



## 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:** LCPC

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: 42-year-old female who has stable housing, a high school diploma, works full time, and receives commercial health insurance is struggling depression, PTSD, and substance use (specifically alcohol). The client has a history of losing loved ones to substance use (partner and sister). The patient has become increasingly dependent on alcohol and is currently experiencing health issues that are causing distress and pain. She is seeking medical treatment for liver problems and pain. The client does not have any social support outside of her community relationships centered around activities that include alcohol intake. She feels isolated from her community when she attempts to stop drinking. The client would like help processing trauma and loss and recognizes the need for change in substance habits.

Question: Looking for any means of increasing community substance use reduction supports that are not typical AA, suggestions for helping the client evaluate their insight into behaviors, and ideas about other social/community resources for a single mom with a history of trauma and loss.

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:**

- Given that the client is worried about confidentiality and shame, encourage her to [join online meetings for women with substance use disorder](#). These meetings focus on empowering women rather than the philosophy that many 12-step programs go by.
- Continue to work on this client with her acknowledgement of shame. The client has a wall up in addressing her shame, substance use, and trauma, but she continues to show up. Continue to validate this patient when you can and give gentle confrontations when appropriate. Challenge the client to think about what she really wants and how she is standing in her own way.
- Consider offering other forms of materials and resources for this client such as Brene Brown, who does a lot of work around. If books are not an option for her, encourage her to listen to podcasts or watch videos. Much of Brene Brown's work is available on popular streaming sites.
- Consider treating the client's substance use and trauma at the same time. If you can help the client process "little t" trauma that is causing chaos, it might help her stabilize long enough to address her substance use and some "big t" trauma.
- Consider [Yoga 12-Step](#) or [Phoenix](#) as an active recovery and social resource for this client
- [SUD Radar](#) is a good resource for materials to provide more psychoeducation around SUD.

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

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