



## **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:**

54-year-old, cis-gender, veteran male. Divorced, father of three adult men with minimal communication, and has no contact with grandchildren. Currently living with his elderly mother. Has experienced childhood abuse/poverty and combat related moral injury. History of alcohol dependence, chronic PTSD, and borderline personality disorder. Has had several known medical admissions (i.e., detox) and residential treatment episodes. Currently in detox. Meets with harm reduction coordinator, addiction medicine team while in detox. Is active in Alcoholic Anonymous, home group, sponsor, and with people in recovery. Has had frequent contact with addiction medication (currently Semaglutide). Has also had frequent outreach by harm reduction team with education on how to reduce harm when drinking and on importance of medical detox. Case management is exploring housing options closer to location of treatment/support as he usually returns to drinking when he returns home in rural town.

### **Central Questions:**

The patient's stated goal is, "I want to be sober." What else can be done to help him towards his goal?

### **Recommendations:**

Kudos to you and your team for recognizing how difficult this case is and continuing to work towards solutions

- Consider asking what the drinking is doing for him and what he is getting out of it.
  - In taking the diagnoses of borderline personality disorder into account, he may be seeking environments like detox or meetings where he is surrounded by supportive people, possibly due to a fear of abandonment.
- Consider having him use a stopgap, so using chain analysis and backtracking, as a harm reduction strategy. Map out specific points where the client can pause and implement alternative actions, such as picking up the phone or changing direction, to delay his drinking. He could even hang it on the fridge.
- Social isolation and loneliness resource: <https://committoconnect.org/>

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

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