



ECHO Session Date: 11/5/24

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: This student, dealing with a newly incarcerated parent they’re close to, arrived late to school, visibly unstable and slurring words. Their coach noticed and alerted the SRO and Assistant Principal, and the student was taken to the nurse. They admitted to drinking 8 shots of liquor before school due to stress from their parent’s sentencing. Within 20 minutes, their clarity worsened, and they became unable to stand without stumbling. Due to safety concerns, EMS was called, and the student’s grandmother was present when EMS assessed them and accompanied them to a nearby ED. After returning to school, the student shared that they had been enrolled in two sobriety programs at the ED, and the SRO referred them to the optional BRIDGE program for additional support.

Questions:

- How do other areas in Idaho/surrounding area deal with these issues?
- What processes are in place elsewhere that are working/not working?
- How can we better collaborate to help better care for at-risk students as a whole?

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:

It sounds like this student has a support network through school (counselor, SRO, coach) and protective factors like family support and school engagement (football participation). Recognizing the many risk factors, continue to focus on long-term supports as captured in the recommendations below.

1. Utilize youth and family resource centers:

- Continue utilizing the [BRIDGE Youth and Family Resource Center](#): a voluntary program that connects students without prior issues to community resources like counseling, substance use treatment, and other support services. It acts as a family resource center designed to keep youth out of the juvenile justice and child welfare systems. Students, families, or officers can access it for assessments, screenings, and support for concerning behaviors. BRIDGE then creates an individualized plan to support the student and family.
- For those in North Idaho: [Canopy Village](#) (Children’s Village) offers family support and will soon include a diversion program to help students avoid probation and child welfare involvement.



- Youth Assessment Centers provide resources, including support groups, especially for youth with incarcerated parents. [Here](#) is a statewide list.
 - [FYIdaho](#): offers resources and support for teens and their families to navigate the mental health system in Idaho
- 2. Al-Anon/Alateen and Additional Resources:** Local resources such as [Alateen](#) and youth support groups can provide specialized support, particularly for students with incarcerated parents.
- 3. School-Based Interventions:**
- SROs may use the possibility of charges to encourage treatment participation.
 - Early interventions, especially in middle school, are effective for preventing deeper substance use.
 - Recommendations include weekly check-ins with counselors, a possible case manager through a diversion program, and consideration of after-school tutoring for academic support.
 - Consider tutoring options, recognizing the data supporting the link between grades and substance use.
- 4. Medical Support:**
- Encourage and support the family to work a physician with a substance use background to conduct an evaluation, mental health assessments (for anxiety, depression, PTSD)
 - Consider utilizing telehealth services if needed
 - The [SAMHSA treatment locator](#) can help identify relevant local resources.
- 5. Resource for children with incarcerated parents:** [Youth.gov](#)