



Resources* for Chronic Non-Cancer Pain

LHIN 9 - Central East

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 9 - Central East. 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	 Location(s)	Ajax
<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	Centenary Pain Clinic	 Location(s)	Toronto
<p>This pain clinic specializes in hyperbaric medicine (including its applications for chronic pain).</p> <p>https://www.centenarypainclinic.ca/</p>			
3	Centres for Pain Management (CPM)	 Location(s)	Oshawa, Scarborough
<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	Headache, Migraine & Concussion Centre	 Location(s)	Ajax
<p>This facility specializes in non-narcotic pain management solutions for chronic pain, headaches, migraines, and concussions.</p> <p>https://hmccentre.com/</p>			
5	HealthMax Physiotherapy Scarborough	 Location(s)	Scarborough
<p>This clinic provides services including chiropractic care, massage therapy, and physiotherapy for ailments ranging from chronic pain to osteoporosis to concussions.</p> <p>http://www.healthmaxphysio.com/scarborough/</p>			
6	MyoMedicalMD	 Location(s)	Scarborough
<p>This multidisciplinary pain management clinic will design treatment plans for patients involving a combination of medication, nerve blocks, and conventional therapies.</p> <p>http://myomedicalmd.com/</p>			
7	Oriental Pain Relief Clinic	 Location(s)	Scarborough
<p>This pain clinic provides acupuncture and is located in Scarborough, Ontario.</p> <p>https://www.yellowpages.ca/bus/Ontario/Scarborough/Oriental-Pain-Relief-Clinic/1173591.html</p>			
8	Pain Relief Health Clinic	 Location(s)	Scarborough
<p>This pain clinic is located in Scarborough, Ontario.</p> <p>https://www.yellowpages.ca/bus/Ontario/Scarborough/Pain-Relief-Health-Clinic/1187307.html</p>			

9 Pinnacle Health Sciences Centre Scarborough ○ Location(s)

This pain clinic offers interventional pain management.

Scarborough

<https://www.yellowpages.ca/bus/Ontario/Scarborough/Pinnacle-Health-Science/101293291.html>

10 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

11 Mental Health & Pinewood Centre - Lakeridge Health ○ Location(s)

This centre provides drug addiction assessment and outpatient counselling for youth and adults, including pregnant women or mothers with children 6 months of age or younger.

Ajax

<https://www.lakeridgehealth.on.ca/en/ourservices/Mental-Health---Pinewood-Centre.asp>

12 New Direction Clinic ○ Location(s)

This is an opiate addiction clinic providing methadone and Suboxone treatments.

Oshawa

<https://www.centraleasthealthline.ca/displayservice.aspx?id=162753>

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

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

Beaverton, Haliburton,
Lindsay, Oshawa,
Peterborough, Port
Hope, Scarborough

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

14 Rapid Access Addiction Medicine (RAAM) - Lakeridge Health ○ Location(s)

RAAM clinics offer fast access to quality care on a walk-in basis for people living with alcohol and opioid-related addictions. Services include medical treatment and same-day counselling services without a doctor's referral. Our RAAM clinics are located at Oshawa Hospital and Pinewood Centre, and are part of Ontario's strategy to prevent opioid addiction and overdose. Lakeridge Health is leading the Opioid Strategy Action Group.

Oshawa

<https://www.lakeridgehealth.on.ca/en/ourservices/rapid-access-addiction-medicine--raam-.asp>

15 Rapid Access Addiction Medicine (RAAM) Clinic - Peterborough Regional Health Centre ○ Location(s)

The RAAM clinic provides expedited treatment for patients addicted to alcohol or opioids. The RAAM model is designed to initiate therapy immediately and then connect patients with an appropriate ongoing care provider. Services include same-day counselling and addictions medicine and prescription therapies.

Peterborough

<https://www.prhc.on.ca/articles/default-category/178/prhc-opens-barrier-free-downtown-clinic-providing-rapid-access-to-treatment-for-addictions>

16 Rapid Access Addiction Medicine (RAAM) Clinic - Scarborough and Rouge Hospital ○ Location(s)

The RAAM Clinic offers fast access to care on a walk-in basis for people living with alcohol, opioid, or other drug-related addictions. Services include medical treatment and same-day counselling services without a doctor's referral.

Scarborough

<https://www.tsh.to/areas-of-care/mental-health/addictions-program/>

17 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.

Oshawa,
Scarborough, Whitby

<https://www.truenorthmedical.com/>

18	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
19	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
20	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

21	Chronic Pain Education Program - Rouge Valley Health System	○ Location(s)
<p>This 2-week program helps patients learn coping skills to manage chronic pain. It is based on education modules from the Arthritis Society.</p> <p>http://www.rougevalley.ca/chronic-pain-education-program</p>		Ajax
22	Living a Healthy Life with Chronic Conditions - CE LHIN Self-Management Program	○ Location(s)
<p>Stanford-model peer-led 6-week workshop on managing chronic pain for patients (workshop also available online). Healthcare professional resources such as Brief Action Planning training and “choices and changes” training (supporting patients who are engaged in self-management programs. Has “recommended reading” list for health professionals and referral tool (printable 1-page handout) for referring patients to the program.</p> <p>https://www.ceselfmanagement.ca/</p>		LHIN-wide
23	Living Well with Chronic Diseases - Chronic Disease Self-Management in Chinese Community - Yee Hong Centre for Geriatric Care	○ Location(s)
<p>Stanford-model peer-led 6-week workshop on managing chronic disease for patients.</p> <p>https://www.yeehong.com/centre/community-services/chronic-disease-self-management-program/</p>		Scarborough
24	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
25	Online Chronic Disease Self-Management Program of Ontario	● Location(s)
<p>This online program is based on the live Stanford model of chronic disease management, but provides the program completely online.</p> <p>https://www.selfmanagementontario.ca/</p>		Ontario-wide

Provider education programs

26	Medical Mentoring for Addictions and Pain (MMAP)	● Location(s)
<p>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.</p> <p>http://ocfp.on.ca/cpd/collaborative-networks/mmap</p>		Ontario-wide

27	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		Ontario-wide
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. http://www.neuronova.ca/		Ontario-wide
29	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/		Ontario-wide
30	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/		Ontario-wide
31	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/		Ontario-wide

Other

32	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. http://www.calea.ca/		Canada-wide

*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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