

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

Presenter Credential: M.Ed.

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: The client is a 38-year-old female with stable housing, part-time employment, and Medicaid coverage. She has a history of mild alcohol use disorder in remission and past meth and marijuana use, last reported eight months ago. Currently on supervised probation for a domestic violence charge, she attends therapy, AA, and domestic violence treatment. She identifies faith and her husband as key supports, but his terminal cancer poses a risk for relapse and crisis. Treatment focuses on coping skills for distress tolerance and impulse control.

Question: Guidance is needed in addressing her emotional reservedness and preparing her for impending grief.

Recommendations:

Risk Factors and Relapse Prevention:

- Continue monthly check-ins and assess any changes in risk factors.
- Leverage her primary coping mechanisms boundary setting and connection to help her identify and process emotions effectively.
- Explore her existing support system and develop a structured weekly plan to maintain stability, particularly given her husband's health situation.
- Consider integrating a safety plan focused on managing grief and substance use triggers.
- Recommend St. Luke's program for discussions on the realities of palliative and hospice care.

Emotional Vulnerability and Defense Mechanisms:

- Encourage deeper emotional processing in sessions by creating a safe space for vulnerability.
- Acknowledge her use of charm and humor as defense mechanisms but gently guide her toward authentic emotional expression.
- Reinforce that humor is a strength but also help her build comfort in experiencing and expressing difficult emotions.

Grief Preparation and Coping Strategies:

- Introduce "coping ahead" strategies to prepare for anticipated grief.
- Encourage discussions on what might happen and how to implement coping mechanisms in advance.
- Consider using Five Wishes resources to help her navigate end-of-life planning.
- Ensure she has support systems in place for when her husband passes
 - Friday Night Women's AA Meeting: Sunlit Beaches, 7 pm MT (950 W State St, Boise, ID).

Long-Term Emotional Wellness and Treatment:

- Discuss the benefits of ongoing treatment for personal growth and emotional well-being.
- Reinforce the connection between emotional wellness and sobriety, encouraging her to continue therapy long-term for stability and self-care.

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

Shannon McDowell, Program Manager. Office: 208-364-9905, sfmcdowell@uidaho.edu

Project ECHO Idaho (ECHO) case presenters are responsible for ensuring that no personally identifiable information (PII) nor protected health information (PHI) is shared during an ECHO session, in compliance with HIPAA privacy laws, to ensure patient privacy and confidentiality. Panelists and participants involved in reviewing the case may provide recommendations, suggestions, or considerations based on the information presented during an ECHO session. The professional practitioner presenting the case is free to accept or reject the advice and remains in control of the patient's care. ECHO case presentations are informal consultations that do not create or otherwise establish a providerpatient relationship between any ECHO clinician and any patient whose case is being presented in an ECHO session.