

Facility Health Promotion and Disease Prevention (HPDP) Program



San Francisco VA Health Care System (SFVAHCS)

Veterans' Health Promotion, Wellness, and Self-management Classes and Groups

Tobacco Free/Smoking Cessation

Group classes:

- **Tobacco Cessation Drop-in Group (Fort Miley):** Support reduction and abstinence from smoking, Medical Practice, Bldg. 200, 1st floor, Fridays 11 a.m. -12 p.m. Develop quit plan, nicotine replacement, stress management, and relapse prevention. Call 415-221-4810, ext. 25774.
- **Smoking Cessation Clinic (Fort Miley):** Provider referral or call 415-221-4810, ext. 24922.
- **Smoking Cessation -Drop-in Group (Fort Miley):** Thursdays 11:15-12 p.m. , Bldg. 1, Rm 14B, ORT clinic. Call 415-221-4810, ext. 24922.
- **Speaking of Smoking (Fort Miley):** PRRC class, enrollees only: Wednesdays 11-11:45 a.m. Call 415-221-4810, ext. 23150.

SF Downtown

- **Smoking Cessation:** Tuesdays 1:30-2:30 p.m., 8-week group, drop-in. Call 415-281-5131 or the main Downtown Clinic number at 415-281-5100 for more information.

Telephone Quit Lines:

- **VA Quit VET:** Telephone tobacco quit coaching, 1-855-QUIT-VET (1 855 784-8838). Monday-Friday, 5 a.m. – 5 p.m. English and Spanish.
- **VISN 21 Palo Alto TeleQuit:** Includes medication evaluation and nicotine replacement prescription. Call toll-free (650) 493-5000 ext. 60557 (Palo Alto), Monday-Friday 8 a.m. – 4:30 p.m. San Francisco: Provider consult. Palo Alto Veterans self- refer.
- **California Smokers helpline:** 1-800-NO-BUTTS (1-800-622-8887) for free telephone counseling, self-help

materials, and online help in English, Chinese, Vietnamese, Spanish, and Korean.

Electronic Apps and Web Links:

- **SmokeFree VET:** Text VET to 47848 to get text messages to help you quit smoking , or visit www.smokefree.gov/VET.
- **Stay Quit Coach Mobile Smartphone App**
- **VA Quit Smoking Self-Help Materials:** www.publichealth.va.gov/smoking.
- **VA Employees:** Occupational/Employee Health at ext. 2-6495 or 2-2735

Weight Management

- **MOVE! Strength & Wellness Group (Fort Miley):** Ten- week program: weight loss, nutritional instruction, gym exercise & fitness instruction, and health coaching in each class. Call 415-221-4810, ext. 24262/23354/23471, or by provider referral.
- **Individual Weight Management Counseling with dietitian (Fort Miley):** 415-221-4810, ext. 24262/23354 or provider referral.
- **Follow-up MOVE! Support Group (Fort Miley):** Wednesdays 1-2 p.m., Bldg. 203, Room GA-48 . Call ext. 24262/23354.
- **Women’s Health Nutritional Counseling (Fort Miley):** 415-221-4810,ext. 22895 or provider referral to Nutrition.
- **Women’s MOVE! Wellness Group (Fort Miley & V-tel to Santa Rosa):** Mondays for 12 weeks, 2-3:30 p.m., starting January 2016. Call 415-221-4810, ext. 22895 or join by provider Nutrition referral.

San Bruno:

- **MOVE! Group:** 1st Tuesday of the month 10:30-11:30, ask your provider for a referral however drop-in’s welcome, Meet in the lobby of the San Bruno Clinic. For more information 415-221-4810, ext. 22895.
- **Individual nutrition counseling** Tuesdays 8:00 -4:00. Please contact 415-221-4810, ext. 22895 for more information or to schedule an appointment.

Eureka:

- **MOVE Weight management group wellness series (8 Weeks):** Wed. 1:30-3:00 pm contact for information on when the next class series will be offered: (707) 269-7500 ask for the registered dietitian.
- **MOVE! Follow-Up/Ongoing Support:** Tues.11:00am-12:00pm (once/month) call (707) 269-7500 ask for the registered dietitian.

Be Physically Active

- **Circuit Training Classes (Richmond District YMCA):** Strength building and muscular endurance, Tuesdays and Fridays, 11 a.m. -12 p.m., 360 18th Ave., San Francisco. Call 415-350-4179 or 415-740-4098.
- **Functional Flexibility (Richmond District YMCA):** Stretching and building strength. Beginners’ class, Wednesdays 2 -3 p.m., 10-week class; 360 18th Ave, San Francisco. Call 415-221-4810, ext. 3471/4093.
- **Tango Workshop and Classes for Veterans (Fort Miley):** For more information call 415-760-9374 or e-mail goldenagetrangoacademy@gmail.com.

San Bruno:

- **MOVE! Walking group:** Weekly drop-in group, Tuesday & Thursday 11:30-12:00 p.m. A one-mile walk in the surrounding the San Bruno Clinic area. Meet in clinic lobby or the parking lot near the VA sign on Sneath Lane. For more information call 415-221-4810, or 650-615-6019

Eureka:

- **Walking Group:** Mondays, Tuesdays, & Thursdays 10:00am for information call: (707) 269-7500 ask for the registered dietitian.

- **Mindful Movement:** Fridays 10:00-11:15am (Yoga-based movement and breathing for information call: (707) 269-7500) ask for the registered dietitian.

Eat Wisely/Healthy Eating

- **Organic Farmers Market (Fort Miley):** Wednesdays outside the entrance, year-round: 10 a.m. - 2 p.m.
- **Healthy, Low-Budget Cooking Classes (Fort Miley):** 6-week group cooking demonstration with Cooking Matters: Call 415-221-4810, ext. 24985.

SF Downtown:

- **Chat n Chew** 3rd Wednesday of each month, Drop-in, 11:30AM-1:00PM. Healthy Cooking demonstration and samples 11:30-12:30, followed by group walk from 12:30-1:00PM, for more information (415) 489-3322.

Eureka:

- **Whole Foods Cooking Class:** Every Wed. 1:30-3:00pm for information on the next class offered call: (707) 269-7500 ask for the registered dietitian.

Manage Stress

Fort Miley:

- **Stress Management Group:** Nine-session drop-in group. Stress management and coping skills for daily stress. Thursdays 11 a.m. – 12 p.m., Medical Practice, Bldg. 200, 1st floor. Call 415-221-4810, ext. 24864.
- **Meditation Wellness Group:** Wednesdays 1215-1245 drop-in, Building 203, Room 1A-1. Call 415-221-4810, ext. 2-3118.
- **Anger Management:** Mondays, 11 a.m. – 12:30 p.m., Bldg 8. Rm. 313. Call 415-221-4810, ext. 22819.
- **Mindfulness Group:** Tuesdays, 3-4 p.m., Bldg. 8. Requires provider referral to GPOS.
- **Women's Jump Start your Coping group:** Female veterans learn emotion management and strategies to improve interpersonal relationships, Wednesdays, 1-2 p.m. Provider referral only to Women's Clinic. Call 415-221-4810, ext. 26536/25980 for more information.
- **Trans Support Group:** Discuss positive physical and mental health coping strategies for stress and wellbeing. Provide a forum for positive connection with other transgender Veterans. 1st, 3rd and 5th Thursdays of each month, 5-6:30 p.m. Call 415-221-4810, ext. 23107 for more information.

San Bruno:

- **Reducing Isolation, Managing Emotions:** Increased interaction with other Veterans as a way to reduce isolation and increase insight into overwhelming feelings. Explore a variety of coping skills. Ongoing classes, Tuesdays 9:30-10:30 a.m., 1001 Sneath Lane, Suite 300. Call 650-615-6019 or 415-221-4810, ext. 2-4597.
- **Mindfulness:** Mondays 1:15-2:30 p.m., in the San Bruno VA conference room.
- **Vet to Vet Stress Management:** Tuesdays at 2 p.m. and Fridays at 10 a.m. Call San Bruno VA at 650-615-6000 to register.

SF Downtown:

- **Living well (with PTSD, substance use, anger & depression),** Fridays 11 a.m. – 12 p.m., drop-in (no referral required). For more information, call Downtown Clinic at 415-281-5100.
- **Living Skills group:** stress Management/Relaxation/Cognitive Skills group weekly, Thursdays at 2:30-3:30p.m., drop-in. For more information call 415-489-3322.
- **Gay and Bisexual Men's Health and Wellness Group:** Positive physical and mental health, and coping strategies for stress and well-being. Wednesdays, 10:30-11:30 a.m. Call 415-221-4810, ext. 23107.
- **Mindfulness Mornings:** 9-9:30 a.m. Monday-Wednesday and Fridays in the front conference room. Drop-in, no referral needed.

Santa Rosa:

- **Stress Management Group:** Drop-in group. Tools for identifying stressors, warning signs of stress, and skills for

coping and techniques for reducing stress. Wednesday 11 a.m.-12 p.m. Santa Rosa CBOC, Room 241. Call Santa Rosa Mental Health for information, at 707-569-2300.

- **OEF/OIF Civilian Readjustment:** Receive support with issues around adjusting to civilian life. Tuesdays 4:30-5:30 p.m., provider referral only. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Anger Management:** Thursdays 1-2:30 p.m., provider referral only. Call Santa Rosa Mental Health for information, at 707-569-2300.

Eureka:

- **Mindfulness Group:** Explore use of mindfulness techniques to better manage anxiety, PTSD, depression, chronic pain and stress reduction. Drop-in group, Mondays and Fridays 10:00a-11:00 a.m. Call Eureka VA for more information, at 707-269-7500.

Manage Pain

- **I Drive Pain Management Group (Fort Miley):** Learn new emotional and behavioral strategies for chronic pain management. Wednesdays 2:30-3:30 p.m., 8 sessions. Provider pain consult

Santa Rosa:

- **Pain Management :** Fridays 10:30 a.m. – 12:00 p.m., provider referral only. Call Santa Rosa Mental Health for information, at 707-569-2300.

Ukiah:

- **Pain Group** Strategies for managing chronic pain, nine V-Tel sessions; Thursdays 9-10 a.m., Ukiah VA Clinic. Call Ukiah VA Clinic at 707-468-7700.

Be Involved in Your Health Care

- **MyHealthVet :** Gain access to secure on-line messaging with your healthcare team. **MyHealthVetLibrary** access health education on multiple conditions, access **Healtheliving Assessment** by visiting www.myhealth.va.gov. Discover your health age, are you younger or older than your age in years? Health age can be modified by healthy lifestyle and behavioral changes. Call 415-221-4810, ext. 23706 to enroll in MyHealthVet.
- **Pathways to Health (Fort Miley):** Achieve your health goals and discover a new and improved you. Wednesdays 11 a.m. -12 p.m. Mental Health, Bld. 8, Room 215 Call 415-221-4810, ext.24621 or 26344.

Clearlake:

- **Living Well Group:** General wellness and learn coping skills, Thursdays 1-2 p.m. Interested Veterans may call the group leader at 707-995-7232 or call Clearlake VA Clinic at 707-995-7200.

Eureka:

- **Whole Health Class** Develop a personalized health plan and take an active role in well-being. Fridays 1-2:30 p.m. At Eureka VA Clinic. Call 707-269-7540.

Recommended Screening Tests and Immunizations

- **Flu vaccination : Medical Practice.** Bldg. 200, 1st Floor, Monday-Friday 8:30 a.m.-12 p.m. and 1-3:30 p.m. You may also ask for a flu vaccine at your regularly scheduled primary care appointments.
- **Veteran/Walgreens/VA Flu shot partnership** – no cost flu shot at any Walgreens Pharmacy, obtain Walgreen/VA flu shot form with VA code from your primary care clinic.

Limit Alcohol or Other Substances

Fort Miley:

- **Rethinking Drinking and Using:** Wednesdays at 3 p.m. Medical Practice, Bldg 200, 1st floor. Call 415-221-4810, ext. 26491.
- **Recreation Recon Group:** Veterans team up to identify and try out activities that support a sober lifestyle, and provide recommendations to each other to support struggles with sobriety, boredom and loneliness. Drop-in, 1:00-2:00 p.m., Bldg. 203, GA-48. Contact 415-221-4810, ext. 24577 for more information
- **LifeRing® Empower Your Sober Self Group:** Sobriety support group, Wednesdays, 12:15-1 p.m. Weekly drop-in. Building 203, Ground Floor, Room GA 48.
- **Alcoholics Anonymous (AA):** 12-step, VA peer-support meetings for sobriety: Monday and Friday 12-1 p.m., weekly drop-in, ongoing. Building 203, Ground Floor, Rm GA-48.
- **Transitions Group:** Veterans concerned about substance use and management: Wednesdays 3-4 p.m., at Medical Practice. Call 415-221-4810, ext. 25979 or drop in.

SF Downtown: Call Downtown VA Clinic at 415-281-5100 for more information.

- **Sobriety Support/Harm Reduction Group:** Monday/Wednesday/Friday at 9:30-10:30 a.m. in the front conference room.
- **Harm Reduction, Drugs, Meds and More:** Tuesdays 9:30-10:30 a.m.
- **Housing & Harm Reduction:** Thursdays 3:30-4:30 p.m. in the front conference room.
- **Alcoholics Anonymous (AA):** Support meetings, Thursdays 5:30-6:30 p.m. Peer-led, all are welcome.

Santa Rosa:

- **Substance Use Education Class (via V-Tel):** Drop-in group, Thursdays 10-11 a.m., Santa Rosa CBOC, Room 241. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **LifeRing® Sobriety and Empowerment Recovery Group:** Tuesdays 9-10 a.m., Santa Rosa CBOC, Room 241. Call Santa Rosa Mental Health for information, at 707-569-2300.
- **Substance Use Disorders Recovery Group:** Drop-in, early substance use recovery group. Decrease misuse and prevent relapse. Mondays 12-1 p.m. and Fridays 10-11 a.m. Santa Rosa VA Clinic, Room 241. Call Santa Rosa Mental Health for information, at 707-569-2300.

San Bruno:

- **LifeRing® Sobriety and Empowerment Recovery Group:** Tuesdays 12-1 p.m., ongoing drop-in. Call San Bruno CBOC (1001 Sneath Lane San Bruno clinic Conference room) for more information, at 650-615-6000.
- **AA/NA Group:** Wednesday 12-1p.m., and Friday 12-1p.m., drop-in San Bruno Conf. room offered by NA group.

Be Safe

- **Prepare to Prevent: Education Drop-in Group (Fort Miley):** Learn about PReP, risk and benefits, sexual health and prevention, and getting started at the VA: 2nd and 4th Tuesdays, 12-1 p.m., I.D. Clinic (Building 203, Room IB-26A). Call 415-221-4810, ext. 23763.
- **Healthy Living with HIV drop-in group (Fort Miley):** Receive support and education about living with HIV. Thursdays 11 a.m.-12 p.m. in the I.D. clinic (Building 203, Room IB-26A). Call 415-221-4810, ext. 22537/23517.

Ukiah:

- **Drop-in Group for Homeless Veterans** Connect to resources and learn coping skills. Fridays 10-11 a.m. Call group leader at 707-995-7232, or call Ukiah VA Clinic 707-468-7700.

Free Legal Clinics

- **Fort Miley:** Wednesday 9 a.m. -3 p.m. Lobby San Francisco VA, Bldg. 200. Legal advice on VA benefits and discharge upgrades. Walk-in, first come, first served.

- **Santa Rosa:** Wednesdays 1 – 4 p.m. Walk-in; for more information, call (707) 569-2461.
- **Ukiah:** First Thursday of the month, starting at 12 p.m. Walk-in, first come, first served.

Diabetes Management

- **Living Well with Diabetes (Fort Miley):** How to keep blood glucose values in the target range, and diabetes management “tune up.” Drop-in’s welcome, 4th Wednesday of each month from 10 a.m.-12 p.m., Building 200, check in at Specialty Clinic, Module 2. For more information Call 415-221-4810, ext. 23473 or ext. 22895. V-Tel available to CBOCs by appointment.
- **Diabetes Walk in Clinic (Fort Miley):** Answers to questions about diabetes. Wednesdays, Building 200, Specialty Clinic, Module 2, drop in, 8 a.m. – 4:30 p.m., no appointment necessary. Call 415-221-4810, ext. 23473 for more information.
- **Intensive Insulin Management (Fort Miley):** Building 200, Specialty Clinic, Module 2. Individual appointments available, call 415-221-4810, ext. 23473. V-Tel available to CBOCs.
- **Individual appointments with diabetes educator (Fort Miley):** Monday - Friday, 8 a.m. – 4:30 p.m., Building 200, Specialty Clinic Module 2. Call 415-221-4810, ext. 23473/22895, or by provider referral to Diabetes Education. V-Tel available to CBOCs.
- **Diabetes Support Group (Fort Miley)** 4th Wednesday of the month from 10:00 am until noon. The group is held in the Patient Education Classroom in Building 200, GA169. Please contact Catherine Dorey, RN at 415-221-4810, ext. 23473 or Janet Faccenda, RD at 415-221-4810, ext. 22895 for more information or to schedule an appointment.

Eureka:

- **Diabetes Shared Med. Appointment** 1st Wed. of the month 9:30-11:30am contact

Creative Arts for Wellness & Self- Expression Community Resources

San Bruno:

- **Community Art Workshop:** Practice of art as an expressive and therapeutic exercise, share the expressive journey. Enter art in the Veterans Art Guild shows. Thursdays 10am-11:30am in the community Village at the Crossing housing, 1101 National Ave, San Bruno. For more information and referral call 650615-6019
- **Tango For Veterans – (San Bruno)** American Legion Tuesdays 12:30pm-2pm Drop in, contact Ivan at goldentrangoacademy@gmail.com
- **Writers Workshop – (San Francisco)** at Independent Living Resource Center San Francisco (ILRCFSF) <http://www.ilrcsf.org/> Fridays 1pm-3pm For a referral call 415-221-4810 x22839 or 650-615-6019
- **Sixth on Seventh Photography Workshop – (San Francisco)** 105 Seventh St at Mission Gallery. Fridays 3pm for information call 650-615-6019
- **Veterans TV Project (San Francisco)**– Bay Area Video Coalition at SF Commons (BAVC) <https://www.bavc.org/> 2727 Mariposa, 3rd Wednesday of the month 1:30 p.m. information call 415-861-3282 and for referral and latest schedule call 650-615-6019
- **Veteran Drum Circle (San Francisco)** – Drop-in, Veterans War Memorial building, 401 Van Ness at McAllister, 2nd Wednesday of the month Room 202

Online VA APPS and Training

Visit <http://www.veterantraining.va.gov> and <https://mobile.va.gov/> for online training and apps:

Nutrition and exercise:

- **MOVE! Health Coach:** Weight loss app for Veterans, service members, their families, and others who want to lose weight. 19-week program. Track your food, activity and weight.
- **My Fitness Pal:** Track your calories and exercise.

- **Lose it!**: Log your food and get individual or group support.
- **BMI Calculator**: Track your body fat and count calories.
- **Weight Watchers Mobile**: Track your diet, exercise and weight loss. Local meetings and healthy recipes.
- **Fast Food Calorie Counter**: Information from fast food restaurants.
- **Diet Assistant**: Daily menus and weight loss plans.
- **Pedometer Free**: Track your walking.
- **Daily Burn**: Library of fitness videos.
- **7-Minute Workout**: Daily 7 minute workouts.
- **Endomondo Sports Tracker**: Track your activity with an audio coach.

Stress management and sleep:

- **CBT-i Coach App**: Guide on how to adjust sleep routines and approach to sleep in order to enhance sleep quality and duration. Best used in conjunction with in-person insomnia treatment by a health professional.
- **Mindfulness Coach App**: Guided mindfulness exercises and education about the benefits of mindfulness.
- **Lift-Daily Motivation**: Goal-setting and motivation.
- **Breath2Relax**: Breathing exercises to reduce stress.
- **Virtual Hope Box**: Tools to help with coping, stress and relaxation

Visit <http://www.veterantraining.va.gov> for online tools to manage:

- **Anger and Irritability Management Skills (AIMS)**: Manage your anger and develop self-control over your thoughts and actions.
- **PTSD Coach Online**: Offers tools to help manage anxiety, anger, sleep problems and more.
- **Moving Forward: Overcoming Life's Challenges**: Educational and life coaching program that teaches Problem Solving skills.
- **Parenting for Service Members and Veterans**: Course helps parents learn how to address both everyday parenting challenges as well as family issues unique to military families.

Relaxation nature sounds and melodies:

- **Relax Melodies**: 50 sounds available for sleep and relaxation.
- **Nature Sounds Relax and Sleep**: Select sounds to reduce stress.

Quit Tobacco and AA recovery:

- **Stay Quit Coach**: designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking.
- **MyQuit Coach**: Track your cravings and set quit goals.
- **Quit It Lite**: Graphs benefits of quitting.
- **Quit Smoking**: Track your health changes with less smoking.
- **QuitNow!**: Tips to deal with emotions. Share your success on social media.
- **My Last Cigarette-Cessation Nation**: Motivational messages.
- **iPromises Recovery Companion**: Daily positive messages and AA meeting locator.
- **Stay Quit Coach APP**: designed to help Veterans with Post-Traumatic Stress Disorder (PTSD) quit smoking.