



ECHO IDAHO:

K12 Substance Use Prevention & Treatment 101

Please keep in mind that your School District policies and Health Services procedures, medication administration protocols, process guidelines, remain the guiding principles to your practice.

None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.

Anatomy of an ECHO

- Zoom in to join!
- Announcements/Intros
- Didactic (AKA: “Knowledge Burst”)
- Case-based learning and consultation
- Continuing education opportunities
 - Information will be in the chat at the end of the session




How to Claim Continuing Education and Professional Development Credits

- **Dual-licensed professionals seeking Continuing Education (CE/CME):**

For participants seeking credits to apply to their healthcare license refer to [ECHO Idaho's Continuing Education](#) page for additional information regarding CE/CME credits by profession. Claim credit for attending any of ECHO Idaho's sessions.


- **Professional Development (PD) Credit for Educators:**

Participation in 15 live and/or asynchronous sessions is equivalent to one (1) semester credit hour. Participants will have the opportunity to earn two (2) semester credit hours by attending 15 sessions. Credits are offered in partnership with the College of Education, Health and Human Sciences and will be transcribed through the University of Idaho.



Presented by
ECHO

K12 Education
How-To Claim Continuing Education and Professional Development Credits



University of Idaho
WWAMI - College of Education, Health and Human Sciences

ECHO Idaho provides high-quality, easily accessible, relevant, and free continuing education and professional development for health care professionals and educators in Idaho. This guide is intended to help you claim the type of credit that fits your professional role.

Credit Types Explained

- **Dual-licensed professionals seeking Continuing Education (CE/CME):**
All Pupil Service Staff in Idaho are required to complete six credits for certification renewal or provide a current occupational license issued by the appropriate Idaho state licensing board to the State Department of Education. For participants seeking credits to apply to their healthcare license, information about our accreditation authority particular to your profession can be found here [ECHO Idaho's Continuing Education](#) page for additional information regarding CE/CME credits by profession. Claim credit for attending any of ECHO Idaho's sessions.
- **Professional Development (PD) Credit for Educators:**
Participation in 15 live and/or recorded sessions is equivalent to one (1) semester turn credit hour. Participants will have the opportunity to earn two (2) semester credit hours by attending 30 sessions. Credits are offered in partnership with the College of Education, Health and Human Sciences (EHHS) and will be transcribed through the University of Idaho.
Note: The deadline for participating in recorded ECHO K12 2024-2025 sessions is June 30, 2025.

All participants will need to complete the three steps below.

Step One: Create an Account in Ethos CE & Enroll in ECHO Idaho Series

To complete this action, follow the instructions provided [here](#).

In June 2024, due to increasing instances of uninvited Zoom participants disrupting ECHO Idaho sessions with inappropriate, dangerous, or offensive materials, ECHO Idaho acquired a learning management software (LMS) specific to providing support for continuing medical education programs. The software, Ethos CE, not only provides additional safeguards for our training sessions, it also includes a variety of additional features and services that will improve the ECHO Idaho participant experience.

Step Two: Participating in Sessions and Claiming Credit

Participate and claim credit two different ways:

- Join a live session** (synchronous learning) Zoom links are available within Ethos CE or within email reminders sent from the system after you have enrolled for a particular series' session.
- Watch a recorded session** (asynchronous learning). Asynchronous learning is listed as a separate ECHO series within Ethos CE. To receive credit for participating in these recorded sessions, you must register for the asynchronous series and complete the activities for that session. Recorded sessions may not be available for 48-72 hours after the completion of a live session.
**Attending an asynchronous/recorded session that you also attended live will not count towards the 15 sessions required per transcribed credit through the College of Education, Health and Human Sciences.
**Accessing ECHO Idaho recordings outside of Ethos CE platform, e.g. directly through ECHO Idaho's YouTube channel, will not count towards the 15 sessions.*

For questions, please email echoidaho@uidaho.edu

Updated 8/16/2024

K12 Education Series



ECHO K12 Education: Substance Use Prevention and Treatment



ECHO K12 Education: Behavioral Health in the Classroom



ECHO K12 Education: School Nurses



ECHO K12 Education: Supporting Students with Autism

Learn more: <https://cme.wwami.uidaho.edu/echo-idaho/group/echo-idaho>



Student Cases

PROCESS:

- 1 student case per session
- \$100 compensation for presenting case
- Email Lynsey if you are interested in presenting a case (lwintersjuel@uidaho.edu)
- Date must be locked in 3 weeks prior to case presentation to receive payment
- [Complete online form](#) one week prior to presentation

STUDENT PRIVACY:

- Adhere to privacy rules in our discussions. It is our responsibility to protect students by not sharing identifiable information.
- Comply with FERPA, protecting student education records, and HIPAA, safeguarding patient health information.
- Make sure, when possible, to use broad terms, fictitious names, and only share necessary information for group development.
- Effort should be made to anonymize descriptions of family members/social context and refrain from mentioning specific family/household composition, race or ethnicity, occupation, neighborhood, criminal record or incarcerated status, or other characteristics that might be unique to a particular student's family.

ECHO K12 Substance Use Prevention & Treatment Case Form

Start

Complete

Welcome to ECHO Idaho's K12 Education: Substance Use Prevention & Treatment Case Submission Form.

Case Study Discussion Guidelines

As part of our training, we will be engaging in discussions about student case studies. This is a wonderful opportunity to learn from each other, share experiences, and explore solutions collaboratively. Please provide your contact information. We will not share this information.

Presenter first and last name *

School role/title and/or credentials *

Email *

Phone number *

Name of school and/or district *

K12 Substance Use & Prevention Sessions 2024-2025

ECHO K12 Substance Use: Promoting Positive Influences and Understanding Risk Factors of Substance Use -09/03/2024

ECHO K12 Substance Use: Fentanyl Use in Idaho: New laws, outreach, training, and age-specific resources -10/1/2024

ECHO K12 Substance Use: Understanding Youth Substance Use: Key indicators and warning signs -11/05/2024

ECHO K12 Substance Use: Youth Substance Use Prevention Programs and Curriculum Integration -12/03/2024

ECHO K12 Substance Use: Engaging Community Partners and Overcoming Limited Resources -01/07/2025

ECHO K12 Substance Use: Effective Communication Strategies for Short, Impactful Conversations with Counselors and School Administrators -02/04/2025

ECHO K12 Substance Use: The Questions You May Not Be Asking: How to bridge the gap between access and prevent exploitation of youth -03/04/2025

ECHO K12 Substance Use: Working with Families to Support a Student's Recovery Journey -04/01/2025

ECHO K12 Substance Use: Promoting Collaboration with Juvenile Probation and Diversion -05/06/2025



Session Resources

<https://cme.wwami.uidaho.edu/echo-idaho/group/echo-idaho>

The screenshot shows the homepage of the University of Idaho WWAMI Medical Education ECHO Idaho program. The header includes the university logo and navigation links for Home, ECHO Idaho, Catalog, Calendar, My account, and Contact us. The main content area features the 'ECHO IDAHO' logo and a 'Connect with us: LinkedIn' link. Below the logo, there is a paragraph of text and a link to the complete schedule. At the bottom, there are two columns of links for 'ECHO Idaho Healthcare Series' and 'ECHO Idaho Education Series'. The link for 'K12 Education: Substance Use Prevention and Treatment' in the Education Series is circled in red.

This screenshot shows the course page for 'ECHO K12 Education: Substance Use Prevention and Treatment'. It includes a 'Project ECHO' logo and a 'Register' button. Below the course title, there is a table listing various sessions. The session 'ECHO K12 Substance Use: Understanding Youth Substance Use Risk Indicators and Warning Signs - 11/05/2024' is circled in red.

Title	Price	Status
ECHO K12 Education: Substance Use Prevention and Treatment	\$0.00	Available
ECHO K12 Substance Use: Promoting Positive Influences and Understanding Risk Factors of Substance Use -09/03/2024	--	
ECHO K12 Substance Use: Fentanyl Use in Idaho: New laws, outreach, training, and age-specific resources -10/1/2024	--	
ECHO K12 Substance Use: Understanding Youth Substance Use Risk Indicators and Warning Signs -11/05/2024	--	
ECHO K12 Substance Use: Youth Substance Use Prevention Programs and Curriculum Integration -12/03/2024	--	
ECHO K12 Substance Use: Engaging Community Partners and Overcoming Limited Resources -01/07/2025	--	
ECHO K12 Substance Use: Effective Communication Strategies for Short, Impactful Conversations with Counselors and School Administrators -02/04/2025	--	

This screenshot shows the course page for 'ECHO K12 Substance Use: Promoting Positive Influences and Understanding Risk Factors of Substance Use -09/03/2024'. It includes a 'Register' button and a table of session resources. The 'Overview' tab is circled in red. A red arrow points from the text 'Will add video, case recs and session resources!' to the 'Mental Health Holds - 06/05/2024' session resource.

Session Resources
Mental Health Holds (Slides)
SENATE BILL NO.1247 (2024) - Crisis response holds
Case Recommendations 06.05.2024
Mental Health Holds - 06/05/2024

Will add video, case recs and session resources!

We want you live! But if needed... How to Access Asynchronous Sessions

<https://cme.wwami.uidaho.edu/echo-idaho/group/echo-idaho>

Reach out with questions!

University of Idaho
WWAMI Medical Education

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Connect with us: [LinkedIn](#)

ECHO IDAHO

To view current ECHO Idaho series topics, click on the program links provided below. You can also check our complete schedule using the calendar at the bottom of this page. Enrollment instructions can be found [here](#).

Please contact us at echoidaho@uidaho.edu with questions.

ECHO Idaho Healthcare Series

- [Alzheimer's Disease and Related Dementias](#)
- [Autism](#)
- [Behavioral Health in Primary Care](#)
- [Counseling Techniques for Substance Use Disorders](#)
- [Healthcare Vitality](#)
- [Liver Disease and Viral Hepatitis](#)
- [Opioids, Pain and Substance Use Disorders](#)
- [Veteran Care for Substance Use Disorders](#)

ECHO Idaho Education Series

- [K12 Education: Behavioral Health in the Classroom](#)
- [K12 Education: School Nurses](#)
- [K12 Education: Substance Use Prevention and Treatment](#)
- [K12 Education: Supporting Students with Autism](#)

Asynchronous ECHO Idaho Education Series

- [Asynchronous ECHO K12 Substance Use Prevention and Treatment](#)

ECHO Idaho Resources

- [Curbside Consult for Opioid & Substance Use Treatment](#)

ECHO Idaho On Demand Learning

- [Liver Disease & Viral Hepatitis - On Demand Webinars](#)



ECHO IDAHO: **K12 Substance Use Prevention & Treatment**

Promoting Positive Influences and Understanding Risk Factors of Substance Use

9/3/2024

Katie Francis, EdS

Trauma and Resilience Educator/Trainer

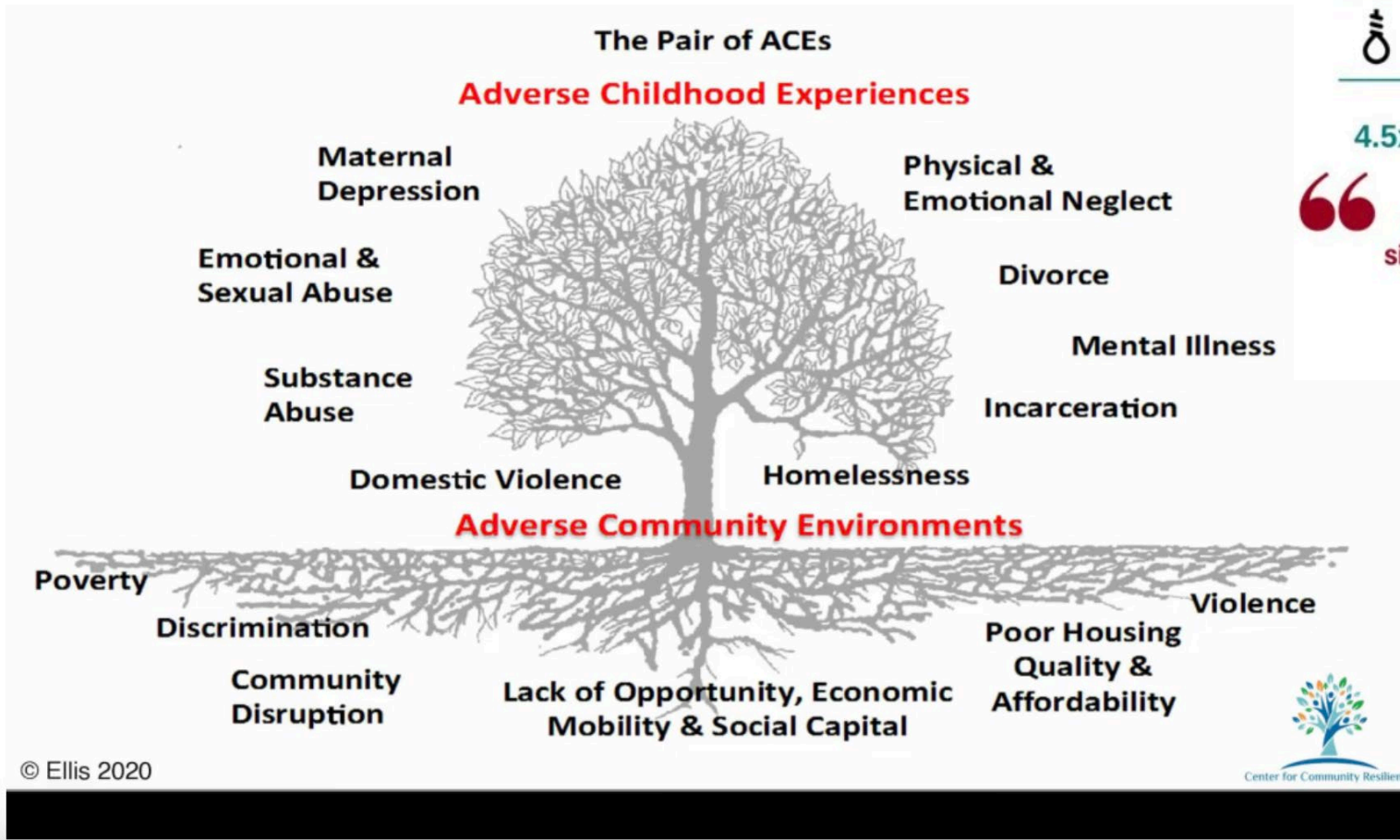
Please keep in mind that your School District policies and Health Services procedures, medication administration protocols, process guidelines, remain the guiding principles to your practice.

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Learning Objectives

- Learners will understand the correlation between substance use and environmental risk factors.
- Learners will identify strategies for increasing school connectedness to reduce frequency of substance use and other maladaptive coping strategies.

ACEs and Substance Use



4 or more ACEs

- 3x** the levels of lung disease and adult smoking 
- 11x** the level of intravenous drug abuse 
- 14x** the number of suicide attempts 
- 4x** as likely to have begun intercourse by age 15 
- 4.5x** more likely to develop depression 
- 2x** the level of liver disease 

“ Adverse childhood experiences are the single greatest unaddressed public health threat facing our nation today ”

Dr. Robert Block, the former President of the American Academy of Pediatrics

Risk Factors for Substance Use

Family history of substance use.	Association with delinquent or substance using peers.
Favorable parental attitude toward the substance use.	Lack of school connectedness.
Poor parental monitoring.	Low academic achievement.
Parental substance use.	Childhood sexual abuse.
Family rejection of sexual orientation or gender identity.	Mental health issues.

Focus on Resilience

Start by incorporating trauma-informed and resilience-focused strategies to the overall structure of your setting and decision making.

- Shifting the systematic approach away from law and order to a growth/learning model.
- Create targeted, real-time interventions to improve emotional regulation and learn new coping skills.
- Shift the questions from what is wrong with you to what happened or is happening to you?
- Utilizing a "Life Events Checklist" to monitor knowledge of students. Using a Resilience Assessment to highlight what is going right for a student and what supports are in place.

Home

- Death of a family member
- Domestic violence
- Abuse
- Neglect
- Separation/divorce
- Incarceration of a parent or sibling
- Neighborhood violence
- Robbery or theft
- Abuse of drugs or alcohol by parent/guardian/sibling
- Illness of family member
- Fight with parent/guardian/sibling
- Utilities turned off
- Other:

Personal

- Family treatment
- Psychotropic medication
- Illness
- Cutting/self abuse
- Use of drugs or alcohol
- Eating disordered behavior
- Suicidal ideation
- Intense sadness
- Intense hopelessness
- Intense anger leading to harming someone else
- Other:

School

- Behavior problem
- Failing grade
- Fight/bullying
- Victim of bullying
- Use of drugs or alcohol
- Skipped school or a class
- Death of a teacher or classmate
- Illness of a teacher or classmate
- Conflict with a teacher
- Conflict with a classmate
- Other:

Social

- Argument with friend
- Use of drugs or alcohol
- Car accident
- Witness to fight
- Witness to violence
- Trouble making friends
- Does not get along well with others
- Other:

8. Someone in my family cared about how I was doing in school.

Definitely true Probably true Not sure Probably not true Definitely not true

9. My family, neighbors and friends talked often about making our lives better.

Definitely true Probably true Not sure Probably not true Definitely not true

10. We had rules in our house and were expected to keep them.

Definitely true Probably true Not sure Probably not true Definitely not true

11. When I felt really bad, I could almost always find someone I trusted to talk to.

Definitely true Probably true Not sure Probably not true Definitely not true



School Connectedness

- Students who feel connected and engaged at school are less likely to report risky behaviors (such as early sexual initiation, substance use, violence, and suicide) and have more positive academic outcomes.
 - Connections Assessment
 - Create a Reset Room space for all students
 - Educate ALL staff and decision makers

Resources

