



**ECHO Session Date:** 12/3/24

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.

**Summary:**

This youth began misusing prescription pills like Adderall and Percocet, along with nitrous oxide, mushrooms, LSD, and acid, at age 13-14, and by age 15, she was using methamphetamine, cocaine, and fentanyl. Once a good student and athlete, her school attendance and extracurricular participation declined as her drug use escalated, culminating in four overdoses in a year, three requiring multiple doses of Narcan and one resulting in hospitalization after police found her on the roadside.

She frequently ran away from home or snuck out at night to use drugs/party with friends at hotels. She associated with older peers and adults known to be involved in sex and drug trafficking. She disclosed being physically and sexually assaulted and "sold" for drugs on numerous occasions. She was a victim of aggravated battery by being pistol-whipped and shot in the leg by her "boyfriend pimp" in spring of 2024.

Her divorced parents have conflicting parenting styles, with her mother enabling and her father frustrated and disengaged. She admits to manipulating the situation to stay with her mother, feels "triggered" by local trauma and associations, and her father is concerned about her influence on her younger siblings, though relocation is not an option.

**Questions:**

Do you have an input/suggestions for supporting the family and this youth?

***Thank you for sharing this case with ECHO. This youth is fortunate to have you in her life.***

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:

**Medical and Addiction Treatment Recommendations**

- **Access to specialized medical care:**
  - Encourage this youth to establish care with a family physician or addiction medicine specialist to address the co-occurring addiction, PTSD, and other mental health issues.
  - Explore medication options like Vivitrol (naltrexone injection) for managing opioid dependence and reducing overdose risk.



- **Longer and secure treatment:**
  - Advocate for a minimum 90-day residential treatment in a secure facility to provide stability and sustained support.
  - Prioritize funding and insurance solutions to ensure longer-term care, possibly seeking facilities beyond the local network.
- **Connection and support in recovery:**
  - Emphasize the importance of building connections with peers in recovery. Engagement in community-based recovery groups or programs tailored to youth could foster a sense of belonging and hope.
- **Provision of naloxone:**
  - Ensure the parents have access to Narcan (naloxone) and are trained in its use as a preventive measure against opioid overdose.

### **Educational Support**

- Identify if she has a trusted connection at school or detention to support her reintegration and progress.
- Utilize her IEP and 504 accommodations (e.g., extra test time, breaking down assignments) to support her academic success and sense of achievement.
- Identify and connect her with supportive school staff or peers who could provide positive reinforcement.

### **Change of Environment**

- Seek additional programs that offer a safe environment, longer stays, and trauma-informed care to complement or substitute existing options.
- Programs like [Boys Town](#) can be life-saving, offering comprehensive, structured environments with education and life skills training.

### **Family and Legal Considerations**

- Involve parents in therapy sessions and support groups to strengthen the family unit and address her trauma history.
- Consider commitment as a last resort for safety if her behaviors cannot be managed in less restrictive settings.
- We want to emphasize the importance of persistence and fostering an understanding that recovery is a journey requiring multiple attempts.

### **Resources**

- [Tall Cop Says Stop](#)- Webinars, conferences, trainings about new and emerging drug trends
  - [Northwest Alcohol Conference](#)
- [3rd Millennium](#) - Evidence-based online prevention and intervention courses were developed with industry leaders and subject matter experts to create engaging experiences that change behavior
- Funding to support prevention programs
  - [Substance Use Prevention, Treatment, and Recovery Services Block Grant \(SUPTRS BG\) for Primary Prevention Programs](#)
- [Fentanyl Takes All](#) – Real stories and facts about fentanyl
- [Boys Town](#) - Residential treatment center for families struggling with a troubled child or teenager who is experiencing severe behavior or mental health problems, or families that have experienced unsuccessful results with mental health providers in the past