

Chronic Pain and Problematic Substance Use Program

What is 'chronic pain'?

- It is pain lasting for at least 3 months on a near daily basis.
- It does not go away even if you have been treated for the medical condition or the pain.
- It can be from things like injury, surgery, or another medical condition such as arthritis, fibromyalgia, or an infection.

What is 'problematic substance use'?

It is when you take drugs either prescribed or street drugs in ways that are not healthy or put you at risk for harm.

- The substance use becomes problematic when:
- it gets in the way of doing everyday activities
 - it causes problems in your work, school, and family life
 - your body craves the substance

How can the program help me?

Our program focuses on your needs and helping you take control of your pain as a way to improve your health and quality of life.

You are the leader of your care. We work with you to identify what support and services might help your chronic pain and substance use.

Our program is 2 ½ hours offered one day a week for 8 weeks.

The main people you work with include a registered nurse, physiotherapist, and occupational therapist.

Both during and after the program, we can help you get access to other services and healthcare providers, depending on the care you need, such as a pain doctor, addiction doctor, counselling, or social work support.

What can I expect?

During the program:

- You work with us in both one-to-one and group sessions.
- You learn self-management skills and tools to decrease pain and improve your quality of life.
- You learn about the complex nature of chronic pain and how it effects both physical and emotional wellbeing.
- You can get physiotherapy and occupational therapy in group sessions as well as individual appointments if needed
- Depending on your needs, we might refer you to further services and healthcare providers.

During sessions, we discuss:

- self-care
- stress management, mindfulness, and relaxation
- mood
- sleep
- understanding addiction
- activity and exercise
- how to access community resources

Who can take part in this program?

The program is most helpful when people are:

- 18 years or older
- have chronic pain
- at higher risk for problematic substance use or already have problematic substance use
- interested in self-management skills
- can take part in group learning
- can attend an 8-week program
- open to talking with others about their pain and substance use concerns

Where is the program offered?

We offer this program in Chilliwack, Port Moody, and Surrey. Each location serves the local and surrounding communities.

How can I take part?

Talk with your doctor or nurse practitioner. They can help you decide if the program meets your needs. They can then send us a referral to the program.

Once we get the referral, a nurse calls both you and your doctor or nurse practitioner to learn more about you and your situation.

More information on chronic pain and problematic substance use

 Fraser Health > Health Topics
> Chronic Pain [www.fraserhealth.ca
bit.ly/2Rzc9iW](http://www.fraserhealth.ca/bit.ly/2Rzc9iW)

 HealthlinkBC
- search Chronic Pain [www.healthlinkbc.ca
bit.ly/2FxANu7](http://www.healthlinkbc.ca/bit.ly/2FxANu7)

 Pain BC www.painbc.ca

 Live Plan Be www.liveplanbe.ca

 BC Alcohol and Drug Information
and Referral Service 604-660-9382
1-800-663-1441

 Fraser Health Crisis Line 604-951-8855
1-877-820-7444

 Online chat support for adults
www.crisiscentrechat.ca