

**Moving Though Chronic Pain  
Community Forum  
Educate Hope Support  
Michelle Marikos  
541-301-6861  
[michellemarikos@gmail.com](mailto:michellemarikos@gmail.com)**

What is a community forum?

The structure of the Moving Though Chronic Pain Community Forum

We make the forum accessible to everyone, in the afternoon, lasting no more than four hours; the whole forum is free to the public. We provide a free meal, three expert speakers in a Ted Talk style speeches, A health fair that has five focus areas: Medication, Sleep, Education, Movement and Nutrition.

History and Support

The Oregon Pain Guidance Group saw the need for community education around chronic pain in 2013. We have had great support from our local Coordinated Care Organizations, Pain Specialty clinics and community providers. We started small and over the last five years we have expanded the audience and support systems to include 400 invitees and participants.

The Audience

We invited anyone that is living with or affected by chronic pain. Chronic pain impacts community so we invite the whole community. Providers are also encouraged to participate to show support for their patients.

We have marketed the Community Forum very aggressively though The Oregon Pain Guidance's partners local NBC affiliate KOB1.

The future of community forums throughout Oregon

The need for community outreach around chronic pain is critical if we are to move people though their chronic pain.

Lessons Learned

- Poking a bear – be prepared for emotions of all sorts- teal shirt committee
- Long winded means loss of audience – play to your audience on subject matter

**Making Chronic Pain Programs Successful**

What's happening in Southern Oregon?

Lessons learned

- Buy in from providers and patients
- Isolation of providers and patients

