

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.



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, 1.5 hours each

No fee

Locations:

- Cascade Park Medical Office
- Interstate Medical Office Central
- Longview Medical Office
- Mt. Scott Medical Office
- Orchards Medical Office
- Salmon Creek Medical Office
- Kaiser Permanente Westside Medical Center

For more information or to register, please call 1-800-272-3900.

Understanding Alzheimer's and Dementia

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

Get a better understanding of 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, 1 hour

No fee

Locations:

- Interstate Medical Office Central
- Keizer Station Medical Office
- Orchards Medical Office
- Kaiser Permanente Westside Medical Center

For more information or to register, please call 1-800-272-3900.

Autism Spectrum Disorder: Caregiver Orientation

For Kaiser Permanente members who are parents and caregivers of children recently diagnosed with Autism Spectrum Disorder

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

This class can help you understand your child's autism diagnosis, as well as how to access supports and services through Kaiser Permanente, the school system, and the community. It is led by a licensed marriage and family therapist and a board-certified behavior analyst.

1 session, 1.5 hours

No fee for Kaiser Permanente members

To register or for more information, please call 503-528-7635.



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 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 co-payment

Location:

- Interstate Medical Office West

A referral from your doctor is required for this class. To arrange registration, 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, followed by one-on-one or group appointments. Insomnia groups meet once a week for 4 weeks. One-on-one therapy is offered in 30-minute appointments. Group sessions are 60-90 minutes.

Fee: Specialty care office visit fee for the screening appointment. One-on-one follow-up appointments have office visit fees. There is no charge for group sessions.

An adult support person is welcome to attend individual or group sessions with you.

Sleep Medicine services are offered at:

- Cascade Park Medical Office
- Kaiser Permanente Sunnyside Medical Center
- Kaiser Permanente Westside Medical Center
- Longview-Kelso Medical Office
- North Lancaster Medical Office
- Tualatin Medical Office

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



Drop-In Grief Support Groups

For people who have lost a loved one

A support group offers 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.

We are here to share. Talking with others helps to ease the pain, but you are not required to talk unless you want to. These groups are assisted by a Kaiser Permanente bereavement counselor from the Hospice Bereavement Program.

Ongoing groups, 1.5 hours each meeting

No fee

Locations:

- Cascade Park Medical Office,
2nd and 4th Monday of each month, 12:30-2 p.m.
- Interstate Medical Office,
2nd and 4th Wednesday of each month, 4-5:30 p.m.
- Kaiser Permanente Westside Medical Center,
2nd and 4th Tuesday of each month, 4:30-6 p.m.
- Sunnybrook Medical Office
1st and 3rd Thursday of each month, 4:30-6 p.m.

For more information, please call the Kaiser Permanente Hospice Bereavement Program at 503-499-5307.

Living After Loss

For people who have lost a loved one

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

This 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 Kaiser Permanente bereavement counselors from the Hospice Bereavement Program.

8 sessions, 1.5 hours each

No fee

For more information or to register, please call the Kaiser Permanente Hospice Bereavement Program at 503-499-5307.

Mental Health, Addictions, and Wellness Services

For Kaiser Permanente members who need emotional support

Find the right support at the right time.

Emotional issues and life changes affect everyone. Mental Health, Addictions, and Wellness Services offers 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.



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, such as reading, holding a hand, or simply being 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 or call 503-499-5168.

2 sessions, 7.5 hours each

No fee

Locations:

- Kaiser Permanente Town Hall, Jan. 28 and Feb. 4
- Cascade Park Medical Office, April 10 and 17
- Mt. Scott Medical Office, June 19 and 26
- Tanasbourne Medical Office, Oct. 23 and 30

For more information, please call 503-499-5168.



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 free online management programs for Kaiser Permanente members at kp.org/healthylifestyles.
- Use myStrength at kp.org/selfcareapps/nw. It's a digital personalized program that includes interactive activities, in-the-moment coping tools, inspirational resources, and community support.