

SBIRT in Colorado Training Team



Peer Assistance Services
Since 1984



Emily Schrader, MA, LPC, CACIII

I am a Licensed Professional Counselor and a Certified Addictions Counselor with over 12 years of experience working in substance use prevention and intervention with adolescents and adults. I have an interest and passion for the integration of substance use and mental health screening and intervention in primary care and other physical health practices. I work in advocating normalization of the conversation around alcohol and drug use with medical providers as an important part of reducing stigma associated with substance use and mental health concerns. I am a clinician, a consultant, a person in recovery, and a mother to a 5 year old girl.



Kevin Hughes BS, CAC II

My interests and hobbies include live music, skiing, mountain biking, and other outdoor mountain activities. I moved to Colorado in 2005 and did the ski bum thing living in Breckenridge for a couple years before I came down to the city and started working at a residential treatment facility for delinquent youth. I worked there for 4 years before signing on with Peer Assistance Services as a Treatment Accountability for Safer Communities case manager working under a contract for the Department of Corrections division of Adult Parole. I am interested in SBIRT because I have seen first hand the results of letting substance use and misuse go too far and I feel that if we can address it early, we can save many people from getting to that point.



Joanna Espinoza, BS in Health Education

I started working with SBIRT Colorado 3 years ago as a Health Educator for Denver Health in the Emergency Department. I moved our SBIRT program into one of our primary care practices, and I continue offering SBIRT services to our patients here. In addition, I started offering SBIRT trainings with Peer Assistance Services last March, and I love talking about this fantastic and effective program. I am a huge advocate for preventative health and love sharing the knowledge I have about how our lifestyle choices affect us, and how they can help prevent many problems and improve our quality life. I use SBIRT daily as a Health Educator and think it's an easy to use tool that can have a big impact, not only in educating patients and guiding them towards change, but also in changing our healthcare culture and getting us to have these important conversations more often.



Carolyn J. Swenson MSPH, MSN, RN

I am a registered nurse, trained as a family nurse practitioner and I have a master's in public health. I work as Manager of Training and Consultation for SBIRT in Colorado at Peer Assistance Services, Inc. I train on SBIRT to prevent substance use problems in adolescents and adults, motivational interviewing and suicide prevention. I also volunteer at Metro Caring Hunger Relief Center in Denver where I provide tobacco cessation and alcohol/drug prevention services. I have worked in many health and public health settings including with migrant farmworkers in rural Colorado, on the Navajo reservation in New Mexico and with refugees in Sudan. I love music, swimming, gardening and being outside almost anywhere. I also love snow because I grew up in Minnesota!