

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

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Lianne Dyche, MSW, LCSW

Therapist with Linn County Mental Health Adult Outpatient Program

Developer & facilitator of ACT Beyond Pain Program

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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



Mindfulness for Anxiety, Depression, & Pain

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>
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)



Movement

Gentle individualized movement

Tai chi

Yoga

Strengthening & stretching

Balance

Mindfulness

Full training in 5 facets of mindfulness

- Observe
- Describe
- Non-judging
- Non-reactive
- Act with awareness

Pain Science

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

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

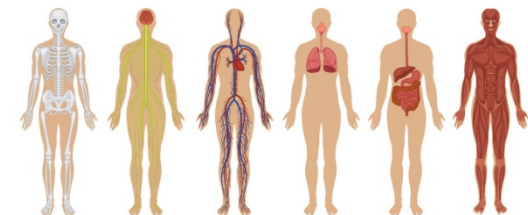
Perception shapes the pain experience

Dr Cuccaro's Pain Triangle

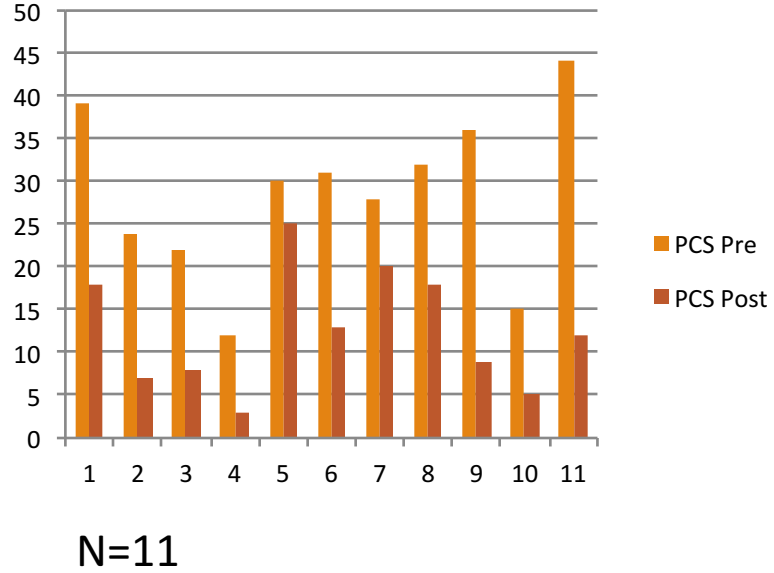
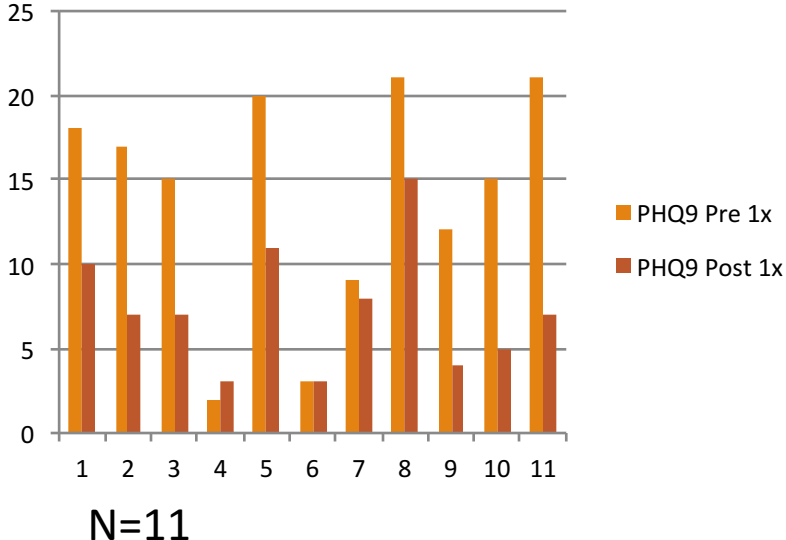
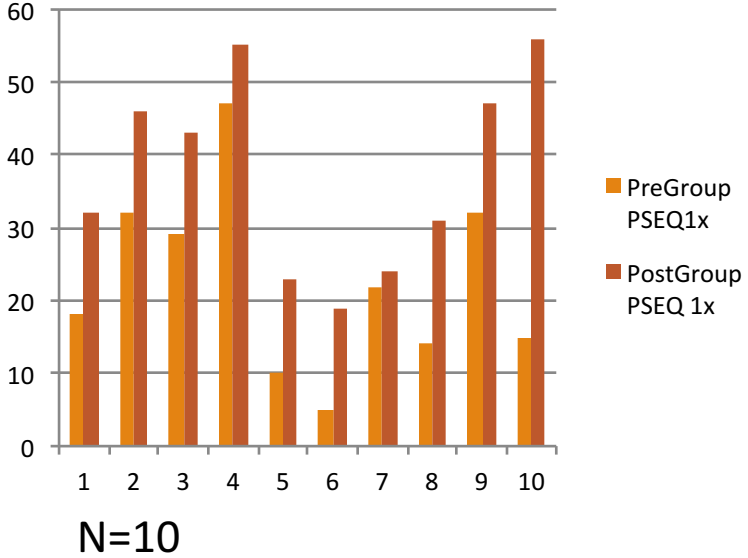
ACT: Awareness & Acceptance, Choice and Take Action

Deconstructing Pain & Neuroplasticity

Values and Goal setting



ACT Beyond Pain



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, ldyche@co.linn.or.us