

# Pain Resiliency Program

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## What's the program about?

The Pain Resiliency Pain Program is a series of 8 weekly classes based on the latest research about what works to relieve chronic pain.

Classes help individuals learn prevention and coping strategies. In some cases, this will reduce pain as well as the anxiety, frustration and depression that often accompany pain-related illness.

# OREGON



## PAIN ADVISORS



## Who is it for?

For those living with persistent pain who want to increase their quality of life and learn more about how to control their pain.

## How much does it cost?

The program is open to all individuals on the Oregon Health Plan who are members of Jackson Care Connect CCO & AllCare CCO. There will be no charge during the pilot phase of this program.

### Transportation provided for:

JCC CCO Members:

Call: TransLink (541) 842-2060

AllCare CCO Members:

Call: ReadyRide (800) 479-7920

## When?

Orientation classes are held weekly, which allow participants to learn about the 8 Week program. Please call us to find out more.

## How do I get signed up?

Individuals interested in participating will need a referral from their Primary Care Provider. Your PCP can forward the referral to Oregon Pain Advisors via the Jefferson Health Information Exchange or Fax.

Once a referral is received, a program representative will call those interested to answer questions and schedule the orientation class.

### TOPICS INCLUDE:

- Why pain becomes chronic & what you can do about it.
- Roadblocks that stop you from getting pain relief.
- Identifying and eliminating triggers that increase pain.
- Communication strategies for people living with chronic pain.
- Stress reduction techniques.
- Movement class to help restore function.
- Non-drug therapies that reduce pain.