











## Resources\* for Chronic Non-Cancer Pain

### LHIN 7 - Toronto Central


The inclusion of these resources do 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

<b>1 Allevio Pain Management Clinic</b>	<input type="radio"/> 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><a href="http://allevioclinic.com/">http://allevioclinic.com/</a></p>	
<b>2 Altum Health Interdisciplinary Pain Program</b>	<input type="radio"/> Location(s)
<p>Altum Health's CARF (Commission on Accreditation of Rehabilitation Facilities) accredited Interdisciplinary Pain Program provides an interdisciplinary approach to chronic pain management for those that have not returned to work within usual course of recovery (3-4 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/interdisciplinary-pain">http://www.altumhealth.com/interdisciplinary-pain</a></p>	
<b>3 Centres for Pain Management (CPM)</b>	<input type="radio"/> 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><a href="http://chronicpainmanagement.ca/">http://chronicpainmanagement.ca/</a></p>	
<b>4 Chronic Pain Clinic - The Hospital for Sick Children</b>	<input type="radio"/> Location(s)
<p>This multidisciplinary clinic specializes in using a family-centred approach to treat chronic pain in children and adolescents.</p>	
<p><a href="https://www.sickkids.ca/Anesthesia/Chronic-Pain-Clinic/">https://www.sickkids.ca/Anesthesia/Chronic-Pain-Clinic/</a></p>	
<b>5 Family Practice and Chronic Pain Management - Dr. Christopher Aldridge</b>	<input type="radio"/> Location(s)
<p>This family physician provides chronic pain management services (including interventions) by referral.</p>	
<p><a href="http://www.ontariodoctordirectory.ca/Toronto/Doctor-Christopher-John-Aldridge-38355.html">http://www.ontariodoctordirectory.ca/Toronto/Doctor-Christopher-John-Aldridge-38355.html</a></p>	
<b>6 GSH Medical Chronic Pain Clinic</b>	<input type="radio"/> Location(s)
<p>This multidisciplinary clinic uses a team-based approach, led by physicians (general practitioners and anesthesiologists) 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><a href="http://gshmedical.ca/">http://gshmedical.ca/</a></p>	
<b>7 Headache and Pain Management</b>	<input type="radio"/> Location(s)
<p>This pain clinic is located in Toronto, Ontario.</p>	
<p><a href="http://find-open.ca/toronto/headache-pain-management-189465">http://find-open.ca/toronto/headache-pain-management-189465</a></p>	

<b>18 The Pain Relief Clinic</b>	 Location(s)	
<p>This clinic provides treatment of chronic pain based on Traditional Chinese Medicine theory. It offers techniques such as acupuncture, Shiatsu, herbs, biofeedback and Qi Gong.</p> <p><a href="http://www.painreliefclinic.ca/">http://www.painreliefclinic.ca/</a></p>		Toronto
<b>19 Toronto Academic Pain Medicine Institute (TAPMI)</b>	 Location(s)	
<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><a href="http://tapmipain.ca/">http://tapmipain.ca/</a></p>		Toronto
<b>20 Toronto Pain and Headache Clinic</b>	 Location(s)	
<p>This pain clinic provides services from chiropractors and massage therapists, and uses both Western and Oriental approaches to treatment.</p> <p><a href="http://www.torontopainandheadache.com">http://www.torontopainandheadache.com</a></p>		Toronto
<b>21 Toronto Poly Clinic</b>	 Location(s)	
<p>This multidisciplinary pain clinic offers interventions, medications, physical therapy, psychological therapy, and education on coping skills.</p> <p><a href="http://www.tpclinic.com">http://www.tpclinic.com</a></p>		Toronto
<b>22 Universal Interventional Pain Clinic</b>	 Location(s)	
<p>This pain clinic provides interventional pain management (e.g., Botox, anesthesia).</p> <p><a href="https://oceanhealthlinks.ca/sitemap/TargetDetail?target=universal_interventi-7625367">https://oceanhealthlinks.ca/sitemap/TargetDetail?target=universal_interventi-7625367</a></p>		Toronto
<b>23 Wasser Pain Management Centre</b>	 Location(s)	
<p>The Wasser Pain Management Centre provides patient care, education and research in the area of chronic, disabling pain disorders.</p> <p><a href="http://www.mountsinai.on.ca/care/pain_management/welcome">http://www.mountsinai.on.ca/care/pain_management/welcome</a></p>		Toronto
<b>24 Wilderman Medical Clinic</b>	 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><a href="http://drwilderman.com/">http://drwilderman.com/</a></p>		Toronto
<b>25 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>26 Aboriginal Mental Health and Addiction Services (AMHA) - Anishnawbe Health Toronto</b>	 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><a href="https://www.aht.ca/services-and-programs/services-offered">https://www.aht.ca/services-and-programs/services-offered</a></p>		Toronto

<b>37 Rapid Access Addiction Medicine Clinic - Sunnybrook Health Sciences Centre</b>	 Location(s)	Toronto
<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><a href="https://sunnybrook.ca/content/?page=bsp-rapid-addiction-medicine">https://sunnybrook.ca/content/?page=bsp-rapid-addiction-medicine</a></p>		
<b>38 Rapid Access Addiction Medicine Clinic - Toronto Western Hospital</b>	 Location(s)	Toronto
<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><a href="https://www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Rapid_Access_Addiction_Medicine">https://www.uhn.ca/MCC/PatientsFamilies/Clinics_Tests/Rapid_Access_Addiction_Medicine</a></p>		
<b>39 Rapid Access Addiction Medicine Clinic - Women's College Hospital</b>	 Location(s)	Toronto
<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><a href="http://www.womenscolleghospital.ca/programs-and-services/substance-use-service">http://www.womenscolleghospital.ca/programs-and-services/substance-use-service</a></p>		
<b>40 Rapid Access Clinic - St. Joseph's Health Centre</b>	 Location(s)	Toronto
<p>Brief support/referral for patients not currently connected to addiction recovery resources.</p> <p><a href="https://stjoestoronto.ca/areas-of-care/addiction/">https://stjoestoronto.ca/areas-of-care/addiction/</a></p>		
<b>41 Rapid Access Clinic - St. Michael's Hospital</b>	 Location(s)	Toronto
<p>The Rapid Access Clinic provides quick access to an addiction medicine specialist for individuals requiring medical intervention for substance use problems.</p> <p><a href="http://www.stmichaelshospital.com/programs/mentalhealth/rapid-access-clinic.php">http://www.stmichaelshospital.com/programs/mentalhealth/rapid-access-clinic.php</a></p>		
<b>42 St. James Town Health Centre</b>	 Location(s)	Toronto
<p>This is a RAAM clinic for pregnant patients only.</p> <p><a href="http://www.womenscolleghospital.ca/programs-and-services/METAPHI">http://www.womenscolleghospital.ca/programs-and-services/METAPHI</a></p>		
<b>43 The Satellite Clinic - Breakaway Addiction Services</b>	 Location(s)	Toronto
<p>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.</p> <p><a href="https://www.breakawayaddictions.ca/satellite-opiate-treatment/">https://www.breakawayaddictions.ca/satellite-opiate-treatment/</a></p>		
<b>44 The Works at 277 Victoria St.</b>	 Location(s)	Toronto
<p>Provides programs and services to reduce drug related harms for people who use drugs including preventing the spread of communicable diseases.</p> <p><a href="https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/">https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/services-provided-by-the-works/</a></p>		
<b>45 Toronto Addiction Treatment Clinics (TATC)</b>	 Location(s)	Toronto
<p>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.</p> <p><a href="http://www.tatchealth.com/">http://www.tatchealth.com/</a></p>		

54 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/>

55 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/>

56 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

57 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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