

Resources* for Chronic Non Cancer Pain

LHIN 5 - Central West

Chronic pain management clinic

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>	Mississauga
2. 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>	Brampton
3. Karmy Chronic Pain Medical Clinic	Location(s)
<p>This chronic pain clinic provides interventional management, independent pain assessments and medico-legal assessments.</p> <p>Website: https://ca.linkedin.com/in/karmy</p>	Brampton
4. Greenspoon Pain Management Centre	Location(s)
<p>This pain management centre offers pain assessment, investigation and medication management.</p> <p>Phone: 905-456-9600</p> <p>Address: Suite 110-164 Queen Street East</p>	Brampton
5. 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>	Orangeville

Drug addiction clinics

6. 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/brampton-clinic/</p>	Brampton
7. 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/etobicoke-clinic/</p>	Etobicoke

8. New Beginnings Clinic	Location(s)
<p>This substance abuse clinic helps people overcome addictions, particularly to opioids. It focuses on harm reduction and a safe, non-judgmental approach to treatment.</p> <p>Website: www.newbeginningsclinic.ca</p>	Mississauga

Self-management workshop

9. 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

10. Central West Self Management Program	Location(s)
<p>Stanford model peer-led six week workshop on managing chronic pain for patients. Healthcare professional resources such as Brief Action Planning training, motivational interviewing training, and “choices and changes” training (supporting patients who are engaged in self-management programs).</p> <p>Website: https://www.cwselfmanagement.ca/</p>	Brampton, Malton, Dufferin County, Caledon, Woodbridge, Rexdale

Provider education program

11. Project ECHO Ontario Chronic Pain and Opioids
<p>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.</p> <p>Website: https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx</p>

12. Medical Mentoring for Addictions and Pain (MMAP)
<p>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.</p> <p>Website: http://ocfp.on.ca/cpd/collaborative-networks/mmap</p>

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