

Resources* for Chronic Non Cancer Pain LHIN 3 - Waterloo Wellington

Chronic pain treatment clinics

<p>1. The Pain Management Centre</p> <p>This pain clinic is located in Waterloo, Ontario.</p> <p>Website: http://www.manta.com/ic/mt6flq5/ca/pain-management-centre-the</p>	<p>Location(s)</p> <p>Waterloo</p>
<p>2. Altum Health Interdisciplinary Pain Program</p> <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 (three to four 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>	<p>Location(s)</p> <p>Cambridge</p>
<p>3. Upper Grand Family Health Team: chronic pain assessments</p> <p>Chronic pain assessments performed by a multidisciplinary team with a focus on education of the neurophysiology of pain, self-management strategies and recommendations for medication optimization when appropriate. Usual duration is one 1-hour session.</p> <p>Website: https://uppergrandfht.org/FHTEvents.php</p>	<p>Location(s)</p> <p>Fergus</p>
<p>4. Kinetics Medical and Rehabilitation Clinic</p> <p>This multidisciplinary clinic provides pain management services such as interventions (e.g. nerve blocks, trigger point injections, prolotherapy), chiropractic, physiotherapy, massage therapy, acupuncture, laser therapy, custom made orthotics, and mind-body techniques (such as meditation).</p> <p>Website: http://www.kineticscentre.com</p>	<p>Location(s)</p> <p>Kitchener</p>
<p>5. University Pain Clinic & Wellness Centre</p> <p>This clinic, staffed by a certified Bowenwork practitioner, provides a non-drug treatment for chronic pain that involves massage, acupuncture/acupuncture, chiropractic, physiotherapy, trigger point therapy, myofascial release, lymphatic massage, emotional release, and osteopathy.</p> <p>Website: http://www.universitypainclinic.ca/</p>	<p>Location(s)</p> <p>Waterloo</p>
<p>6. InMedic Pain Management Centres</p> <p>This multidisciplinary pain clinic offers interventions, medications and psychological therapy.</p> <p>Website: http://inmedicpain.com/</p>	<p>Location(s)</p> <p>Kitchener</p>
<p>7. Optimum Health Centre</p> <p>This health clinic offers non-drug pain management options such as Alpha-Stim MicroCurrent treatments, Vibrant and Kalaya products, Flowt KW services and trigger point therapy. It specializes in muscle tension, fibromyalgia, migraines, repetitive strain injuries (R.S.I.) and, back, neck and shoulder pain.</p> <p>Website: http://www.optimumhealth.ca/pain.html</p>	<p>Location(s)</p>
<p>8. Dr. K.S. Billing Pain Management Centre</p> <p>This anesthesiologist provides consultations and interventions for chronic pain.</p> <p>Phone: 519-824-6500</p>	<p>Location(s)</p> <p>Kitchener</p>

Drug addiction clinics

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>Website: http://www.oatc.ca/clinic-locations/cambridge-clinic/</p>	Cambridge
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>Website: http://www.oatc.ca/clinic-locations/guelph-clinic/</p>	Guelph
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>Website: http://www.oatc.ca/clinic-locations/kitchener-clinic/</p>	Kitchener
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>Website: http://www.oatc.ca/clinic-locations/kitchener-east-clinic/</p>	Kitchener East
13. House of Friendship	Location(s)
<p>174 King Street North is a free community-based, five to six-month residential addiction treatment program for men, 21 years and older, whose use of alcohol and/or other drugs has seriously affected their lives. The program includes: a weekly individual counseling session, small group counseling, groups for relapse prevention, communication skills, spiritual discovery, healthy relationships, family and childhood issues, masculinity and sexuality, positive life skills, goal setting, 12 step meetings, leisure and recreation activities, and household tasks. It includes free aftercare group counselling.</p> <p>Website: https://www.houseoffriendship.org/how-we-help/addiction-treatment/</p>	Waterloo

Self-management workshops

14. Minto-Mapelton Family Health Team Chronic Pain Self Management Program	Location(s)
<p>Stanford model peer-led six week workshop on managing chronic pain for patients.</p> <p>Website: http://www.mmft.ca/programs.html</p>	Drayton
15. Minto-Mapelton Family Health Team Cognitive Behaviour Therapy (CBT) Group	Location(s)
<p>Eight week cognitive behaviour therapy (CBT) group.</p> <p>Website: http://www.mmft.ca/programs.html</p>	Drayton
16. Online Chronic Disease Self-Management Program of Ontario	Location(s)
<p>This online program is based on the live Stanford model of chronic disease management but provides the program completely online.</p> <p>Website: http://www.ontarioselfmanagement.ca/10/About_the_Workshop/</p>	Ontario wide
17. Take Charge – Chronic Pain: Waterloo-Wellington Self-Management Program	Location(s)
<p>Stanford model peer-led six week workshop on managing chronic pain for patients.</p> <p>Website: http://www.wselfmanagement.ca/</p>	Across LHIN 3

Provider education program

18. 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 two-hour videoconferences where local practice leaders (“spokes”) present a brief didactic session followed by two or three 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.v

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

19. 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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