

KP Addiction Care

Paul Bryant:

Typically, people that are seeking us out are feeling a lot of pain. They may have been self-medicating, and so they're coming to us saying, "I can't do this anymore." Addiction is a very treatable condition.

Dr. Sarah Leitz:

The mental health and addiction ecosystem here with Kaiser Permanente is all encompassing and patient-centered. We welcome people with open arms. We will get them into the right appointment. We can quickly engage patients at exactly the level of care they need, be it in the emergency room, be it in primary care. We've got medication options that are very effective to treat substance use disorders, and we also have group and individual counseling that's rapidly available.

Our care is taking care of the whole person and not just a diagnosis. We understand not every person needs the exact same thing, but we will hear your story and we will treat you appropriately for your chronic medical condition.

We can meet with you in-person. Over the phone, on video, we can do groups, we can do individual treatment. It really is person-centered.

Paul Bryant:

Peer support specialists are definitely the secret sauce to our treatment program. People with lived experience in treatment and recovery, they can say, I've been here before. I've done this. I know what you're feeling right now. I know you're scared, but you can do this.

Melissa Cook:

We're peers supporting our peers. They're not our patients, it's a lot more like friendship. We're able to build deeper connections and get outside of the sometimes intimidating clinical setting.

Paul Bryant:

When people first start the process of change, it's terrifying. The message we want to give them is that this is possible, change is possible and we can help you do that in a way that keeps you comfortable. I won't say it's going to be easy, but we can help with medications to help people feel physically comfortable. The treatment that they're going to get is going to be delivered with respect, really listening to them and what they need and following their lead. Seeing people make changes and turning their lives around, there's nothing more exciting than that to me.