

MIND YOUR HEALTH

Most of us face times when challenges – such as stress, health problems, or relationship issues – affect our ability to manage our lives. You can use classes and other tools to help you develop skills and techniques to cope with problems more effectively.



The Basics: Memory Loss, Dementia, and Alzheimer's Disease

If you or someone you know is affected by Alzheimer's disease or dementia, it's time to learn the facts. This program provides information on detection, causes and risk factors, stages of the disease, treatment, and much more.

For locations, go to alz.org/oregon/in_my_community_101224.asp. To register, please call 1-800-272-3900.



Chronic Insomnia Program

If you are suffering from chronic insomnia, please discuss a referral to the chronic insomnia program with your doctor. You will be contacted and scheduled to see a sleep clinician. Members are screened for other possible disorders and, if appropriate, referred for treatment. The program may involve Cognitive Behavioral Therapy for Insomnia (CBT-I) with education about sleep and insomnia, and personalized recommendations for improving sleep. It is highly effective.

Fee: Office-visit copayment per visit

Call 503-571-3161 for more information. This program requires a referral from your doctor.

Complementary and Integrative Medicine

Discover how complementary and integrative medicine treats the whole you. Learn about holistic health care and how to create more balance in your life. After attending this session, you will be invited to an individual follow up appointment for specific treatment recommendations. You will also have the opportunity to participate in a series of follow-up educational webinars.

1 session, 2 hours, for Kaiser Permanente members

Fee: Office-visit copayment

Location

Interstate Medical Office West

A referral from your doctor is required for this class. To confirm your referral and arrange registration, please call 503-335-2671 or 1-888-813-2100, ext. 162671 (toll free).



Grief Education and Support

The Kaiser Permanente Bereavement Program provides opportunities for people who are grieving the death of a person to learn about and express their grief in a safe, supportive, confidential environment. Regular participation in a support group has been shown to increase social support, decrease feelings of isolation, and help you develop the skills and tools to cope with your loss.

There are 4 grief support groups that meet year-round throughout the Northwest Region. There is no curriculum for these groups. Anyone is welcome to attend as many sessions as they feel they need. Participants are encouraged to call in advance to connect with the facilitator. The support groups meet twice a month at Town Hall, Kaiser Permanente Westside Medical Center, and Salmon Creek and Sunnybrook medical offices.

In addition, the Kaiser Permanente Bereavement Program offers a "Living After Loss" 8-week series. This is an educational-based grief class that follows a prepared curriculum. The class is offered twice a year at various Kaiser Permanente locations. Interested participants must pre-register for the series.

All offerings are facilitated by professionally trained and licensed bereavement counselors.

No fee

For more information or to sign up for a class or support group, please call our Bereavement Program at 503-499-5307.

Want to know more?

- Visit kp.org/healthengagement/stress.
- Find free guided imagery programs you can listen to or download at kp.org/audio.
- Visit kp.org/healthengagement/depression.
- Visit kp.org/healthengagement/anxiety.
- Check out the free online management programs for Kaiser Permanente members:
 - kp.org/relax
 - kp.org/carefordepression
 - kp.org/dream

Mental Health, Addictions, and Wellness Services

Emotional issues and life changes affect everyone. About 25% of all Americans struggle with depression and anxiety. You can find the right support at the right time with our Mental Health, Addictions, and Wellness Services. This includes classes, and individual and group services. There also are mental health and addictions clinicians in most primary care medical offices. They can consult with your primary care doctor, as well as provide you with support. All services are designed to help you start feeling better quickly, with more confidence, and ready to manage whatever life sends your way.

For more information, talk with your doctor or call us at 1-855-632-8280 (toll free).