



MANAGING CHRONIC PAIN

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

INDIVIDUAL APPOINTMENTS

Addiction Medicine and Recovery Services

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
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
<https://healthy.kaiserpermanente.org/northern-california/health-wellness/wellness-coaching>

ONLINE CLASSES

Pain Management Rehabilitation Program

Workshop Track

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
408-530-2950

Lifestyle Track

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.

CBT for Insomnia

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
408-366-4400

Managing Your Stress

Five sessions. Learn about how emotions and thoughts affect our health. Learn about stress and stress management.

Health Education
408-851-3800

ONLINE RESOURCES

Pain Management Programs

Pain Relief

Try these tools and programs to help manage common pain conditions (headache, shoulder pain, elbow pain, knee pain, ankle/heel pain, hip pain)

<http://kpdoc.org/painrelief>

Alternate Therapies

Learn about the causes of chronic pain and how to safely use alternative pain treatments such as muscle relaxation, yoga, dietary supplements, naturopathic medication, and stress management for pain management.

<http://kp.org/pain>

Healthy Lifestyle

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

www.kp.org/healthylifestyles

MOBILE APPS

Whil App

Whil's digital wellbeing and mindfulness training helps you reduce stress and increase resiliency.

www.whil.com

myStrength App

The myStrength App individually tailors a program to help address anxiety, stress, and chronic pain.

www.mystrength.com

Calm App

The Calm app is designed to help lower stress, reduce anxiety and help improve sleep concerns

www.calm.com