

## Resources\* for Chronic Non Cancer Pain

### LHIN 14 - North West

#### Chronic pain treatment clinics

**1. St. Joseph's Hospital (Thunder Bay) Pain Management Program** **Location(s)**

This interdisciplinary pain clinic offers a time-limited goal-oriented approach to chronic pain management. The program involves 5 hours of therapy per day, up to 5 days a week, for 6 weeks.

Thunder Bay

**Website:** [http://www.sjcg.net/services/mental-health\\_addictions/outpatient/pain.aspx](http://www.sjcg.net/services/mental-health_addictions/outpatient/pain.aspx)

#### Drug addiction clinics

**2. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Atikokan

**Website:** <http://www.oatc.ca/clinic-locations/atikokan-clinic/>

**3. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Dryden

**Website:** <http://www.oatc.ca/clinic-locations/dryden-clinic/>

**4. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Fort Frances

**Website:** <http://www.oatc.ca/clinic-locations/fort-frances-clinic/>

**5. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Kenora

**Website:** <http://www.oatc.ca/clinic-locations/kenora-clinic/>

**6. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Longlac

**Website:** <http://www.oatc.ca/clinic-locations/longlac-clinic/>

**7. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Pic Mobert

**Website:** <http://www.oatc.ca/clinic-locations/pic-mobert-clinic/>

**8. Ontario Addiction Treatment Centres (OATC)** **Location(s)**

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.

Red Lake

**Website:** <http://www.oatc.ca/clinic-locations/red-lake-clinic/>

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><b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/sioux-lookout-clinic/">http://www.oatc.ca/clinic-locations/sioux-lookout-clinic/</a></p>	Sioux Lookout
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><b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/thunder-bay-north-clinic/">http://www.oatc.ca/clinic-locations/thunder-bay-north-clinic/</a></p>	Thunder Bay North
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><b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/thunder-bay-north-clinic/">http://www.oatc.ca/clinic-locations/thunder-bay-north-clinic/</a></p>	Thunder Bay Red River
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><b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/thunder-bay-south-clinic/">http://www.oatc.ca/clinic-locations/thunder-bay-south-clinic/</a></p>	Thunder Bay South
13. 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><b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/thunder-bay-westfort-clinic/">http://www.oatc.ca/clinic-locations/thunder-bay-westfort-clinic/</a></p>	Thunder Bay Westford
14. Dilico Alcohol and Drug Treatment Centre Fort William First Nation	Location(s)
<p>Dilico embraces a holistic approach in the delivery of Health, Mental Health, Addictions and Child Welfare Services to complement the strengths, values and traditions of Anishinabek children, families, and communities. It offers a 6 week residential drug rehabilitation program with one-on-one counselling. There is an 8-week aftercare program (non-residential).</p> <p><b>Website:</b> <a href="http://www.drugrehab.ca/directory/item/dilico-alcohol-and-drug-treatment-centre-fort-william-first-nation.html?category_id=1446">http://www.drugrehab.ca/directory/item/dilico-alcohol-and-drug-treatment-centre-fort-william-first-nation.html?category_id=1446</a></p>	Fort William First Nation (Thunder Bay)
15. Kenora Chiefs Advisory Inc. Addiction counseling	Location(s)
<p>The program offers substance abuse counseling and advocacy for people aged 12 and up with an emphasis on youth. It operates within a Case Management model providing:</p> <ul style="list-style-type: none"> <li>• Direct counseling to clients and their families</li> <li>• Education on Substance Abuse &amp; Mental Health issues</li> <li>• Support and advocacy for the client</li> <li>• Linking client to the appropriate professional and service agency</li> <li>• Support and training to clients in the Life skills (self care, money management, care of housing)</li> </ul> <p><b>Website:</b> <a href="http://www.kenorachiefs.ca/?page_id=34">http://www.kenorachiefs.ca/?page_id=34</a></p>	Kenora
16. Atikokan Community Counselling Services	Location(s)
<p>This clinic offers drug addiction assessment, case management and outpatient counselling for youth and adults.</p> <p><b>Website:</b> <a href="http://aghospital.on.ca/services/?c=15&amp;t=addictionsProgram">http://aghospital.on.ca/services/?c=15&amp;t=addictionsProgram</a></p>	Atikokan
17. Dryden Regional Addiction and Mental Health Services	Location(s)
<p>This clinic offers drug addiction assessment and outpatient counselling for youth and adults. Services also available in Ojibway, French and English.</p> <p><b>Website:</b> <a href="http://www.drhc.on.ca/programs-services/mental-health-and-addictions/">http://www.drhc.on.ca/programs-services/mental-health-and-addictions/</a></p>	Dryden

<b>18. Community Counselling and Addiction Services (CCAS)</b>	<b>Location(s)</b>
This clinic offers drug addiction assessment and outpatient counselling for youth and adults. <b>Website:</b> <a href="https://www.redlakehospital.ca/article/community-counselling-and-addiction-services-195.asp">https://www.redlakehospital.ca/article/community-counselling-and-addiction-services-195.asp</a>	Ear Falls
<b>19. Riverside Community Counselling Services</b>	<b>Location(s)</b>
This centre provides drug addiction assessment and outpatient counselling for youth and adults. <b>Website:</b> <a href="https://www.redlakehospital.ca/article/community-counselling-and-addiction-services-195.asp">https://www.redlakehospital.ca/article/community-counselling-and-addiction-services-195.asp</a>	Emo
<b>20. Riverside Community Counselling Services</b>	<b>Location(s)</b>
This centre provides drug addiction assessment and outpatient counselling for youth and adults. <b>Website:</b> <a href="http://riversidehealthcare.ca/programs-services/community-counselling">http://riversidehealthcare.ca/programs-services/community-counselling</a>	Fort Frances
<b>21. United Native Friendship Centre</b>	<b>Location(s)</b>
This centre provides drug addiction assessment and outpatient counselling for aboriginal youth and adults. <b>Website:</b> <a href="http://www.unfc.org/">http://www.unfc.org/</a>	Fort Frances
<b>22. St. Joseph's Health Centre, Lake of the Woods District Hospital</b>	<b>Location(s)</b>
This centre provides drug addiction assessment and outpatient counselling for youth and adults, including for pregnant women or mothers with children 6 months of age or younger. <b>Website:</b> <a href="http://www.canadadrugrehab.ca/ON/Ontario-Outpatient-Alcohol-Drug-Rehab-Programs.html#govt">http://www.canadadrugrehab.ca/ON/Ontario-Outpatient-Alcohol-Drug-Rehab-Programs.html#govt</a>	Kenora

## Self-management workshops

<b>23. Healthy Change: Chronic Condition Self-Management</b>	<b>Location(s)</b>
Stanford-model peer-led 6-week workshop on managing chronic pain for patients. Telehomecare programs (RNs who provide telephone support and monitoring) is available for referral by health professionals. Recommended reading for health professionals explaining the evidence base and content of the workshops. <b>Website:</b> <a href="http://www.lwdh.on.ca/index.php/programs-and-services/mental-health-and-addictions-programs.html">http://www.lwdh.on.ca/index.php/programs-and-services/mental-health-and-addictions-programs.html</a>	Throughout LHIN 14
<b>24. Dryden Area Family Health Team - Chronic Pain Self-Management Program</b>	<b>Location(s)</b>
The Chronic Pain Self-Management Program is a 6 week workshop (2.5 hours once weekly for 6 weeks) designed to help you learn ways to self-manage your chronic pain condition. <b>Website:</b> <a href="http://drydenfht.ca/programs-services/chronic-pain-self-management-program/">http://drydenfht.ca/programs-services/chronic-pain-self-management-program/</a>	Dryden
<b>25. Atikokan Family Health Team - Chronic Pain Self-Management Program (Healthy Change)</b>	<b>Location(s)</b>
The Chronic Pain Self-Management Program is a free 6-week workshop that helps people with chronic pain to better manage their symptoms and their daily lives. The workshop provides information and teaches practical skills. It gives people the confidence and motivation they need to manage the challenges of living with chronic pain. <b>Website:</b> <a href="https://www.atikokanfht.com/community-programs/chronic-pain-self-management-program-healthy-change-">https://www.atikokanfht.com/community-programs/chronic-pain-self-management-program-healthy-change-</a>	Atikokan
<b>26. Greenstone Family Health Team - Chronic Pain Self-Management Program</b>	<b>Location(s)</b>
The Chronic Pain Self-Management Program is a 6-week workshop (2.5 hours once weekly for 6 weeks) designed to help you learn ways to self-manage your chronic pain condition. <b>Website:</b> <a href="http://www.gfht.ca/programs/">http://www.gfht.ca/programs/</a>	Geraldton
<b>27. North Shore Family Health Team - Chronic Pain Self-Management Program (Healthy Change)</b>	<b>Location(s)</b>
The Chronic Pain Self-Management Program is a 6-week workshop (2.5 hours once weekly for 6 weeks) designed to help you learn ways to self-manage your chronic pain condition. <b>Website:</b> <a href="http://www.northshorefamilyhealthteam.ca/?pgid=8">http://www.northshorefamilyhealthteam.ca/?pgid=8</a>	Terrace Bay

**28. North Shore Family Health Team - Chronic Pain Self-Management Program (Healthy Change) Location(s)**

The Chronic Pain Self-Management Program is a 6-week workshop (2.5 hours once weekly for 6 weeks) designed to help you learn ways to self-manage your chronic pain condition. Schreiber

**Website:** <http://www.northshorefamilyhealthteam.ca/?pgid=8>

**29. 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 Ontario-wide

**Website:** [http://www.ontarioselfmanagement.ca/10/About\\_the\\_Workshop/](http://www.ontarioselfmanagement.ca/10/About_the_Workshop/)

## Provider education program

**30. Project ECHO Ontario Chronic Pain and Opioids Location(s)**

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. Online Ontario-wide

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

**31. 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>

\*The inclusion of these resources do not entail endorsement by the CEP, the OCFP, NPAO or North West LHIN 14. These supporting materials are hosted by external organizations, and as such, the accuracy and accessibility of their links are not guaranteed. CEP will make every effort to keep these links up to date.

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