












## Resources\* for Chronic Non-Cancer Pain

### LHIN 6 - Mississauga Halton





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 6 - Mississauga Halton. 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	<b>BODiWORKS Institute</b>	 Location(s)
This is a private facility open to the general population that provides services for prevention, pre-habilitation and rehabilitation.		
<a href="http://www.healthisfreedom.net/">http://www.healthisfreedom.net/</a>		
2	<b>CarePartners</b>	 Location(s)
This community health agency provides home care services and helps with pain management.		
<a href="http://carepartners.ca/">http://carepartners.ca/</a>		
3	<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.		
<a href="https://www.cbi.ca/locations">https://www.cbi.ca/locations</a>		
4	<b>The Centre for Chronic Headache and Pain Management</b>	 Location(s)
The Centre for Chronic Headache and Pain Management is a Mississauga-based CPSO-approved level 2 treatment facility specializing in the assessment and management of chronic pain involving the head, neck, face, shoulders and back.		
<a href="https://centrechpm.com/">https://centrechpm.com/</a>		
5	<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.		
<a href="http://chronicpainmanagement.ca/">http://chronicpainmanagement.ca/</a>		
6	<b>Dynamic Chiropractic Health and Wellness Centre</b>	 Location(s)
This clinic provides chiropractic and massage therapy services for people who suffer from lower back pain, spinal pain and other chronic pain.		
<a href="http://www.dynamicchirohwc.com/">http://www.dynamicchirohwc.com/</a>		
7	<b>Karmy Chronic Pain Medical Clinic</b>	 Location(s)
This chronic pain clinic provides interventional management, independent pain assessments, and medico-legal assessments.		
<a href="http://karmyclinic.com/">http://karmyclinic.com/</a>		

<b>8</b>	<b>Pain Care Clinics</b>	 <b>Location(s)</b>
This multidisciplinary clinic offers pain management services including interventions (e.g., Botox, platelet-rich plasma, epidurals, and nerve blocks).		Oakville, Millcreek
<a href="http://www.paincareclinics.com">www.paincareclinics.com</a>		
<b>9</b>	<b>Pain Rehabilitation Clinic</b>	 <b>Location(s)</b>
This multidisciplinary clinic offers pain management services. The team includes medical doctors, physiotherapists, chiropractors, naturopaths, acupuncturists, and massage therapists.		Mississauga
<a href="http://www.painrehabclinic.ca/">http://www.painrehabclinic.ca/</a>		
<b>10</b>	<b>Rivlin Medical Group</b>	 <b>Location(s)</b>
This clinic provides chronic pain management services from physicians and a chiropractor. Services include interventions (e.g., nerve blocks, trigger point injections, 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.		Mississauga
<a href="http://www.rivlinmedicalgroup.com/">http://www.rivlinmedicalgroup.com/</a>		
<b>11</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>12</b>	<b>ADAPT: Halton Alcohol, Drug and Gambling Assessment, Prevention and Treatment Service - Addiction Assessment and Treatment</b>	 <b>Location(s)</b>
Services include assessment, treatment, individual and group counselling as well as educational services with respect to alcohol, drug and gambling related issues.		Burlington, Georgetown, Halton Hills, Milton, Oakville
<a href="https://haltonadapt.org/">https://haltonadapt.org/</a>		
<b>13</b>	<b>Canadian Mental Health Association Halton Region Branch</b>	 <b>Location(s)</b>
This is a registered charity that provides support, including case management, crisis support and free walk-in counselling, to people who have mental health and/or addiction concerns.		Georgetown, Oakville
<a href="http://halton.cmha.ca/">http://halton.cmha.ca/</a>		
<b>14</b>	<b>Family &amp; Adolescent Straight Talk (FAST)</b>	 <b>Location(s)</b>
FAST is a charitable drug rehab programs 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, etcetera. 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
<a href="http://familytalk.ca/">http://familytalk.ca/</a>		
<b>15</b>	<b>Georgetown Pharmacy</b>	 <b>Location(s)</b>
This pharmacy offers confidential options or methadone treatment.		Georgetown
<a href="https://georgetownpharmacy.ca/">https://georgetownpharmacy.ca/</a>		

<b>16</b>	<b>Hope Place Community-Based Treatment Centre</b>	 <b>Location(s)</b>
This treatment centre provides support and promote recovery for individuals and families experiencing alcohol and drug addiction.		Oakville
<a href="http://www.hopeplacecentres.org/community-based-treatment-centre">http://www.hopeplacecentres.org/community-based-treatment-centre</a>		
<b>17</b>	<b>Hope Place Men's Treatment Centre</b>	 <b>Location(s)</b>
A gender-specific, 42 to 84-day addiction treatment program that addresses the physical, mental, emotional, social and spiritual aspects of addiction.		Hornby
<a href="http://www.hopeplacecentres.org/mens-live-in-treatment-centre">http://www.hopeplacecentres.org/mens-live-in-treatment-centre</a>		
<b>18</b>	<b>Hope Place Women's Treatment Centre</b>	 <b>Location(s)</b>
A 33-day integrated addiction and trauma residential treatment program, in a community setting. Clients experience a recovery process based on the philosophy of 12-step programs.		Milton
<a href="http://www.hopeplacecentres.org/womens-live-in-treatment-centre">http://www.hopeplacecentres.org/womens-live-in-treatment-centre</a>		
<b>19</b>	<b>Horizons Opioid Treatment Service</b>	 <b>Location(s)</b>
The centre utilizes methadone maintenance treatment program and buprenorphine treatment therapy for those dependent on opioids.		Georgetown
<a href="http://horizonsclinic.ca/">http://horizonsclinic.ca/</a>		
<b>20</b>	<b>Mississauga Treatment Centre</b>	 <b>Location(s)</b>
This clinic offers methadone and Suboxone treatment and specializes in helping people who are addicted to painkillers.		Mississauga
<a href="http://mississaugamethadone.ca/">http://mississaugamethadone.ca/</a>		
<b>21</b>	<b>Oakville Treatment Centre</b>	 <b>Location(s)</b>
This treatment centre offers methadone and Suboxone treatment for people who are addicted to painkillers.		Oakville
<a href="http://oakvillemethadone.ca/">http://oakvillemethadone.ca/</a>		
<b>22</b>	<b>Ontario Addiction Treatment Centres (OATC) - Oakville</b>	 <b>Location(s)</b>
This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.		Oakville
<a href="http://www.oatc.ca/clinic-locations/oakville-clinic/">http://www.oatc.ca/clinic-locations/oakville-clinic/</a>		
<b>23</b>	<b>Pharma-Docs</b>	 <b>Location(s)</b>
This specialized pharmacy offers services such as a methadone maintenance program, Suboxone maintenance program, methadone taper, and addiction assessment and counseling to patients dealing with addiction and substance issues.		Etobicoke
<a href="http://www.mississaugahaltonhealthline.ca/displayservice.aspx?id=154383">www.mississaugahaltonhealthline.ca/displayservice.aspx?id=154383</a>		
<b>24</b>	<b>Renew Medical Clinics</b>	 <b>Location(s)</b>
This is a methadone-only pharmacy specialized in helping patients with chemical dependency or addiction to various opioids and offers mental health counselling, treatment and referrals for patients being treated for abuse of opioids.		Mississauga
<a href="http://renewmedicalclinics.com/">http://renewmedicalclinics.com/</a>		
<b>25</b>	<b>Teach, Empower, Advocate for Community Health (TEACH)</b>	 <b>Location(s)</b>
This organization offers peer-run education and support programs throughout Mississauga Halton LHIN and promotes self-empowerment and assists individuals in their mental health and/or concurrent disorders recovery.		LHIN-wide
<a href="http://www.t-e-a-c-h.org/">http://www.t-e-a-c-h.org/</a>		

<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 Program - Mississauga Halton Self Management Program</b>	○ Location(s)
Stanford-model peer-led 6-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-wide
<a href="http://www.maximizeyourhealth.ca/">http://www.maximizeyourhealth.ca/</a>		
<b>30</b>	<b>Living Well with Chronic Diseases - Chronic Disease Self-Management in Chinese Community - Yee Hong Centre for Geriatric Care</b>	○ Location(s)
Stanford-model peer-led 6-week workshop on managing chronic disease for patients.		Mississauga
<a href="https://www.yeehong.com/centre/community-services/chronic-disease-self-management-program/">https://www.yeehong.com/centre/community-services/chronic-disease-self-management-program/</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>		

34	<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>		
35	<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>		
36	<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>		
37	<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>		
38	<b>Project ECHO</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 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. <a href="http://www.echoontario.ca">http://www.echoontario.ca</a>		

## Other

39	<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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