



CASE RECOMMENDATION FORM

Presenter Credential: LCSW

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:

Case Summary:

A 77-year-old veteran with a history of adult-onset alcohol dependency, depression, and attempted suicide. Family history of alcohol abuse on his paternal side, including father, and the death of two paternal uncles from alcoholism. Family history of depression and suicide on maternal side, with two maternal relatives who completed suicide. Transition to civilian life started off well. He had an outdoor job that paid well and that he loved it. He did not drink during the time in which he worked this job (i.e., early 20's at the time). He began drinking during his second job, in his mid-20's, while he was a truck driver. Reportedly was unsure why he started drinking at this time. Son passed away a few years ago. This event was the catalyst for alcoholism recovery about a year later. He takes several medications, which he seeks to adjust when he's not feeling well, but this may leave out some of the self-work. He has sobered up and is not concerned about relapse but is currently having trouble finding meaning in his life. He entered long-term care a few years ago and has recently been involved in setting up AA meetings, but it has not quite taken off in the past few months.

Central Questions:

How can someone with a substance use disorder or history of a substance use disorder be able to feel like they have a meaningful life?

Recommendations:

- Help Increase Attendance to AA Meetings:
 - Consider contacting AA district or central offices to add the AA meetings to their official list. This could help increase visibility and attendance.
 - Meetings could also be brought to [TSNAC](#) (i.e., TAC - Treatment/Accessibilities/Corrections) or he could be picked up and brought to a meeting.
 - The AA Bridging the Gap committee may also be willing to send out a few members to help him get started or get word out about the meeting.
- Explore Volunteering Opportunities, such as:
 - with the district or central office, like with the phone line for recovery support in which calls could be forwarded to him,
 - engaging in civic activities, like volunteering at voting booths, or
 - within the local community, like at a food pantry.
- Explore Support and Engagement Activities, such as joining:
 - a senior center,
 - a [Foster Grandparent Program](#) with [Aging Strong](#) as a tutor or mentor for youth, or
 - local initiatives like Joining Forces to help support other veterans.
- Explore VA Programs:
 - Consider having him participate in recreational therapy programs for aging seniors.



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- Establish a Group for Residents:
 - Consider having him establish a group for the residents, where they can share and reflect on life stories and therefore connect on a spiritual level. Encourage reminiscence and discussions about personal impacts on the world, family, and community.
 - This can help in the development of meaningful connections beyond recovery, focusing on shared experiences and communal understanding.
- Utilize Technology and Media to Stay Connected with the Recovery Community:
 - Listen to recovery podcasts.
 - [The Elevate Experience Podcast](#)
 - [The AA Grapevine's Podcast](#)
 - [The Sober Cast](#)
 - Subscribe to recovery newsletters.
 - [The AA Grapevine Magazine](#)

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

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