













## Resources\* for Chronic Non-Cancer Pain


### LHIN 13 - North 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 13 - North 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


<b>1</b>	<b>Algoma Sports Medicine and Physical Injuries Clinic</b>	<input type="radio"/> Location(s)	Sault Ste. Marie
<p>This pain clinic provides comprehensive assessment, medication management, interventional pain management, prolotherapy, support, referrals to other professionals (e.g., physiotherapy, chiropractic), nutritional counseling, and non-pharmacologic interventions (manual manipulation, laser therapy).</p> <p><a href="http://www.algomaspportsmed.com/">http://www.algomaspportsmed.com/</a></p>			
<b>2</b>	<b>Altum Health Pain Management Program</b>	<input type="radio"/> Location(s)	Sudbury
<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><a href="http://www.altumhealth.com/pain-management/">http://www.altumhealth.com/pain-management/</a></p>			
<b>3</b>	<b>Bassis and Carter</b>	<input type="radio"/> Location(s)	LHIN-wide
<p>This clinic provides pain management using neurofeedback/biofeedback as well as hypnosis and other types of therapy.</p> <p><a href="http://www.bassisandcarter.com/">http://www.bassisandcarter.com/</a></p>			
<b>4</b>	<b>Bayshore HealthCare</b>	<input type="radio"/> Location(s)	LHIN-wide
<p>This organization provides home and community health services including therapy, rehabilitation and pain management services.</p> <p><a href="https://www.bayshore.ca/">https://www.bayshore.ca/</a></p>			
<b>5</b>	<b>CBI Health Group</b>	<input type="radio"/> Location(s)	New Liskeard
<p>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.</p> <p><a href="https://www.cbi.ca/locations">https://www.cbi.ca/locations</a></p>			
<b>6</b>	<b>City of Lakes Family Health Team</b>	<input type="radio"/> Location(s)	Sudbury, Val Caron, Walden
<p>A medical care team focused on family and community health including pain management.</p> <p><a href="http://www.yourfamilyhealthteam.com/">http://www.yourfamilyhealthteam.com/</a></p>			
<b>7</b>	<b>Cottage Pain Clinic</b>	<input type="radio"/> Location(s)	Sprucedale
<p>This clinic provides one specific form of chronic pain treatment: MASOR (Pulsed ElectroMagnetic Field Therapy). It offers a mobile service that travels throughout the Muskoka and Almaguin Highlands area.</p> <p><a href="http://www.cottagepainclinic.com">http://www.cottagepainclinic.com</a></p>			


<b>8</b>	<b>Integrated Chronic Pain Program - Health Sciences North</b>	 Location(s)
<p>The Integrated Chronic Pain Program services the needs of adult patients living with chronic pain. Pain duration must be lasting longer than three months to and patient has not responded to other pain management therapies.</p> <p><a href="https://www.hsnsudbury.ca/portalen/Programs-and-Services/Community-Care-and-Rehabilitation/Integrated-Chronic-Pain-Program">https://www.hsnsudbury.ca/portalen/Programs-and-Services/Community-Care-and-Rehabilitation/Integrated-Chronic-Pain-Program</a></p>		Sudbury
<b>9</b>	<b>Manitoulin Central Family Health Team</b>	 Location(s)
<p>This primary healthcare team focused on family and community health provides chronic pain programs.</p> <p><a href="http://www.manitoulinhealthcentre.com/nav/manitoulin-central-fht/">http://www.manitoulinhealthcentre.com/nav/manitoulin-central-fht/</a></p>		Mindemoya
<b>10</b>	<b>Migraine Information Network and Chronic Pain</b>	 Location(s)
<p>A network that provides information to those who suffer from migraines and chronic pain and to their families.</p> <p>705-969-0432</p>		Sudbury
<b>11</b>	<b>North Bay Clinic</b>	 Location(s)
<p>A physician led medical clinic specializing in addiction, recovery and mental health treatment and pain management. Services offered include opioid replacement therapy, counselling and relapse prevention.</p> <p><a href="https://www.northbayclinic.com/">https://www.northbayclinic.com/</a></p>		North Bay
<b>12</b>	<b>North East Joint Assessment Centre - Timmins and District Hospital</b>	 Location(s)
<p>The centre helps patients from across the North East regain control of their joint pain. After receiving a referral from a physician, the patient will see an Advance Practice Physiotherapist for a consultation. They will conduct a comprehensive musculoskeletal assessment and present treatment options.</p> <p><a href="https://www.tadh.com/programs-and-services/north-east-joint-assessment-centre">https://www.tadh.com/programs-and-services/north-east-joint-assessment-centre</a></p>		LHIN-wide
<b>13</b>	<b>Pain Clinic - Espanola Regional Hospital and Health Centre</b>	 Location(s)
<p>This pain clinic is held by a visiting specialist.</p> <p><a href="http://www.espanolaregionalhospital.ca/programs-and-services/visiting-specialists">http://www.espanolaregionalhospital.ca/programs-and-services/visiting-specialists</a></p>		Espanola
<b>14</b>	<b>Pain Management Clinic - North Bay Regional Health Centre</b>	 Location(s)
<p>This chronic pain clinic provides medical interventions (such as medications and nerve blocks) along with education on coping skills.</p> <p><a href="http://www.nbrhc.on.ca/programs-services/outpatient-clinics/pain-management-clinic/">http://www.nbrhc.on.ca/programs-services/outpatient-clinics/pain-management-clinic/</a></p>		North Bay
<b>15</b>	<b>ParaMed Home Health Care</b>	 Location(s)
<p>Offers a wide range of nursing services to individuals with personal and medical needs such as wound care, administering medication, dressing changes, intravenous therapy, pain and symptom management, intravenous therapy and serious injury care.</p> <p><a href="https://www.paramed.com/">https://www.paramed.com/</a></p>		Sault Ste. Marie, Sturgeon Falls
<b>16</b>	<b>Sudbury East Community Health Centre</b>	 Location(s)
<p>This health centre focuses on family and community health and offers services, including chronic pain management, to all the communities of Sudbury East.</p> <p><a href="http://sudestcsc.ca/">http://sudestcsc.ca/</a></p>		LHIN-wide
<b>17</b>	<b>Victorian Order of Nurses (VON) - Nursing Clinic</b>	 Location(s)
<p>Offers a wide range of nursing services to individuals with personal and medical needs such as wound care, administering medication, dressing changes, intravenous therapy, pain and symptom management, intravenous therapy and serious injury care.</p> <p><a href="http://www.von.ca/">http://www.von.ca/</a></p>		Cochrane, Hearst, Iroquois Falls, Kapusking, Matheson, Timmins, North Bay


<b>18</b>	<b>Inter-professional Spine Assessment and Education Clinics (ISAEC)</b>	 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><a href="http://www.isaec.org/">http://www.isaec.org/</a></p>		Ontario-wide


## Substance abuse & drug addiction clinics, and withdrawal services


<b>19</b>	<b>Alcohol &amp; Drug Assessment - Algoma Public Health</b>	 Location(s)
<p>Algoma Public Health services individuals who are experiencing alcohol and/or other drug related problems. Programs include standardized alcohol/drug assessments, individualized treatment plans, methadone maintenance treatment, referral to other service providers, support groups and addictions supportive housing.</p> <p><a href="http://www.algomapublichealth.com/addictions-mental-health/alcohol-drug-assessment/">http://www.algomapublichealth.com/addictions-mental-health/alcohol-drug-assessment/</a></p>		Algoma


<b>20</b>	<b>Benbowopka Treatment Centre</b>	 Location(s)
<p>Benbowopka Treatment Centre employs a culturally based substance abuse treatment program, following the Seven Grandfather Teachings. Individuals will participate in: individual counselling; group education sessions; talking circles; learn relaxation techniques through yoga and drumming; learn the importance of addressing their physical health through proper nutrition and exercise; and address their spiritual health through cultural activities and teachings.</p> <p><a href="https://benbowopka.com/">https://benbowopka.com/</a></p>		Blind River


<b>21</b>	<b>The Camillus Centre - St. Joseph's General Hospital Elliot Lake</b>	 Location(s)
<p>This residential drug addiction program uses the abstinent based Minnesota Model treatment which includes: biopsychology, social spiritual, relapse prevention, aspects of harm reduction, group therapy, and individual therapy (minimal). Chemical dependency programs are "open" and run for 21-28 days.</p> <p><a href="http://sjghel.ca/index.php/services-and-programs/the-camillus-centre">http://sjghel.ca/index.php/services-and-programs/the-camillus-centre</a></p>		Elliot Lake










<b>22</b>	<b>Community Counselling Centre of Nipissing</b>	 Location(s)
<p>Community Counselling Centre is a non-profit organization providing skilled counselling services and community drug rehab programs to people, couples, and families.</p> <p><a href="http://www.cccnip.com/">http://www.cccnip.com/</a></p>		North Bay







<b>23</b>	<b>Counselling Centre of East Algoma</b>	 Location(s)
<p>This clinic offers drug addiction assessment, case management and outpatient counselling for youth, adults, and seniors. Services also available in French.</p> <p><a href="http://ccea.life/index.html">http://ccea.life/index.html</a></p>		Blind River

<b>24</b>	<b>Drug and Alcohol Services - Community Counselling Centre of Nipissing</b>	 Location(s)
<p>Services are offered for youth and adults who are experiencing problems with alcohol or drug use (both illegal and prescription drugs). Services include professional recommendations, support and counselling for substance use and related issues, referrals to residential treatment facilities in Ontario, group counselling for relapse prevention, and referrals to other community resources.</p> <p><a href="http://www.cccnip.com/addiction-services/">http://www.cccnip.com/addiction-services/</a></p>		Nipissing




<b>25</b>	<b>Great Northern Family Health Team</b>	 Location(s)
<p>This medical care team focuses on family and community health including chronic pain management.</p> <p><a href="http://www.northeasthealthline.ca/displayservice.aspx?id=111553">http://www.northeasthealthline.ca/displayservice.aspx?id=111553</a></p>		Temiskaming Shores

<b>26</b>	<b>Maison Renaissance</b>	 Location(s)
<p>Maison Renaissance is a drug rehab treatment centre offering services to the francophone population of Ontario with substance use problems. All French speaking persons 16 years of age and over can access their services. They also offer services to family members and significant others. Both residential and outpatient programs are available.</p> <p><a href="http://www.maisonrenaissance.com/">http://www.maisonrenaissance.com/</a></p>		Hearst







<b>27</b>	<b>Mental Wellness &amp; Minobimaadizing Program - N'Mninoeyaa Aboriginal Health Access Centre</b>	 Location(s)
<p>This health centre assists patients in determining their own vision and path to maintaining wholistic health and well-being through traditional and contemporary mental health counselling and treatment services.</p> <p><a href="http://www.nmninoeyaa.ca/mental-health-and-addictions-program/">http://www.nmninoeyaa.ca/mental-health-and-addictions-program/</a></p>		Cutler
<b>28</b>	<b>Nurture North MAR Clinic</b>	 Location(s)
<p>A physician led medical clinic specializing in the area of addiction/mental health.</p> <p><a href="http://www.northeasthealthline.ca/displayService.aspx?id=152527">http://www.northeasthealthline.ca/displayService.aspx?id=152527</a></p>		North Bay
<b>29</b>	<b>Ontario Addiction Treatment Centres (OATC)</b>	 Location(s)
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p> <p><a href="https://www.oatc.ca/">https://www.oatc.ca/</a></p>		Constance Lake, Hearst, North Bay, Parry Sound, Sault Ste. Marie, Sudbury
<b>30</b>	<b>Opioid Case Management Program - North Cochrane Addiction Services</b>	 Location(s)
<p>This program provides services to opioid users, pregnant women and women in a parenting role.</p> <p><a href="https://www.addictionservicestoxicomanie.com/native">https://www.addictionservicestoxicomanie.com/native</a></p>		Cochrane, Hearst, Kapuskasing, Smooth Rock Falls
<b>31</b>	<b>Opioid Program - Canadian Mental Health Association Muskoka-Parry Sound</b>	 Location(s)
<p>This program provides counselling and case management support to individuals with opioid addictions who are receiving opioid substitution treatment. Individual counselling, referrals to other services and harm reduction supplies are available. Counselling is also available for women who are pregnant and using substances or parents who are using substances and have children 6 years and under.</p> <p><a href="https://mps.cmha.ca/programs-services/counselling-services/">https://mps.cmha.ca/programs-services/counselling-services/</a></p>		Parry Sound, Sundridge
<b>32</b>	<b>Rapid Access Addiction Medicine (RAAM) Clinic - Canadian Mental Health Association Muskoka-Parry Sound</b>	 Location(s)
<p>Services include assessment, initiation of pharmacotherapy as indicated for alcohol and opioid use disorders, and solution-focused counselling that is trauma-informed. The clinic will also make appropriate links to community partners for psychosocial supports and services and facilitate transitions back to primary care providers.</p> <p><a href="https://www.connexontario.ca/Directory/Program/30283">https://www.connexontario.ca/Directory/Program/30283</a></p>		Parry Sound
<b>33</b>	<b>Rapid Access Addiction Medicine (RAAM) Clinic - Canadian Mental Health Association Muskoka-Parry Sound</b>	 Location(s)
<p>Services include assessment, initiation of pharmacotherapy as indicated for alcohol and opioid use disorders, and solution-focused counselling that is trauma-informed. The clinic will also make appropriate links to community partners for psychosocial supports and services and facilitate transitions back to primary care providers.</p> <p><a href="https://www.connexontario.ca/Directory/Program/30282">https://www.connexontario.ca/Directory/Program/30282</a></p>		Sundridge
<b>34</b>	<b>Rapid Access Addiction Medicine (RAAM) Clinic - Health Sciences North</b>	 Location(s)
<p>The RAAM clinic provides early treatment for individuals dealing with addictions. Clients will be treated for opioid or alcohol addiction and then triaged to the most appropriate ongoing care provider. Referrals to community organizations for further support can be arranged.</p> <p><a href="http://www.connexontario.ca/Directory/Program/19776">http://www.connexontario.ca/Directory/Program/19776</a></p>		Sudbury
<b>35</b>	<b>Rapid Access Addiction Medicine (RAAM) Clinic - Sault Area Hospital</b>	 Location(s)
<p>This clinic is for individuals with substance abuse issues and provides evidence based addictions medicine support. The addictions clinical team may provide assessment, case management, counselling support, as well as prescribe appropriate addictions medication. The team will also connect patients to community treatment programs.</p> <p><a href="http://www.sah.on.ca/programs-services/mental-health-and-addictions/raam-clinic">http://www.sah.on.ca/programs-services/mental-health-and-addictions/raam-clinic</a></p>		Sault Ste. Marie

<b>36</b>	<b>South Cochrane Addictions Services</b>	 Location(s)
<p>This agency provides assessment, referral, case management and treatment planning services for people who have problems related to their substance use.</p> <p><a href="http://www.scasinc.ca/index.php">http://www.scasinc.ca/index.php</a></p>		Timmins, Black River, Matheson, Iroquois Falls
<b>37</b>	<b>TrueNorth Medical Centres</b>	 Location(s)
<p>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.</p> <p><a href="https://www.truenorthmedical.com/">https://www.truenorthmedical.com/</a></p>		Timmins
<b>38</b>	<b>Withdrawal Management Services (WMS) - Health Sciences North</b>	 Location(s)
<p>WMS offers detoxification beds for males and females 16 years of age and older, who are under the influence of, or in withdrawal from alcohol or drugs. The centre is open 24/7 to provide an environment free from substance use.</p> <p><a href="https://www.hsnsudbury.ca/portalen/Programs-and-Services/Mental-Health-and-Addictions/Addictions-Care">https://www.hsnsudbury.ca/portalen/Programs-and-Services/Mental-Health-and-Addictions/Addictions-Care</a></p>		Sudbury
<b>39</b>	<b>Connex Ontario Drug &amp; Alcohol Helpline</b>	 Location(s)
<p>Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.</p> <p><a href="http://www.connexontario.ca/">http://www.connexontario.ca/</a></p>		Ontario-wide
<b>40</b>	<b>Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)</b>	 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><a href="http://www.metaphi.ca/raam-clinics/">http://www.metaphi.ca/raam-clinics/</a></p>		Ontario-wide
<b>41</b>	<b>Ontario Naloxone Program for Pharmacies</b>	 Location(s)
<p>Provincial program to provide naloxone kits through pharmacies.</p> <p><a href="https://www.ontario.ca/page/get-naloxone-kits-free">https://www.ontario.ca/page/get-naloxone-kits-free</a></p>		Ontario-wide

## Self-management workshops

<b>42</b>	<b>Living Healthy North East</b>	 Location(s)
<p>This program utilizes a Stanford-model peer-led 6-week workshop on managing chronic pain for patients and provides healthcare professional resources such "choices and changes" training (supporting patients who are engaged in self-management programs) and motivational interviewing videos.</p> <p><a href="https://www.livinghealthynortheast.ca/">https://www.livinghealthynortheast.ca/</a></p>		LHIN-wide
<b>43</b>	<b>NeuroNova Centre for Mindful Solutions</b>	 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><a href="http://www.neuronova.ca/">http://www.neuronova.ca/</a></p>		Ontario-wide
<b>44</b>	<b>Online Chronic Disease Self-Management Program of Ontario</b>	 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><a href="https://www.selfmanagementontario.ca/">https://www.selfmanagementontario.ca/</a></p>		Ontario-wide

## Provider education programs

<b>45</b>	<b>Medical Mentoring for Addictions and Pain (MMAP)</b>	 Location(s)	Ontario-wide
<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><a href="http://ocfp.on.ca/cpd/collaborative-networks/mmap">http://ocfp.on.ca/cpd/collaborative-networks/mmap</a></p>			
<b>46</b>	<b>Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI)</b>	 Location(s)	Ontario-wide
<p>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.</p> <p><a href="http://www.metaphi.ca/provider-education.html">http://www.metaphi.ca/provider-education.html</a></p>			
<b>47</b>	<b>NeuroNova Centre for Mindful Solutions</b>	 Location(s)	Ontario-wide
<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><a href="http://www.neuronova.ca/">http://www.neuronova.ca/</a></p>			
<b>48</b>	<b>Ontario Pain Foundation</b>	 Location(s)	Ontario-wide
<p>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.</p> <p><a href="http://ontariopainfoundation.ca/">http://ontariopainfoundation.ca/</a></p>			
<b>49</b>	<b>OTNhub Ontario eConsult Program</b>	 Location(s)	Ontario-wide
<p>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.</p> <p><a href="https://otnhub.ca/patient-care/">https://otnhub.ca/patient-care/</a></p>			
<b>50</b>	<b>Project ECHO Chronic Pain &amp; Opioid Stewardship</b>	 Location(s)	Ontario-wide
<p>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.</p> <p><a href="https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/">https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/</a></p>			

## Other

51 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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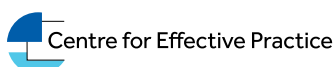


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