

## Resources\* for Chronic Non Cancer Pain

### LHIN 10 - South East

#### Chronic pain treatment clinics

<p><b>1. Kingston Orthopaedic and Pain Institute (KOPI)</b></p> <p>This multidisciplinary clinic provides a comprehensive approach to neck and back pain. It provides expertise from physicians, chiropractors, massage therapists, psychologists, and orthopedic surgeons. It also offers interventions including lidocaine infusion, regenerative injection therapy, Botox, nerve blocks, platelet-rich plasma, and steroid injections.</p> <p><b>Website:</b> <a href="http://www.kopi.calls.net/">http://www.kopi.calls.net/</a></p>	<p><b>Location(s)</b></p> <p>Kingston</p>
<p><b>2. Hotel-Dieu Hospital Chronic Pain Clinic</b></p> <p>This chronic pain clinic is located in Hotel-Dieu Hospital in Kingston, Ontario.</p> <p><b>Website:</b> <a href="http://www.hoteldieu.com/programs-and-departments/chronic-pain-clinic">http://www.hoteldieu.com/programs-and-departments/chronic-pain-clinic</a></p>	<p><b>Location(s)</b></p> <p>Kingston</p>
<p><b>3. Kingston Family Health Team Chronic Pain Outreach Clinic-Centennial</b></p> <p>The Kingston Family Health Team has partnered with Dr. David Ruggles, Chronic Pain Specialist, to offer pain outreach clinics. Dr. Ruggles provides assessment and recommendations for patients with chronic pain, with the exception of patients requiring interventional treatment, such as nerve blocks.</p> <p><b>Website:</b> <a href="https://www.kfhn.ca/programs-services/chronic-pain-outreach-clinic/">https://www.kfhn.ca/programs-services/chronic-pain-outreach-clinic/</a></p>	<p><b>Location(s)</b></p> <p>Kingston</p>
<p><b>4. Kingston Family Health Team Chronic Pain Outreach Clinic-Norwest</b></p> <p>The Kingston Family Health Team has partnered with Dr. David Ruggles, Chronic Pain Specialist, to offer pain outreach clinics. Dr. Ruggles provides assessment and recommendations for patients with chronic pain, with the exception of patients requiring interventional treatment, such as nerve blocks.</p> <p><b>Website:</b> <a href="https://www.kfhn.ca/programs-services/chronic-pain-outreach-clinic/">https://www.kfhn.ca/programs-services/chronic-pain-outreach-clinic/</a></p>	<p><b>Location(s)</b></p> <p>Kingston</p>
<p><b>5. Kingston Family Health Team Chronic Pain Outreach Clinic-Cornerstone</b></p> <p>The Kingston Family Health Team has partnered with Dr. David Ruggles, Chronic Pain Specialist, to offer pain outreach clinics. Dr. Ruggles provides assessment and recommendations for patients with chronic pain, with the exception of patients requiring interventional treatment, such as nerve blocks.</p> <p><b>Website:</b> <a href="https://www.kfhn.ca/programs-services/chronic-pain-outreach-clinic/">https://www.kfhn.ca/programs-services/chronic-pain-outreach-clinic/</a></p>	<p><b>Location(s)</b></p> <p>Kingston</p>
<p><b>6. Brockville General Hospital Pain Management Clinic</b></p> <p>This outpatient clinic provides chronic pain assessment and treatment.</p> <p><b>Website:</b> <a href="http://www.southeasthealthline.ca/displayService.aspx?id=70396">http://www.southeasthealthline.ca/displayService.aspx?id=70396</a></p>	<p><b>Location(s)</b></p> <p>Brockville</p>

#### Drug addiction clinics

<p><b>7. Ontario Addiction Treatment Centres (OATC)</b></p> <p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p> <p><b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/bancroft-clinic/">http://www.oatc.ca/clinic-locations/bancroft-clinic/</a></p>	<p><b>Location(s)</b></p> <p>Bancroft</p>
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8. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Bellville
<b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/belleville-clinic/">http://www.oatc.ca/clinic-locations/belleville-clinic/</a>	

9. Newgate 180	Location(s)
Newgate 180 is a centre of excellence specializing in treatment and education of alcohol, drug and gambling addiction. As a private not-for-profit organization, Newgate 180 offers immediate assistance and provides a personalized one-year treatment program, consisting of 30-day residential treatment followed by 11 months of ongoing care. Newgate instils respect and dignity and offers gender-specific programs.	Merrickville
<b>Website:</b> <a href="http://newgate180.com/">http://newgate180.com/</a>	

## Self-management workshops

10. Living Well - Self-Management Program of Eastern Ontario	Location(s)
Stanford-model peer-led 6-week workshop on managing chronic pain for patients. Healthcare professional resources such as Brief Action Planning training, mindfulness meditation, and "choices and changes" training supporting patients who are engaged in self-management programs.	Throughout LHIN 10
<b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/alliston-clinic/">http://www.oatc.ca/clinic-locations/alliston-clinic/</a>	

11. Online Chronic Disease Self-Management Program of Ontario	Location(s)
This online program is based on the live Stanford model of chronic disease management, but provides the program completely online.	Online-ON Wide
<b>Website:</b> <a href="http://www.livingwellseontario.ca/">http://www.livingwellseontario.ca/</a>	

## Pain management programs

12. Doctor Henry Pain Clinic	Location(s)
This physician offers chronic head and neck pain management services.	Kingston
<b>Website:</b> <a href="http://www.southeasthealthline.ca/displayservice.aspx?id=72509">http://www.southeasthealthline.ca/displayservice.aspx?id=72509</a>	

13. Dr. Paul Christopher Miller - Family Medicine	Location(s)
This physician specializes in family medicine and practices in anaesthetics in a pain clinic	Perth
<b>Website:</b> <a href="http://www.southeasthealthline.ca/displayservice.aspx?id=160789">www.southeasthealthline.ca/displayservice.aspx?id=160789</a>	

## Provider education program

14. Project ECHO Ontario Chronic Pain and Opioids
This physician network provides primary care providers in Ontario with the knowledge and support to manage chronic pain safely and effectively. It uses Telehealth technology to offer weekly 2-hour videoconferences where local practice leaders ("spokes") present a brief didactic session followed by 2 or 3 de-identified case presentations, plus a yearly "Chronic Pain Basics Boot Camp". It also provides continuing education credits and fast-track specialist referrals for complex cases.
<b>Website:</b> <a href="https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx">https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx</a>

15. Medical Mentoring for Addictions and Pain (MMAP)
The MMAP is a network that connects family physician mentees to psychiatrist and family physicians with a focused practice in pain and addictions mentors through telephone, email and fax. Mentees may contact their mentors on an informal basis for guidance and support. Formal continuing professional development (CPD) workshops, small group teleconferences and sessions take place regularly in order to foster group cohesion. These tools help to support and augment the case by case mentoring program. Advice in the areas of diagnosis, psychotherapy and pharmacology is provided to mentees. Mentees are matched with mentors based on clinical interests and/or geographic location. Please note this is not a referral service.
<b>Website:</b> <a href="http://ocfp.on.ca/cpd/collaborative-networks/mmap">http://ocfp.on.ca/cpd/collaborative-networks/mmap</a>

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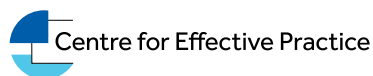


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