

## RJH Pain Clinic, Supplementary Therapy and Rehabilitation Patient-Client Supports

While on waitlist for individual or group-based care provided by the RJH Pain Clinic we have some helpful resources to explore below. Increasing familiarity, knowledge, and skills ahead of working with our interdisciplinary specialists can also enhance therapeutic outcomes in the services we and others offer. We recommend exploring some of these resources ahead of time for interim support or as alternative options of helping you achieve your care needs. Developing an active and empowered approach to your pain management, mental health and wellbeing can start anytime with the selection of resources and service options provided below.

### Kelty's Key

➤ [www.keltyskey.com](http://www.keltyskey.com)

**Online Mental Health, including pain specific resources**



Website offers the possibility to connect with an online therapist or work on your own with self-help resources. They also offer accessible and informative mental health and wellness educational resources, inclusive of:

- Chronic Pain, Anxiety, Depression, Complicated Grief, Depression, Insomnia, Panic, Substance Use, and Family Support (<https://www.keltyskey.com/self-help/>)

### Self-Management BC

➤ [www.selfmanagementbc.ca](http://www.selfmanagementbc.ca)

**Self-Management**  
*British Columbia*

**Free health programs for adults with one or more ongoing health conditions.**

## Chronic Pain

Gain knowledge + skills + confidence

**Programs by Condition**

- > Cancer
- > Chronic Conditions
- > **Chronic Pain**
- > Diabetes

**Chinese, Indigenous and Punjabi Programs**

**Self-Management Programs outside BC**

**Upcoming Workshops**

**Become a Volunteer**

**Community Resources**

**Promotional Materials**

**Chronic Pain is pain that is ongoing and usually last longer than 3 months. The following program formats are designed for people living with Chronic Pain.**

**Virtual Group** **FIND A WORKSHOP**

Our virtual interactive program using web-cams is offered over six sessions, 2.5 hours per week for 6 weeks as a 5-8 persons group workshop.

**In-Person** **FIND A WORKSHOP**

This community based program is offered over six sessions, 2.5 hours per week for 6 weeks as a 6-12 persons group workshop.

**Telephone Peer Health Coach** **LEARN MORE**

A telephone-based one-to-one peer coaching program in which you receive a telephone call from a Health Coach for 30 minutes once a week, for a period of three months.

**Online** **LEARN MORE**

"Better Choices, Better Health" is a 6-week self-paced internet-based program moderated by two trained facilitators. Participants log on at times convenient to them to complete weekly modules. Communication happens on threaded bulletin boards, where participants can share experiences, as well as give and receive support.

**Self-Study** **REGISTER**

This program, known as the Chronic Pain Tool Kit for Active Living provides you with resource materials, including a book, self-assessment and guide booklet in a one-time mailing for self-guided learning.

**PAIN BC**

➤ <https://painbc.ca/find-help>




*Another one-stop shop for many free, widely accessible virtual resources.*

*Panels shown here are from the webpage to briefly overview their many quality resources and services.*


### Find support

You don't have to be alone with pain. Our one-on-one and group support programs can help you build resilience and a supportive community.




#### Coaching for Health

A free one-on-one telephone coaching program designed to help people living with pain learn self-management skills, regain function and improve well-being.




#### Making Sense of Pain

A free nine-week online group self-management program designed for people with pain who face barriers to accessing care.



#### Pain Support and Wellness Groups

A free online group that brings people living with pain together regularly to build a community of support while learning about pain management and coping strategies.




#### Pain Support Line

Free information, support, resource-connection and a listening ear to help empower people living with pain and their loved ones to find support and advocate for themselves.

[Learn more](#)


### Manage my pain

Self-management is an important tool to improve well-being. Our guided self-management programs and resources walk you through the ins and outs of managing pain.




#### LivePlanBe+

An interactive self-management learning tool that supports you in making small changes that can add up to big improvements in your well-being.




#### Gentle Movement @ Home

A series of 50- to 65-minute guided movement and relaxation videos to help you manage pain at home.



#### MyCarePath

A free online self-management resource for teens ages 12-17, created in collaboration with BC Children's Hospital and the UBC Department of Pediatrics.



#### Managing Pain Before and After Surgery

Managing Pain Before and After Surgery is a free self-paced online program designed to help people undergoing surgery and their families better manage pain after surgery and decrease complications.

**RETRAIN PAIN**

➤ <https://www.retrainpain.org/#lessons>



*High quality information about pain delivered in brief slideshow lessons, including:*

- *Pain science, goals, brief mindfulness, sleep, narcotics and opiates, relationships and communication. Multilingual translations available.*

# MSP-Covered Virtual Group Medical Visits

Changepain Medical and Allied Health Clinic offers MSP-Covered Virtual Group Medical Visits (GMVs), which are medical appointments done in a group that physicians lead with other team members to provide patient care.

**NO CHARGE** for all BC residents who have a valid healthcare number. Out-of-province patients will need a referral.

**New Patients** – sign up for any GP-Led GMV first and complete this, then you have access to all the other GMVs.

## SESSIONS OFFERED INCLUDE:

- Introductory sessions
- Safe Movement sessions
- Active Gentle Movement sessions
- Wellness/Pain Conditions sessions
- Brain and Mental Health sessions



## WHAT SESSIONS ARE AVAILABLE?

- Go to [www.changepain.ca](http://www.changepain.ca)
- Click “GMV Calendar” at the top right to see the schedule

## HOW MANY GMVS CAN A PATIENT ATTEND?

- Patients can take up to 3 GMVs a day, up to a total of 4 hours
- Sessions can be taken more than once and you don’t have to take all of them in the series, though it’s recommended

## HOW DOES IT WORK?

- Once we review and confirm the request, the patient will receive the appointment confirmation
- The Zoom link is sent 1 hour before the session starts

## WHAT IF THE PATIENT HAS QUESTIONS?

The most reliable way to reach us is to use the form on the “Contact Us” tab on our website.

**We want to empower you to self-cope with your pain. There is a session for everyone**

#350-3605 Gilmore Way, Burnaby, BC V5G 4X5

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 [www.changepain.ca](http://www.changepain.ca)

 [changepainclinic](https://www.instagram.com/changepainclinic)