



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

Presenter Credential: LCPC

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:

Case Summary (8/7/25):

The client is a 17-year-old male with a complex history of severe substance use disorders, mood and anxiety disorders, trauma exposure, and significant family instability. He is currently in juvenile detention and on probation, with strained relationships with both parents, neither of whom initially wanted him to live at home. He has completed school only through 8th grade, has no employment history, and began polysubstance use at age 14, progressing to severe opioid and sedative use alongside multiple other substances. His treatment history is extensive, including multiple psychiatric hospitalizations, IOP, PHP, and successful completion of a 110–130 day Level 3.5 adolescent residential SUD treatment episode. He reports chronic anxiety, depression, suicidal ideation, hopelessness, poor self-esteem, and limited perceived parental support. Despite ambivalence in stated motivation, he is clinically assessed to be in the Action Stage of Change and has been recommended for further residential treatment to address ongoing high-risk behaviors, relapse patterns, and co-occurring mental health needs.

Follow-Up Summary (12/18/25)

Since the initial presentation, the client successfully completed 110 days of Level 3.5 residential treatment but struggled significantly with aftercare planning and community re-entry. Following discharge, he relapsed within 10 days of engaging in Level 2.5 PHP, experienced an overdose, missed a court date, and is now back in juvenile detention after voluntarily turning himself in. Family relationships remain tenuous, though his father briefly agreed to provide housing contingent on treatment adherence. The client is requesting a "reset," with discussion underway regarding a third residential placement, while the care team is seeking guidance on sober supports, wrap-around services, educational completion (GED), and financial resources for a non-Medicaid youth.

Recommendations:

Assessment & Diagnostic Clarification

- Consider completing a comprehensive neuropsychological assessment if not already done. Multiple diagnoses, early substance use, school disengagement, and difficulty functioning outside structured settings may indicate underlying developmental, cognitive, or executive functioning deficits.
- Youth Assessment Centers in Districts 4 and 5 may support assessment and connection to additional resources: [Idaho Youth Assessment Centers Map & Locations](#).
- Liberty's YES Program can assist with assessment and linkage, though formal diagnostic clarification by a psychologist would still be needed: [Youth Empowerment Services](#).

Substance Use Recovery Supports

- Encourage engagement in youth-appropriate 12-step or recovery meetings in the Boise area:
 - Meridian Night Group
 - Page 69 Young People's Meeting
 - OMG (Outright Mental Defectives) – men's meeting
 - [WACYCAA](#), to connect the client with other young people living sober lives.
- Consider clarifying substance use patterns (binge vs. daily use) and re-assessing for opioid use disorder with physiological dependence, with physician involvement as indicated.



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Structured Transition & Independence Supports

- Given success in controlled environments and decompensation with less structure, prioritize high-structure transitional supports.
- Explore programs that integrate education, vocational training, and life skills, such as:
 - GED-focused educational programs
 - Job Corps: [Job Corps Idaho](#)
 - [Idaho Workers Opportunity Network: IWON](#)
 - Life's Kitchen: [Life's Kitchen Programs](#)
 - Idaho Youth Ranch programs: [Idaho Youth Ranch](#)

Family Engagement & Therapy

- Strongly recommend family therapy as a core treatment component moving forward.
- Address the absence of family engagement during the recent 110-day residential stay and explore barriers.
- Acknowledge the emotional impact on the client of perceived parental rejection and housing instability.
- Have a direct conversation with parents emphasizing that parental engagement is essential if the goal is stabilization before adulthood.
- Explore involvement of extended family or alternative caregivers if parental housing remains unstable.

Mental Health & Wraparound Services

- Telehealth options may supplement care, recognizing limitations of remote SUD treatment for adolescents:
 - Intermountain Hospital teen co-occurring telehealth programs
 - Caldwell Trivium Life Services
 - Genesis Counseling Center (telehealth Idaho): [Genesis Telehealth](#)
- Mentorship and pro-social supports may be beneficial:
 - The Mentoring Network (Canyon County): Mentoring Network
 - Nampa Family Justice Center teen support groups (as available): Nampa Family Justice Center

Pro-Social & Sober Community Engagement

- Consider [The Phoenix](#) sober community for physical activity-based recovery support in the Boise area (age-appropriate with supervision).
- Explore additional recovery-oriented community programs such as [Breaking Chains Academy](#).

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

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