



ECHO Session Date: 5/6/25

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:

Previously staffed in December 2024 after being detained for running away, this student has now completed over 90 days in residential treatment and is making strong progress. She's engaged in therapy, student council, and equine programs, with just one recent incident related to peer conflict. Academically, she's succeeding with over 80% in all classes and receives IEP/504 support for ADHD and a mood disorder. She is stable on medication, with no current safety concerns.

What specific questions do you have for ECHO about this student?

As she prepares to return home, her team is seeking guidance on school reintegration, continued treatment, and sober, prosocial activities.

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:

Educational Support:

- Reinforce this student's IEP and consider discontinuing the overlapping 504 Plan, as typically a student would have one or the other.
- Consider a public-school placement with strong IEP support rather than an alternative school to avoid the potential of negative peer influences.

Aftercare and Treatment Continuity:

- Ensure seamless step-down care following residential treatment.
- Consider programs like *Charlie Health* for intensive outpatient support (IOP), which offers structured, peer-supported therapy that could help the student maintain progress.

Medical and Psychiatric Follow-Up:

- Arrange continuity of care by transferring medical and psychiatric records to a local provider (e.g., addiction medicine specialist or psychiatrist) for ongoing medication management and monitoring.

Family Therapy:

- Prioritize initiating family therapy, as family dynamics were previously identified as unhealthy.
- Engagement from the family will be crucial to the student's sustained recovery.



Sober Social Activities:

- Connect the student to youth-oriented recovery groups that offer fun, sober activities (e.g., rafting trips, winter outings, holiday events).
- These activities reinforce a sober lifestyle and help build social connections.

Community Resources:

- Identify local resources for sober recreation and therapeutic programming (e.g., equine therapy) to continue building on her current positive experiences.