

MANAGING CHRONIC PAIN

At-A-Glance Options
At Kaiser Permanente
In Santa Clara.

INDIVIDUAL APPOINTMENTS

Chemical Dependency Recovery Program	Wide range of services and programs for chemically dependent individuals and their families. Specialized services for patients who are chemically dependent and have pain.	Chemical Dependency Recovery Program 408-366-4200
Telephone Wellness Coach	Whether you're trying to get more active, eat better, manage your weight, quit tobacco, handle stress, or conquer sleep concerns, your personal coach can help you create and stick with a plan for reaching your goals. Mon-Fri 7am-7pm and Sat 8:30am-5:00pm. Offered in English and Spanish.	1-866-251-4514 kp.org/healthcoach

GROUP SESSIONS

Pain Management Rehabilitation Program	<p>Education Program: For those unable to attend the Intensive Program, but wish to learn skills for pain management.</p> <p>Intensive Program (6 weeks / Phases 1 & 2): Learn and practice new ways to help retrain your brain and nervous system, manage your pain, increase your function, and improve overall quality of life. Sessions will cover group discussions, relaxation, physical therapy, Feldenkrais, qi gong.</p> <p>Ongoing Rehabilitation (1 year+ / Phase 3): In this Graduate group setting, you will continue your journey with ongoing practices and skills. Ongoing practice is critical to making long term changes to the nervous system.</p>	Pain Management Rehabilitation Program 408-530-2950
CBT for Insomnia	An eight-session treatment program for individuals suffering from sleep problems (difficulty falling asleep, staying asleep, waking up too early, and/or non-restorative sleep).	Psychiatry 408-366-4400
Start From Where You Are	An ongoing support group for those coping with major medical illness, to help deal with the impact of illness on yourself, family members, and quality of life issues.	
Managing Your Stress	Six sessions. Learn about how emotions and thoughts affect our health. Learn about stress and stress management.	Health Education 408-851-3800

ONLINE RESOURCES

	Opioid therapy videos on safety & an opioid agreement for chronic pain.	
Opioid Therapy	Staying Healthy My Doctor Online Stress Management Articles My Doctor Online Sleep Well Articles My Doctor Online Pain Relief Programs	http://kpdoc.org/stayinghealthy http://kpdoc.org/stress http://kpdoc.org/sleep http://kpdoc.org/painrelief
Non-Opioid Options for Chronic Pain	<p>Pain Management Tools and information on managing chronic pain, arthritis, back pain, Fibromyalgia, headaches, and other pain.</p> <p>Healthy Lifestyle Programs Get an on-line personalized assessment and plan: <i>Care for Pain, Overcoming Depression, Overcoming Insomnia, Reduce Stress, Quit Smoking.</i></p> <p>Health Podcasts Free guided imagery exercises for chronic pain and stress reduction.</p> <p>Mental Health & Emotional Wellness Information about depression and mental health. Learn about how your thoughts can affect your health.</p>	www.kp.org/pain www.kp.org/healthylifestyles www.kp.org/listen www.kp.org/listen