



## **CASE RECOMMENDATION FORM**

**Presenter Credential:** EdS

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. 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:

### **Student Case Question:**

With a nearly adult high schooler who still has a long road to graduation, and a family situation that makes it difficult for parents to ensure there is adequate food/sleep/keeps to a routine that helps keep both mental and physical health stable. How do we help the student identify the benefits of continuing their education and utilizing the resources we have available?

### **Recommendations:**

- Working with the student:
  - Half days for this student may be better and may allow the student to progress in their learning.
  - Finding a connection in the community, a mentor or activity of interest, for the student for the hours outside of school may be beneficial. Is it possible to award credit for a structured program?
  - Schedule regular check-ins with the student vs. using the prn for medication administration.
  - Have a conversation with the student about how they feel when they are in the classroom and address those feelings. Some students feel claustrophobic, giving alternative learning spaces may help this student.
  - Community Based Rehabilitative Services may be available for this student and would give the student skills for navigating daily life.
  - 1:1 Peer Youth Support may be a good option for this student.
- Working with the parents:
  - Video game addiction is an issue, there need to be expectations and limits for this student with video game usage.
  - Work with parents and moving medication administration to school so that medications are given more consistently.
    - If this is not possible see if prompts can be set up at home – notes, poster board, phone notifications. This could also be used to remind the student to eat meals.
  - Students that have exhibited suicidal ideation should not be left alone. Parents should pick the student up if the student is being sent home.
  - It may help to create shared goals with the parents and student.

### **Resources:**

- Charlie Health, intensive outpatient counseling - <https://www.charliehealth.com/intensive-outpatient-iop>
- Idaho Youth Challenge, alternate option to traditional school <https://www.idyouthchallenge.com/>

**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, [sfmcowell@uidaho.edu](mailto:sfmcowell@uidaho.edu)