



Dear health care provider,

I'm reaching out on behalf of Drs. Parya Saberi and Carol Dawson-Rose, who are conducting a study called Youth to Text or Telehealth for Engagement in HIV Care (Y2TEC) to help young people living with HIV stay involved in their healthcare. They are hoping to learn whether an integrated behavioral health intervention delivered by video-chat and text message will help young people living with HIV improve engagement in HIV care, decrease substance use, and enhance mental health outcomes.

We are looking for young people (**18-29** years of age) living with HIV who are interested in participating in a study where they would receive 12 brief therapeutic telehealth sessions over 4 months with a social worker to identify and address potential barriers to engagement in care related to mental health and substance use issues. The study will last 8 months, and after the initial enrollment, all study activities will be completed remotely. We will offer up to **\$310** in compensation for participation.

The Y2TEC intervention will use problem-solving therapy, a strengths-based orientation, and motivational interviewing to help participants address barriers to engagement in HIV care and overall wellness often related to mental health and substance use issues. The behaviors most commonly targeted will be related to medication adherence, attending clinic visits, and completing labs to monitor the effects of HIV treatment.

If you have patients or clients who might be eligible and interested, we would greatly appreciate you passing along information about our study (flyer is attached). For more information, they can call/text: (415) 917-7686 or email [Y2TEC@ucsf.edu](mailto:Y2TEC@ucsf.edu).

Thank you!



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