

## What is a pain program?

A pain program is a place where someone's pain is taken seriously, and a special plan is made to help deal with the pain. The pain program looks at the whole body and mind, and the history of the patient. At a pain program you will learn to take control of your pain.

Do you ...

- Have a lot of pain often?
- Feel like you're tied up in knots?
- Have less energy to do things?
- Have a hard time talking to doctors?
- Feel like you've tried everything?
- Need help feeling better?

Do you want to...

- See your pain differently?
- Be more active?
- Have a plan that includes your mind, body and spirit?
- Feel like you can talk to your doctor easily?
- Have the tools to improve your life?

## What does a visit look like?

- You will get referred to the Wellness Center from a doctor, nurse or anyone else involved in your care.
- You will spend one hour at the Wellness Center learning about our program. You can ask as many questions as you want.
- If you choose this program, you will fill out a survey asking you to describe your pain.
- You will then meet with an expert who works with people who have pain. Together you will discuss your options.
- You will be invited to participate in an eight-week class. They will include education about managing your pain.

**You still need to go to appointments with your regular doctor.**

**We can't prescribe medications.**

**We treat the whole body and mind, not just your pain.**

## What will I get out of it?

At Yamhill CCO Persistent Pain Program, you will receive:

- A focus on getting you back to doing the things that are important to you.
- Help making goals to make you feel better.
- A program that is fit for your needs.
- Training in how to relax, move more easily and deal with your pain.
- Education about your pain, medications and treatments.
- The chance to share your story in a safe place with others who have pain.



## As a person with pain, you have the right to:

- Have your pain taken seriously and to be treated with dignity and respect by doctors, nurses, pharmacists, and other health-care professionals.
- Have your pain thoroughly assessed and promptly treated.
- Be informed by your health-care provider about the possible causes of your pain, and possible treatments, including the benefits, risks, and costs of each.
- Participate actively in decisions about how to manage your pain.
- Have your pain reassessed regularly and your treatment adjusted if your pain has not been eased.
- Be referred to a pain specialist if your pain persists.
- Get clear and prompt answers to your questions, take time to make decisions, and refuse a particular type of treatment if you choose.



**Wellness Center**  
Persistent Pain Program  
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[www.yamhillcco.org](http://www.yamhillcco.org)

**Please call  
503-554-2460 for  
more details.**

*Sponsored by Yamhill Community  
Care Organization for members  
with chronic pain.*



## Wellness Center Persistent Pain Program



Are you in pain for most of the day?  
Are the treatments you use now  
not working?  
Do you miss out on things because  
of your pain?  
You are not alone.