

Resources* for Chronic Non Cancer Pain

LHIN 11 - Champlain

Chronic pain treatment clinics

1. Centres for Pain Management (CPM)	Location(s)
<p>A network of multidisciplinary pain management clinics offering in-person treatment, including interventional pain management, as well as Telepain eConsults. CPM also conducts a chronic pain self management program and a mindfulness program for patients.</p> <p>Website: http://chronicpainmanagement.ca/</p>	Ottawa
2. CBI Health Group, Physiotherapy & Rehabilitation Centre	Location(s)
<p>This clinic provides chronic pain management services, including a multidisciplinary chronic pain program based on a biopsychosocial treatment model, an interdisciplinary pain program (with specialists from physical medicine, psychology, occupational therapy, physiotherapy, exercise therapy, and vocational rehabilitation).</p> <p>Website: https://www.cbi.ca/services/pain-management</p>	Ottawa
3. Seekers Centre for Integrative Medicine	Location(s)
<p>This multidisciplinary clinic includes doctors, nurses, psychologists and other health care professionals. It offers interventions, medications, and integrative medicine, including mind-body medicine and nutrition.</p> <p>Website: http://www.seekerscentre.com/</p>	Ottawa
4. The Ottawa Hospital Pain Clinic	Location(s)
<p>The Pain Clinic offers consultative services for the diagnosis and management of chronic pain disorders of malignant and non-malignant sources. It offers interventions (e.g., bursa injection, nerve block), medication therapy, and mindfulness training. The clinic also offers suggestions regarding pharmacological management of various chronic pain conditions, recommendations regarding physical therapy, occupational therapy and, when indicated, referral to other health-care professionals in rehabilitation medicine, physical therapy, occupational therapy, surgical subspecialties, interventional radiology, psychology and psychiatry.</p> <p>Website: https://www.ottawahospital.on.ca/wps/portal/Base/TheHospital/ClinicalServices/DeptPgrmCS/Departments/Anesthesiology/ChronicPainUnitTOHPainClinic</p>	Ottawa
5. Specialized Chronic Pain Clinic	Location(s)
<p>This clinic provides chronic pain management services in Ottawa, Ontario.</p> <p>Phone: (613) 860-6777</p>	Ottawa
6. Altum Health Interdisciplinary Pain Program	Location(s)
<p>Altum Health's CARF (Commission on Accreditation of Rehabilitation Facilities) accredited Interdisciplinary Pain Program provides an interdisciplinary approach to chronic pain management for those that have not returned to work within usual course of recovery (3-4 months from time of injury or accident) or those struggling while at work. The program is time limited and goal directed, with a cognitive behavioural and functional restoration focus.</p> <p>Website: http://www.altumhealth.com/interdisciplinary-pain</p>	Ottawa
7. Ottawa Hospital - The Rehabilitation Centre - Chronic Pain Management Program	Location(s)
<p>This clinic helps individuals better manage chronic pain by providing education on chronic pain and disability management, increasing activity level and helping people remain active even though they experience chronic pain, improving physical fitness and posture, and improving emotional functioning. The program lasts 4 weeks (one week of assessment and 3 weeks of treatment). The clinic is staffed by an interdisciplinary team including nursing, physiatry, psychology, occupational therapy, physiotherapy, social work, vocational rehabilitation, recreational therapy, and pharmacy.</p> <p>Website: https://ottawa.cioc.ca/record/OCR0556</p>	Ottawa

Drug addiction clinics

8. Ontario Addiction Treatment Centres (OATC)	Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p>	<p>Ottawa</p>
<p>Website: http://www.oatc.ca/clinic-locations/ottawa-clinic/</p>	
9. Ontario Addiction Treatment Centres (OATC)	Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p>	<p>Ottawa-West</p>
<p>Website: http://www.oatc.ca/clinic-locations/ottawa-west-clinic/</p>	
10. Ontario Addiction Treatment Centres (OATC)	Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p>	<p>Pembroke</p>
<p>Website: http://www.oatc.ca/clinic-locations/pembroke-clinic/</p>	
11. Ontario Addiction Treatment Centres (OATC)	Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p>	<p>Renfrew</p>
<p>Website: http://www.oatc.ca/clinic-locations/renfrew-clinic/</p>	
12. Ontario Addiction Treatment Centres (OATC)	Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p>	<p>Vanier</p>
<p>Website: http://www.oatc.ca/clinic-locations/vanier-clinic/</p>	
13. New Beginnings Clinic	Location(s)
<p>This substance abuse clinic helps people overcome addictions, particularly to opioids. It focuses on harm reduction and uses a safe, non-judgmental approach to treatment.</p>	<p>Ottawa</p>
<p>Website: www.newbeginningsclinic.ca/</p>	
14. Addiction Services of Eastern Ontario (ASEO)	Location(s)
<p>A variety of drug rehabilitation programs has been developed by ASEO Management to provide an even quality of care and to deal with the problems of addiction in our communities. These programs require specialised levels of service with personnel trained with high levels of skills and competence in a mixture of rehab ingredients, intervention therapies across several completely different sorts of substances.</p>	<p>Cornwall</p>
<p>Website: http://www.drugrehab.ca/directory/item/addiction-services-of-eastern-ontarioservices-de-toxicomanie-de-l-est-ontario.html?category_id=629</p>	
15. Akwesasne Addiction and Counselling Program	Location(s)
<p>This substance abuse treatment and prevention program aims to provide therapeutic and supportive care for First Nations patients. It uses principles of holistic wellness and agenda setting.</p>	<p>Cornwall</p>
<p>Website: http://www.drugrehab.ca/directory/item/akwesasne-addiction-and-counselling-program.html?category_id=629</p>	
16. Maison Fraternité - Fraternity House	Location(s)
<p>This organization is a multifunctional centre with adult intensive drug rehab programs inpatient recovery and outpatient services for male and female substance abusers. Services are offered in French only. A separate rehab residence for women is provided. Youth services for young people are offered on an outpatient and residential basis. Services are also available to family members.</p>	<p>Ottawa</p>
<p>Website: http://www.maisonfraternite.ca/</p>	

17. Serenity Renewal for Families	Location(s)
Serenity Renewal for Families (SRF) is a not-for-profit organization that provides a safe and welcoming environment for people, youth, couples, families and seniors dealing with the negative effects of addictions and/or addictive behaviours. It offers counselling programs to help people make the changes they need in order to lead healthier, happier lives. Website: http://www.serenityrenewal.ca/drupal/	Ottawa
18. Amethyst Women's Addiction Centre	Location(s)
The centre, a non-profit charitable organization, was founded in order to offer community-based drug rehab programs recovery services to address the unique issues affecting women coping with substance abuse and/or problem gambling. Website: http://amethyst-ottawa.org/	Ottawa
19. Rideauwood Addiction and Family Services	Location(s)
Rideauwood Habit and Family Service is a Registered Charity serving adults, adolescents and family members. We provide non-residential, group and individual rehab, public education, training and consultation. Website: http://rideauwood.org/	Ottawa
20. Mamisarvik Healing Centre	Location(s)
Mamisarvik Healing Centre provides treatment services for addictions to drugs and alcohol as well as the effects of trauma, including physical and sexual abuse. The program is an eight-week residential program and is holistic, culturally relevant and language appropriate for Inuit. Website: http://www.drugrehab.ca/directory/item/mamisarvik-healing-centre.html?category_id=422	Ottawa
21. Renfrew County Addiction Treatment System	Location(s)
The Renfrew County Habit Treatment System delivers comprehensive, integrated alcohol, drug and gambling dependence assessment, counselling and rehab programs. Website: http://www.renfrewcountyaddictiontreatment.ca/	Renfrew
22. Addiction Services of Eastern Ontario	Location(s)
Offers drug addiction assessment and outpatient counselling for youth and adults. Also has assessment and counselling for pregnant women and/or women with children up to 6 months old. French available. Program is open only on Tuesdays from 9 am to 4:30 pm. Website: https://www.rgrc.org/en/community-help/problem-gambling-resources/locations/addiction-services-eastern-ontario	Alexandria

Self-management workshops

23. Living Healthy Champlain	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). Website: http://livinghealthyhamplain.ca/main.aspx?lang=en&nongraphical=false	Throughout LHIN 11
24. 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. Website: http://www.ontarioselfmanagement.ca/10/About_the_Workshop/	Online-ON Wide

Provider education program

25. 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.

Website: <https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx>

26. 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.

Website: <http://ocfp.on.ca/cpd/collaborative-networks/mmap>

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