

Resources* for Chronic Non Cancer Pain

LHIN 7 - Toronto Central

Chronic pain management clinics

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>Website: http://chronicpainmanagement.ca/</p>	Toronto
2. 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>www.altumhealth.com/interdisciplinary-pain</p> <p>Website: http://www.altumhealth.com/interdisciplinary-pain</p>	Toronto
3. The Pain Relief Clinic	Location(s)
<p>This clinic provides treatment of chronic pain based on Traditional Chinese Medicine theory. It offers techniques such as acupuncture, Shiatsu, herbs, biofeedback and Qi Gong.</p> <p>Website: http://www.painreliefclinic.ca/index.html</p>	Toronto
4. Providence Health Care Pain Care Clinic	Location(s)
<p>The pain clinic services are provided by a Family Practice Physician who specializes in pain management and focuses on rehabilitation and providing people with tools to manage pain effectively. Individuals with conditions such as fibromyalgia, chronic pain and headaches are suitable for the clinic. This clinic follows a holistic approach as it addresses the mind, body and spirit.</p> <p>Website: https://www.providence.on.ca/programs-services/clinics-services-community/pain-care-clinic</p>	Toronto
5. Wasser Pain Management Centre	Location(s)
<p>This multidisciplinary referral centre for adults with chronic, non-cancer, disabling pain disorders provides pain management services and also advances pain management research, both locally and internationally.</p> <p>Website: http://www.mountsinai.on.ca/care/pain_management/welcome</p>	Toronto
6. MindBody Pain Clinics	Location(s)
<p>This clinic offers a pain management group treatment program incorporating traditional Asian exercise methods such as qigong with a cognitive behavioral approach to chronic pain.</p> <p>Website: http://mindbodypainclinics.com/information-for-doctors</p>	Toronto
7. Health Recovery Group - Mount Sinai Hospital	Location(s)
<p>This multidisciplinary clinic, founded in 1980, was Ontario's first multidisciplinary pain clinic. It provides assessment and treatment.</p> <p>Website: http://www.healthrecoverygroup.com</p>	Toronto
8. Hui Medical Services	Location(s)
<p>Dr Hui is an integrated practitioner who combines conventional (including local injections) and alternative therapies (including Traditional Chinese Medicine and acupuncture) in a holistic approach to manage pain and other medical conditions.</p> <p>Website: www.drhui.com</p>	Toronto

9. Women's College Hospital: Chronic Pain Program	Location(s)
<p>The clinic is a part of the hospital's outpatient clinics and is managed by anesthesiologists with expertise in chronic pain. Therapeutic procedural services (interventions, medications) are offered to qualifying patients.</p> <p>Website: http://www.womenscollegehospital.ca/programs-and-services/surgery/Surgical-Clinics-and-Minor-Surgical-Procedures/chronic-pain</p>	Toronto
10. Integrated Pain Treatment Center	Location(s)
<p>This pain clinic is an inter-disciplinary practice of family physicians, physiotherapists, movement awareness therapists, kinesiologists, nutritionists, naturopathic doctors, chiropractors, chiropodists, psychologists and psychiatrists, nurses, and social workers - all who are familiar with the mind-body connection. The professionals at The Integrated Pain Treatment Centre believe in the co-operative integration of complementary and conventional approaches to healing.</p> <p>Website: http://www.treatpain.ca/HOME-2.html</p>	Toronto
11. Toronto Pain and Headache Clinic	Location(s)
<p>This pain clinic provides services from chiropractors and massage therapists, and uses both Western and Oriental approaches to treatment.</p> <p>Website: http://torontopainandheadache.com/</p>	Toronto
12. Toronto Poly Clinic	Location(s)
<p>This multidisciplinary pain clinic offers interventions, medications, physical therapy, psychological therapy, and education on coping skills. Also provides medical marijuana therapy for medically legitimate indications.</p> <p>Website: http://www.tpclinic.com</p>	Toronto
13. Toronto Rehab Comprehensive Pain Program	Location(s)
<p>This outpatient pain clinic provides a combination of approaches, such as drug therapy, physical exercises and psychological treatment. Other techniques, such as nerve blocks (injections that prevent nerves from sending pain messages) or neurosurgery may also be used.</p> <p>Website: http://www.uhn.ca/TorontoRehab/PatientsFamilies/Clinics_Tests/Comprehensive_Pain</p>	Toronto
14. GSH Medical	Location(s)
<p>This multidisciplinary clinic uses a team-based approach, led by physicians (general practitioners and anesthesiologists) with focused practices in pain management. It focuses on interventional approaches to pain management. It also provides care from nurses, psychologists, dietitians and rehabilitation providers.</p> <p>Website: http://www.gshmedical.ca/goal-directed-pain-management</p>	Toronto
15. St. Michael's Hospital - Pain Service	Location(s)
<p>This specialty pain clinic is run out of St. Michael's hospital in Toronto.</p> <p>Website: http://www.stmichaelshospital.com/programs/specialty/</p>	Toronto
16. University Health Network Chronic Pain Management Program	Location(s)
<p>The Division of Chronic Pain Management UHN-MSH provides patient care, education and research in the area of chronic pain and cancer pain. We offer both inpatient and outpatient chronic pain services, across multiple programs, at four hospitals: Toronto Western Hospital (interventional pain clinic), Toronto General Hospital, Princess Margaret Hospital, and Mount Sinai Hospital. Each of these programs focuses on a unique patient population and we strive to provide multidisciplinary evaluation and comprehensive pain management for every patient. We have a special interest and focus in diagnosing and treating chronic pain with image-guided interventional techniques (using ultrasound and fluoroscopy).</p> <p>Website: http://www.uhn.ca/Surgery/PatientsFamilies/Anesthesia/Pages/chronic_pain.aspx</p>	Toronto
17. Centre for Addiction and Mental Health (CAMH) - Pain and Chemical Dependence Clinical Consultation Service (PCC)	Location(s)
<p>CAMH provides a consultation service for patients who have chronic pain along with aberrant use or dependence on substances. The service provides an interprofessional approach including medical, psychological, functional and physical treatment methods in an intensive, integrated format. Recommendations are made back to the referring physician.</p> <p>Website: http://www.camh.ca/en/hospital/care_program_and_services/addiction_programs/Pages/addiction_medicine_service.aspx</p>	Toronto

18. Family Practice and Chronic Pain Management (Dr. Christopher Aldridge)	Location(s)
This family physician provides chronic pain management services (including interventions) by referral. Website: http://www.ontariodoctordirectory.ca/Toronto/Doctor-Christopher-John-Aldridge-38355.html	Toronto
19. Headache and Pain Management	Location(s)
This pain clinic is located in Toronto, Ontario. Website: http://find-open.ca/toronto/headache-pain-management-189465	Toronto
20. The Acupuncture and Pain Relief Centre	Location(s)
This clinic provides pain relief and acupuncture services. Address: 1649 Dufferin Street, Suite 111 Toronto Ontario M6H 3L9	Toronto
21. Universal Interventional Pain Clinic	Location(s)
This pain clinic provides interventional pain management (e.g., Botox, anesthesia, etc.) Website: https://oceanhealthlinks.ca/sitemap/TargetDetail?target=universal_interventi-7625367	Toronto

Drug addiction clinics

22. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone. Website: http://www.oatc.ca/clinic-locations/bloor-west-toronto-clinic/	Bloor West Toronto
23. Ontario Addiction Treatment Centres (OATC)	Location(s)
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone. Website: http://www.oatc.ca/clinic-locations/danforth-toronto-clinic/	Danforth
24. New Beginnings Clinic	Location(s)
This substance abuse clinic helps people overcome addictions, particularly to opioids. It focuses on harm reduction and a safe, non-judgmental approach to treatment. Website: www.newbeginningsclinic.ca/	Toronto
25. 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. Website: http://www.truenorthmedical.com/opioid-find-us-s16381	Etobicoke & Toronto

Self-management workshops and psychology clinics

26. 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. Website: http://www.ontarioselfmanagement.ca/10/About_the_Workshop/	Ontario wide
27. Bridgepoint Pain Management Program	Location(s)
This 10-week program uses a cognitive-behavioural approach and physical activity to provide coping strategies. It is available to people with a medically stable chronic pain condition, which has been present for longer than six months and has not been responsive to traditional medical intervention. There is a small fee associated with this program. Website: http://www.bridgepointhealth.ca/en/what-we-do/outpatient-care.asp	Toronto

28. Healthy Living with Chronic Conditions - Toronto Central Self-Management Program

Location(s)

Stanford model peer-led six week workshop on managing chronic pain for patients. Health care professional resources such as Brief Action Planning training and "choices and changes" training (supporting patients who are engaged in self-management programs).

Toronto

Website: <http://www.tcsmp.ca/>

29. The Clinic on Dupont

Location(s)

This private psychology clinic specializes in cognitive behavioral therapy (CBT) and interpersonally-oriented psychotherapy. It offers counselling for a variety of issues including chronic pain.

Toronto

Website: <https://www.theclinicondupont.com/>

Provider education program

30. 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.

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>

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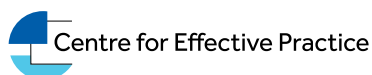
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