

UCSF SBIRT

Collaborative Care Program



What is SBIRT?

SBIRT stands for **S**creening, **B**rief **I**ntervention, and **R**eferral to **T**reatment. It's a quick, confidential, and supportive program designed to help you assess and improve your health by addressing substance and alcohol use.

What is Collaborative Care?

Collaborative care brings together a specialized team of physicians, nurse practitioners, mental health professionals, social workers, and navigators to create a personalized care plan for your behavioral health needs. Our team collaborates with your primary care provider and others involved in your care.

Services offered?

- Annual SBIRT screening for alcohol and substance use as part of your primary care
- Behavioral health navigation calls to assess patient preferences and readiness for change
- Patient education including ways to be safe
- Behavioral health clinician evaluation, diagnosis, and recommendations
- 10-12 sessions of individual Cognitive Behavioral Therapy for substance use disorders (SUD) including alcohol use disorder (AUD)
- Referrals to:
 - Primary Care behavioral health and therapy
 - Medication-based treatment evaluation
 - Primary Care Addiction Medicine
 - Embedded psychiatry
 - Community specialty SUD programs

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.

How SBIRT Can Help

- **Early Detection:** annual screening helps prevent SUDs
- **Holistic Care:** We treat the whole person, not just the symptoms
- **Supportive Environment:** We're here to help you, not judge you
- **Proven Effectiveness:** SBIRT and collaborative care provide effective evidence-based treatments while improving access and conserving clinical resources

Interested?

Complete the annual SBIRT screener when it is available at your clinic. An SBIRT team member will follow up with you.

Questions?

Program Director: Jason Satterfield, PhD
Jason.Satterfield@ucsf.edu

Program Manager: David Krauth, MPH
David.Krauth@ucsf.edu
(415) 514-4617



Taking small steps today can lead to big changes tomorrow. Our SBIRT Collaborative Care Team is here to support you every step of the way.