



Ridge Meadows
Division of
Family Practice

A Guide to Adult Wellness

1st Edition

Adult Mental Health

Substance Use

Counselling & Support

Aboriginal Services

Chronic Pain

Shared Care, a division of Doctors of BC, has provided funding to the Ridge Meadows Division of Family Practice to improve access, awareness and timely referrals to Adult Mental Health and Chronic Pain Services that enhance quality of care. The Ridge Meadows Division of Family Practice, together with Fraser Health, Maple Ridge and Pitt Meadows Community Services, Alouette Addictions, Pain BC and a number of other Community Partners have supported the development of this resource guide. By working together as a community, we can connect our citizens with the resources they need in a timely manner that will make our community stronger and healthier.



Vision Statement

Ridge Meadows Division seeks to influence change by providing leadership to achieve optimal health for our community and provide support to our physicians that enables primary care for our community.

Mission Statement

To provide improved patient care and physician satisfaction by supporting and enhancing the role of primary care physicians by having an organization that has meaningful communication and partnerships with Health Authorities, Ministry of Health, key stakeholders and the Community at large.



Our Vision Better health. Best in health care.

Our Purpose To improve the health of the population and the quality of life of the people we serve.

Our Values Respect, caring and trust characterize our relationships.

Our Commitment

- To be passionate in pursuit of quality and safe health care.
- To inspire individual and collective contribution.
- To be focused on outcomes, open to evidence, new ideas and innovation.
- To embrace new partners as team members and collaborators.
- To be accountable.

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Crisis Support

What is a mental health crisis?

- Intense anxiety or depression
- Suicidal thoughts or attempts
- Threatening violence
- Distorted thinking
- Self-harming

Fraser Health Crisis Line 604-951-8855
..... or toll-free 1-877-820-7444

For Adults – Provides support to adult (19+) residents experiencing mental illness, and substance issues.

Trained volunteers provide toll-free telephone support and crisis intervention counselling, 24 hours a day, seven days a week.

You can also call for information on local services or if you just need someone to talk to.

1.1 Emergency Lines

Call 9-1-1 if you or someone you or someone else requires immediate medical attention for injuries/overdose or the person is at risk of seriously harming themselves or others.

Police: 9-1-1

Ambulance: 9-1-1

Fire Department 9-1-1

Fraser Health Crisis Line (24 Hours) 604-951-8855
..... or toll-free 1-877- 820-7444

Suicide Crisis Line 1-800-SUICIDE (1-800-784-2433)

**Culturally Sensitive Crisis Line for
Aboriginal peoples** 1-800-KUU-US17 (588-8717)

**BC Mental Health Crisis &
Distress Line (24 Hours)** 310-6789 (No area code needed)

Poison Control (24 hours) 604-682-5050

1.2 Non-Emergency Lines

Police (Non-Emergency)	Maple Ridge & Pitt Meadows ...	604-463-6251
Ambulance (Non-Emergency)	Maple Ridge / Pitt Meadows	604-872-5151
Fire Department (Non-Emergency)	Maple Ridge	604-463-5880
	Pitt Meadows	604-465-2401
Hospital	– Ridge Meadows	604-463-4111
HealthLink BC (BC Nurseline)	24 hour, confidential health information and advice	8-1-1
Deaf & Hearing Impaired TTY	7-1-1
Maple Ridge Mental Health Centre	604-476-7165
	500 – 22470 Dewdney Trunk Road, Maple Ridge, BC	

1.3 Crisis Lines & Victim Services

Crisis Intervention and Suicide Prevention Centre of BC

..... 1-800-SUICIDE 1-800-784-2433

www.crisiscentre.bc.ca

A volunteer-based organization that helps people deal with crisis.

Service available 24 hours a day.

Fraser Health REACT 1-877-REACT-08

react@fraserhealth.ca 1-877-732-2808

www.fraserhealth.ca/your_care/adult_abuse_and_neglect

Fraser Health has specially trained staff who respond to and investigate reports of possible abuse and neglect of adults.

These responders are located in hospitals and community programs throughout Fraser Health.

Dementia Hotline (Alzheimer Society of BC) 1-800-936-6033

24-hour Distress Line ... 310-6789 (don't add a 604 or 250 area code)

24-hour BC NurseLine and Pharmacist Line 8-1-1

1.4 Shelters

The Salvation Army –

Ridge Meadows Ministries Day: 604-463-8296 ext 105

..... Night: 604-807-8290

22188 Lougheed Hwy, Maple Ridge

Registration at 7:30 pm. Wheelchair accessible. Laundry.

No alcohol/drug use on site.

Free clothing vouchers for the Thrift Store available.

Shelter Information..... 2-1-1

A region-wide referral line for shelter and other essential services for all ages and genders.

Adult Mental Health Services

2.1 How to Access Support

If you are feeling like you need care from mental health services, you should first see your family doctor. Your doctor will conduct an assessment and refer you to the appropriate services if you require additional care. If you do not have a family doctor you can call or walk-in to the Mental Health Centre to make a self-referral.

2.2 Mental Health Centre

Fraser Health –

Maple Ridge/Pitt Meadows Mental Health Centre 604-476-7165

www.fraserhealth.ca/health-info/mental-health-substance-use

500 – 22470 Dewdney Trunk Road, Maple Ridge, BC

Monday to Friday 8:30 am – 4:30 pm

Interdisciplinary team members work together with the person experiencing mental illness and substance use concerns to achieve mental wellness and recovery goals. Some of these services include:

No Physician Referral Required.

- Assessments
- Medication reviews and monitoring
- Crisis interventions: help in moving through crisis situations
- Consultation and navigating the systems
- Counselling
- Provide education around mental illness and treatment options
- Provide education around skills development and ways to cope
- Provide assistance and support around the person's wellness and recovery goals
- Provide education and support to families
- Advocate for individuals and link to services and resources

2.3 Rapid Access Clinic

Fraser Health Maple Ridge/Pitt Meadows Mental Health Centre –

Rapid Access Clinic (RAC) 604-476-7165

www.fraserhealth.ca/health-info/mental-health-substance-use/mental-health-substance-use-community-services/rapid-access-clinic/

Physician Referral Required

Psychiatric Rapid Access Clinic (RAC) for Maple Ridge/Pitt Meadows residents has been developed, in conjunction with the Ridge Meadows Division of Family Practice, to provide GPs/NPs with timely access (within 2 to 4 weeks) to a Psychiatrist for one-time consultation regarding diagnosis, medication review, and treatment recommendations. This consultation service is intended to augment the current treatment already initiated by the GP/NP.

Target population:

Adults aged 19 and older, living in the Maple Ridge/Pitt Meadows, affected by mild to moderate mental health issues such as depression and anxiety, who are NOT presenting at risk for imminent harm. Access to this resource is only through a GP referral. GP’s can refer by faxing the form (Referral form including fax numbers can be found on Pathways) to the Mental Health Centre. For any questions the GP’s office can call the Mental Health Centre and request to speak with the Rapid Access Clinic Clinician who will be able to assist.

Goals:

- To provide more immediate access to timely psychiatric consultation to support and enhance the capacity of GPs to care for their patients.
- To provide service linkage, information sharing and collaboration between primary care physicians and mental health services.

2.4 Child Youth And Wellness Centre

Maple Ridge and Pitt Meadows Youth and Wellness Centre

..... 604-467-6911 ext 1222
www.comservice.bc.ca/node/123

No referral necessary for Drop In.

Psychiatrist appointment by physician referral only. Ages 8 – 24

11925 Haney Place, Maple Ridge (in the Greg Moore Youth Centre)

If you are a youth living with substance use or mental health challenges this is a safe and informative place.

Our program offers one on one counselling, substance use counselling, primary care and a Youth Navigator who can work with you, and if you wish, your family by setting up individual appointments and linking you to resources that are online and local.

Drop-in Tuesday, Wednesday, Thursday 1:00 pm – 6:00 pm

2.5 Medical Marijuana Clinic

GreenLeaf Medical Clinic..... 604-371-4769
<https://greenleafmc.ca/>

Prescriptions from family physician or specialist required for application process.

218 – 9525 201 St. Langley

Provides a framework for patients to legally use marijuana for beneficial relief of various symptoms. Following the patient/physician consultation, the patient will work with one of the clinic’s medical office assistants to decide on the licensed commercial producer that best suits their requirements. Strains will be recommended as per the physician’s chart notes and past patient experiences.

Please note the clinic does not provide medication.

Counselling & Group Programs

3.1 Counselling & Support

If you are looking for a highly trained professional to help address your specific mental health concerns, visit the links below to learn more and to find a provider. *A good place to start when seeking treatment options for your mental health is to speak with your family physician.*

Fraser Health:

Maple Ridge/Pitt Meadows Mental Health Centre 604-476-7165
#500 – 22470 Dewdney Trunk Road, Maple Ridge, BC
Monday to Friday 8:30 am – 4:30 pm

Interdisciplinary team members work together with the person experiencing mental illness and substance use concerns to achieve mental wellness and recovery goals. Some of these services include:

- Assessments
- Medication reviews and monitoring
- Crisis interventions: helping persons to move through crisis situations
- Consultation and navigating the systems
- Individual short-term counselling & group therapy services provide education around mental illness and treatment options
- Provide education around skills development and ways to cope

- Provide assistance and support around wellness and recovery goals
- Provide education and support to families
- Advocate for individuals and link to services and Community Services Counselling

Community Services Counselling 604-467-6911
www.comservice.bc.ca Fax: 604-692-6337
 11907 – 228th St. Maple Ridge, BC

Provides FREE information and referrals and offers programs such as reconnect, parent/teen counselling, intervention, Youthside, child care support programs, special services to children & seniors, volunteer services, etc.

Canadian Mental Health Association BC Division 310-6789
<https://cmha.bc.ca/programs-and-services/bounce-back-checkin>

The Bounce Back Program is a free, evidence-based program designed to help adults and youth experiencing symptoms of mild to moderate depression, low mood, or stress, with or without anxiety. Requires a physician referral.

3.2 Psychologists

Dr. Karianne Axford 604-309-0268
 105 – 22561 Dewdney Trunk Road, Maple Ridge . Fax: 1:855-398-2791

Dr. Jean Ferri 604-380-0118
 21 – 22374 Lougheed Hwy, Maple Ridge. Fax: 604-380-0119

Dr. Susan Hunt 604-726-8299
 610 – 22470 Dewdney Trunk Road, Maple Ridge

Psychologists can be self-referred. If you require a psychiatrist please contact your physician.

3.3 Community Drop-In Programs and Resources

The Club 604-467-0544
www.comservice.bc.ca/programs-services/mental-health-services/rainbow-club
 11907 – 228th Street, Maple Ridge

Provides a supportive psychosocial rehabilitation environment designed to assist persons who are living with mental health issues to realize their potential as individuals. The group is a tremendous resource and support for folks with dementia and their caregivers.

Adult Mental Health Program Family Education

& Support Centre 604-467-6055
22558 Lougheed Hwy, Maple Ridge mh@familyed.bc.ca
A resource and information centre to help community members become aware of and better understand mental health issues. Provides psycho-educational groups for depression, anxiety and assertiveness and public forums and workshops on mental health issues.

Anxiety BC 604-525-7566
311 – 409 Granville Street, Vancouver www.anxietybc.com
A leader in developing online, self-help, and evidence-based resources on anxiety and anxiety disorders. Our site provides information to help you understand anxiety, as well as resources and tools to help you manage your anxiety.

BC Schizophrenia Society 604-270-7841
www.bcscs.org
Education and caring support for families affected by serious mental illness. The family unit is our first responsibility and primary focus; the person with the illness is always included in the definition of family.

Canadian Mental Health Association (BC) 604-688-3234
www.cmha.bc.org
Through our family of over 100 local, provincial and national locations across Canada, CMHA provides a wide range of innovative services and supports tailored to and in partnership with our communities. Mental health begins where you live, learn, work and play. Together, we are making a difference.
(Includes Bounce Back Programs – Self-help DVD's & telephone Coaching) www.bouncebackbc.ca

Mood Disorders Association of BC 604-873-0103
www.mdabc.net
The MDABC is a nonprofit organization that provides treatment, support, education, and hope of recovery for people living with a mood disorder. We serve to build awareness and understanding in communities throughout the province, reaching out to as many people as possible.

Cythera Counselling 604-476-9939
22318 McIntosh Ave, Maple Ridge www.Cythera.ca
Counselling for women/children of family abuse.

Caring Place 604-463-8296 ext 102
22188 Lougheed Hwy, Maple Ridge www.saridgemeadows.com
Providing meals and support for people who are homeless.

- Community Services** 604-467-6911
 11907 – 228 Street, Maple Ridge www.comservice.bc.ca
 Mental Health Programs
 Anxiety/Depression Group – A facilitated support, skills development and maintenance group for individuals living with anxiety and/or depression. *FREE*
- Ridge Meadows Hospice Society**..... 604-463-7722
 22326A McIntosh Ave, Maple Ridge
<http://ridgemeanowshospicesociety.com/>
 Grief and bereavement support groups
- Alzheimer Society of BC –**
- Caregivers Support Groups** 604-298-0780
www.alzheimer.ca/bc 1-800-667-3742
 Support services & education programs for people impacted by dementia in Ridge Meadows and throughout BC.
- Seniors Activity & Inclusion Group**
 For more information..... 604-463-2229
community@ceedcentre.com
 CEED Centre: 11739 – 223 St., Maple Ridge 9:30-11:30 am **No Cost**.
 All seniors welcome, including those with dementia and their caregivers, to a fun, informal get-together each week. Special local trips planned on some weeks and a range of activities from board games to bocce in the park.
- Here To Help** Email: bcpartners@heretohelp.bc.ca
www.heretohelp.bc.ca
 BC web site for mental health and addictions information and resources. (Depression, anxiety, & risky drinking on-line screening)
- Kelty Mental Health Resource Centre** www.keltymentalhealth.ca
 Mental Health information and resources for families.
- Antidepressant Skills Workbook** (Changeways)
- Seniors Navigator** 604-467-6911
 If you are an elderly patient or know someone who is isolated, lacking family support, or has trouble accessing food, transportation or other programs, you/they may benefit from the support of the Seniors Navigator. Your GP can assist with referral or you can self-refer by calling the number above.

Aboriginal Services

Fraser Health: Culturally Sensitive Crisis Line

for Aboriginal Peoples 1-800-KUU-US17 (588-8717)
www.kuu-uscrisisline.ca/

KUU-US Crisis Response Services provides culturally sensitive support and counselling to Aboriginal peoples 24 hours a day, 7 days a week.

- Culturally sensitive help
- Available 24 hours a day, 7 days a week
- First Nations helping First Nations

Aboriginal Mental Health Case and

Mental Health Liaison Services 604-814-5642

Aboriginal mental health case manager and Aboriginal mental health liaison can provide assessment, referral, counselling support services, and liaise with other mental health workers in hospital and community.

4.1 Katzie Health Centre

Katzie First Nation Health Care Centre 604-465-8921
19700 – A Salish Road, Pitt Meadows hcreception@katzie.ca

4.2 First Nations Health Authority

First Nations Health Authority

For assistance with First Nations Health benefits, patient travel and advocacy contact the Fraser Salish regional liaison... 1-855-550-5454

HealthBenefits@fnha.ca

www.bcsc.org/category/resources/aboriginal/

4.3 Aboriginal Resources

British Columbia Schizophrenia Society – Aboriginal Resources

<http://www.bcsc.org/category/resources/aboriginal/>

Resources for First Nations communities and families.

Network for Aboriginal Mental Health Research

www.namhr.ca/mental-health-programs/

This database describes existing mental health promotion, prevention and intervention programs and models for Aboriginal peoples in Canada.

Native Mental Health Association of Canada

<http://www.nmhac.ca/>

National not-for-profit association that is governed and managed by Aboriginal leaders and exists to improve the lives of Aboriginal populations by addressing healing, wellness, and other mental health challenges.

Substance Use

5.1 Fraser Health

Fraser Health Alcohol and Drug Information

and Referral Service 604-660-9382
..... Toll Free 1-800-663-1441

For anyone needing help with any kind of substance abuse issues, 24 hrs a day, 7 days a week. Information and referral to education, prevention and treatment services, and regulatory agencies.

5.2 Naloxone Training – Narcan Kits

Alouette Addictions 604-467-5179
www.alouetteaddictions.org

106 – 22838 Lougheed Hwy. Maple Ridge
Monday to Friday 8:30 am – 4:30 pm

Maple Ridge Health Unit 604-476-7000
400 – 22470 Dewdney Trunk Road
Drop-in Monday to Friday 8:30 am – 12:00 pm & 1:00 pm – 4:00 pm

5.3 Substance Use Support Services

Fraser Health Alcohol and Drug Information

and Referral Service 604-660-9382
..... Toll Free 1-800-663-1441

Available to anyone needing help with any kind of substance abuse issues, 24 hrs a day, 7 days a week. Provides information & referral to education, prevention and treatment services, & regulatory agencies.

- Alouette Addictions** 604-467-5179
www.alouetteaddictions.org
 106 – 22838 Lougheed Hwy. Maple Ridge
 Monday to Friday 8:30 am – 4:30 pm
No Waiting List and No Referrals Required!
 Fully funded by Fraser Health, allows clients to access services completely free of charge regardless of their personal situation and/or income levels and no referral is required. We do not accept clients for pain management. Alouette Addictions offers free drop-in counselling, one on one counselling, daily groups and a housing and outreach program. (Session Topics Change Monthly)
- Dr. Paul Beckett** 604-380-4601
 Unit 4 – 22932 Lougheed Hwy, Maple Ridge FAX 604-406-4619
 A board-certified Addictions Specialist, focusing on treatment for opiate addictions (e.g. fentanyl, heroin, oxycodone, prescription or non-prescription opiates).
 No-fee OAT clinic; no referral required – please call for appointment.
- True Care Clinic** 604-477-8800
www.truecareclinic.ca/
 100 – 22470 Dewdney Trunk Rd, Maple Ridge
Minimum Wait List (within 1 week) No Referrals Required!
 We are here to help those with opioid addictions. We do not accept clients for pain management.
 Mondays and Fridays 7:30 am – 5:00 pm
 Wednesdays 1:00 pm – 5:00 pm
- Maple Ridge Public Health Unit** 604-476-7000
www.fraserhealth.ca/find-us/public-health-units/
 22470 Dewdney Trunk Rd, Maple Ridge
 Our public health units offer a range of services to promote health and wellness in the community.
 Open Monday to Friday 8:30 am – 4:30 pm
- Al-Anon** 1-877-254-3348
www.drugrehab.ca/al-anon-meetings-in-british-columbia.html
 Helping families and addicts cope and hope.

- Fraser Health Maple Ridge Treatment Centre – Regional Service** 604-476-3471
<http://mrtc.bc.ca/>
 22270 North Ave. Maple Ridge. Professional referrals required.
 The Maple Ridge Treatment Centre develops partnerships with men who have experienced problematic substance use. Together, we work towards increasing capacities for improving wellness in their lives, their families and their communities
- One Way Club** 604-463-6617
 (Social activities in a safe environment for people with substance use issues and for their families)
- Fraser Health: Mental Health and Substance Use**
www.fraserhealth.ca/health-info/mental-health-substance-use/mental-health-substance-use-centres/
- Drug Rehab Centers in British Columbia** 1-877-254-3348
<http://www.drugrehab.ca/british-columbia.html>
 For a listing of rehab centers in British Columbia
- Outreach Service and Mobile Harm Reduction** 604-518-0546
 Maple Ridge Mobile Outreach – Call for access
- Stride with Purpose Mobile Health Van** 604-351-1885
 Friday 8:30 – 11:00 pm Mobile: call for access/delivery

5.4 Opioid Agonist Treatment (OAT)

- Alouette Addictions** 604-467-5179
 106 – 22838 Lougheed Hwy. Maple Ridge
 Monday to Friday 8:30 am – 4:30 pm
www.alouetteaddictions.org
- True Care Clinic** 604-477-8800
www.truecareclinic.ca/
 100 – 22470 Dewdney Trunk Rd, Maple Ridge

Additional Resources

BC Medical Coverage 604-683-7151

www.hibc.gov.bc.ca

B.C.'s publicly-funded health care system ensures that all eligible B.C. residents have access to medically necessary health care services through the Medical Services Plan and to eligible prescription medications, medical supplies, and pharmacy services through the Pharma Care program.

Walk-In Medical Clinics

To find a psychiatrist in Maple Ridge and Pitt Meadows (covered by MSP, you will need a referral from your family physician.)

If you do not have a family doctor, please go to a walk-in clinic or access the following links:

www.findadoctormapleridge.com

or

www.findadoctorpittmeadows.com

Maple Ridge

Cottonwood Medical Clinic 604-476-9705

102 – 12005 – 238B St., Maple Ridge (Dewdney Trk Rd & 238B St)

Mageta Medical Clinic 604-465-1100

110 – 20528 Lougheed Hwy., Maple Ridge

Pitt Meadows

Pitt Meadows Medical Clinic 604-465-4911

105 – 19170 Lougheed Hwy. Pitt Meadows (by SaveOn)

Ridge Meadows Care Clinic (West) 604-465-9188

203 -19800 Lougheed Hwy., Pitt Meadows (inside Superstore)

Chronic Pain Resources

6.1 Fraser Health Pain Clinic

It's important to see your primary health care provider if you have new pain, your pain gets worse, or your treatment isn't managing your pain.

Your primary health care provider may **order specific examinations and tests** to help determine the cause of the pain or refer you to **specialists** for further diagnosis or treatment.

Communicating with your primary health care provider

Good communication with your primary health care provider is vital to getting the help you need.

- Use a pain diary to help you identify patterns in your daily life that have an impact on your pain. When you understand your personal pain triggers, you and your health care provider can deal with them more effectively. See section 6.6 for a weblink to a pain diary.
- Describe your pain using words like throbbing, stabbing, burning, aching, tingling, dull, pressing, numb, or electric shock
- Rate your pain on a scale of 0-10
- Make sure to tell your primary health care provider about any medicines or herbal supplements you take. The combination of medicines and supplements can make the pain medicine less effective or even cause more harm.
- Bring a family member or friend along to medical visits to make sure you don't miss any important information.

Fraser Health Chronic Pain Clinic 604-582-4587

9750 – 140th Street, Surrey

A referral from your family physician is required.

www.fraserhealth.ca/health-info/health-topics/chronic-pain/access-chronic-pain-care/

6.2 Regional Pain Clinics

Pain BC – Pain Clinic Directory

Access to many of the clinics require a referral from your family physician.

Pain BC has compiled a list of pain clinics located throughout the province. Additionally, some of the clinics will only accept referrals from patients within a particular health authority (i.e. Fraser Health, Vancouver Coastal Health) or catchment area. Your family doctor has

knowledge of many of the pain clinics listed in Pain BC's directory and can determine if a referral to a pain clinic is the best option for the management of your chronic pain.
www.painbc.ca/chronic-pain/clinics-and-services

6.3 Chronic Pain Practitioners

Pain BC – Find a Practitioner Near You

Pain BC delivers ongoing professional education in best practices for chronic pain management to health care providers, with the goal of improving clinical practice and outcomes for people living with pain. Hundreds of BC health care providers including occupational therapists, physiotherapists, chiropractors, and pharmacists have completed a Pain BC workshop. Pain BC has developed an online mapping tool to help you find many of the Pain-BC trained practitioners. The map also includes many health care providers who have completed pain management training at accredited institutions. Pain BC vets these practitioners before including their practice or service.
www.painbc.ca/chronic-pain/practitioners

6.4 Chronic Pain Allied Health Care Associations

If you are looking for a highly trained professional to help address your specific chronic pain concerns, visit the association links below to learn more and to find a provider. ***A good place to start when seeking treatment options for your chronic pain is to speak with your family physician.***

Coverage

There may be costs associated with visits/treatments. Please contact your extended health benefits provider or MSP for coverage details. Looking for access to confidential counselling? Do you have access to an Employee Assistance Program? An Employee Assistance Program (EAP), or Employee and Family Assistance Program (EFAP) is a confidential, information, counselling, consultation and referral service designed to provide employees and their eligible family members professional assistance to address a wide range of personal, family and work-related concerns.

BC Association of Clinical Counsellors 250-595-4448

Not feeling like yourself? Learn how counselling can help, how to choose a counsellor and search for counsellors near you.

www.bc-counsellors.org

BC Chiropractic Association 604-270-1332

Chiropractors work closely with patients who are struggling with back pain, neck pain, headaches, sprains or strains, or other issues involving your muscles, joints, and nervous system. Learn how chiropractors can help you, what to expect during a visit and search for chiropractors near you.

www.members.bcchiro.com/code/find.php

BC Psychological Association 604-730-0522

Are you looking for a highly trained mental health professional to help address your specific concerns? The BC Psychological Association offers a listing of Registered Psychologists in your area. You can search by location, area of concern, therapy method, and other criteria.

www.psychologists.bc.ca

College of Dietitians of BC 604-736-2016

www.collegeofdietitiansofbc.org

Looking for a dietitian?

HealthLink BC provides a direct link to Registered Dietitians to answer your questions about nutrition and dietetic services. Speak to a Registered Dietitian, toll-free in BC at 8-1-1, Monday to Thursday 8am to 8pm and Fridays 8am to 5pm. For deaf and hearing-impaired assistance (TTY), call 7-1-1. Translation services are available in over 130 languages on request.

www.healthlinkbc.ca

College of Traditional Chinese Medicine

Practitioners & Acupuncturists of British Columbia 604-738-7100

www.ctcma.bc.ca

Looking for more information about acupuncture?

Some people use acupuncture to relieve pain, such as low back pain, or to manage chronic pain from osteoarthritis, headaches, or neck problems. There is some evidence that acupuncture may help to treat pain. To learn more, visit HealthLink BC.

www.healthlinkbc.ca/health-topics/aa77639spec

Counselling BC – Counsellors Specializing in Chronic Pain

Counselling BC's website has a directory that you can search (by postal code or name) for counsellors with an interest in pain management.

www.counsellingbc.com/counsellors/practice/chronic-pain-111

Physiotherapy Association of BC 604-736-5130

Physiotherapy can help with arthritis, chronic pain, and painful neurological conditions such as head traumas, migraines and headache disorders. Physiotherapists work closely with patients to make sure they are getting the right care for their condition, injury or mobility issue, so that you can get back to enjoying life and the activities you love most. Visit the website to find out how physio can help you.
www.bcphysio.org/physio-can-help or www.bcphysio.org

Registered Massage Therapists' Association of British Columbia 604-873-4467

Massage Therapists work with illness, injury and disability in diverse and broad patient populations. They focus on disorders of the musculoskeletal and related systems.
www.rmtbc.ca

The Canadian Association of Occupational Therapists (BC Chapter) 1-800-434-2268

Occupational Therapy is a type of health care that helps to solve problems that interfere with a person's ability to do things that are important to them – everyday things like: self-care (getting dressed, moving around), being productive (going to work, participating in the community), and leisure activities (sports, gardening, social activities). Learn more @ www.caot.ca/site/aboutot/whatisot

6.5 Self-Management Pain Resources – Referral Required

Pain BC: Coaching for Health

A free telephone or video conference coaching program to help people living with pain learn self-management skills, regain function and improve their well-being.
www.painbc.ca/coaching

Physician Referral Form: www.painbc.ca/sites/default/files/PainBC-CoachingForHealth-ReferralForm-Fillable-FINAL.pdf

6.6 Self-Management Pain Resources – Self-Referral

Chronic Pain and its Consequences: Patient & Caregiver Information

Information for patients & caregivers.
www.gpsc.bc.ca/sites/default/files/uploads/Pain_093.0_Chronic_Pain_and_Its_Consequences_Patient_Handout_PH.pdf

Chronic Pain Syndrome

Information for patients & caregivers.

www.gpsc.bc.ca/sites/default/files/uploads/Pain_046.0_Chronic_Pain_Syndrome_one_page_patient_handout_PH.pdf

Pain BC: Live Plan Be

A free online self-management tool designed to help individuals take care of their life and their pain.

www.liveplanbe.ca

Pain BC: Connect for Health

Connecting people in pain to resources that go beyond the doctor's office (i.e. income, isolation, housing, employment, food security, child care, education, other)

www.painbc.ca/chronic-pain/connect-for-health

Self-Referral Form: www.painbc.ca/chronic-pain/connect-for-health/self-referral

Pain BC: MyCarePath - For Kids & Teens in Pain (and their families)

MyCarePath is a free online resource for teens ages 12 - 17. When it comes to pain in kids and teens, early intervention is key. This site gives teens the right information so they can take action and be in charge of their own pain management plan. It was created in collaboration with BC Children's Hospital and the UBC Department of Pediatrics.

www.painbc.ca/chronic-pain/kids-and-teens

Pain BC: Apps to Help Manage Chronic Pain

Pain BC has compiled a list of helpful apps to help you manage your pain with technology. The majority of the apps are free.

www.painbc.ca/recommended-apps-help-manage-persistent-pain

Pain BC: Pain Waves Podcast

Discussions on the latest pain management tools, trends, stories, and research with a variety of experts, including pharmacists, pain doctors, and physiotherapists, as well as people in pain.

www.spreaker.com/show/pain-waves

Pain BC: Pain Toolbox

Feeling overwhelmed? Check out this resource to get you started on managing your pain. Pain often gets in the way of our hopes and dreams, but it doesn't have to. If pain has made you feel broken and lost, we can help you get your life back. Don't give up! We can all make changes when we try things one small bite at a time. An online & print version is available on the website.

www.painbc.ca/chronic-pain/pain-toolbox

People in Pain Network: Adult Pain Toolkit

Developed to help adults to manage the daily challenges faced for people living with persistent pain.

www.pipain.com/pain-toolkits.html#

People in Pain Network: Youth Pain Toolkit

Developed to help youth people to manage the daily challenges faced for people living with persistent pain.

www.pipain.com/pain-toolkits.html#

Pain Diary

Use this diary to record details about your pain, including how you treated it and how effective the treatment was. This will help you keep track of what works and what doesn't. Show this to your doctor at your next appointment so your doctor can better understand your pain level and what you're doing about it.

www.caremark.com/Imagebank/Health_Diaries/DailyPainDiary.pdf

Pain BC: Recommended Resources

Pain BC has compiled a list of books, videos, webinars, and other great resources to provide you with the best information on pain management.

www.painbc.ca/chronic-pain/recommended-resources

Retrain Pain: Free Online Course

Learn a science-based approach to overcome your pain.

www.retrainpain.org/english

Pain BC: Webinars

A variety of topics are covered in these webinars. From couples coping with pain, to psychological factors in pain, to myths and facts about sleep and chronic pain, and more.

www.painbc.ca/chronic-pain/webinars

Work Wellness & Disability Prevention Institute – Webinars

Introduction to Mindfulness for Chronic Pain - 5 Part Series

www.wwdpi.org/Webinars/Pages/Webinar.aspx?wbID=24

Work Wellness & Disability Prevention Institute – Webinars

Yoga for People in Pain – 5 Part Series

www.wwdpi.org/Webinars/Pages/Webinar.aspx?wbID=16

My Opioid Manager

A free educational and informational resource to help patients with chronic pain understand and manage their pain with opioid use.

www.opioidmanager.com/my-opioid-manager

6.7 Support Groups and Networks

Chronic Pain & Fibromyalgia – Maple Ridge Support Group

Email candaceway@shaw.ca for information, meeting locations and times.

Pain BC: Friends & Family Brochure

Do you have a friend or family member in pain? Chronic pain affects you too. You may feel overwhelmed, but you're not alone. Get the help you need, so you're better able to support those in pain.

www.painbc.ca/sites/default/files/PainBC_TrifoldBrochure-ChronicPainHurtsEveryone-WebsiteOnly.pdf

Pain BC: Live Plan Be's Secure, Anonymous Forum

A safe, supportive community forum designed to allow people in pain to ask questions, share their stories, offer support to peers, and share tips and resources. Information and posts are kept private, with usernames allowing for anonymity.

www.forum.liveplanbe.ca/home

Pain BC: Virtual Peer Support Community on Facebook

Pain BC hosts a vibrant, online peer support community.

Using Facebook, we connect people in pain to resources; spark conversations on important issues; post questions people in pain are wondering about; and share research and new information about managing pain.

www.facebook.com/PainBC

Family Caregivers of British Columbia 250-384-0408

Family Caregivers of British Columbia is a registered non-profit charity dedicated 100% to supporting family caregivers. Most of us have cared for aging, ailing or disabled loved ones and have experienced firsthand the stress, joy, confusion, and feelings of purpose that come with caregiving. There are more than one million people in BC providing 80% of the care for a family member or friend. Family Caregivers of BC is here to help navigate this often exhausting, but also rewarding role.

www.familycaregiversbc.ca

People in Pain Network (PIP) Peer-Led Pain Self-Management Groups

PIP Pain Self-Management groups currently run in a number of communities. Find a pain self-management group in your area. If there isn't a group in your area, and you're interested in starting a peer support group in your community, email info@pipain.com

www.peopleinpainnetwork.wildapricot.org

Self-Management BC

Self-Management BC provides information and workshops on self-management for both the general public and health professionals. Anyone with a chronic health condition, as well as family members, can participate in workshops running in communities throughout BC at no cost. These are evidence-based programs which provide information, teach practical skills, and give people the confidence to manage their health condition(s).

www.selfmanagementbc.ca/upcomingworkshops

The Arthritis Society 604-714-5550

The Arthritis Society is the only charitable organization in Canada uniquely dedicated to funding and promoting research, advocacy and solutions to improve the quality of life for Canadians affected by arthritis. They run an in-person workshop for people in chronic pain. Everyone is welcome, no matter what the reason for your pain.

www.arthritis.ca/support-education

MEFM Society of BC: Myalgia Encephalomyelitis (ME)

and/or Fibromyalgia (FM) 604-878-7707

Provides support for patients and families living with ME and FM. Helping people in BC understand their illnesses and seek and obtain appropriate medical help and treatments to improve their health and quality of life.

www.mefm.bc.ca

Fibromyalgia Well Spring Foundation 778-278-3697

Offers fibromyalgia support groups in various communities.

www.fibromyalgiawellspringfoundation.org

6.8 Activity & Movement

Activity and movement lead to stimulation, improved blood flow and positively impact the body's inhibition of pain. Physiotherapists are experts in exercise/movement training and rehabilitation.

See section 6.4 to find physiotherapists.

Look for recreation/exercise programs in your community like TIME (Together in Movement & Exercise), Restorative Yoga, Tai Chi, Osteofit, and Chair Yoga. If you are low-income, a subsidy may be available.

To learn more about the TIME program in the Fraser Health area, visit www.fraserhealth.ca and search 'Together in Movement and Exercise' for the closest community offering this program.

Free Phone/Website Physical Activity & Support . . .604-241-2266 Ext 221
..... www.physicalactivityline.com

6.9 Healthy Eating & Weight Loss

Healthy eating and weight loss may help with some chronic pain conditions. Call 811 to speak to a registered dietitian.

6.10 Smoking

Smoking can make you more sensitive to pain. For smoking cessation support service visit www.quitnow.ca

6.11 Relaxation

Relaxation helps counter the tensed muscles and lower the physiological excitation levels. Adequate sleep, reading, listening to music, time with friends, meditation and dancing may be helpful. For sleep support, visit the National Sleep Foundation at www.sleepfoundation.org

For additional relaxation/mindfulness resources, visit Pain BC at www.painbc.ca and Anxiety BC at www.anxietybc.com

6.12 Books/Reference Material

Love reading? Browse the suggested titles below and visit Pain BC's Pain Toolbox for additional titles & CD's.

www.painbc.ca/sites/default/files/PainBC-PainToolbox-2016-Digital.pdf

Meditation & Mindfulness

Bruce N. Eimer. *Hypnotize Yourself Out of Pain Now!*

Jacky Garner-Nix. *Mindfulness Solution to Pain*

Joel Levey. *The Fine Art of Relaxation, Concentration & Meditation*

Jon Kabat-Zinn. *Wherever You Go, There You Are*

Jon Kabat-Zinn. *Full Catastrophe Living*

Kelly McGonigal. *Yoga for Pain Relief*

Shinzen Young. *Break Through Pain: A Step-by-Step Mindfulness*

Meditation Program for Transforming Chronic and Acute Pain

Spencer Smith & Steven C. Hayes. *Get out of Your Mind and Into Your Life*

Pain

Alison Bested. *Hope and Help for Chronic Fatigue Syndrome and Fibromyalgia*

David Corey & Stan Solomon. *Pain: Learning to Live Without it*

Dawn Hughes. *The Fibromyalgia and Chronic Fatigue and Life Planner Workbook: Healing Resources for Patients, Family and Friends*

Dennis C. Turks & Frits Winter. *The Pain Survival Guide – How to Reclaim Your Life*

Dennis Starlanyl & Mary Ellen Copeland. *Fibromyalgia and Chronic Myofascial Pain. A Survival Guide*

Joanne Dahl & Tobias Ludgren. *Living Beyond Your Pain: Using Acceptance and Commitment Therapy to Ease Chronic Pain*

Lorimer Moseley. *Painful Yarns: Metaphors and Stories to Help Understand the Biology of Pain*

Margaret Caudill. *Managing Pain Before it Manages You*

Martin Roland. *The Back Book*

Neil Pearson. *Understand Pain, Live Well (available in all public libraries)*

Thomas and Heather Hadjiistavropoulos. *Pain Management for Older Adults: A Self-Help Guide*

Wendy Brown. *Owww! Traveling with Chronic Pain*

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Division of Family Practice

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Ridge Meadows Division of Family Practice seeks to influence change by providing leadership to achieve optimal health for our community and provide support to our physicians that enables primary care for our community.



The resources listed are for information purposes only and do not constitute an endorsement of services by Maple Ridge, Pitt Meadows, or Katzie. This information is current as of Spring 2018.

To submit or edit your information, or to obtain more copies or an electronic version of the guide please contact:

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