

THE PAIN REVOLUTION IN LINN & BENTON COUNTIES: Transforming Pain Through Education, Empowerment, & Hope

Program	Topics Covered	Ideal Candidates	Format	Facilitators & Sponsor	Contact/Registration
PainWise First Steps	<ul style="list-style-type: none"> • Impact of pain on thoughts and emotions • Effectiveness and risks of narcotics • Guarding against nerve compression • Mindfulness exercises • Chair yoga practice • Tai chi practice • The difference between muscle fatigue and pain • Alternative and nontraditional exercise • Pacing for pain 	Anyone who experiences ongoing pain	1.5 hour 1x6 weeks	Behavioral health professional & physical therapist; sponsored by Samaritan Health Services	Free class Registration required contact Samaritan Health Education at (866) 243-7747 or SHSHealthEd@samhealth.org.
Mindfulness for Anxiety, Depression, & Pain	<ul style="list-style-type: none"> • The heart of mindfulness practice is paying attention, in the present moment, with curiosity and compassion • Practical skills of mindfulness • Daily meditation practice, starting as low as 5min/day • Tools for habit change to help bring more connection, meaning, and ease into your life 	Those who experience depression, anxiety, pain, or a combination of these	1.5 hour 1x8 weeks	Kari Hart, LCSW. This program is sponsored by Samaritan Health Services.	Insurance billed for sessions Enroll through clinic's care coordinator For clinicians, contact kahart@samhealth.org for more information.
Movement, Mindfulness, and Pain Science (MMAPS)	<ul style="list-style-type: none"> • Gentle individualized movement • Tai chi • Yoga • Strengthening & stretching • Balance • Observe • Describe • Non-judging • Non-reactive • Act with awareness • What is pain and what purpose does it serve • Why pain can persist and what is central sensitization • How to use pain science to improve chronic pain 	motivated people who are ready to make a change (preparation or action phase – no pre-contemplative or contemplative)	2 hour 2x8 weeks	Developed and facilitated by Veronica Moresi, PT, DPT and Sharna Prasad, PT. This program is sponsored by Samaritan Health Services.	Doctor's referral is required, insurance is billed. For more information about the program contact 541-451-7125; vemoresi@samhealth.org; sprasad@samhealth.org
ACT Beyond Pain	<ul style="list-style-type: none"> • Biopsychosocial Model and Active vs Passive participation • Modern Pain Science • Outcomes of chronic stress response • PTSD, the brain and pain • Relaxation & Mindfulness techniques • Pacing movement and graded motor imagery • Psychosocial factors at time of injury/onset of pain • Perception shapes the pain experience • Dr Cuccaro's Pain Triangle • ACT: Awareness & Acceptance, Choice and Take Action • Deconstructing Pain & Neuroplasticity • Values and Goal setting 	Motivated participants, trauma hx/PTSD/mood disorders, request no co-referrals to pain clinics	1.5 hour plus 30 min yoga 1x8 weeks	Developed and facilitated by Lianne Dyche, LCSW. This program is sponsored by Linn County Mental Health	NO PCP referral needed; clinic refer or self-refer; assessment required and insurance billed + sliding fee scale. For more information about the program contact: 541-967-3866 X2529, ldych@co.linn.or.us

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Program	Members	Purpose/Mission	Projects/Events	Contact Info
Mid-Valley Pain Alliance	Local healthcare providers with a passion for pain	<p>Mission: Transform society's understanding of pain, provide hope, and improve the human experience</p> <p>Vision: Bring pain awareness to Linn, Benton & Lincoln Counties and become a model of pain care for the country.</p>	Community pain talks, outreach at local events, youth education, continuing education for health and allied health providers; participation in state-wide conferences, state-wide summits and steering committees	http://straightshothealth.com/midvalleypainalliance MidValleyPainAlliance@gmail.com
Sweet Home Persistent Pain Project	<p>Organizations: Linn & Benton County Public Health & Mental Health, Samaritan Health Services & Samaritan Health Plans Operations</p> <p>Individuals: Pain Specialist, Medical Director, Physical Therapists, Physicians, LCSWs, Psychologist, Clerical Staff, Yoga Instructor, Administration</p>	A strategic, systematic pain program which creates a community and healthcare system in Sweet Home that understands pain fundamentals and uses consistent, communicative and constructive pain language. Participants in the program are empowered to access movement, education, services, and peers toward the goal of transforming pain.	Assessing community needs, accessible communication between clinics and providers, unified pain messaging/language, collecting success stories, pain peers, town hall meetings, community pain awareness presentations, group PCP visits, pain presentations at high schools, and fluid referral processes for physical therapy, behavioral health and groups	Dr Kevin Cuccaro: kcuccaro@gmail.com
PainWise Steering Committee	The Corvallis Clinic, Samaritan Health Services and Samaritan Health Plans Operations, Community Pain Specialist, County Mental Health, Community Health Centers, Public Health	Transform the understanding of pain in an effort to help our communities and provider	Provider Education Subcommittee, Patient & Community Education Subcommittee, Communications Subcommittee	https://painwise.org