




Resources* for Chronic Non-Cancer Pain


LHIN 11 - Champlain

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 11 - Champlain. 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)
<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>			Ottawa
2	Ambulatory Clinics - Pembroke Regional Hospital		Location(s)
<p>Ambulatory clinics at Pembroke General Hospital provide services including local consultants for pain management.</p> <p>http://www.pemreghos.org/ambulatoryclinics</p>			Pembroke
3	CBI Health Group		Location(s)
<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>https://www.cbi.ca/locations</p>			Kanata, Nepean, Ottawa
4	Centres for Pain Management (CPM)		Location(s)
<p>A network of multidisciplinary pain management clinics offering in-person treatment 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>			Ottawa
5	Chronic Pain Management Program - The Ottawa Hospital		Location(s)
<p>This clinic helps individuals manage chronic pain by providing education on chronic pain and disability management, increasing activity level and helping people remain active even though they experience chronic pain, improving physical fitness and posture, and improving emotional functioning. The program lasts 4 weeks (one week of assessment and 3 weeks of treatment). The clinic is staffed by an interdisciplinary team including nursing, physiatry, psychology, occupational therapy, physiotherapy, social work, vocational rehabilitation, recreational therapy, and pharmacy.</p> <p>http://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/programs/chronic-pain-management-program/</p>			Ottawa
6	Chronic Pain Medical Clinic		Location(s)
<p>This clinic provides chronic pain management services in Ottawa, Ontario.</p> <p>www.yellowpages.ca/bus/Ontario/Ottawa/Chronic-Pain-Medical-Clinic/7807770.html</p>			Ottawa
7	The Pain Clinic - The Ottawa Hospital		Location(s)
<p>The Pain Clinic offers consultative services for the diagnosis and management of chronic pain disorders of malignant and nonmalignant sources. It offers interventions (e.g., bursa injection, nerve block), medication therapy, and mindfulness training. The clinic also offers suggestions regarding pharmacological management of various chronic pain conditions, recommendations regarding physical therapy, occupational therapy and, when indicated, referral to other health-care professionals in rehabilitation medicine, physical therapy, occupational therapy, surgical subspecialties, interventional radiology, psychology and psychiatry.</p> <p>https://www.ottawahospital.on.ca/en/clinical-services/deptpgrmcs/departments/anesthesiology/pain-clinic/</p>			Ottawa


8	The Seekers Centre	 Location(s)
<p>This multidisciplinary clinic includes doctors, nurses, psychologists and other health care professionals. It offers interventions, medications, and integrative medicine, including mind-body medicine and nutrition.</p> <p>http://www.seekerscentre.com/</p>		Ottawa


9	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


10	Addiction Services of Eastern Ontario (ASEO)	 Location(s)
<p>A variety of drug rehabilitation programs has been developed by ASEO Management to provide an even quality of care and to deal with the problems of addiction in our communities. These programs require specialised levels of service with personnel trained with high levels of skills and competence in a mixture of rehab ingredients, intervention therapies across several completely different sorts of substances.</p> <p>https://www.drugrehab.ca/directory/item/addiction-services-of-eastern-ontarioservices-de-toxicomanie-de-l-est-ontario.html</p>		Cornwall











11	Akwesasne Addiction and Counselling Program	 Location(s)
<p>This substance abuse treatment and prevention program aims to provide therapeutic and supportive care for First Nations patients. It uses principles of holistic wellness and agenda setting.</p> <p>https://www.drugrehab.ca/directory/item/akwesasne-addiction-and-counselling-program.html?category_id=629</p>		Akwesasne

12	Amethyst Women's Addiction Centre	 Location(s)
<p>This non-profit charitable organization offers community-based drug rehab programs and recovery services to address the unique issues affecting women coping with substance abuse and/or problem gambling.</p> <p>http://amethyst-ottawa.org/</p>		Ottawa

13	Change Health Care	 Location(s)
<p>This is a group of health clinics providing opioid substitution therapy to individuals suffering from the effects of opioid dependence. They also address social needs by way of making referrals to appropriate adjunct community services and by offering harm reduction services such as on-site needle exchange programs.</p> <p>http://changehealthcare.ca/</p>		Carleton Place, Cornwall

14	Maison Fraternité	 Location(s)
<p>This organization is a multifunctional centre with adult intensive drug rehab programs, inpatient recovery and outpatient services for male and female substance abusers. Services are offered in French only. A separate rehab residence for women is provided. Youth services for young people are offered on an outpatient and residential basis. Services are also available to family members.</p> <p>http://www.maisonfraternite.ca/</p>		Ottawa

15	Mamisarvik Healing Centre - Tungasuvvingat Inuit	 Location(s)
<p>Mamisarvik Healing Centre provides treatment services for addictions to drugs and alcohol as well as the effects of trauma. The program is an eight-week residential program and is holistic, culturally relevant and language appropriate for Inuit.</p> <p>http://tungasuvvingatinuit.ca/programs/</p>		Ottawa

16	New Beginnings Clinic	 Location(s)	Ottawa
<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>http://newbeginningsclinic.ca/</p>			
17	Oasis Program - Sandy Hill Community Health Centre	 Location(s)	Ottawa
<p>The centre provides medical and social services for people living with, or concerned about HIV and/or hepatitis C, and who encounter barriers to services because they use street drugs, have a mental illness, are homeless or are involved in the sex trade. Services include a drop-in centre, medical staff, counselling, street health outreach, an experienced dietitian, needle exchange services and complementary care.</p> <p>https://www.shchc.ca/programs/oasis</p>			
18	Ontario Addiction Treatment Centres (OATC)	 Location(s)	Ottawa, Pembroke, Renfrew, Vanier
<p>This multidisciplinary clinic offers a voluntary outpatient drug addiction treatment program using methadone or Suboxone.</p> <p>https://www.oatc.ca/</p>			
19	Ottawa Inner City Health Harm Reduction	 Location(s)	Ottawa
<p>The program reduces the harm that individuals suffer while dealing with an addiction on the street.</p> <p>http://www.ottawainnercityhealth.ca/</p>			
20	Pathways Alcohol & Drug Treatment Services of Renfrew County	 Location(s)	Renfrew
<p>Pathways Alcohol & Drug Treatment Services offers outpatient treatment to individuals age 16 years and over, who are suffering from an alcohol and/or other chemical dependency. They also provide the Mother Safe Program and Mother Safe Opioid Case Management. Mother Safe is an addiction treatment service for women who are pregnant and/or have children under six years of age.</p> <p>http://www.renfrewcountyaddictiontreatment.ca/pathways.htm</p>			
21	Rapid Access Addiction Medicine (RAAM) Clinic - Royal Ottawa Health Care Group	 Location(s)	Ottawa
<p>The RAAM clinic offers immediate assistance to any individual who is struggling with alcohol and/or opioid use. Services may include: harm reduction services, assessment, treatment planning and opioid agonist therapy (buprenorphine/naloxone).</p> <p>https://www.connexontario.ca/Directory/Program/30206</p>			
22	Rapid Access Addiction Medicine (RAAM) Clinic - Sandy Hill Community Health Centre	 Location(s)	Ottawa
<p>This is a RAAM clinic located in Ottawa in the Sandy Hill Community Health Centre.</p> <p>https://www.shchc.ca/contact-us/hours-of-service</p>			
23	Renfrew County Addiction Treatment System	 Location(s)	Renfrew County
<p>The Renfrew County Addiction Treatment System delivers alcohol, drug and gambling dependence assessment, counselling and rehab programs.</p> <p>http://www.renfrewcountyaddictiontreatment.ca/</p>			
24	Rideauwood Addiction and Family Services	 Location(s)	Ottawa
<p>Rideauwood Addiction and Family Services is a registered charity serving adults, adolescents and family members. They provide non-residential, group and individual rehab, public education, training and consultation.</p> <p>http://rideauwood.org/</p>			
25	Right Direction Medical Centre	 Location(s)	Ottawa
<p>This clinic offers primary care services and opioid substitution (e.g. methadone).</p> <p>http://right-direction.ca/</p>			

26	Serenity Renewal for Families	 Location(s)	Ottawa
<p>Serenity Renewal for Families (SRF) is a not-for-profit organization for people, youth, couples, families and seniors dealing with the negative effects of addictions and/or addictive behaviours. It offers counselling, support groups and educational programs.</p> <p>https://www.serenityrenewal.ca/</p>			
27	Take-Home Naloxone Kits - Ottawa Public Health	 Location(s)	LHIN-wide
<p>Naloxone take-home kits are available to reverse the effects of an overdose from opioids.</p> <p>http://www.ottawapublichealth.ca/en/public-health-topics/naloxone.aspx#Take-Home-Naloxone-Kits</p>			
28	Connex Ontario Drug & Alcohol Helpline	 Location(s)	Ontario-wide
<p>Connex Ontario provides free, confidential, and anonymous information about drug and alcohol treatment services across Ontario.</p> <p>http://www.connexontario.ca/</p>			
29	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 information about rapid access addiction medicine (RAAM) clinics across the province.</p> <p>http://www.metaphi.ca/raam-clinics/</p>			
30	Ontario Naloxone Program for Pharmacies	 Location(s)	Ontario-wide
<p>Provincial program to provide naloxone kits through pharmacies.</p> <p>https://www.ontario.ca/page/get-naloxone-kits-free</p>			

Self-management workshops

31	Chronic Pain Self-Management Program - Seaway Valley Community Health Centre	 Location(s)	Cornwall
<p>This six-week program covers subjects such as: how to deal with frustration, fatigue, isolation, poor sleep; exercises to improve your strength, flexibility and endurance; and learning how to pace activity and rest.</p> <p>http://seawayvalleychc.ca/our-programs/mental-wellness-and-self-management/</p>			
32	Living A Healthy Life with Chronic Conditions - South-East Ottawa Community Health Centre	 Location(s)	Ottawa
<p>This workshop series is designed to help people with chronic conditions better manage their symptoms and their daily life. It is free to participants, and the group meets once a week over 6 weeks. The workshop teaches skills for living a healthy life including healthy eating, exercise, pain and fatigue management, stress management, communicating with your healthcare professional, managing medications, and planning and problem solving.</p> <p>http://www.seochc.on.ca/programs-services/chronic-disease-self-management-2/</p>			
33	Living Healthy Champlain	 Location(s)	LHIN-wide
<p>Stanford-model peer-led 6-week workshop on managing chronic pain for patients. Healthcare professional resources such as Brief Action Planning training, mindfulness meditation, and "choices and changes" training (supporting patients who are engaged in self-management programs).</p> <p>https://www.livinghealthy Champlain.ca/</p>			
34	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>			
35	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

36	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
37	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 clinical tools and ongoing education resources for substance use disorder for health care providers.</p> <p>http://www.metaphi.ca/provider-education.html</p>		Ontario-wide
38	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
39	Ontario Pain Foundation	● Location(s)
<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>		Ontario-wide
40	OTNhub Ontario eConsult Program	● Location(s)
<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>		Ontario-wide
41	Project ECHO Chronic Pain & Opioid Stewardship	● Location(s)
<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>https://uhn.echoontario.ca/chronic-pain-opioid-stewardship/</p>		Ontario-wide

Other

42 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/>

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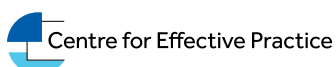


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