



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

**Presenter Credential:** LPC, ACADC

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:

Teenage male in residential treatment will be discharged soon to Magic Valley. History of physical and emotional abuse, neglect, and abandonment. Diagnosed with PTSD and SUD. Alcohol, cannabis, and nicotine use started at young age. Client involved in car accident about a year ago that led to broken jaw. Continues to struggle with teeth due to accident. Client is on juvenile probation for another 1.5 years. Has supportive girlfriend and grandma, although relationship with grandma is strained. After discharged, will live with mom and younger brother. Mom currently uses substances and does not have stable place for him to live. Client working on getting GED. Not currently employed but would like to work full-time when discharged and is beginning application process while in treatment. Does not have transportation. Interested in anger management and sobriety to get off probation.

### Question:

How can I help set him up for success upon his return home, knowing he does not have the foundation to be successful?

### Recommendations:

- Educating probation officers and other agencies is important in humanizing/normalizing what addiction looks like and to help advocate for clients in the process.
- Consider utilizing the probation officer, especially since the client is a minor, to support with GED. Getting his GED could also lead to access to other resources through the state.
  - He may need a positive, sober role model in his life, someone older and more stable, to build a healthy relationship with. A program like Big Brothers Big Sisters could be beneficial.
- Resources:
  - Twin Falls Youth Services Center - <https://viewer.mapme.com/8b55fa15-afb4-4bf0-b743-edb0119ad697/location/fcf9ed93-506e-4d11-9cd2-d25bea9fe9c5>
  - ProActive Youth Family & Support Center - <https://youthidaho.com/>
    - Offers youth-focused crisis services for youth ages 5 -17 experiencing a mental health or substance use crisis
  - Hawklanding - <https://hawks-landing.com/>
    - A clinically based residential program for teen boys (i.e., ages 13-17)
  - Magic Valley Fellowship Hall - +1 (208) 736-0918
    - Provides free meetings and recovery resources.
  - Twin Falls AA - 208-733-8300
  - Dial 211 to connect with additional resources in Idaho
- ECHO Resource:
  - Access Episode 37 of ECHO's Something for the Pain podcast on "Youth Assessment Centers and Peer Support for Adolescents" - <https://www.uidaho.edu/cogs/shamp/echo/current-series/podcast>

### Consider sharing a patient case during a future ECHO session.

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