



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: LMSW

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:

Summary: 40-year-old female with a history of heavy alcohol use, anxiety, and ADHD. Also, has a history of physical abuse by ex-husband and psychological trauma throughout lifetime. No current safety concerns were reported. Was admitted for detox, discharged a couple of days later with referrals and was scheduled for an intensive outpatient program (IOP) the next day. Patient returned to heavy, daily drinking, a few days after discharge and was re-admitted for detox during this time and again about one month later. During the last admission, the patient was being stepped up from IOP for continued alcohol use to partial hospitalization program (PHP). Patient has young children, who were recently being cared for by her ex-husband while she was in the hospital, and has social support from her mom and sister.

Question: Given a lack of rapport with the patient and uncertainty about available resources in Utah, what would be some recommended next steps or referrals if the patient does not return to care?

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:

- She could benefit from engaging in support groups, both for recovery and for dealing with her divorce. These support systems can help normalize her experience, offer encouragement, and provide understanding and validation. She may prefer to participate in a women's only support group due to her prior relationship.
 - Resources:
 - [Ogden Women's AA](#)
 - [Idaho Area 18 – Alcoholic Anonymous](#) (see Online/Zoom options)
 - Celebrate Recovery is usually offered through churches
 - [SMART Recovery](#)
 - [Fit to Recover](#)
- Consider linking her with peer support to aid the transition and bolster her current social support system. A warm handoff to a peer support resource could be helpful.
 - Peer support resources:
 - [Ogden Recovery Community Center](#)
 - [Utah Department of Health & Human Services – Peer Support](#)
- Inquire about her motivation to be sober, which could help align her treatment plan and connect her with relevant resources.
- Consider prompting the PHP to provide trauma care.
- She may need to address the disordered eating in addition to the alcohol use because the combination of weight gain and disordered eating may be a trigger for the alcohol use.

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

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