

Resources* for Chronic Non Cancer Pain

LHIN 4 - Hamilton Niagara Haldimand Brant

Chronic pain treatment clinics

1. 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 (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>	Hamilton (2 locations)
2. Haldimand War Memorial Hospital Chronic Pain Clinic	Location(s)
<p>This chronic pain clinic offers interventional therapy in the form of diagnostic and therapeutic nerve blocks, soft tissue and joint injections. Patients are seen on a referral basis, usually from the family doctors, and after initial consultation of offered therapy specific to their problem. The goal is to decrease pain, improve function, and thus the quality of life.</p> <p>Website: http://www.hwmh.ca/body.cfm?id=125</p>	Dunnville
3. Brant Pain Relief	Location(s)
<p>This pain clinic provides chiropractic services.</p> <p>Website: http://www.brantpainrelief.com/</p>	Brantford
4. Centres for Pain Management	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>	Hamilton
5. Michael G. DeGroote Pain Clinic	Location(s)
<p>This multidisciplinary pain clinic provides interventional and medical management for chronic non-cancer pain. It also provides a menu of structured education, fitness, relaxation and goal.</p> <p>Website: http://www.hamiltonhealthsciences.ca/body.cfm?id=3204</p>	Hamilton
6. Ennis Centre for Pain Management	Location(s)
<p>This multidisciplinary clinic provides exercise therapy, cognitive behavioural therapy (CBT), lifestyle and medical education, mind-body therapies, and medication advice. It offers a 15-week program with over 100 hours of education for patients.</p> <p>Website: http://enniscentre.com/Introduction_to_the_East_End_Pa.html</p>	Hamilton
7. Pain Care Clinics	Location(s)
<p>This multidisciplinary clinic offers pain management services including interventions (e.g., Botox, platelet-rich plasma, epidurals, and nerve blocks).</p> <p>Website: www.paincareclinics.com</p>	St. Catharines, Hamilton
8. Burlington Pain Care	Location(s)
<p>This pain clinic is located in Burlington, ON.</p> <p>Website: www.paincareclinics.com</p>	Burlington

9. Wellbeings Pain and Dependency Clinic	Location(s)
This clinic provides chronic pain and addiction management. Its team includes physicians (with focused practices in pain and addiction), technicians and pharmacists, and it also refers patients offsite for services such as chiropractic, massage, nutrition and exercise/physical therapies.	St. Catharines
Website: http://wellbeings.ca/ Phone: (905) 315-8802	

10. Dr. Joseph Park & Associates Pain Management	Location(s)
This physician's office (and associates) specializes in back pain, neck pain, complex regional pain syndrome (CRPS), and motor vehicle accident injuries.	Hamilton
Website: http://www.josephparkandassociates.com/	

Drug addiction clinics

11. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Hamilton
Website: http://www.oatc.ca/clinic-locations/hamilton-clinic/	

12. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Niagara Falls
Website: http://www.oatc.ca/clinic-locations/niagara-falls-clinic/	

13. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Welland
Website: http://www.oatc.ca/clinic-locations/welland-clinic/	

14. New Directions	Location(s)
This department of Six Nations Health Services offers assessments, referrals, pre-treatment preparation, aftercare, and counselling for substance abuse.	Oshweken
Website: http://www.drugrehab.ca/directory/item/new-directions.html?category_id=1462	

15. trueNorth Medical Centre	Location(s)
trueNorth Medical Centre is a methodone/suboxone program that is focused on the treatment of opioid dependence and chronic pain.	Dunnville & St. Catharines
Website: http://www.truenorthmedical.com/opioid-find-us-s16381	

Self-management workshops

16. 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.	Ontario wide
Website: http://www.ontarioselfmanagement.ca/10/About_the_Workshop/	

17. Take Charge – Chronic Pain: Waterloo-Wellington Self-Management Program	Location(s)
Stanford-model peer-led 6-week workshop on managing chronic pain for patients.	Ancaster, Brantford, Burlington, Dundas, Dunnville, Flamborough, Haldimand, Hamilton, Niagara, Oshweken, Simcoe, St. Catherines, Waterdown, Welland
Website: http://www.wselfmanagement.ca/	

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 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>

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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