










## Resources\* for Chronic Non-Cancer Pain

### LHIN 2 - South West








The inclusion of these resources does not entail endorsement by the Centre for Effective Practice, the Ontario College of Family Physicians, the Nurse Practitioners' Association of Ontario or LHIN 2 - South West. This document is a list of all resources located in your LHIN and it is up to you as a provider to determine the most appropriate resource to refer your patient to.










### Chronic pain management clinics



<b>1</b>	<b>Ambulatory Care Clinic - Alexandra Hospital Ingersoll</b>	 Location(s)
Services provided through this hospital clinic include pain management.		
Ingersoll		
<a href="https://www.alexandrahospital.on.ca/areas-of-care/">https://www.alexandrahospital.on.ca/areas-of-care/</a>		
<b>2</b>	<b>CBI Health Group</b>	 Location(s)
CBI Health Group clinics provide chronic pain management services, including a multidisciplinary chronic pain program based on a biopsychosocial treatment model, an interdisciplinary pain program with specialists from physical medicine, psychology, occupational therapy, physiotherapy, exercise therapy, and vocational rehabilitation.		
London		
<a href="https://www.cbi.ca/locations">https://www.cbi.ca/locations</a>		
<b>3</b>	<b>Centres for Pain Management (CPM)</b>	 Location(s)
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.		
London		
<a href="http://chronicpainmanagement.ca/">http://chronicpainmanagement.ca/</a>		
<b>4</b>	<b>InMedic Pain Management Centres</b>	 Location(s)
This multidisciplinary pain clinic offers interventions, medications, and psychological therapy.		
London		
<a href="http://inmedicpain.com/">http://inmedicpain.com/</a>		
<b>5</b>	<b>Outpatient Clinic Service - Woodstock General Hospital</b>	 Location(s)
This Outpatient Clinic performs many services including pain control.		
Woodstock		
<a href="http://www.wgh.on.ca/display/PS/Outpatient+Clinic+Service/">http://www.wgh.on.ca/display/PS/Outpatient+Clinic+Service/</a>		
<b>6</b>	<b>Pain Clinic - Strathroy Middlesex General Hospital</b>	 Location(s)
The clinic is primarily for the treatment of chronic pain, such as low back pain and leg pain. Treatments can include exercise, medication, epidural, nerve blocks or myofascial trigger point injections.		
Middlesex, Lambton		
<a href="https://www.mhalliance.on.ca/service/outpatient-clinics/">https://www.mhalliance.on.ca/service/outpatient-clinics/</a>		
<b>7</b>	<b>Pain Management Program - St. Joseph's Hospital</b>	 Location(s)
The Pain Management Clinic provides diagnosis and treatment for adults who have experienced persistent non-cancer-related pain for more than six months. Treatments offered include pharmacotherapy, intravenous infusions, nerve blocks with ultrasound or X-ray guidance, and radiofrequency nerve ablation to treat neck and back pain.		
London		
<a href="https://www.sjhc.london.on.ca/pain-management">https://www.sjhc.london.on.ca/pain-management</a>		

<b>8</b>	<b>Pediatric Chronic Pain Program - London Health Sciences Centre</b>	 <b>Location(s)</b>
Assessment, treatment and consultation for children and adolescents experiencing chronic pain that interferes with school, physical activities, family and social functioning.		London
<a href="http://www.lhsc.on.ca/Patients_Families_Visitors/Childrens_Hospital/Programs_and_services/Pain_Clinic/">http://www.lhsc.on.ca/Patients_Families_Visitors/Childrens_Hospital/Programs_and_services/Pain_Clinic/</a>		
<b>9</b>	<b>Inter-professional Spine Assessment and Education Clinics (ISAEC)</b>	 <b>Location(s)</b>
The Inter-professional Spine Assessment and Education Clinics (ISAEC) is an upstream, shared-care model of care in which patients receive rapid low back pain assessment (less than two weeks on average), education and evidence-based self-management plans. It is designed to decrease the prevalence of unmanageable chronic low back pain, reduce unnecessary diagnostic imaging as well as unnecessary specialist referral.		Ontario-wide
<a href="http://www.isaec.org/">http://www.isaec.org/</a>		





## Substance abuse & drug addiction clinics, and withdrawal services

<b>10</b>	<b>Clinic 461</b>	 <b>Location(s)</b>
Addiction treatment centre providing methadone and Suboxone treatment for opioid addiction.		Woodstock
<a href="https://www.southwesthealthline.ca/displayService.aspx?id=176933">https://www.southwesthealthline.ca/displayService.aspx?id=176933</a>		
<b>11</b>	<b>Clinic 528</b>	 <b>Location(s)</b>
Addiction treatment centre providing methadone and Suboxone maintenance treatment for opiate addiction.		London
<a href="https://www.southwesthealthline.ca/displayService.aspx?id=176984">https://www.southwesthealthline.ca/displayService.aspx?id=176984</a>		
<b>12</b>	<b>Community Opioid Addiction Program - Addiction Services of Thames Valley</b>	 <b>Location(s)</b>
This program provides a confidential, client-centered, harm reduction, community-based approach to working with individuals who have significant current or historic use of opioids and/or opioid substitution therapies such as methadone and Suboxone.		Ingersoll, London, St. Thomas, Tillsonburg, Woodstock
<a href="http://adstv.on.ca/our-programs/community-opioid-addiction-program-coap/">http://adstv.on.ca/our-programs/community-opioid-addiction-program-coap/</a>		
<b>13</b>	<b>Gracey Medical and Recovery Centre</b>	 <b>Location(s)</b>
This rapid access addiction medicine clinic is a walk-in clinic that provides services for patients with substance use disorders without an appointment or formal referral. Services provided include methadone maintenance treatment.		Strathroy
<a href="http://www.metaphi.ca/raam-clinics/">http://www.metaphi.ca/raam-clinics/</a>		
<b>14</b>	<b>Harm Reduction Services - Perth District Health Unit</b>	 <b>Location(s)</b>
Services include access to clean needles (Needle Exchange Program), safe inhalation (crack) kits, sharps containers and naloxone training.		Listowel, Stratford
<a href="http://www.pdhu.on.ca/health-topics/sexual-health/harm-reduction/">http://www.pdhu.on.ca/health-topics/sexual-health/harm-reduction/</a>		
<b>15</b>	<b>Huron Perth Addiction and Mental Health Alliance</b>	 <b>Location(s)</b>
The Huron Perth Addiction and Mental Health Alliance allows the organizations to develop consistent practices, processes and policies in support of an integrated service system. We ensure resources are where the client needs them the most, and that our services are responsive to the community.		Huron County, Perth County
<a href="https://hpamhalliance.ca/index.php/about">https://hpamhalliance.ca/index.php/about</a>		
<b>16</b>	<b>Mental Health and Addiction Services in Grey Bruce</b>	 <b>Location(s)</b>
A collaborative effort of service provider organizations that offer adult mental health and addiction programs in Grey and Bruce counties.		Bruce County, Grey County
<a href="http://www.mhagb.ca/">http://www.mhagb.ca/</a>		


<b>17</b>	<b>Mental Health and Addiction Services - Grey Bruce Health Services</b>	 <b>Location(s)</b>
<p>The Mental Health and Addictions department includes a wide range of comprehensive inpatient and outpatient services including psychiatric inpatient unit, psychiatric intensive care unit, community addiction treatment services, Rapid Access Addiction Medicine (RAAM) clinic, structured relapse prevention group and withdrawal management services.</p> <p><a href="http://www.gbhs.on.ca/programs.php?pgid=111">http://www.gbhs.on.ca/programs.php?pgid=111</a></p>		<p>Lion's Head, Markdale, Meaford, Owen Sound, Southampton, Wiarton</p>
<b>18</b>	<b>Mental Health and Addictions Crisis Centre - Addiction Services of Thames Valley</b>	 <b>Location(s)</b>
<p>Receive immediate crisis assessment, intervention, stabilization and links to community resources.</p> <p><a href="http://adstv.on.ca/crisis-centre/">http://adstv.on.ca/crisis-centre/</a></p>		<p>London</p>
<b>19</b>	<b>Methadone Maintenance Program - HopeGreyBruce Mental Health and Addictions Services</b>	 <b>Location(s)</b>
<p>Assessment and counselling services provided to individuals currently receiving substitute therapy for addictions issues.</p> <p><a href="http://www.hopegb.org/">http://www.hopegb.org/</a></p>		<p>Bruce County, Grey County</p>
<b>20</b>	<b>Needle Exchange Program - Southwestern Public Health</b>	 <b>Location(s)</b>
<p>The Needle Exchange Program is part of Ontario's harm reduction program and is offered by Elgin St. Thomas Public Health to provide sterile, single use equipment to help prevent the spread of HIV, Hepatitis C and Hepatitis B.</p> <p><a href="https://www.swpublichealth.ca/your-health/sexual-health/needle-exchange-program-nep">https://www.swpublichealth.ca/your-health/sexual-health/needle-exchange-program-nep</a></p>		<p>Ingersoll, St. Thomas, Tillsonburg, West Lorne, Woodstock</p>
<b>21</b>	<b>Needle Exchange Program - Huron County Health Unit</b>	 <b>Location(s)</b>
<p>Harm reduction program to help ensure that injection drug users have access to sterile injection equipment to prevent transmission of HIV, hepatitis B, hepatitis C and other blood-borne infections and diseases.</p> <p><a href="https://www.huronhealthunit.ca/health-topics/needle-exchange/">https://www.huronhealthunit.ca/health-topics/needle-exchange/</a></p>		<p>Clinton, Goderich, Wingham</p>
<b>22</b>	<b>Ontario Addiction Treatment Centres (OATC)</b>	 <b>Location(s)</b>
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p> <p><a href="https://www.oatc.ca/">https://www.oatc.ca/</a></p>		<p>Ingersoll, London, Owen Sound, Tillsonburg</p>
<b>23</b>	<b>Oxford Recovery Clinic</b>	 <b>Location(s)</b>
<p>Provides methadone and Suboxone maintenance for opiate addiction.</p> <p><a href="https://www.southwesthealthline.ca/displayService.aspx?id=172720">https://www.southwesthealthline.ca/displayService.aspx?id=172720</a></p>		<p>London</p>
<b>24</b>	<b>Rapid Access Addiction Medicine (RAAM) Clinic - Addiction Services of Thames Valley</b>	 <b>Location(s)</b>
<p>This is a shared clinic between Addiction Services Thames Valley and the Canadian Mental Health Association, London Middlesex that provides opioid replacement therapy (Suboxone only) to individuals who meet the criteria for opioid use disorder. The program also provides medical treatment for alcohol use disorder. The clinic team includes a physician, nurse practitioners and addictions and mental health counsellors.</p> <p><a href="https://www.connexontario.ca/Directory/Program/20001">https://www.connexontario.ca/Directory/Program/20001</a></p>		<p>London</p>
<b>25</b>	<b>Rapid Access Addiction Medicine (RAAM) Clinic - Grey Bruce Health Services</b>	 <b>Location(s)</b>
<p>The RAAM Clinic seeks to provide quick access to medically assisted, integrative, client-centred care for people experiencing urgent substance related problems. By providing rapid introduction to treatment, the clinic provides a basis for connecting clients with continuing, community based care through linkages with family doctors, support groups, psychiatric consults, &amp; more. The program provides dual consultation with a doctor and a counsellor, providing harm reduction based therapy within current best practice guidelines for people involved in substance use, relapse, or at any stage of recovery.</p> <p><a href="http://www.gbhs.on.ca/programs.php?pgid=111">http://www.gbhs.on.ca/programs.php?pgid=111</a></p>		<p>Owen Sound</p>

<b>26</b>	<b>Connex Ontario Drug &amp; Alcohol Helpline</b>	 Location(s)
Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.		Ontario-wide
<a href="http://www.connexontario.ca/">http://www.connexontario.ca/</a>		
<b>27</b>	<b>Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)</b>	 Location(s)
This is a provincial initiative to support clinicians in treating patients with substance use disorders. This website provides information about rapid access addiction medicine (RAAM) clinics across the province.		Ontario-wide
<a href="http://www.metaphi.ca/raam-clinics/">http://www.metaphi.ca/raam-clinics/</a>		
<b>28</b>	<b>Ontario Naloxone Program for Pharmacies</b>	 Location(s)
Provincial program to provide naloxone kits through pharmacies.		Ontario-wide
<a href="https://www.ontario.ca/page/get-naloxone-kits-free">https://www.ontario.ca/page/get-naloxone-kits-free</a>		

## Self-management workshops

<b>29</b>	<b>Chronic Pain Self Management - Thames Valley Family Health Team</b>	 Location(s)
Stanford-model peer-led 6-week workshop on managing chronic pain for patients.		Ailsa Craig, Ilderton, London, Mount Brydges, St. Thomas, Strathroy, Woodstock
<a href="https://thamesvalleyfht.ca/program/chronic-pain-self-management/">https://thamesvalleyfht.ca/program/chronic-pain-self-management/</a>		
<b>30</b>	<b>South West Self Management Program</b>	 Location(s)
Stanford-model peer-led 6-week workshop on managing chronic disease for patients.		LHIN-wide
<a href="http://swselfmanagement.ca/">http://swselfmanagement.ca/</a>		
<b>31</b>	<b>NeuroNova Centre for Mindful Solutions</b>	 Location(s)
This centre utilizes the Mindfulness-Based Chronic Pain Management (MBCPM) program to help patients manage their chronic pain conditions. They also facilitate training for practitioners who wish to include the program in their practices.		Ontario-wide
<a href="http://www.neuronova.ca/">http://www.neuronova.ca/</a>		
<b>32</b>	<b>Online Chronic Disease Self-Management Program of Ontario</b>	 Location(s)
This online program is based on the live Stanford model of chronic disease management, but provides the program completely online.		Ontario-wide
<a href="https://www.selfmanagementontario.ca/">https://www.selfmanagementontario.ca/</a>		

## Provider education programs

<b>33</b>	<b>Medical Mentoring for Addictions and Pain (MMAP)</b>	 Location(s)
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.		Ontario-wide
<a href="http://ocfp.on.ca/cpd/collaborative-networks/mmap">http://ocfp.on.ca/cpd/collaborative-networks/mmap</a>		

<b>34</b>	<b>Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)</b>	● Location(s)
This is a provincial initiative to support clinicians in treating patients with substance use disorders. This website provides clinical tools and ongoing education resources for substance use disorder for health care providers. <a href="http://www.metaphi.ca/provider-education.html">http://www.metaphi.ca/provider-education.html</a>		
<b>35</b>	<b>NeuroNova Centre for Mindful Solutions</b>	● Location(s)
This centre utilizes the Mindfulness-Based Chronic Pain Management (MBCPM) program to help patients manage their chronic pain conditions. They also facilitate training for practitioners who wish to include the program in their practices. <a href="http://www.neuronova.ca/">http://www.neuronova.ca/</a>		
<b>36</b>	<b>Ontario Pain Foundation</b>	● Location(s)
This not-for-profit charity provides information on the treatment and management of chronic pain, links to chronic pain resources from other organizations, raises awareness of chronic pain, operates a chronic pain support group and presents an Academic Pain Day to instruct physicians in management of chronic pain. <a href="http://ontariopainfoundation.ca/">http://ontariopainfoundation.ca/</a>		
<b>37</b>	<b>OTNhub Ontario eConsult Program</b>	● Location(s)
The Ontario eConsult Program connects requesting providers to specialists through a private and secure web portal, providing the opportunity to inform clinical decision making without sending the patient to see the specialist in person. <a href="https://otnhub.ca/patient-care/">https://otnhub.ca/patient-care/</a>		
<b>38</b>	<b>Project ECHO Chronic Pain &amp; Opioid Stewardship</b>	● Location(s)
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. <a href="https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/">https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/</a>		

## Other

<b>39</b>	<b>Calea</b>	🍁 Location(s)
This pharmacy provides a broad and diverse range of intravenous therapies, nutritional services and medical supplies to meet the needs of clients requiring long term or temporary care. <a href="http://www.calea.ca/">http://www.calea.ca/</a>		

\*These supporting materials are hosted by external organizations and, as such, the accuracy and accessibility of their links are not guaranteed. The CEP will make every effort to keep these links up to date.

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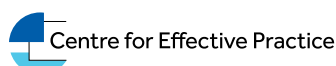


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