



## ECHO Idaho: Counseling Techniques for Substance Use Disorder CASE RECOMMENDATION FORM

**Presenter Credential:** LCSW, AADC

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:

24-year-old female with a history of alcohol use disorder (AUD), depression, anxiety, eating disorder, PTSD, histrionic personality disorder, and baseline suicidality. Significant trauma with previous DV relationships. Suspected childhood sexual abuse. In recovery for about one year for AUD. Actively engaging in AA and has a sponsor whom she is close with. History of self-harming behaviors and suicide attempts. Safety plan in place. Grew up in religious household. Immediate family would dismiss mental health symptoms. Reports closeness to cousin, but they moved in the past year. Employed full time and reports close relationships with people that she works with. Currently hypersexual and often engages in risky sexual behaviors. Working with counselor on AUD relapse prevention, EMDR to address trauma history, and moving towards developing a safety plan for risky sexual behavior. Has medication management and sees another therapist for disordered eating one-time per month.

### Question:

What are some additional support resources that I can guide the patient towards? What are some out-of-the-box strategies to reduce self-harm?

### Recommendations:

- Consider having her join an AA meeting with people her age.
  - Search for meetings at [Idaho Area 18 AA](#)
- Continue to target her motivating factors around a theme of safety during every session, whether it is medication or connection, and incorporate that into her treatment plan.
- Consider using the Women's Recovery Curriculum to continue to address her struggling sense of self-worth. Addressing this could help reduce the behavioral fluctuations she's experiencing.
- Continue to help her build her internal motivation to engage with inpatient treatment for her eating disorder because the eating disorder seems to be impacting her ability to fully engage in medication management, which impacts her mood and goal to be happy.

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

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