



ECHO Session Date: 10/1/24

Thank you for presenting your student at ECHO Idaho – K12 Substance Use Prevention and Treatment session. 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.

After review of the case presentation and discussion of this student’s case among the ECHO Community of Practice, the following suggestions have been made:

Summary: In a small frontier community, a large family is grappling with deep-seated trauma. The father reached out to seek help for his 16-year-old daughter who has been molested and in need of counseling. To complicate matters, she has also been caught vaping marijuana. Understanding the urgency, I connected him with the tele-mental health services. However, the father hit a roadblock because the required paperwork included sensitive information from his divorce papers, which he is reluctant to share due to concerns about his other children. Despite the father’s resistance, the need for his daughter’s counseling remains critical. As a community coalition leader, I am in a delicate position. This father holds significant influence in the community. His satisfaction with the process is crucial, not just for his family, but for maintaining the trust and cooperation of the entire community with the services we offer. I have explained the importance of confidentiality in counseling, reassuring him that the sensitive information will be protected and used solely for the purpose of providing the best care for his daughter.

Questions:

- How can we address the father’s concerns about confidentiality and the sensitive information in the divorce papers while ensuring his daughter receives the necessary counseling?
- What specific trauma-informed care practices/resources can we implement to support the daughter and her family effectively?
- What family support programs or interventions have been most effective in similar cases involving large families with multiple children experiencing trauma?
- How can we engage the entire family in the healing process while respecting their unique dynamics and needs?
- How can we leverage the father’s influential role in the community to raise awareness about mental health and reduce stigma?
- What are some effective interventions for addressing substance misuse, such as vaping marijuana, in adolescents who have experienced trauma?

Thank you for sharing this case with ECHO. As we were unable to ask clarifying questions, leaving many unknowns, we do have the following recommendations:



RECOMMENDATIONS:

We are deeply concerned about this young girl in a mentally ill situation, who has lost a sibling to suicide and is being molested. We agree that the father's reluctance to share sensitive information is troubling, especially when mental health treatment should be prioritized. We urge you to continue to reassure, advocate, explore alternatives, and support the family through the filling out of paperwork and connecting to resources. ***You are doing good work! Keep it up.***

Immediate focus needs to be on supporting the mental health needs of the youth, not the father, not the community, not the substance use

- Focus on getting the paperwork waived as a direct solution to the problem.
 - Try reaching out to professionals directly to discuss waiving the paperwork requirement to expedite the girl's access to help.
 - Reiterate the laws and limits of confidentiality and make sure there's a solid Informed Consent in place.
- While we appreciate the broader community and family context, the priority should be on the student's immediate needs, given limited resources.
- It is puzzling why the father is hesitant to share paperwork and stresses that the only crucial requirement for treatment is consent.
 - Continue to emphasize that confidentiality should not be a concern when seeking mental health treatment. There are ways to ensure privacy, such as using a false name, and they encourage reaching out to a behavioral health center to discuss measures for safeguarding confidentiality.
 - Continue to emphasize that the child's life could be at risk, making it essential to overcome any paperwork-related barriers to ensure she receives the necessary care.
 - The fact that the dad will not provide the paperwork is a red flag. There is nothing in the intake paperwork for mental health support that would apply to the other children.
 - An important question to ask: Does the father actually want his influential role in the community used to raise mental health awareness?

School Support

- Is this youth and her siblings in public school? The school may have information on the custody agreement. They may not be able to share this information but may be an option to get more insight into the situation.

Meet with a Medical/ Behavioral Health Provider (via telehealth if needed)

- We recommend that the youth see a medical or behavioral health provider for a full mental health assessment.
- This can be done via telehealth
- It will be critical to coordinate care between medical providers and therapists to address possible conditions like PTSD, depression, or anxiety.



- Behavioral health centers can offer patients the opportunity to start the process by simply calling, with everything from counseling to med management done electronically or via phone. Even with poor internet or data access, phone call appointments are available, ensuring patients can still connect with counselors or providers, who offer crucial support like validation, encouragement, and care.
 - There are many options available; here are two:
 - [Trivium Life Services](#) provides mental health services for adolescents and adults, including counseling, therapy, and medication management, with options for telehealth and electronic consent.
 - [Charlie Health](#)- parents are insured and able to pay out of pocket costs
 - Nampa-based LCPC who does telehealth MH counseling only: Michelle Sundquist, LCPC. 208-649-8994 alchemycounselingandwellness@gmail.com She accepts health insurance.
 - [BPA Health](#)- May also be another option
 - [Idaho Youth Suicide Prevention Program](#) (free case management to youth and adults through age 24) regarding suicide.
 - [D7 Treatment and Padron Counseling](#) are also doing telehealth counseling.
 - Explore local hospitals. They may have appropriate services or could, at least, provide resources
 - Explore any telehealth peer support or 1:1 support or teen texting support programs that might be appropriate

Family Support

- [FYIdaho Family Support Line](#) (208) 433-8845
- [Strengthening Families and Healthy Foundations](#) curriculums

Community Engagement Ideas

- Consider a town hall meeting of some kind, when the family is healthier
- Consider a suicide prevention campaign? "My Ascension" with Emma Benoit is a fantastic resource and tool for communities and high schools.
- Resource: [Community Council of Idaho](#)
- [IDHW's website](#) for further services