

## Resources\* for Chronic Non Cancer Pain

### LHIN 6 - Mississauga Halton

#### Chronic pain management clinic

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><b>Website:</b> <a href="http://chronicpainmanagement.ca/">http://chronicpainmanagement.ca/</a></p>	Mississauga, Oakville
2. CBI Health Group, Physiotherapy & Rehabilitation Centre	Location(s)
<p>This clinic provides chronic pain management services with physiotherapists, occupational therapists, massage therapist and kinesiologist.</p> <p><b>Website:</b> <a href="https://www.cbi.ca/services/pain-management">https://www.cbi.ca/services/pain-management</a></p>	Mississauga
3. The Centre for Chronic Headache and Pain Management	Location(s)
<p>This pain and headache clinic is located in Mississauga, Ontario.</p> <p><b>Phone:</b> (905) 232-3055</p>	Mississauga
4. Health Recovery Group	Location(s)
<p>This multidisciplinary clinic, founded in 1980, was Ontario's first multidisciplinary pain clinic. It provides assessment and treatment.</p> <p><b>Website:</b> <a href="http://www.healthrecoverygroup.com">http://www.healthrecoverygroup.com</a></p>	Mississauga
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><b>Website:</b> <a href="http://www.paincareclinics.com">www.paincareclinics.com</a></p>	Oakville, Millcreek
6. Pain Rehabilitation Clinic	Location(s)
<p>This multidisciplinary clinic offers pain management services. The team includes medical doctors, physiotherapists, chiropractors, naturopaths, acupuncturists, and massage therapists</p> <p><b>Website:</b> <a href="http://www.painrehabclinic.ca/">http://www.painrehabclinic.ca/</a></p>	Mississauga
7. Dr. Leon Rivlin Chronic Pain Management	Location(s)
<p>This clinic provides chronic pain management services from physicians and a chiropractor. Services include interventions (e.g. nerve blocks, trigger point injections and epidurals) and musculoskeletal rehabilitation. It specializes in low back pain, neck pain, sciatica, post motor vehicle accident pain, headache and migraines and senior pain conditions.</p> <p><b>Website:</b> <a href="http://www.rivlinmedicalgroup.com/">http://www.rivlinmedicalgroup.com/</a></p>	Mississauga
8. Karmy Chronic Pain Medical Clinic	Location(s)
<p>This chronic pain clinic provides interventional management, independent pain assessments, and medico-legal assessments.</p> <p><b>Website:</b> <a href="https://ca.linkedin.com/in/karmy">https://ca.linkedin.com/in/karmy</a></p>	Mississauga

## Drug addiction clinics

<b>9. Ontario Addiction Treatment Centres (OATC)</b>	<b>Location(s)</b>
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Mississauga
<b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/mississauga-clinic/">http://www.oatc.ca/clinic-locations/mississauga-clinic/</a>	
<b>10. Ontario Addiction Treatment Centres (OATC)</b>	<b>Location(s)</b>
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.	Oakville
<b>Website:</b> <a href="http://www.oatc.ca/clinic-locations/oakville-clinic/">http://www.oatc.ca/clinic-locations/oakville-clinic/</a>	
<b>11. Family Adolescent Straight Talk (FAST)</b>	<b>Location(s)</b>
Family Adolescent Straight Speak is a charitable drug rehab organization providing outpatient recovery to adolescents, adults and families (male and female) managing the effects of substance dependence, mental health problems, relationship problems, behavioural problems, anger management stress/relapse prevention, depression, etc. Serving adolescents from age 12 and up, adults and families, with referrals to recovery programs if necessary. The organization provides crisis intervention, assessments, individual, family and couples counselling, substance abuse, gambling and group therapy.	Oakville
<b>Website:</b> <a href="http://familytalk.ca/">http://familytalk.ca/</a>	

## Self-management workshops

<b>12. Online Chronic Disease Self-Management Program of Ontario</b>	<b>Location(s)</b>
This online program is based on the live Stanford model of chronic disease management but provides the program completely online.	Ontario wide
<b>Website:</b> <a href="http://www.ontarioselfmanagement.ca/10/About_the_Workshop/">http://www.ontarioselfmanagement.ca/10/About_the_Workshop/</a>	
<b>13. Maximize Your Health - Mississauga Halton Self Management Program</b>	<b>Location(s)</b>
Stanford model peer-led six week workshop on managing chronic pain for patients. Healthcare professional resources such as Brief Action Planning training and "choices and changes" training (supporting patients who are engaged in self-management programs).	LHIN 6 wide
<b>Website:</b> <a href="http://www.maximizeyourhealth.ca/">http://www.maximizeyourhealth.ca/</a>	
<b>14. Yee Hong Centre for Geriatric Care - Chronic Disease Self-Management Program: Living Well with Chronic Pain</b>	<b>Location(s)</b>
Stanford model peer-led six week workshop on managing chronic disease for patients.	Mississauga
<b>Website:</b> <a href="http://www.yeehong.com/centre/chronic_disease_self-management.php">http://www.yeehong.com/centre/chronic_disease_self-management.php</a>	

## Provider education program

<b>15. Project ECHO Ontario Chronic Pain and Opioids</b>
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.
<b>Website:</b> <a href="https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx">https://www.echoontario.ca/Echo-Clinic/Chronic-Pain/Overview.aspx</a>
<b>16. Medical Mentoring for Addictions and Pain (MMAP)</b>
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.
<b>Website:</b> <a href="http://ocfp.on.ca/cpd/collaborative-networks/mmap">http://ocfp.on.ca/cpd/collaborative-networks/mmap</a>

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