











Resources* for Chronic Non-Cancer Pain

LHIN 12 - North Simcoe Muskoka

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 12 - North Simcoe Muskoka. 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

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| 1 | 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> | | | Barrie |
| 2 | Anesthesia Procedural Clinic (APC) - Orillia Soldiers' Memorial Hospital |  Location(s) | |
| <p>This outpatient pain clinic provides treatment for chronic pain, including spinal & epidural injections. The team of RNs and RPNs work with Surgeons, Internists, Anesthetists and General Practitioners and all procedures are performed with sterile technique.</p> <p>http://www.osmh.on.ca/programs-services/OutpatientClinic.aspx</p> | | | Orillia |
| 3 | Barrie Chronic Pain Clinic |  Location(s) | |
| <p>This pain clinic specializes in head, neck, back, and neuropathic pain.</p> <p>https://centraleastontario.cioc.ca/record/BAR1951</p> | | | Barrie |
| 4 | Brainworks |  Location(s) | |
| <p>This practice offers case management, rehabilitation consulting and rehabilitation services to help people with brain injury, chronic pain, sleep problems, behavioural and other disorders.</p> <p>http://www.brainworksrehab.com/</p> | | | Huntsville |
| 5 | Cottage Pain Clinic |  Location(s) | |
| <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>http://www.cottagepainclinic.com/</p> | | | Parry Sound- Muskoka, Sprucedale |
| 6 | Living Well with Chronic Pain - CHIGAMIK Community Health Centre |  Location(s) | |
| <p>This program provides information and strategies for coping with conditions of chronic pain such as arthritis, migraines, fibromyalgia, etc. and tools for coping including relaxation and breathing techniques, action planning and dealing with emotions.</p> <p>http://www.chigamik.ca/programs/healthy-lifestyle/</p> | | | Midland |
| 7 | The Simcoe Clinic - Chronic Pain Care |  Location(s) | |
| <p>This pain clinic provides a multidisciplinary approach to treatment. Recommendations may include lifestyle changes, physical rehabilitation, psychological therapy, and medication use. Interventional techniques are utilized where appropriate.</p> <p>http://www.thesimcoeclinic.com/home.html</p> | | | Barrie |


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| 8 | 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> | | Ontario-wide |

<http://www.isaec.org/>


Substance abuse & drug addiction clinics, and withdrawal services

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| 9 | Canadian Mental Health Association - Simcoe County Branch |  Location(s) |
| <p>This association provides services and programs that promote mental health through community education, prevention, and rehabilitation programs as well as provides assessment services to substance misusing and gambling clients (12 years and older).</p> | | Simcoe County |


<https://cmhastarttalking.ca/>

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| 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> | | Barrie, Bracebridge, Collingwood, Hunstville |


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

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| 11 | Rapid Access Addiction Medicine (RAAM) Clinic - Canadian Mental Health Association Muskoka-Parry Sound |  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> | | Bracebridge |


<https://www.connexontario.ca/Directory/Program/30280>

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| 12 | Rapid Access Addiction Medicine (RAAM) Clinic - Royal Victoria Regional Health Centre |  Location(s) |
| <p>This is a walk-in clinic for individuals 16 years of age and up whom are struggling with substance use concerns; or for family members seeking personal support around a loved one's addiction. Referrals will also be accepted but not needed. Service is short term and appropriate referrals are made for continued client care.</p> | | Barrie, Midland, Orillia |

<https://www.rvh.on.ca/mhad/SitePages/mhadhome.aspx>

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| 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> | | Ontario-wide |

<http://www.connexontario.ca/>





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| 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> | | Ontario-wide |

<http://www.metaphi.ca/raam-clinics/>






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| 15 | Ontario Naloxone Program for Pharmacies |  Location(s) |
| <p>Provincial program to provide naloxone kits through pharmacies.</p> | | Ontario-wide |

<https://www.ontario.ca/page/get-naloxone-kits-free>

Self-management workshops

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| 16 | Chronic Pain Self Management - Barrie Community Health Centre |  Location(s) | Barrie |
| <p>This is a 6-week program with weekly 2 1/2 hour classes. Designed to give individuals the tools and information to manage their health and chronic pain better.</p> <p>http://www.nsmhealthline.ca/displayservice.aspx?id=173594</p> | | | |
| 17 | North Simcoe Muskoka Self-Management Program |  Location(s) | LHIN-wide |
| <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>http://www.nsmselfmanagement.ca/</p> | | | |
| 18 | NeuroNova Centre for Mindful Solutions |  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>http://www.neuronova.ca/</p> | | | |
| 19 | Online Chronic Disease Self-Management Program of Ontario |  Location(s) | Ontario-wide |
| <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> | | | |

Provider education programs

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| 20 | Medical Mentoring for Addictions and Pain (MMAP) |  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>http://ocfp.on.ca/cpd/collaborative-networks/mmap</p> | | | |
| 21 | Mentoring, Education, and Clinical Tools for Addiction: Primary Care-Hospital Integration (META:PHI) |  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>http://www.metaphi.ca/provider-education.html</p> | | | |
| 22 | NeuroNova Centre for Mindful Solutions |  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>http://www.neuronova.ca/</p> | | | |
| 23 | Ontario Pain Foundation |  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>http://ontariopainfoundation.ca/</p> | | | |
| 24 | OTNhub Ontario eConsult Program |  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>https://otnhub.ca/patient-care/</p> | | | |

25 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

26 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.

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