

Resources* for Chronic Non-Cancer Pain

LHIN 7 - Toronto Central

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 7 - Toronto Central. 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	Allevio Pain Management Clinic	○ Location(s)
<p>This evidence-based multidisciplinary pain management clinic provides interventions (e.g., nerve blocks, epidurals), pharmacotherapy, psychological therapies (e.g., CBT, mindfulness, psychotherapy), naturopathic services, osteopathic services, chiropractic services, acupuncture, massage therapy, nutritional counseling, and occupational health assessments.</p>		
<p>http://allevioclinic.com/</p>		
2	Altum Health Pain Management Program	○ 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>		
3	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>http://chronicpainmanagement.ca/</p>		
4	Chronic Pain Clinic - The Hospital for Sick Children	○ Location(s)
<p>This multidisciplinary clinic specializes in using a family-centered approach to treat chronic pain in children and adolescents.</p>		
<p>https://www.sickkids.ca/Anesthesia/Chronic-Pain-Clinic/</p>		
5	Dr. Fred Hui	○ 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>http://drhui.com/</p>		
6	Family Practice and Chronic Pain Management - Dr. Christopher Aldridge	○ Location(s)
<p>This family physician provides chronic pain management services (including interventions) by referral.</p>		
<p>http://www.ontariodoctordirectory.ca/Toronto/Doctor-Christopher-John-Aldridge-38355.html</p>		
7	GSH Medical	○ Location(s)
<p>This multidisciplinary clinic uses a team-based approach, led by physicians (general practitioners and anesthetists) 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>http://gshmedical.ca/</p>		

8	Headache and Pain Management	 Location(s)	Toronto
<p>This pain clinic is located in Toronto, Ontario.</p> <p>http://find-open.ca/toronto/headache-pain-management-189465</p>			
9	Mindbody Pain Clinics	 Location(s)	Toronto
<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>http://mindbodypainclinics.com/do-you-have-chronic-pain/</p>			
10	Pain Clinic - Providence Hospital	 Location(s)	Toronto
<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>https://www.providence.on.ca/programs-services/clinics-services-community/pain-care-clinic</p>			
11	Pain Management and Anesthesia - St. Joseph's Health Centre	 Location(s)	Toronto
<p>The department of anesthesia provides acute pain service to assist with chronic pain management after an operation.</p> <p>https://stjoestoronto.ca/areas-of-care/pain-management-anesthesia/</p>			
12	Pain Management Program - Bridgepoint Active Healthcare	 Location(s)	Toronto
<p>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 6 months and has not been responsive to traditional medical intervention. There is a small fee associated with this program.</p> <p>http://www.bridgepointhealth.ca/en/what-we-do/outpatient-care.asp</p>			
13	Pain Rehabilitation Clinic	 Location(s)	Toronto
<p>This pain clinic treats patients suffering from various forms of back pain, acute pain and chronic pain.</p> <p>http://www.painrehabclinic.ca/</p>			
14	Pain Relief Clinic	 Location(s)	Toronto
<p>This clinic provides treatment of chronic pain based on Traditional Chinese Medicine theory. It offers techniques such as acupuncture, Shiatsu, herbs, biofeedback and qigong.</p> <p>http://www.painreliefclinic.ca/</p>			
15	The Clinic on Dupont	 Location(s)	Toronto
<p>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.</p> <p>https://www.theclinicondupont.com/</p>			
16	Toronto Academic Pain Medicine Institute (TAPMI)	 Location(s)	Toronto
<p>This is a network of major pain centres in downtown Toronto where patients suffering from chronic pain have access to a variety of specialists.</p> <p>http://tapmipain.ca/</p> <ul style="list-style-type: none"> • Interprofessional Pain and Addiction Recovery Clinic (IPARC) - Centre for Addiction and Mental Health (CAMH) • Pain Program - Women's College Hospital • Rehabilitation Pain Service - Comprehensive Integrated Pain Program (CIPP) • Wasser Pain Management Centre 			

17	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>http://www.torontopainandheadache.com</p>			Toronto
18	Toronto Poly Clinic	 Location(s)	
<p>This multidisciplinary pain clinic offers interventions, medications, physical therapy, psychological therapy, and education on coping skills.</p> <p>http://www.torontopolyclinic.com/</p>			Toronto
19	Universal Interventional Pain Clinic	 Location(s)	
<p>This pain clinic provides interventional pain management (e.g. Botox, anesthesia).</p> <p>https://oceanhealthlinks.ca/sitemap/TargetDetail?target=universal_interventi-7625367</p>			Toronto
20	Wilderman Medical Clinic	 Location(s)	
<p>This pain clinic focuses on the treatment of chronic and acute pain arising from injury (sport, work-related, motor vehicle accident, slip-and-fall, etc.) and medical conditions and offers chiropractic, naturopathy, auriculotherapy, acupuncture, ultrasound-guided injections, physiotherapy, orthotics/podiatry services, message therapy and psychotherapy.</p> <p>http://drwilderman.com/</p>			Toronto
21	Inter-professional Spine Assessment and Education Clinics (ISAEC)	 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			
22	Aboriginal Mental Health and Addiction Services (AMHA) - Anishnawbe Health Toronto	 Location(s)	
<p>The AMHA Program is a 20-week mental health and addictions treatment program based on a hybrid model of traditional and western healing approaches. Elements of the program include: assessment for substance abuse, psychiatric consultation, support and counselling groups, individual and family counselling, traditional ceremonies, and holistic care plans.</p> <p>https://www.aht.ca/services-and-programs/services-offered</p>			Toronto
23	Case Management *Mmt - Toronto Public Health	 Location(s)	
<p>This program provides case management primarily for methadone program clients.</p> <p>http://www.torontocentralhealthline.ca/displayservice.aspx?id=145340</p>			Toronto
24	Coderix Medical Clinic	 Location(s)	
<p>This is an addictions medical clinic focused on helping people experiencing difficulties around opioid use. They offer methadone and Suboxone treatment as well as women-focused clinic hours.</p> <p>http://www.coderixaddictiontherapy.to/</p>			Toronto
25	Edgewood Health Network	 Location(s)	
<p>This organization offers services for mental health treatment including addictions, eating disorders, and depression.</p> <p>https://edgewoodhealthnetwork.com/</p>			Toronto

26	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>			Toronto
27	keepSIX Supervised Consumption Site (SCS) - South Riverdale Community Health Centre (SRCHC)	 Location(s)	
<p>This is a health service where people inject, snort or orally consume pre-obtained drugs in a safe and hygienic environment under the supervision of trained staff.</p> <p>http://www.srchc.ca/programs/harm-reduction/supervised-consumption-service/</p>			Toronto
28	Methadone Clinic - Toronto - 2077 Weston Rd	 Location(s)	
<p>This is a methadone medical centre where individuals addicted to opioid-based drugs, such as heroin or prescription painkillers, receive medication-based therapy.</p> <p>http://www.torontocentralhealthline.ca/displayservice.aspx?id=150159</p>			Toronto
29	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>www.newbeginningsclinic.ca/</p>			Toronto
30	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>			Toronto
31	Overdose Prevention Site - Fred Victor	 Location(s)	
<p>This is a health service where people who use injectable drugs can do so under the supervision of trained staff.</p> <p>http://www.fredvictor.org/health_services</p>			Toronto
32	Rapid Access Addiction Medicine (RAAM) Clinic - Michael Garron Hospital	 Location(s)	
<p>The RAAM clinic offers support to individuals requiring support with substance abuse disorders. After a substance use history, the individual may be offered some treatment choices which may include counseling and medication.</p> <p>https://www.tehn.ca/programs-services/mental-health-addiction/addiction-services/rapid-access-addiction-medicine-clinic</p>			Toronto
33	Rapid Access Addiction Medicine (RAAM) Clinic - Sunnybrook Health Sciences Centre	 Location(s)	
<p>At the clinic, the addiction clinical team immediately provides counselling, prescribes appropriate addiction medications (such as buprenorphine, naltrexone, or acamprosate), and connects patients to community treatment programs.</p> <p>https://sunnybrook.ca/content/?page=bsp-rapid-addiction-medicine</p>			Toronto
34	Rapid Access Addiction Medicine (RAAM) Clinic - Toronto Western Hospital	 Location(s)	
<p>This clinic provides low barrier access for patients seeking treatment for any substance use disorder. Patients do not need an appointment and are seen on a walk-in basis.</p> <p>https://www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Rapid_Access_Addiction_Medicine</p>			Toronto
35	Rapid Access Addiction Medicine (RAAM) Clinic - Women's College Hospital	 Location(s)	
<p>This is a clinic where patients who are in urgent need of an assessment can be seen without a booked appointment and without a physician referral. Clients will be assessed by an Addictions Nurse and directed to an Addictions Physician immediately for assistance with stabilization.</p> <p>http://www.womenscollegehospital.ca/programs-and-services/substance-use-service</p>			Toronto

36	Rapid Access Clinic - St. Joseph's Health Centre	 Location(s)	
Brief support/referral for patients not currently connected to addiction recovery resources.			Toronto
https://stjoestoronto.ca/areas-of-care/addiction/			
37	Rapid Access Clinic - St. Michael's Hospital	 Location(s)	
The Rapid Access Clinic provides quick access to an addiction medicine specialist for individuals requiring medical intervention for substance use problems.			Toronto
http://www.stmichaelshospital.com/programs/mentalhealth/rapid-access-clinic.php			
38	St. James Town Health Centre	 Location(s)	
This is a RAAM clinic for pregnant patients only.			Toronto
http://www.stmichaelshospital.com/programs/familypractice/st-james-town.php			
39	The Satellite Clinic - Breakaway Addiction Services	 Location(s)	
This is a community-based outpatient opiate addiction treatment program that provides services to people facing challenges related to their use of opiate drugs. Services offered at the Satellite include opiate replacement treatment (methadone and Suboxone), counselling and therapy, case management, nursing care and health education, a drop-in resource centre, meal programs, recreational activities, space for peer support and community building, and access to resources such as needle exchange, food bank, and clothing.			Toronto
https://www.breakawayaddictions.ca/satellite-opiate-treatment/			
40	The Works at 277 Victoria St. - Toronto Public Health	 Location(s)	
Provides programs and services to reduce drug related harms for people who use drugs including preventing the spread of communicable diseases.			Toronto
https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/			
41	Toronto Addiction Treatment Clinics (TATC)	 Location(s)	
These addiction treatment centres are facilities specialized in the management of chemical dependencies including tobacco, alcohol, prescription drugs and illicit drugs. They offer both methadone and Suboxone maintenance programs.			Toronto
http://www.tatchealth.com/			
42	TrueNorth Medical Centres	 Location(s)	
Services include a methadone/Suboxone program that is focused on the treatment of opioid dependence and chronic pain. It is a multidisciplinary team environment that includes counselors, psychiatrist and addiction medicine specialists.			Toronto, Etobicoke
https://www.truenorthmedical.com/			
43	Connex Ontario Drug & Alcohol Helpline	 Location(s)	
Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.			Ontario-wide
http://www.connexontario.ca/			
44	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 information about rapid access addiction medicine (RAAM) clinics across the province.			Ontario-wide
http://www.metaphi.ca/raam-clinics/			

45	Ontario Naloxone Program for Pharmacies	 Location(s)
Provincial program to provide naloxone kits through pharmacies.		Ontario-wide
https://www.ontario.ca/page/get-naloxone-kits-free		

Self-management workshops

46	Choose Health	 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
https://selfmanagementtc.ca/		

47	Chronic Pain Toronto	 Location(s)
This patient advocacy and support group supports informed decision-making, education and awareness of different treatment options for chronic pain patients.		Toronto
https://www.chronicpaintoronto.com/		

48	NeuroNova Centre for Mindful Solutions	 Location(s)
The 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
https://neuronovacentre.com/		

49	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

50	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		

51	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		

52	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/		

53 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/>

54 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/>

55 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

56 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.

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