



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

ECHO Session: Counseling Techniques for SUDs

Presenter: Stephanie Phillips, M.Ed, LCPC

Summary: The client is a 17-year-old male currently in juvenile detention, with a history of significant trauma, mental health challenges, and severe substance use beginning at age 14. He has a complex psychiatric history, including depression, anxiety, bipolar disorder, and ADHD, with multiple psychiatric hospitalizations and one completed adolescent residential SUDS treatment program. He has no formal education beyond 8th grade, no employment history, and strained family relationships, as neither parent currently wants him to live with them. The client reports feeling unloved and hopeless, and has a long list of substances used, including opioids, sedatives, and hallucinogens. Despite initially expressing no desire for help, he is assessed to be in the Action Stage of Change and is recommended for Level 3.5 adolescent residential treatment. He is on juvenile probation with pending charges, and his mother is seeking help for both him and the family.

Question: Treatment questions focus on community-based support, school reintegration, and family wraparound services prior to residential placement.

Recommendations:

Self-Esteem and Identity Building

- Focus on improving self-esteem and self-image through therapy and positive reinforcement
- Surround client with supportive peers and mentors
- Encourage exploration of hobbies, interests, and future goals

Family Education and Engagement

- Educate parents on realistic progress expectations and the impact of family dynamics
- Promote family involvement through shared activities, family groups, and connection points

Peer Support and Community Connection

- Connect client with peer-based recovery programs and youth groups (e.g., YMCA, [FYIdaho](#), The Bridge, Big Brothers/Big Sisters,)
- Contact Kaitlin Killingsworth (information below) about other young recovery groups.
- Explore community-based options like Boise Hive's Mindful Melodies, local community centers, or PEER programs

Education and Vocational Development

- Refer to Idaho Division of Vocational Rehabilitation for work training and GED support
- Consider Youth Challenge Academy or the military as a structured developmental pathway

Treatment Continuity and Wraparound Services

- Ensure coordinated wraparound care after residential treatment to support family and transition to adulthood
- Utilize Medicaid-funded community wraparound services (e.g., through BPA Health) up to age 21

Please feel free to contact panelists with any additional questions/clarifications.

Cloeie Hood, LCSW, ACADC | Tegmentum Counseling Services | cloeie@tegmentumcounseling.com

Debbie Thomas, LPC, MAC, CADC | The Walker Center | debbie@thewalkercenter.org

Derek Hayton, DO | Boise VA | derek.hayton.do@gmail.com

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 provider-patient relationship between any ECHO clinician and any patient whose case is being presented in an ECHO session.



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

Kaitlin Killingsworth, CPRC | Brick House Recovery | Kaitty.did@gmail.com

Nari Hsiu, DO | Boise VA | nari.hsiu@va.gov

Natalia Samudovsky, LPC, NCC | Trivium Life Services | natalias@triviumlifeservices.org

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

Shannon McDowell, Program Manager. Office: 208-364-9905, sfmcowell@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 provider-patient relationship between any ECHO clinician and any patient whose case is being presented in an ECHO session.