Relationships
 - Societal Pressures
 - Financial Pressures
 - Our Own Pain/Trauma
- Blame vs Responsibility



What Can We Do

- It's Hard!!!!
- 2 Radically Different Approaches
 - Rules and Consequences
 - No Gambling
 - Must Pay Rent
 - Must Have a Job
 - Threat of Being Kicked Out
 - Pure Acceptance
 - Stay in Bed
 - Supporting Lifestyle
 - Giving Money

A Third Approach: The Balanced Approach

- Understanding and Respect
- People Want to Feel Heard
- NO BUTS!!!!!!
- Don't Add Stress, Life is Stressful Enough!

IT'S **NOT**
ABOUT
THE
NAIL



A Third Approach: The Balanced Approach

- Allowing Failure
- Allowing and Validating Emotions
- Sharing in Success



A Third Approach: The Balanced Approach

- De-Escalation
- Understanding Pain
- Random Gifts
- Love

BBC



End of the Day

- Investing in Love Equity
- Tough Love