



Resources* for Chronic Non-Cancer Pain

LHIN 3 - Waterloo Wellington

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 3 - Waterloo Wellington. 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

1	Altum Health Pain Management Program	<input type="radio"/> Location(s)	Cambridge
<p>Altum Health's Pain Management Program provides an interdisciplinary approach to chronic pain management for those that have not returned to work within usual course of recovery (more than 6 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>http://www.altumhealth.com/pain-management/</p>			
2	Chronic Pain Assessments - Upper Grand Family Health Team	<input type="radio"/> Location(s)	Fergus
<p>Chronic pain assessments performed by a multidisciplinary team with a focus on education of the neurophysiology of pain, self-management strategies and recommendations for medication optimization when appropriate. Usual duration is one 1-hour session.</p> <p>http://uppergrandfht.org/programs-services/</p>			
3	Dr. K.S. Billing Pain Management Centre	<input type="radio"/> Location(s)	Palmerston
<p>This anesthesiologist provides consultations and interventions for chronic pain.</p> <p>https://www.caredove.com/northwellingtonhealthcarepalmerston/service/detail/sid/3275</p>			
4	InMedic Pain Management Centres	<input type="radio"/> Location(s)	Kitchener
<p>This multidisciplinary pain clinic offers interventions, medications, and psychological therapy.</p> <p>http://inmedicpain.com/</p>			
5	Key Rehab Services Inc.	<input type="radio"/> Location(s)	Kitchener-Waterloo
<p>A multidisciplinary team consisting of case managers, psychologists and kinesiologists who work with injured individuals to reach their recovery goals. Client populations include chronic pain.</p> <p>https://keyrehab.ca/</p>			
6	Kinetics Medical and Rehabilitation Clinic Inc.	<input type="radio"/> Location(s)	Kitchener
<p>This multidisciplinary clinic provides pain management services such as interventions (e.g. nerve blocks, trigger point injections, prolotherapy), chiropractic, physiotherapy, massage therapy, acupuncture, laser therapy, custom made orthotics, and mind-body techniques such as meditation.</p> <p>http://www.kineticscentre.com</p>			
7	Optimum Health	<input type="radio"/> Location(s)	Waterloo
<p>This health clinic offers non-drug pain management options such as Alpha-Stim MicroCurrent treatments, Vibrant and Kalaya products, Flowt KW services and trigger point therapy. It specializes in muscle tension, fibromyalgia, migraines, repetitive strain injuries (R.S.I.) and back, neck, shoulder pain.</p> <p>http://www.optimumhealth.ca/pain.html</p>			
8	The Pain Management Centre	<input type="radio"/> Location(s)	Waterloo
<p>This pain clinic is located in Waterloo, Ontario.</p> <p>http://www.manta.com/ic/mt6flq5/ca/pain-management-centre-the</p>			

9 Pain Management Clinic - The Centre for Family Medicine ○ Location(s)

This clinic works carefully with each patient and his/her family physician to develop an individualized and comprehensive treatment plan that includes both medication and non-medication approaches to pain management. Waterloo

<http://family-medicine.ca/announcement/>

10 University Pain Clinic & Wellness Centre ○ Location(s)

This clinic, staffed by a certified Bowenwork practitioner, provides a non-drug treatment for chronic pain that involves massage, acupressure/acupuncture, chiropractic, physiotherapy, trigger point therapy, myofascial release, lymphatic massage, emotional release, and osteopathy. Waterloo

<http://www.universitypainclinic.ca/>

11 Inter-professional Spine Assessment and Education Clinics (ISAEC) ● Location(s)

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

<http://www.isaec.org/>

Substance abuse & drug addiction clinics, and withdrawal services

12 174 King Street North - House of Friendship ○ Location(s)

174 King Street North is a free community-based, five- to six-month residential addiction treatment program for men, 21 years and older, whose use of alcohol and/or other drugs has seriously affected their lives. The program includes: a weekly individual counseling session, small group counseling, groups for relapse prevention, communication skills, spiritual discovery, healthy relationships, family and childhood issues, masculinity and sexuality, positive life skills, goal setting, 12 step meetings, leisure and recreation activities, and household tasks. Includes free aftercare group counselling. Waterloo

<https://www.houseoffriendship.org/how-we-help/addiction-treatment/>

13 Here 24/7 ○ Location(s)

Confidential helpline for intake, assessment, referral, crisis, waitlist and appointment booking work for addictions, mental health and crisis services and programs provided across WW LHIN. LHIN-wide

<http://here247.ca/>

14 Homewood Health Centre Community Addiction Services (CADS) ○ Location(s)

Homewood's CADS provides outpatient addiction treatment for residents in our local community coping with the devastating effects of alcohol, drug, and gambling issues. Fergus, Guelph, Mount Forest

<http://www.homewoodhealth.com/health-centre/resources/community-addiction-service/overview>

15 Ontario Addiction Treatment Centres (OATC) ○ Location(s)

This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone. Cambridge, Guelph, Kitchener

<https://www.oatc.ca/>

16 Portage Drug Addiction Rehabilitation Program for Youth ○ Location(s)

Portage Ontario Drug Addiction Rehabilitation Centre located in Elora, Ontario, provides a residential treatment program for Ontario youth 14 to 18+. Within the gender-specific therapeutic community environment, residents deal with the root causes of their drug addiction problems and learn how to better function in their everyday lives, without needing drugs. The on-site schooling, tailored to individual needs, helps them learn to succeed in school. Elora

<http://portage.ca/en/ontario/adolescent-program/>

17	Rapid Access Addiction Clinic (RAAC)	 Location(s)
<p>The RAAC is a specialist medical clinic designed for people who are experiencing health issues related to their drug and/or alcohol use. There are three clinics open to people of all ages who are currently using substances, and there is no cost to participate. The RAAC is a short term service and patients are connected back to primary care upon completion of their involvement.</p>		Cambridge, Guelph, Kitchener

<http://raacww.ca/>

18	Withdrawal Management Centre (WMC) - Grand River Hospital	 Location(s)
<p>The Withdrawal Management Centre (WMC) offers non-medical management of withdrawal symptoms, 24 hour monitoring and care, and day programs to support individuals maintaining abstinence and transition to other community supports</p>		Kitchener

<http://www.grhosp.on.ca/care/services-departments/mental-health-addiction/withdrawal-management>

19	Connex Ontario Drug & Alcohol Helpline	 Location(s)
<p>Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.</p>		Ontario-wide

<http://www.connexontario.ca/>

20	Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)	 Location(s)
<p>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.</p>		Ontario-wide

<http://www.metaphi.ca/raam-clinics/>

21	Ontario Naloxone Program for Pharmacies	 Location(s)
<p>Provincial program to provide naloxone kits through pharmacies.</p>		Ontario-wide

<https://www.ontario.ca/page/get-naloxone-kits-free>

Self-management workshops

22	Chronic Pain Peer Support Group - Guelph Community Health Centre	 Location(s)
<p>Support group for people with chronic pain.</p>		Guelph

<http://guelphchc.ca/chronic-pain/>

23	Chronic Pain Self Management Program - Guelph Community Health Centre	 Location(s)
<p>Self management program for people with chronic pain.</p>		Guelph

<http://guelphchc.ca/chronic-pain/>

24	Chronic Pain Self Management Program - Minto-Mapleton Family Health Team	 Location(s)
<p>Stanford-model peer-led 6-week workshop on managing chronic pain for patients.</p>		Drayton

<http://www.mmft.ca/programs.html>

25	Cognitive Behaviour Therapy (CBT) Group - Minto-Mapleton Family Health Team	 Location(s)
<p>8-week cognitive behaviour therapy (CBT) group.</p>		Drayton

<http://www.mmft.ca/programs.html>

26	Guelph Chronic Pain Peer Support Group	 Location(s)
<p>This is a support group for individuals experiencing chronic pain dedicated to supporting the physical, spiritual and emotional needs of group members while promoting an experienced level of awareness, understanding and acceptance in a peer support environment.</p>		Guelph, Halton Region, Waterloo Region, Wellington County

<https://communitylinks.cioc.ca/record/GUE0490>

27	Take Charge Chronic Pain Workshop	 Location(s)
Stanford-model peer-led 6-week workshop on managing chronic pain for patients.		LHIN-wide
http://www.wselfmanagement.ca/Individual-Take-Charge-Chronic-Pain.htm		
28	NeuroNova Centre for Mindful Solutions	 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
http://www.neuronova.ca/		
29	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
https://www.selfmanagementontario.ca/		

Provider education programs

30	Medical Mentoring for Addictions and Pain (MMAP)	 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
http://ocfp.on.ca/cpd/collaborative-networks/mmap		
31	Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)	 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.		Ontario-wide
http://www.metaphi.ca/provider-education.html		
32	NeuroNova Centre for Mindful Solutions	 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
http://www.neuronova.ca/		
33	Ontario Pain Foundation	 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.		Ontario-wide
http://ontariopainfoundation.ca/		
34	OTNhub Ontario eConsult Program	 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.		Ontario-wide
https://otnhub.ca/patient-care/		
35	Project ECHO Chronic Pain & Opioid Stewardship	 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.		Ontario-wide
https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/		

Other

36 Calea

 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.

Canada-wide

<http://www.calea.ca/>

*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.

This Resource was developed as part of the Knowledge Translation in Primary Care Initiative, led by the Centre for Effective Practice with collaboration from the Ontario College of Family Physicians and the Nurse Practitioners' Association of Ontario. Clinical leadership for the development of the resource was provided by Dr. Arun Radhakrishnan, MSc, MD, CM CCFP and was subject to external review by health care providers and other relevant stakeholders. This Resource was funded by the Government of Ontario as part of the Knowledge Translation in Primary Care Initiative.

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Reprinted with Permission from Centre for Effective Practice. (July 2018). Management of Chronic Non-Cancer Pain(CNCP): Ontario. Toronto: Centre for Effective Practice.

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