The Pain Revolution in Linn & Benton Counties

TRANSFORMING PAIN THROUGH EDUCATION, EMPOWERMENT, & HOPE

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Disclosures

No commercial interests to report
Objectives

Understand the who, what, when, where, and why of what programs are offered for chronic pain in Linn & Benton Counties

Analyze programs outlined today to evaluate where programs may be extended within other communities
Who are we?

Veronica Moresi, PT, DPT
Physical Therapist with Samaritan Health Services
Developer & facilitator of Movement, Mindfulness, and Pain Science pain program
vemoresi@samhealth.org

Lianne Dyche, MSW, LCSW
Therapist with Linn County Mental Health Adult Outpatient Program
Developer & facilitator of ACT Beyond Pain Program
ldyche@co.linn.or.us
PainWise First Steps

Participants will learn:

**Behavioral Health**

- Impact of pain on thoughts and emotions
- Effectiveness and risks of narcotics
- Guarding against nerve compression
  - Mindfulness exercises

**Physical Therapy**

- Chair yoga practice
- Tai chi practice
- The difference between muscle fatigue and pain
  - Alternative and nontraditional exercise
  - Pacing for pain
PainWise First Steps

**Ideal candidates:** Anyone who experiences ongoing pain

**Format:** 1.5 hour sessions, 1x/wk for 6 weeks

**Facilitators and Sponsor:** Each session is led by a behavioral health professional and a physical therapist. This program is sponsored by Samaritan Health Services.

**Contact/Registration Information:** This is a free community class. Registration is required. To register online, visit the Samaritan Health Services event page or contact Samaritan Health Education at (866) 243-7747 or SHSHealthEd@samhealth.org.
Mindfulness for Anxiety, Depression & Pain

Participants will learn:

• 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
Ideal candidates: Those who experience depression, anxiety, pain, or a combination of these

Format: 1x/wk for 8 weeks

Facilitators and Sponsor: All groups are facilitated by Kari Hart, LCSW. This program is sponsored by Samaritan Health Services.

Contact/Registration Information: Insurance will be billed for all groups. To enroll, please contact your physician or your clinic’s Care Coordinator for referral. For clinicians, contact kahart@samhealth.org for more information.
Mid-Valley Pain Alliance

**Members:** Local healthcare providers with a passion for pain

**Purpose/Mission:** Transform society's understanding of pain, provide hope, and improve the human experience.

**Vision:** Bring pain awareness to Linn, Benton & Lincoln Counties and become a model of pain care for the country.

**Projects/Events:** 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

**Contact info:** [http://straightshothealth.com/midvalleypainalliance](http://straightshothealth.com/midvalleypainalliance)  
MidValleyPainAlliance@gmail.com
Sweet Home Persistent Pain Project

**Organizations:** Linn & Benton County Public Health & Mental Health, Samaritan Health Services & Samaritan Health Plans Operations

**Members:** Pain Specialist, Medical Director, Physical Therapists, Physicians, LCSWs, Psychologist, Clerical Staff, Yoga Instructor, Administration

**Purpose/Mission:** 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.

**Projects/Events:** 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

**Contact info:** Dr Kevin Cuccaro: kcuccaro@gmail.com
PainWise Steering Committee

**Organizations:** The Corvallis Clinic, Samaritan Health Services and Samaritan Health Plans Operations, Community Pain Specialist, County Mental Health, Community Health Centers, Public Health

**Purpose/Mission:** Transform the understanding of pain in an effort to help our communities and providers

**Projects/Events:** Provider Education Subcommittee, Patient & Community Education Subcommittee, Communications Subcommittee

**Contact info:** https://painwise.org
## Movement, Mindfulness, and Pain Science (MMAPS)

<table>
<thead>
<tr>
<th>Movement</th>
<th>Mindfulness</th>
<th>Pain Science</th>
</tr>
</thead>
<tbody>
<tr>
<td>Gentle individualized movement</td>
<td>Full training in 5 facets of mindfulness</td>
<td>What is pain and what purpose does it serve</td>
</tr>
<tr>
<td>Tai chi</td>
<td>◦ Observe</td>
<td>Why pain can persist and what is central sensitization.</td>
</tr>
<tr>
<td>Yoga</td>
<td>◦ Describe</td>
<td>How to use pain science to improve chronic pain</td>
</tr>
<tr>
<td>Strengthening &amp; stretching</td>
<td>◦ Non-judging</td>
<td></td>
</tr>
<tr>
<td>Balance</td>
<td>◦ Non-reactive</td>
<td></td>
</tr>
<tr>
<td></td>
<td>◦ Act with awareness</td>
<td></td>
</tr>
</tbody>
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Movement, Mindfulness, and Pain Science (MMAPS)

**Ideal candidates:** motivated people who are ready to make a change (preparation or action phase – no pre-contemplative or contemplative)

**Format:** 2 hour sessions, 2x/wk for 8 weeks

**Facilitators and Sponsor:** Developed and facilitated by Veronica Moresi, PT, DPT and Sharna Prasad, PT. This program is sponsored by Samaritan Health Services.

**Contact/Registration Information:** 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

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
ACT Beyond Pain

N=10

N=11

N=11
ACT Beyond Pain

**Ideal candidates:** Motivated participants, trauma hx/PTSD/mood disorders, request no co-referrals to pain clinics

**Format:** 1x/week, 90 minutes of class, 30 min gentle yoga

**Facilitators and Sponsor:** Developed and facilitated by Lianne Dyche, LCSW. This program is sponsored by Linn County Mental Health

**Contact/Registration Information:** 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, ldycche@co.linn.or.us