



Mind and body health

# 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.

## Stress Less and Thrive – online group coaching

### For Kaiser Permanente members 18 and older

Move from coping with stress to developing greater resilience and the ability to thrive in the face of life's many challenges.

In this online program, you will develop a stress management plan that is realistic and doable, that helps fit your lifestyle and supports your core values. Group coaching draws on inner knowledge and brings with it the wisdom of the group to increase success for all.

4 sessions, 1 hour each

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

**Note:** Please register for only the first session of a class. When you schedule online, [kp.org](https://kp.org) will register you for all sessions, but will show only the date of the first session. Within a few days, you can log on to [kp.org](https://kp.org) and see all the dates and times of your upcoming sessions.

You also can register by calling **503-286-6816** or **1-866-301-3866**, option 1.

## Find Your Motivation – online group coaching

### For Kaiser Permanente members 18 and older

Get help to start healthy habits or stop unhealthy ones.

Are your intentions for healthier habits not quite in line with your actions? This online series may be just what you need. Group coaching combines the inner knowledge of each participant with the wisdom of the group to increase success for all. The activities in this series are designed to help you create enjoyable health routines and improve your quality of life.

4 sessions, 1 hour each

No fee for Kaiser Permanente members

To register, sign on at [kp.org/appointments](https://kp.org/appointments). Click "Schedule appointment," then select Health and Wellness Education as the reason for the appointment. Follow the prompts and make your selections to finish registering.

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## Alzheimer's/Dementia Caregiver Support Group

### **For anyone caring for a loved one with dementia**

Receive support and learn how other caregivers in situations like yours are managing.

This is a drop-in support group for people who are caring for a loved one with dementia at any stage. The small group is led by a facilitator.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

Ongoing sessions

No fee

For more information or to register, please call **1-800-272-3900**. You also can find online options at [alz.org/orswwa/helping\\_you/support\\_groups](http://alz.org/orswwa/helping_you/support_groups).

## Understanding Alzheimer's and Dementia

### **For anyone who has concerns about memory – either for themselves or loved ones**

Learn about what is normal aging and what is dementia.

This program is co-sponsored by the Alzheimer's Association. You can learn about Alzheimer's and dementia and their impact on the brain and general population. Community resources and the latest Alzheimer's research are reviewed.

1 session

No fee

For more information or to register, please call **1-800-272-3900**. You also can find online options at [alz.org/orswwa/helping\\_you/support\\_groups](http://alz.org/orswwa/helping_you/support_groups).

## Autism Spectrum Disorder Caregiver Orientation

### **For families with children recently diagnosed with Autism Spectrum Disorder**

Learn about your child's diagnosis and how to help support their development.

This online 37-minute program provides information about autism, accessing care through Kaiser Permanente, and accessing other systems of care and support in the community.

You can watch anytime at [kp.org/ASDcaregiverorientation/nw](http://kp.org/ASDcaregiverorientation/nw).

No fee for Kaiser Permanente members

For more information about the class, please call **503-249-6799**.

## Complementary and Integrative Medicine

### **For Kaiser Permanente members with or without chronic health conditions, who are interested in prevention and want to add a holistic dimension to their care**

Discover how integrative medicine (also referred to as "natural medicine") treats the whole you.

Learn about holistic health care and how to help take control of your health and create more balance in your life. After attending this session, you will be invited to an individual follow-up appointment for specific recommendations.

1 session, 2 hours

Fee: Office visit copay

A referral from your doctor is required for this class.

To register, please call **503-335-2671** or **1-888-813-2100**, ext. 162671.

## Cognitive Behavioral Therapy for Insomnia (CBT-I)

### For Kaiser Permanente members struggling with insomnia

Learn about the factors that regulate sleep, with an emphasis on developing healthy sleep behaviors and thoughts to improve insomnia.

You'll meet with a Sleep Medicine Department clinician for evaluation. Therapy focuses on making the most of things you can do to promote sleeping well regularly. This includes sleep hygiene, stimulus control, making sure you spend appropriate lengths of time in bed, and identifying thoughts that contribute to insomnia. You'll be screened and offered treatment for other sleep disorders if needed, as the treatment can improve insomnia or CBT-I success.

One 45-minute screening appointment, available as a video visit\*, followed by referral for online resources or one-on-one or virtual follow-up. One-on-one therapy is offered in 30-minute appointments.

An adult support person is welcome to attend with you.

A referral from your doctor or another Kaiser Permanente clinician is required for Sleep Medicine services.

## Drop-In Grief Support Groups – virtual group

### For adults (18 and older) who have lost a loved one

This virtual support group offers you a chance to understand and express the difficult feelings that are part of grief in a safe and confidential environment. Regular participation can increase your base of support, decrease feelings of isolation, and help you develop coping skills.

These groups are led by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Support Program.

Ongoing support groups, 1.5 hours each meeting

No fee

For more information, please call **503-499-5307**.



\*When appropriate, available, and legally permissible.

\*These features are available when you get care at Kaiser Permanente facilities.

\*If you travel out of state, phone appointments and video visits may not be available due to state laws that prevent doctors from providing care across state lines. Laws differ by state.

\*To have a video visit, members must be registered on [kp.org](http://kp.org) and have a camera-equipped computer or mobile device.

## Coping with Grief during the Holidays – webinar

**For adults (18 and older) who have lost a loved one**

Get virtual support and resources as you deal during the holiday season with the loss of a loved one.

This program is led by a bereavement counselor with the Kaiser Permanente Hospice and Palliative Care Bereavement Support Program. It is offered several times during the year.

1 session, 1 hour

No fee

For more information or to register, please call **503-499-5307**.

## Living After Loss – virtual class

**For adults (18 and older) who have lost a loved one**

Learn to understand and express the difficult feelings that are often a part of grief.

This online bereavement-support class follows a prepared course of topics. You will learn about the grieving process and develop strategies for coping. Participation may increase your base of support and decrease feelings of isolation. The series is led by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Support Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call **503-499-5307**.

## Mental Health and Addiction Medicine Services

**For Kaiser Permanente members who need support**

Find the right support at the right time.

Emotional issues and life changes affect everyone. The Mental Health and Addiction Medicine departments offer classes, individual therapy, and group services. There are also behavior health consultants, who are licensed therapists working alongside your primary care clinician. All services are designed to help you begin to improve your well-being, with more confidence, and ready to manage whatever life sends your way.

For more information, talk with your personal doctor or call us at **1-855-632-8280**.



## Hospice Volunteer Training Class

### For Kaiser Permanente and community members

Hospice volunteers play an important role on our hospice team. Volunteers are community members devoting their service to improving the quality of life for our patients and families near the end of life. You may provide a break for a family caregiver or offer to do light housekeeping, prepare a meal, or help with a project. For patients living in supportive housing, volunteers focus on companionship, reading, holding a hand, or simply providing a compassionate presence.

Volunteers pass a criminal background check and drug screen test before attending a hospice volunteer training. To start the process, go to [kpnwvolunteer.org/hospice](https://kpnwvolunteer.org/hospice) or call **503-499-5168**.

No fee

Offered in the Winter, Spring, and Fall. For more information on dates and times, please call **503-499-5168**.

### Want to know more?

- Visit [kp.org/healthengagement/stress](https://kp.org/healthengagement/stress).
- Visit [kp.org/healthengagement/depression](https://kp.org/healthengagement/depression).
- Find programs and services near you at [kp.org/communityresources](https://kp.org/communityresources). Explore this directory of resources in your area – including programs for food, housing, childcare, utilities, employment, and more.
- Visit [kp.org/healthengagement/anxiety](https://kp.org/healthengagement/anxiety).
- Check out the online wellness programs at [kp.org/healthylifestyles](https://kp.org/healthylifestyles). They are for Kaiser Permanente members at no additional cost. More info is on page 49.
- Use the apps at [kp.org/selfcareapps](https://kp.org/selfcareapps)\*. They are digital personalized programs. *myStrength* includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Topics include sleep, anxiety, stress, and depression. *Calm* is for meditation and sleep – designed to help lower stress, reduce anxiety, and more. *Ginger* gives you text-based emotional support coaching, available 24/7.

\*Only available to Kaiser Permanente members with medical coverage.