



Resources* for Chronic Non-Cancer Pain

LHIN 5 - Central 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 5 - Central 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

1	Altum Health Pain Management Program	<input type="radio"/> Location(s)
<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>		Brampton
2	Centres for Pain Management (CPM)	<input type="radio"/> 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>http://chronicpainmanagement.ca/</p>		Brampton
3	Headwaters Rehab And Wellness Clinic	<input type="radio"/> Location(s)
<p>This clinic offers consultation and treatment for bio-mechanical conditions such as those related to muscle injury, sprains, and orthopaedic pain.</p> <p>http://www.centralwesthealthline.ca/displayservice.aspx?id=167326</p>		Orangeville
4	Karmy Chronic Pain Medical Clinic	<input type="radio"/> Location(s)
<p>This chronic pain clinic provides interventional management, independent pain assessments, and medico-legal assessments.</p> <p>http://karmyclinic.com/</p>		Brampton
5	Pain Care Clinics	<input type="radio"/> Location(s)
<p>This multidisciplinary clinic offers pain management services including interventions (e.g., Botox, platelet-rich plasma, epidurals, and nerve blocks).</p> <p>https://www.paincareclinics.com</p>		Orangeville
6	Inter-professional Spine Assessment and Education Clinics (ISAEC)	<input checked="" type="radio"/> Location(s)
<p>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.</p> <p>http://www.isaec.org/</p>		Ontario-wide

Substance abuse & drug addiction clinics, and withdrawal services

7	ADAPT: Halton Alcohol, Drug and Gambling Assessment, Prevention and Treatment Service - Addiction Assessment and Treatment	<input type="radio"/> Location(s)
<p>Services include assessment, treatment, individual and group counselling as well as educational services with respect to alcohol, drug and gambling related issues.</p> <p>https://haltonadapt.org/</p>		Acton

8	Horizons Opioid Treatment Service	 Location(s)
<p>The centre utilizes methadone maintenance treatment program and buprenorphine treatment therapy for those dependent on opioids.</p> <p>http://horizonsclinic.ca/</p>		Brampton
9	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>https://www.newbeginningsclinic.ca/</p>		Mississauga
10	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>https://www.oatc.ca/</p>		Brampton, Etobicoke
11	Rapid Access Addiction Clinic (RAAC) - Canadian Mental Health Association Peel Dufferin Branch	 Location(s)
<p>The RAAC provides barrier free immediate access and care. The clinic is accessible without appointments or medical referrals. The RAAC staff will utilize all possible substance use management strategies including medications and psychosocial interventions to ensure a holistic approach.</p> <p>https://cmhapeeldufferin.ca/programs-services/rapid-access-addiction-clinic-raac/</p>		Bolton, Brampton, Orangeville, Toronto
12	Vector Health Clinics	 Location(s)
<p>This clinic helps patients deal with opiate dependence utilizing methadone maintenance treatment and Suboxone.</p> <p>http://vectorhealthclinics.ca/</p>		Brampton, Caledon, Mississauga
13	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> <p>http://www.connexontario.ca/</p>		Ontario-wide
14	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> <p>http://www.metaphi.ca/raam-clinics/</p>		Ontario-wide
15	Ontario Naloxone Program for Pharmacies	 Location(s)
<p>Provincial program to provide naloxone kits through pharmacies.</p> <p>https://www.ontario.ca/page/get-naloxone-kits-free</p>		Ontario-wide

Self-management workshops

16	Central West Self-Management Program	 Location(s)
<p>Stanford-model peer-led 6-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>https://www.cwselfmanagement.ca/</p>		LHIN-wide
17	NeuroNova Centre for Mindful Solutions	 Location(s)
<p>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.</p> <p>http://www.neuronova.ca/</p>		Ontario-wide

18	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

19	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.
<http://ocfp.on.ca/cpd/collaborative-networks/mmap>

20	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.
<http://www.metaphi.ca/provider-education.html>

21	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.
<http://www.neuronova.ca/>

22	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.
<http://ontariopainfoundation.ca/>

23	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.
<https://otnhub.ca/patient-care/>

24	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.
<https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/>

Other

25 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.

This resource was developed for licensed health care professionals in Ontario as a guide only and does not constitute medical or other professional advice. Health care professionals are required to exercise their own clinical judgment in using this Resource. Neither the Centre for Effective Practice ("CEP"), Ontario College of Family Physicians, Nurse Practitioners' Association of Ontario, Government of Ontario, nor any of their respective agents, appointees, directors, officers, employees, contractors, members or volunteers: (i) are providing medical, diagnostic or treatment services through this Resource; (ii) to the extent permitted by applicable law, accept any responsibility for the use or misuse of this Resource by any individual including, but not limited to, primary care providers or entity, including for any loss, damage or injury (including death) arising from or in connection with the use of this Resource, in whole or in part; or (iii) give or make any representation, warranty or endorsement of any external sources referenced in this Resource (whether specifically named or not) that are owned or operated by third parties, including any information or advice contained therein.



Management of Chronic Non-Cancer Pain is a product of the Centre for Effective Practice. Permission to use, copy, and distribute this material for all non-commercial and research purposes is granted, provided the above disclaimer, this paragraph and the following paragraphs, and appropriate citations appear in all copies, modifications, and distributions. Use of the Management of Chronic Non-Cancer Pain for commercial purposes or any modifications of the Resource are subject to charge and use must be negotiated with the Centre for Effective Practice (Email: info@effectivepractice.org).

For statistical and bibliographic purposes, please notify the Centre for Effective Practice (info@effectivepractice.org) of any use or reprinting of the Resource. Please use the below citation when referencing the Resource:

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

Developed by:



In collaboration with:



Ontario College of Family Physicians

