

Psychiatry & Chemical Dependency

AT KAISER PERMANENTE

The Psychiatry and Chemical Dependency Departments of Kaiser Permanente in Northern California are leaders in offering comprehensive, integrated, high quality care for treating emotional and chemical dependency problems



What makes Psychiatry
and Chemical Dependency
at Kaiser Permanente
unique?



We offer:

Teams of highly trained specialists—including psychiatrists, clinical psychologists, psychiatric nurses, psychiatric social workers, health educators, marriage and family therapists, and chemical dependency counselors—work with you to address your mental health needs. This means “one-stop shopping,” when your treatment involves medication, psychotherapy, and classes.*

Treatment tailored to your needs. A broad range of services is available and may be a part of your treatment plan, including:

- mental health education classes*
- group therapy
- medications
- individual therapy
- specialized outpatient treatment programs

State-of-the-art care. Combining research and clinical expertise, Kaiser Permanente ensures that your care benefits from the most recent advances in medical and behavioral science. At Kaiser Permanente, we are proud of our extraordinary commitment to clinical quality in Psychiatry and Chemical Dependency Treatment.

Coordinated care is better care. With your permission, clinicians in Psychiatry and Chemical Dependency will coordinate your care with your primary care doctor, gynecologist, or other specialists to ensure an integrated approach to your condition.

Consistent care throughout northern California. Whether you receive care at Kaiser Permanente in Fresno or Kaiser Permanente in San Francisco—or anywhere else in our system—the quality of your care is ensured by Kaiser Permanente’s high professional standards, treatment guidelines, and quality programs.

Web resources for our computer-savvy patients. Educational resources and treatment information are all available online through multiple Web sites, including your own physician’s homepage.

*fees may apply

Getting Care in Psychiatry and Chemical Dependency

If your physician refers you to Psychiatry or Chemical Dependency, or if you choose to come on your own, here is what you can expect:

When you telephone the Department, you will be scheduled for an initial appointment, usually within two weeks of your call and much sooner for urgent situations.

You will receive a personal and confidential initial interview with a mental health professional. You can discuss your current problems, how you feel now, and what has contributed to your difficulties. Based on this interview and your preferences, your clinician will recommend one or a combination of treatment options.

An educational class that gives you the knowledge and skills to manage your condition. Your clinician may suggest attending a class to help you with your condition. Classes vary from one to eight sessions and are taught by well-qualified mental health educators.

Counseling to improve your mental health. Counseling groups are led by mental health professionals on staff at the Psychiatry and Chemical Dependency Departments. Group size and the number of sessions vary by the condition that is being treated. You will receive help from your group leader's professional comments, support from fellow group members, and customized educational material to help improve your condition. In some cases, your clinician may recommend brief individual counseling. Your counseling sessions typically will focus on how thoughts and behaviors affect how you feel and how you can change them to feel better.

Medication. Medication may be recommended as a part of your treatment plan. If during your initial assessment or during the course of therapy, your clinician feels that medication may be helpful for your condition, he/she will arrange an appointment with one of the staff psychiatrists. During the appointment, the psychiatrist will determine if medication might be a helpful treatment for you, discuss treatment options with you, and prescribe medication, if needed, to help you with your condition. Your therapist and the psychiatrist will work together to coordinate your care.

Crisis intervention. If your condition is severe and needs immediate attention, you will be given an appointment within 24 hours to start getting you the help you need. We also offer an after hours Call Center that you can contact for help. **If you have an emergency medical condition, call 911 or go to the nearest hospital.**

Our Psychiatry and Chemical Dependency Departments treat many kinds of problems

Each Psychiatry and Chemical Dependency Department has experts on staff to treat the full range of psychiatric and chemical dependency problems. Some of the most common problems are:

- Feeling sad, blue, or depressed
- Worries, anxiety or panic attacks
- Eating disorders
- Job stress
- Alcohol and substance use conditions
- Anger management
- Problems concentrating and completing activities
- Family relations problems

If you would like to get help in our Psychiatry Department or Chemical Dependency Program, contact your local Kaiser Permanente Medical Center.