



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

Presenter Credential: MSW Student

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

36-year-old female. Long history of opioid use disorder, severe, in controlled environment. Currently incarcerated. Not currently on medication assisted therapy. Has had both individual and group therapy, but not mutual support groups, possibly due to religious stigma. Hopes to pursue a career in the skilled trades. Has experienced an extensive amount of trauma and abuse. Wants to do something differently this time around. Feels happier when sober. Reports to be resilient and goal-driven. Mother and fiancé are supportive.

Questions

1. There are many intersecting elements to her story, but the goal is to stay sober once she is no longer in a controlled environment. What is the best therapeutic approach for this client?
2. Are there specific interventions that could be done now to provide this client with further security in her sobriety before leaving a controlled environment? Any other thoughts or experiences to aid this case would be much appreciated!

Recommendations

Community and Support During Incarceration

- Reach out to the Department of Corrections to connect her with a mentor who can assist her in recovery support, such as in encouraging her to join a support group. Re-entry support is also available.

Community and Support After Release

- Encourage her to work with a peer support specialist (e.g., Women for Sobriety).
- Encourage her to join a support group:
 - Explore support groups she can connect with before her release, including online recovery groups. A soft hand-off at release would be ideal.
 - Explore secular mutual support groups that reframe the religious framework to one of mutual accountability.
 - Consider having her join a meeting with other women.
 - Encourage her to join different groups if one group doesn't work for her.
- Consider having her volunteer in some capacity (e.g., humane society).

Substance Use Treatment

- Talk to a physician about exploring medication assisted treatment for her.

Other Considerations

- Create a safety plan for her release, in case of an overdose, such as ensuring her and her family have access to naloxone.
- Continue having her practice stress-management, communication skills, and emotional exploration.

Resources

- [Home • Recovery Dharma](#) (peer-led and non-theistic)
- [Atheists Agnostics and All Others](#)
- [SMART recovery in Boise](#)

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

Jocelyn Elvira, Program Manager. Office: 208-364-4684, jelvira@uidaho.edu

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