



Established in 1989, Quest Center for Integrative Health is a nonprofit wellness center that provides multidisciplinary and integrative healthcare in a community-based setting. We strive to meet the needs of all people who are experiencing challenges to their physical, mental, and emotional health.

About Quest

About WISH

WISH is an integrated medical and behavioral health program designed to treat chronic pain effectively and compassionately, predominantly through the use of non-opioid interventions. Our goal is to increase patient quality of life. We believe a holistic approach to the management of pain will allow for improved function and the reduction of debilitating symptoms. The effective treatment of chronic pain demands a system of care that understands patients as individuals.

Evidence Based Strategies Include

- Acupuncture: Acupuncture stimulates nerves, muscles, and connective tissue to boost the body's natural ability to alleviate pain and decrease inflammation.
- Wellness Movement: A wellness practice of gentle movements, designed to relieve tension, anxiety, and various chronic pain conditions.
- Support Groups: Through Acceptance Commitment Therapy and our Healing Skills group, you will be given the tools needed to live a more full life by learning how to cope with, and manage your pain.
- Peer Support: We understand challenges may occur with new treatments for chronic pain. WISH offers peer support to help you navigate mental health and or addiction services.
- Substance Abuse Treatment: For those who need substance abuse treatment, we specialize in multiple levels of care from education to intensive outpatient services.
- Nutrition: Explore the connection between the foods we eat and how it can affect our well-being and health in our weekly nutrition program and our community nutrition night.
- Massage: W.I.S.H. clients now have the option to book once-a-month 30 minute visits with our Licensed Massage Therapist. Massage helps to relieve pain by increasing blood circulation, interrupting the pain cycle and releasing endorphins. This is covered under your W.I.S.H. authorization and does not affect acupuncture visits in any way, nor does it count as an outside visit.

While each journey is unique, below is a soft outline of attendance requirements for clients:

Acupuncture once a week, group once a week, and a weekly check-in with assigned peer.

While we are able to meet clients where they're at, the best clients for WISH are communicative with their peers, ready to engage, can manage their own schedules, and not actively in crisis. Ideally they would also have access to the internet as all groups are still via zoom.

Quest accepts a wide range of private insurance options, and is proud to partner with CareOregon and MODA

Through CareOregon clients are set up for one year, with flexibility to extend the authorization.

While clients usually get 30 visits/year towards "alternative care," WISH doesn't count towards those visits, so clients are free to use those towards other things like Massage or Chiropractic.

