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.
Mind and body health

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.

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
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.
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.

Virtual classes are held monthly. When in-person classes resume, they will be held at various Kaiser Permanente locations throughout the year.

1 session, 1.5 hours
No fee for Kaiser Permanente members
To register or for more information, please call 971-255-9152.

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 copay

Location:
Interstate Medical Office East

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, 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.

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 facilitated by a Kaiser Permanente bereavement counselor from the Hospice and Palliative Care Bereavement Program.

Ongoing support groups, 1.5 hours each meeting

No fee

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

Note: In-person grief support groups may be temporarily suspended due to COVID-19. Virtual options are available.
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 and Palliative Care Bereavement Program at 503-499-5307.
Note: Class availability may be affected by COVID-19.

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
For more information on dates and times, please call 503-499-5168.

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 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.
NEW!
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 program, you will develop a stress management plan that is realistic and doable, that fits 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. Click “Schedule appointment,” then select Health and Wellness Education as the reason for the appointment. Follow the prompts to select the class and date you want.

Note: Please register for only the first session of a class. When you schedule online, 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 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.

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 the apps at kp.org/selfcareapps*. They are digital personalized programs. myStrength includes interactive activities, in-the-moment coping tools, inspirational resources, and community support. Calm is for meditation and sleep – designed to help lower stress, reduce anxiety, and more.

*Only available to Kaiser Permanente members with medical coverage.