



ECHO Idaho: Counseling Techniques for SUDs CASE RECOMMENDATION

Project ECHO Idaho (ECHO) case presenters are responsible for ensuring that no personally identifiable information (PII) nor protected health information (PHI) is shared during an ECHO session, in compliance with HIPAA privacy laws, to ensure patient privacy and confidentiality. Panelists and participants involved in reviewing the case may provide recommendations, suggestions, or considerations based on the information presented during an ECHO session. The professional practitioner presenting the case is free to accept or reject the advice and remains in control of the patient's care. ECHO case presentations are informal consultations that do not create or otherwise establish a provider-patient relationship between any ECHO clinician and any patient whose case is being presented in an ECHO session.

Presenter Credential: LBSW, ADC

After review of the case presentation and discussion of this patient's case among the ECHO Community of Practice, the following suggestions have been made:

Summary: 32-year-old female struggling with attendance compliance and addressing trauma. The client is currently diagnosed with depression and anxiety, attends individual and group therapy and participates in case management. The client has been the several treatment programs since 2015, and the first five treatment programs she did not complete. The client currently struggles with attendance to her treatment program, but her drug testing has come up negative for the past six months. The client has a complicated family and medical history and is currently married with one 8-month-old child in the home. She has other children that were adopted by her parents due to having a CPS case.

Question: What are your thoughts about this client's attendance compliance and lack of addressing trauma, given that she has been the most stable during the last six months since 2015?

After review of the case presentation and discussion of this patient's case among the ECHO Community of Practice, the following suggestions have been made:

Recommendations:

- Identify and Reinforce Positive Changes
 - Acknowledge the positive impact of her stable housing and work environment. Encourage her to reflect on how these changes have contributed to her treatment progress.
 - Highlight the significance of completing the higher level of care and how it has helped her achieve stability.
- Goal Setting, Treatment Plan, and Addressing Trauma
 - Discuss her goal of tapering off methadone and completing treatment. Develop a clear, step-by-step tapering plan with her, ensuring she understands the process and potential challenges.
 - Encourage her to set smaller, achievable goals that align with her main objective of completing treatment.
 - Respect her decision not to address trauma at this stage. Emphasize that addressing trauma is not mandated but can be beneficial when she feels ready.
 - Educate her on the concept of generational trauma and how unaddressed trauma can affect her child. Encourage her to explore this when she feels more stable and ready.
- Addressing Group Attendance
 - Discuss the importance of consistent group attendance and how her absence can impact the group dynamics. Frame it in a way that emphasizes the value of her participation for both her and the group. Recognize and praise her engagement when she does attend.
- Support and Referrals
 - Provide referrals for support groups and peer recovery programs that she can choose to engage with privately, without it being part of her court order. This empowers her to make her own decisions regarding her recovery.
 - Offer information about Methadone Anonymous (MA) as an alternative to Alcoholics Anonymous. AA may be detrimental to her recovery while she is still being treated with methadone.

Consider presenting follow-up for this patient case or any other patient cases at a future ECHO Clinic session.

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