

# UCSF SBIRT Collaborative Care Program



## What is SBIRT?

SBIRT stands for **S**creening, **B**rief Intervention, and **R**eferral to **T**reatment. Our team will assess and work to improve your health by addressing substance and alcohol use.

## Who is this program for?

Primary care patients who are at risk of developing health issues due to their substance use and/or alcohol use.

## Interested?

**Complete the annual SBIRT screener at your clinic. An SBIRT team member will follow up with you.**

## Meet the SBIRT Support Staff

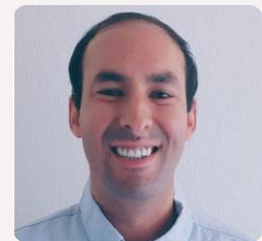


**Missy Cheese, LCSW, ACM**  
SBIRT Behavioral Health Clinician

**Peggy Korpela, MPH**  
SBIRT Behavioral Health Navigator



**David Krauth, MPH**  
SBIRT Behavioral Health Navigator  
Program Manager



## What is Collaborative Care?

- A specialized team of physicians, nurse practitioners, mental health professionals, social workers, and navigators will create a personalized care plan for your behavioral health needs.
- We collaborate and coordinate with your PCP and others involved in your care to ensure you're supported throughout our program.

## SBIRT Services

- Annual SBIRT screening for alcohol and substance use as part of your primary care.
- Behavioral health navigation calls to assess patient preferences, readiness for change, and provide education including ways to be safe.
- Behavioral health clinician evaluation, diagnosis, and recommendations.
- 10-12 sessions of individual Cognitive Behavioral Therapy for substance (including alcohol) use.

## Referrals to:

- Primary Care behavioral health and therapy
- Medication-based treatment evaluation
- Primary Care Addiction Medicine
- Embedded psychiatry
- Community specialty SUD programs

## Questions?

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**Taking small steps today can lead to big changes tomorrow. Our SBIRT Collaborative Care Team is here to support you**