

San Jose Mental Health Expansion Mirrors Regional Trend

Kaiser Permanente is opening a new mental health clinic that is part of a larger Northern California growth trend.

Kaiser Permanente is expanding outpatient mental health services in San Jose this month with a new 11,840 square-foot clinic and additional therapists.

The new clinic where members can see psychotherapists and psychiatrists is at 2150 North 1st St., steps from Karina Station on the Valley Transportation Authority light rail line and near the 101, 87, and 880 freeways.

It will have offices for 22 psychotherapists and 3 psychiatrists, and two group rooms. Each provider office has a calming view of the Santa Clara Valley, said Ori Kochavi, PhD, Kaiser Permanente assistant medical group administrator in Santa Clara.

“We have seen a growing demand for mental health services over the last 7 years,” said Kochavi. “This new site is a living, breathing example of Kaiser Permanente’s commitment to providing the best mental health treatment in the nation.”

The San Jose clinic is part of a larger expansion of mental health services in Northern California. From 2016 through the end of 2020, Kaiser Permanente will have invested approximately \$480 million to build 680 new individual therapy rooms and more than 100 new group therapy rooms. From 2011 through the end of 2020, Kaiser Permanente will have hired over 800 new mental health providers in Northern California, an increase of 82%.

Kaiser Permanente’s work in educating its members to reduce mental health stigma and a younger generation that feels much more comfortable seeking mental health services have helped fuel the demand, Kochavi said.

“The new offices underscore our commitment to total health,” Kochavi said. “When you take care of your mental health, you are taking care of your physical health and vice versa.”