



# MANAGING CHRONIC PAIN

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

### INDIVIDUAL APPOINTMENTS

<b>Addiction Medicine and Recovery Services</b>	Wide range of services and programs for chemically dependent individuals and their families. Specialized services for patients who are chemically dependent and have pain.	Addiction Medicine and Recovery Services <b>408-366-4200</b>
<b>Telephone Wellness Coach</b>	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.	<b>1-866-251-4514</b>

### ONLINE CLASSES

<b>Pain Management Rehabilitation Program</b>	<b>Workshop Track</b> Chronic Pain Education Classes (weekly): Learn and practice tools to manage your pain and increase your function at your own pace. Opioid (weekly): Learn how opioids affect chronic pain. Come for tapering support and education.	Pain Management Rehabilitation Program <b>408-530-2950</b> Doctor referral
	<b>Lifestyle Track</b> Multidisciplinary Team Case Management: Learn and practice new ways to retrain your brain and nervous system. This track focuses on rehabilitation using tools to manage your pain, increase your function, and improve your overall quality of life. Sessions cover relaxation, Physical Therapy, and Qi Gong.	
<b>CBT for Insomnia</b>	Eight sessions. This group requires a serious commitment from patients who are suffering from sleep problems. The program will help to identify and change maladaptive behaviors that maintain insomnia.	Psychiatry <b>408-366-4400</b>
<b>Managing Your Stress</b>	Five sessions. Learn about how emotions and thoughts affect our health. Learn about stress and stress management.	Health Education <b>408-851-3800</b>

### ONLINE RESOURCES

<b>Pain Management Programs</b>	<b>Pain Relief</b> Try these tools and programs to help manage common pain conditions (headache, shoulder pain, elbow pain, knee pain, ankle/heel pain, hip pain)	<a href="http://kpdoc.org/painrelief">http://kpdoc.org/painrelief</a>
	<b>Healthy Lifestyle</b> Get an on-line personalized assessment and plan: Care for Pain, Overcoming Depression, Overcoming Insomnia, Reduce Stress, Quit Smoking. These personalized programs can help you create an action plan to reach your health goals	<a href="http://kp.org/healthylifestyles">kp.org/healthylifestyles</a>

### MOBILE APPS

<b>Whil App</b>	Whil's digital wellbeing and mindfulness training helps you reduce stress and increase resiliency.	While App
<b>myStrength App</b>	The myStrength App individually tailors a program to help address anxiety, stress, and chronic pain.	My Strength App
<b>Calm App</b>	The Calm app is designed to help lower stress, reduce anxiety, and help improve sleep concerns	Calm App