



Northwest (HHS Region 10)

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Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Changing the Conversation About Pain: The Role of Peer Support and Pain Education in the Integrated Primary Care Team in Pain Treatment

05/11/2021



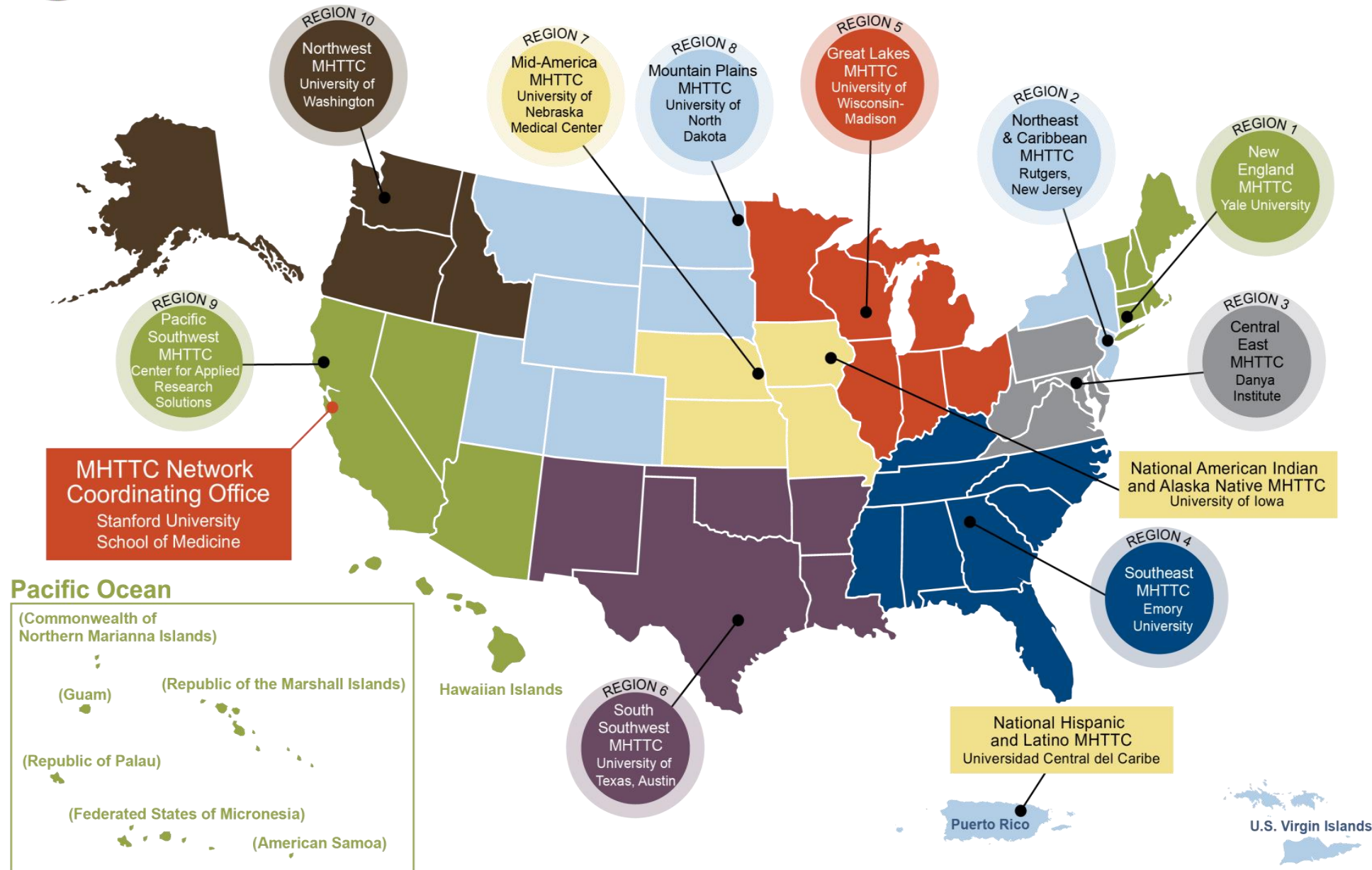


MHTTC

Mental Health Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

MHTTC Network



About the Northwest MHTTC



Lydia Chwastiak, MD, MPH
PI and Co-Director



Christina Clayton, LICSW, CDP
Co-Director

The Mental Health Technology Transfer Center (MHTTC) Network is about technology transfer.

We disseminate and implement evidence-based practices for mental disorders into our field.

Our target workforce includes:

behavioral health and primary care providers, school and social service staff, and others whose work has the potential to improve behavioral health outcomes for individuals with or at risk of developing serious mental illnesses.

PROUDLY SERVING

ALASKA, IDAHO, OREGON & WASHINGTON



Northwest (HHS Region 10)

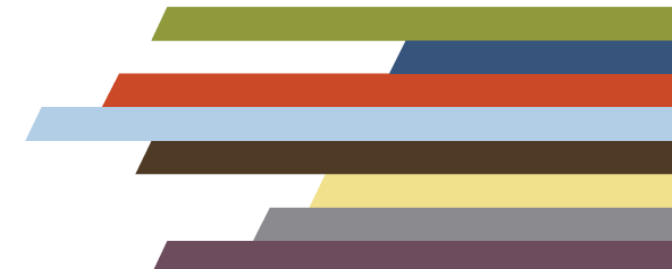
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UNIVERSITY of WASHINGTON
PSYCHIATRY & BEHAVIORAL SCIENCES
School of Medicine

SAMHSA
Substance Abuse and Mental Health
Services Administration



About the Northwest MHTTC

Online Courses

Northwest (HHS Region 10) MHTTC Mental Health Technology Transfer Center Network
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YOUR MHTTC TRAINING AND EVENTS RESOURCES PROJECTS COMMUNICATION ABOUT

NORTHWEST MHTTC NAVIGATION (select to expand / collapse menu) Go to Center

Free online courses by the Northwest MHTTC

Cognitive Behavioral Therapy for Psychosis (CBTp) ePrimer
This 3-hour self-paced course, led by Dr. Sarah Kopelowich, is open to all types of providers and is designed to serve as a primer in foundational concepts related to Cognitive Behavioral Therapy (CBT) and its application to psychotic symptoms and experiences. [Learn more about the course.](#)

The Psychiatrist's Guide to Population Management of Diabetes
This 3-hour self-paced course is designed for psychiatric prescribers who treat patients with serious mental illness and aims to increase prescriber knowledge of and confidence in the identification and management of diabetes and other cardiovascular risk factors. [Learn more about the course.](#)

Violence Risk Assessment & Management in Community Mental Health Settings
This 3-hour self-paced course provides the necessary tools for clinicians to assess, manage, and stabilize threats of violence. [Learn more about the course.](#)

Registration
Our online courses are hosted on the HealthKnowledge.org platform. Register for any of these courses by visiting the links above or at HealthKnowledge.org.
• [How to register for a course at HealthKnowledge.org](#) and [how to get technical support.](#)

Research/Practice Briefs

Integrated Care for Older Adults with Serious Mental Illness and Medical Comorbidity: Evidence-Based Models and Future Research Directions

Collaborating TTC: Northwest MHTTC
Publication Date: May 29, 2019
Developed By: Northwest MHTTC

DOWNLOAD

MHP RES PS ACS EDU

Website with Events, Products & News

NEWS

Recovery LIVE! Supporting the Resilience of Black Men: Culturally Affirming and...

UPCOMING EVENTS

JUN 09 DBT STEPS-A Online Lesson 10: Distress Tolerance - Radical Acceptance
Click here to tune into the DBT STEPS-A YouTube Channel every Tuesday and Thursday morning at 10am

JUN 11 DBT STEPS-A: Summary Q&A for Students - Putting It All Together & Preparing for Summer
Click here to tune into the DBT STEPS-A YouTube Channel every Tuesday and Thursday morning at 10am

JUN 11 Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19
Resources for Supporting the Mental Health and Well-being of Children and Families During COVID-19

Click to add text

PRODUCTS

Educator Wellness Webinar #4: Cultivating a Practice of Gratitude and Appreciation in Your School Community
The Northwest Mental Health Technology Transfer Center and the Northwest PBIS Network are collaborating to bring you a FREE, 4-part webinar

Ambiguous Loss: Grieving in the Time of COVID-19, Followed by Live Q&A Session
About this Resource: Life, as we knew it just a few weeks ago, has been completely turned upside down. That feeling you are feeling but can't...

SMART Center 2020 Virtual Speaker Series - Dan Losen, JD, MEd
The school mental health supplement to the Northwest MHTTC is excited to co-sponsor the UW SMART Center's 2020 Virtual Speaker Series.

Live Training

Psychological First Aid for Service Providers
1:00pm - May 19, 2020 | Timezone: US/Pacific
Hosted By: Northwest MHTTC

Registration Deadline: May 18, 2020

REGISTER Need more information? Contact us at nwmhttc@uw.edu

Archived Webinars

Our Archived Webinars

Series Collections

- Integrated Care Webinar Series 2019-2020
- Supporting Walk-In Behavioral Health Providers to Optimize Telehealth in Response to COVID-19
- Behavioral Health Crisis Response Systems Webinar Series
- Psychological First Aid Webinar Series

Behavioral Therapy/Evidence Based Treatments

- Clinical Innovations National Series: Telehealth and Cognitive Behavioral Therapy for Psychosis (CBTp)
- Involving Natural Supports in Cognitive Behavioral Therapy for Psychosis
- Basic Behavioral Skills
- Behavioral Activation
- CBT for Anxiety (CBT-A)
- DBT Distress Tolerance Skills

Cultural Considerations and Equity Topics

- Culturally and Linguistically Responsive Care for Early Psychosis

Integrated Medicine

- Psychosis in Primary Care (PACC-ECHO)
- Assessment of Psychosis and Behavioral Interventions
- Medication Management

Clinical Care

- Trauma and Post-Traumatic Stress Disorder with Serious Mental Illness
- Overview of Clinical Epidemiology, Theories, Assessment, Interventions, and Treatments

Peer Services

- Peer Delivered Services: A Broad Exploration
- Decision Making in Your Agency: What to Consider When Working with Youth Peers
- The Parallel Process: Trauma-Informed Considerations for Individuals and Organizations
- Recruiting and Growing the Youth Peer Support Workforce
- Recruitment and Hiring for Youth Peer Support Specialists
- Supervision and Self-care for Youth Peer Support Specialists



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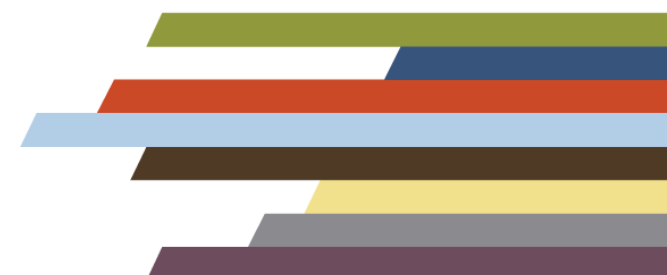
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Support and Disclaimer

This work is supported by grant SM 081721 from the Department of Health and Human Services, Substance Abuse and Mental Health Services Administration.

The opinions expressed herein are the view of our presenter(s) and do not reflect the official position of the Department of Health and Human Services (DHHS), SAMHSA.



The MHTTC Network uses affirming, respectful and recovery-oriented language in all activities. That language is:

STRENGTHS-BASED
AND HOPEFUL

INCLUSIVE AND
ACCEPTING OF
DIVERSE CULTURES,
GENDERS,
PERSPECTIVES,
AND EXPERIENCES

HEALING-CENTERED/
TRAUMA-RESPONSIVE

INVITING TO INDIVIDUALS
PARTICIPATING IN THEIR
OWN JOURNEYS

PERSON-FIRST AND
FREE OF LABELS

NON-JUDGMENTAL AND
AVOIDING ASSUMPTIONS

RESPECTFUL, CLEAR
AND UNDERSTANDABLE

CONSISTENT WITH
OUR ACTIONS,
POLICIES, AND PRODUCTS

Adapted from: https://mhcc.org.au/wp-content/uploads/2019/08/Recovery-Oriented-Language-Guide_2019ed_v1_20190809-Web.pdf





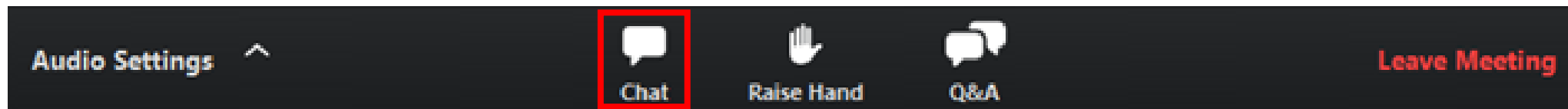
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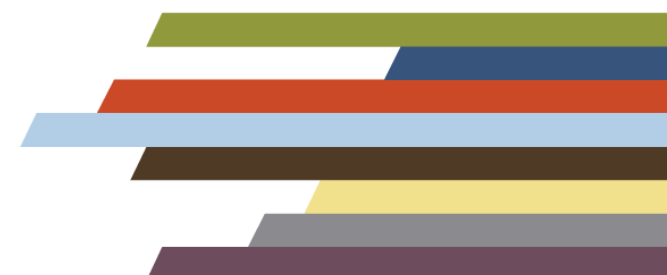
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CHAT BOX



- We'll share info about logistics
- Let us know if you are having tech issues
- To you: from our training team
- From you: only visible to hosts/panelists
- NOT for content-related questions (see next slide)

www.mhttcnetwork.org/northwest





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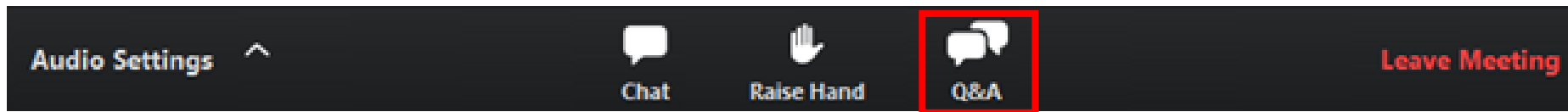
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Questions – 2 options (participants are muted):

1. Type question into Q&A Window



OR

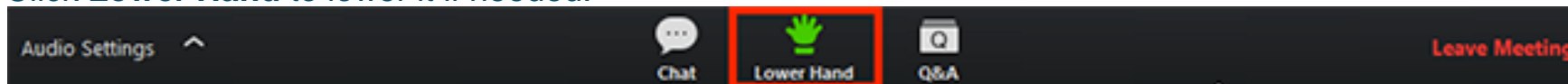
2. Raise hand (will be called on/unmuted in order)

Click **Raise Hand** in the Webinar Controls.

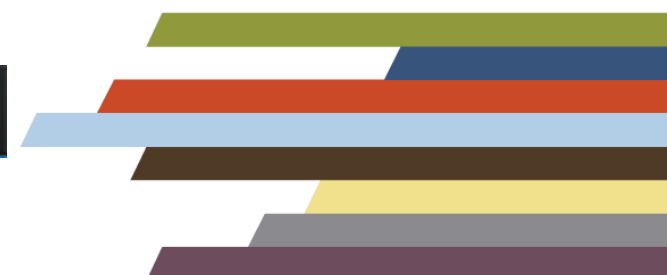


The host will be notified that you've raised your hand.

Click **Lower Hand** to lower it if needed.



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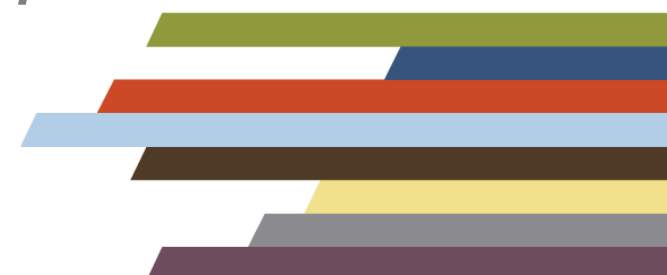
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**After today's session,
please complete the evaluation survey (LINK):**

- Will be shared in the chat box during & also emailed out
- Helps our team plan future sessions as well as evaluate today's webinar
- ***Keeps these free trainings coming!***
 - *There will NOT be CEUs for this series, although certificates can be provided*
 - *Slides & resources WILL be posted after the session*

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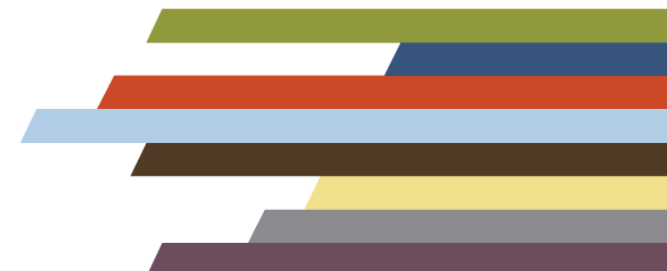
Today's Presenters



Nora Stern, PT, MS PT



Michelle Marikos





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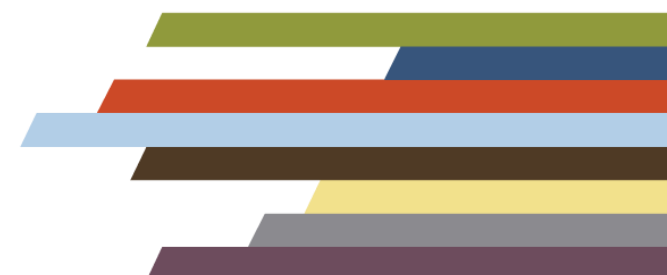
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Changing the Conversation about Pain: The role of peer support and pain education in the integrated primary care team in pain treatment



Agenda

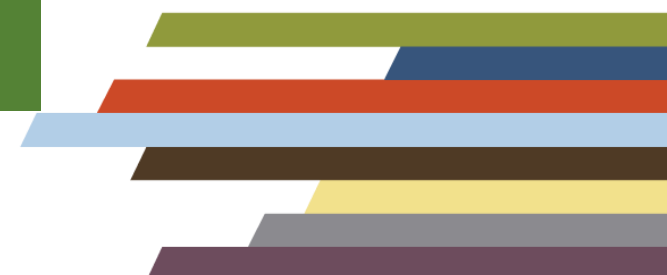
- Reframing of Pain
 - Old and new understandings of pain
- Neuroplasticity
- Resources for Clinicians and Peers
- Peer Support in Pain Care
- Question and answer time



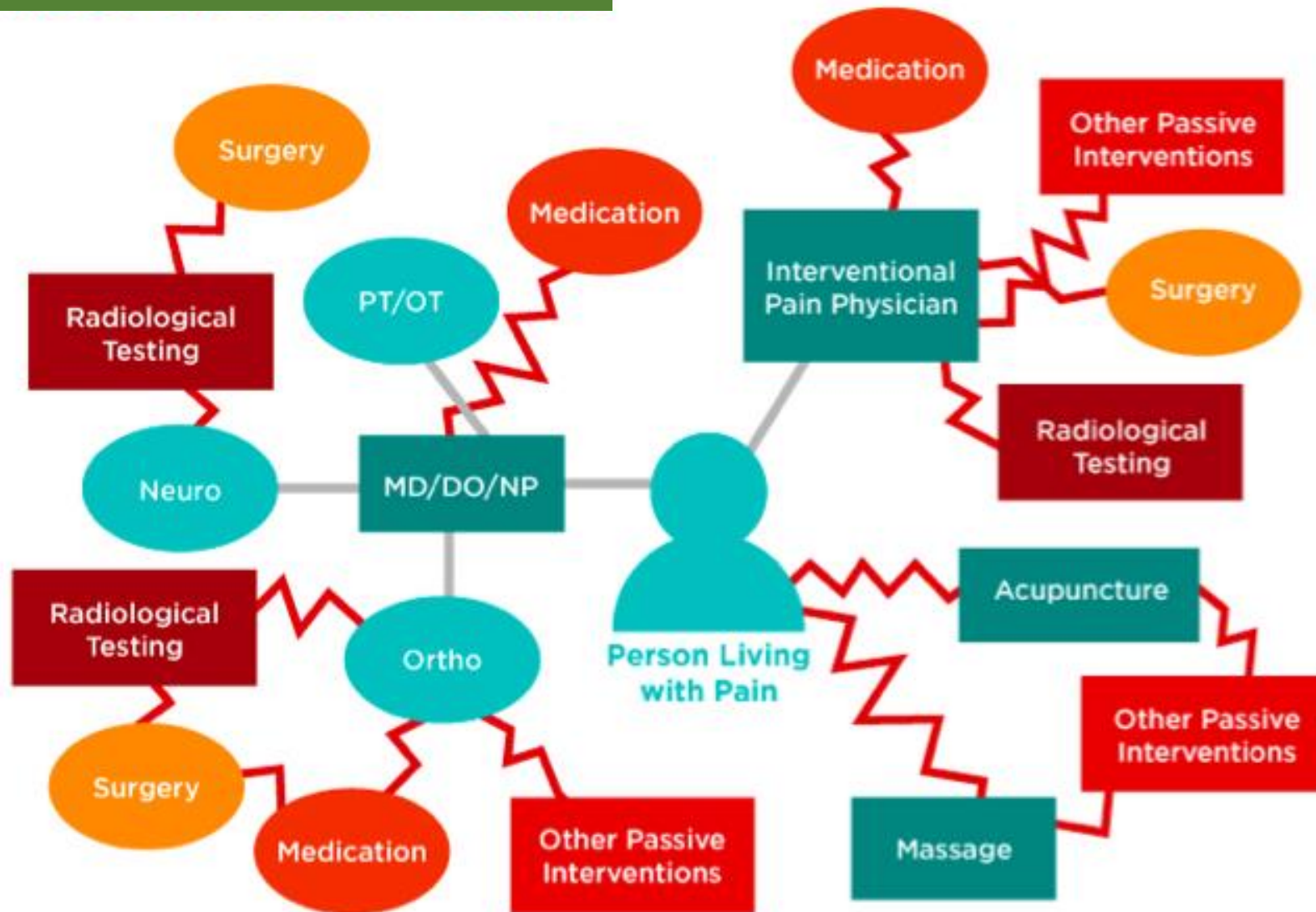
Rethinking Pain



Creating the foundation



The Chaos of Pain Care



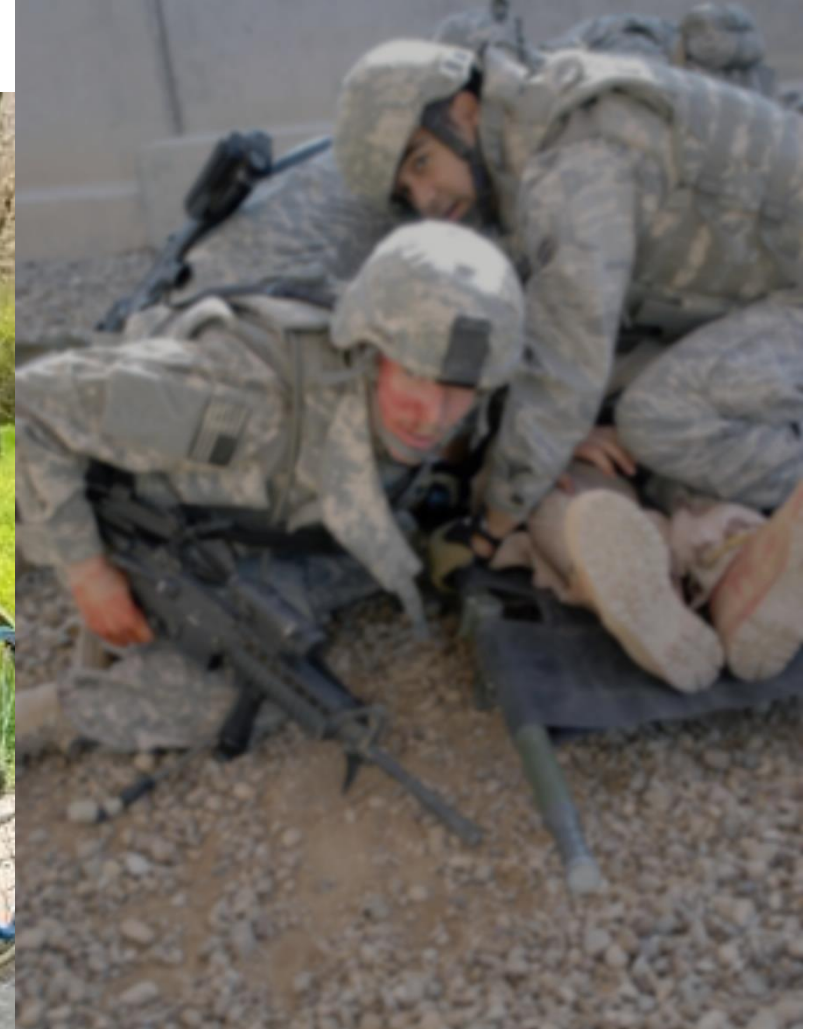
503.913.4828 | nora@knowaboutpain.com | knowaboutpain.com

Old Model

Pain
=
Tissue Damage

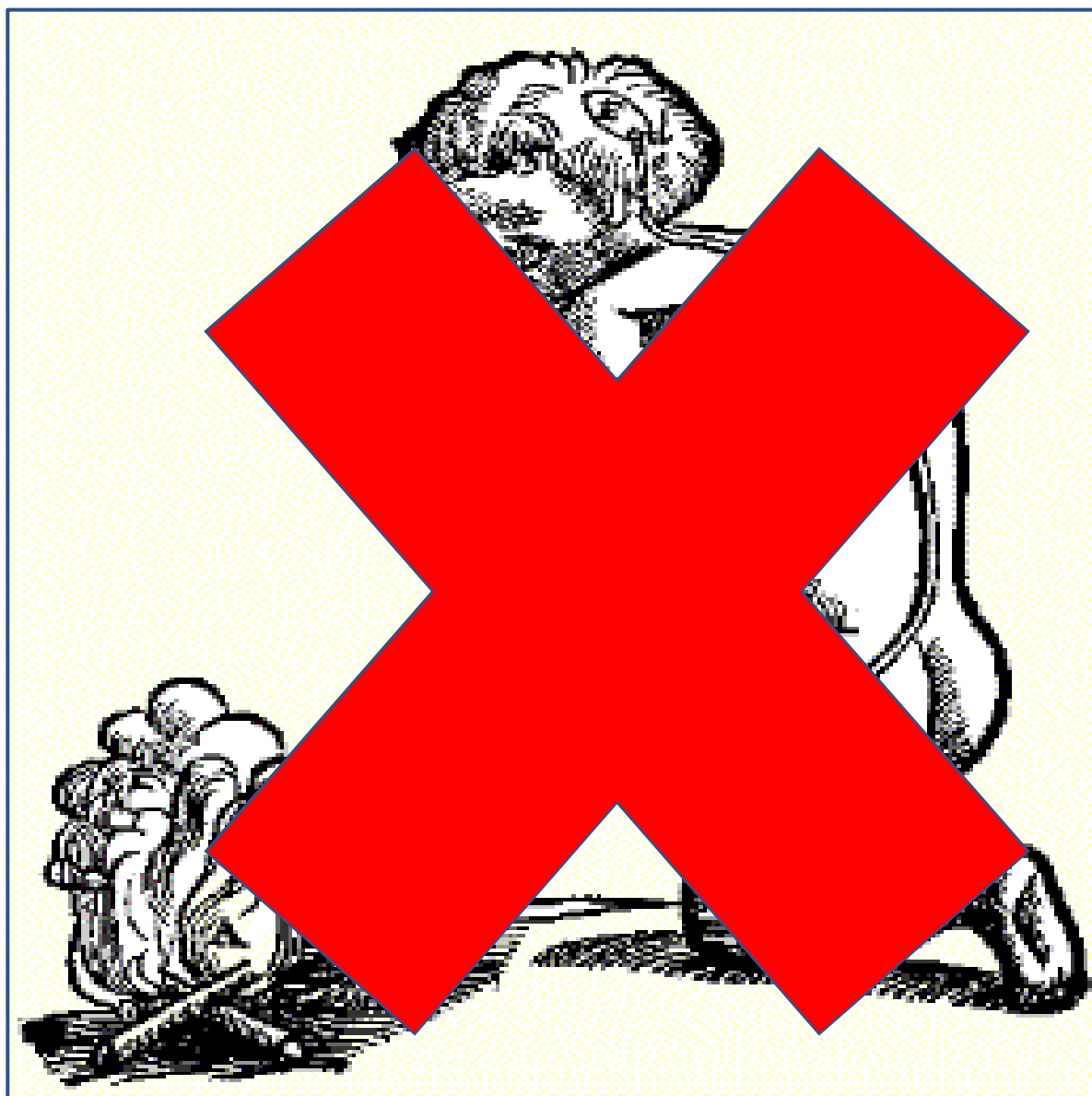


Examples of Pain vs. Harm

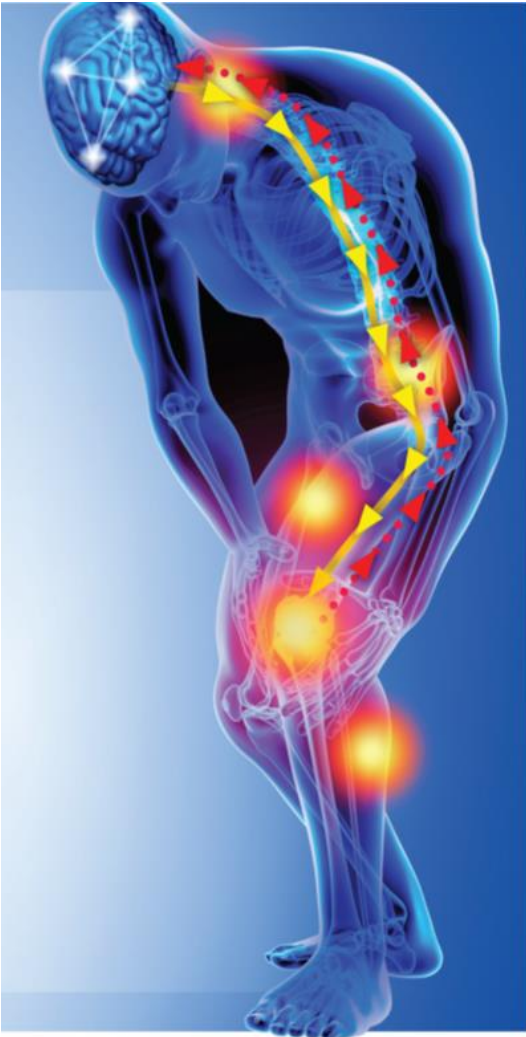


Complex pain presents as...

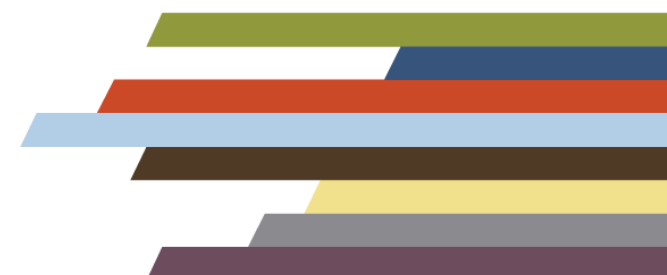
- Pain originating in one site
- Pain spreading along anatomical pathway eg nerve
- Pain spreading to opposite side of body
- Pain moving around, vaguely located
- Allodynia: pain to non harmful stimulus
- Hyperalgesia: Enhanced sensitivity to painful stimulus
- Pain increasing with stress, decreasing on vacation



New Understanding of Pain



- Pain is an output of the brain and nervous system, not an input from the tissues
- All pain is biopsychosocial
- “Pain is experienced when the *credible evidence of danger outweighs the credible evidence of safety.*”
-Lorimer Moseley, PhD, PT

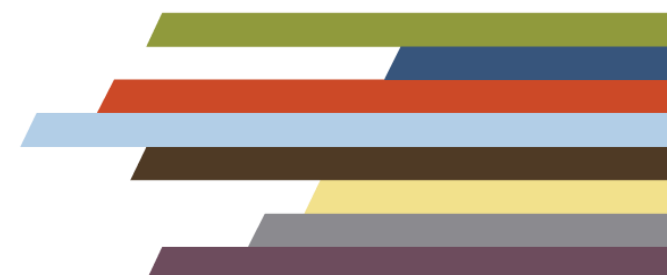


Neuroplasticity

The brain and nervous system modify based on experiences and constant learning

The brain "learns" pain through synaptic connectivity and becomes more efficient at pain processing over time

Pain can be "unlearned" through *active engagement*



Neuroplasticity

oregonpainguidance.org/paineducationtoolkit/understandpain/

HOME

PAIN TREATMENT GUIDELINES

ASSESSMENT TOOLS

MED CALCULATOR

PROVIDER RESOURCES

PAIN EDUCATION TOOLKIT

OHA

OPG

OREGON PAIN GUIDANCE

The Oregon state resource for healthcare professionals treating pain



Select Language ▼



◀ Pain Education Toolkit

Understanding Pain

Sleep

Nutrition

Activity

Mood

Social

Flare-Ups

Medications

COVID-19 Pain Flareups

Patient Animated Videos

Safe Disposal Sites



Pain Education TOOLKIT A Toolkit for a Better Life



UNDERSTANDING PAIN

HOW PAIN AND UNDERSTANDING PAIN WORK TOGETHER

Pain can be very confusing. The worry and stress of trying to find solutions can actually increase chronic pain. The more we understand pain, the more hopeful we become about our ability to change the pain we experience.

WHAT CAN MAKE THINGS BETTER

For over 400 years, we've misunderstood pain. Now we have a better understanding about the various causes of pain and some of the new approaches that can help you deal with your chronic pain. Explore the Pain Education Toolkit to find out all the components of pain, how they impact your pain experience, and what you can do about it.

VIDEO



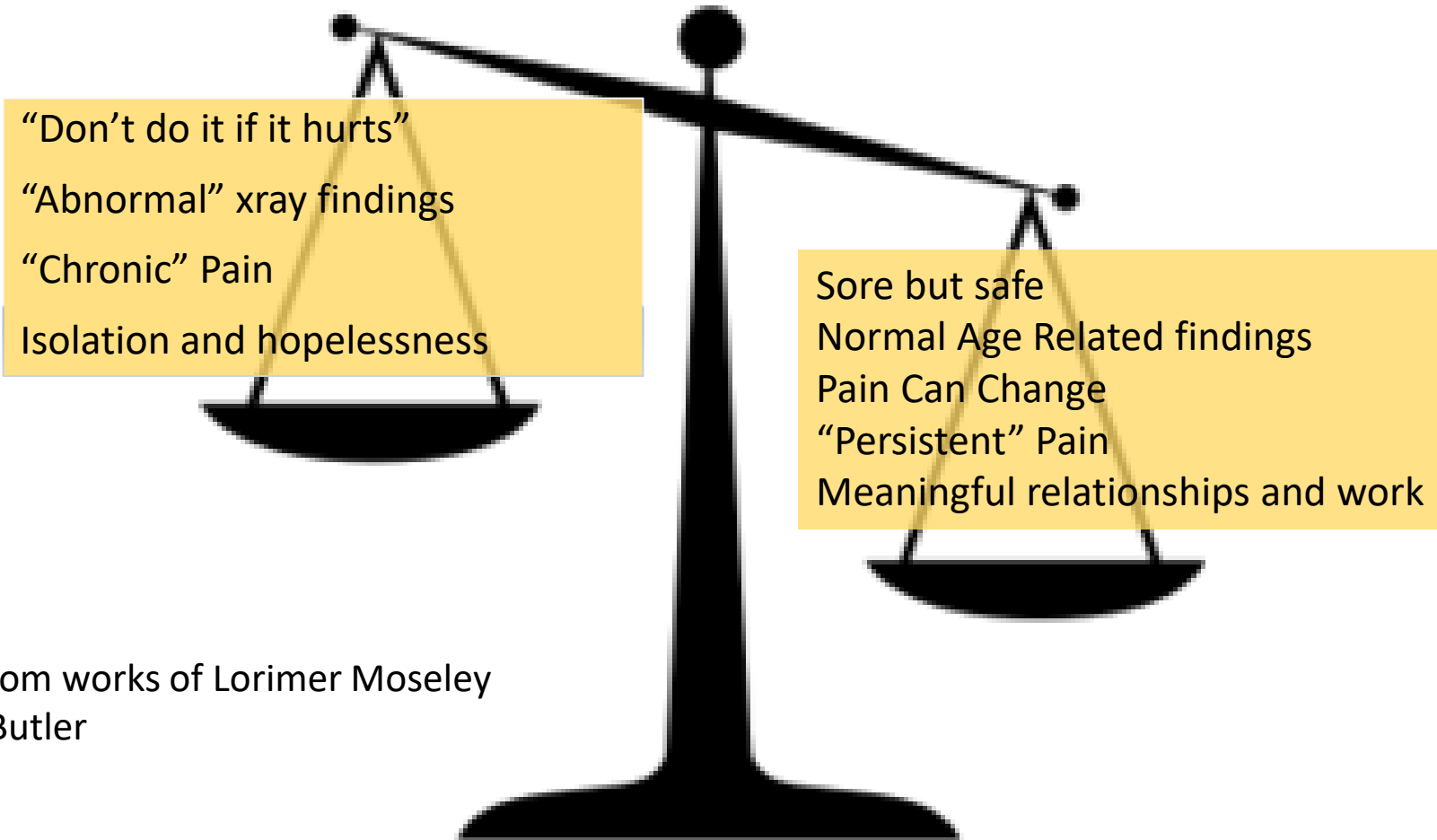
The Understanding Pain video has four sections:

1. Why pain has been misunderstood
2. Why we have pain
3. What influences how much pain you experience
4. How you can quiet and unlearn pain

Neuroplasticity

Your pain is very real

Pain occurs when the brain decides that **danger** has outweighed **safety**



Modified from works of Lorimer Moseley
and David Butler

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DO NOT REPRODUCE WITHOUT PERMISSION

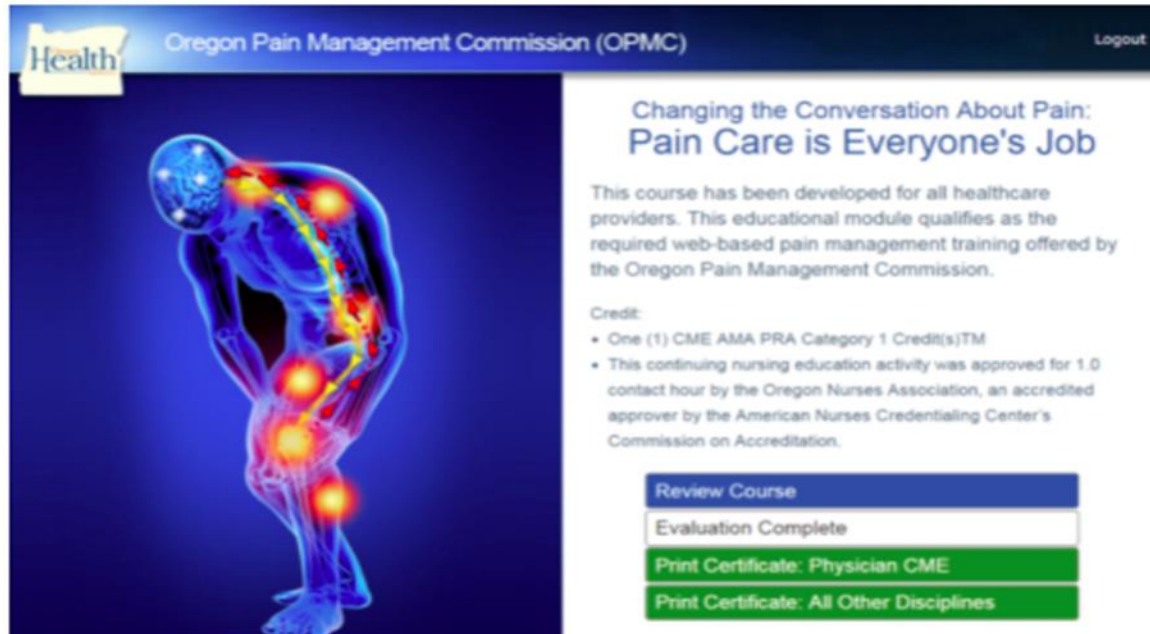
Changing the conversation for clinicians

Required Web-based Module:

Changing the Conversation about Pain: Pain Care is Everyone's Job

"Changing the Conversation about Pain: Pain Care is Everyone's Job" was developed by the Oregon Pain Management Commission for all levels of healthcare professionals.

Contact Mark.r.stephens@comcast.net, 425-970-3170 if you need assistance with the module registration, evaluation or printing of your certificate at completion.



The screenshot shows the OPMC website interface. At the top left is the 'Health' logo, and at the top right is a 'Logout' link. The main heading is 'Changing the Conversation About Pain: Pain Care is Everyone's Job'. Below the heading is a paragraph: 'This course has been developed for all healthcare providers. This educational module qualifies as the required web-based pain management training offered by the Oregon Pain Management Commission.' Underneath is a 'Credit:' section with two bullet points: 'One (1) CME AMA PRA Category 1 Credit(s)™' and 'This continuing nursing education activity was approved for 1.0 contact hour by the Oregon Nurses Association, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation.' At the bottom are four buttons: 'Review Course' (blue), 'Evaluation Complete' (white), 'Print Certificate: Physician CME' (green), and 'Print Certificate: All Other Disciplines' (green). On the left side of the page is a 3D anatomical illustration of a human figure with glowing red and yellow spots on the head, neck, spine, and joints, indicating areas of pain.

Pain Education Program Requirement

[Pain Education Program Requirement](#)

Pain Care Toolbox

[Key Domains](#)

[Assessment Tools](#)

Register and complete the module

Changing the conversation for patients and peers

oregonpainguidance.org/paineducationtoolkit/

HOME

PAIN TREATMENT GUIDELINES

ASSESSMENT TOOLS

MED CALCULATOR

PROVIDER RESOURCES

PAIN EDUCATION TOOLKIT

OHA

OPG

OREGON PAIN GUIDANCE

The Oregon state resource for healthcare professionals treating pain



Select Language



Pain Education Toolkit

Understanding Pain

Sleep

Nutrition

Activity

Mood

Social

Flare-Ups

Medications

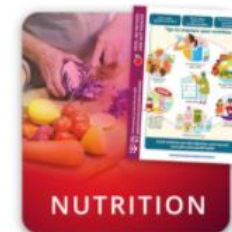
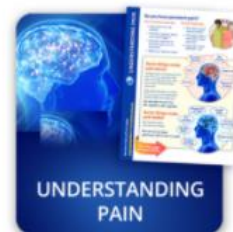
COVID-19 Pain Flareups

Patient Animated Videos

Safe Disposal Sites



Welcome to the Pain Education Toolkit. This toolkit provides pain management education for patients about how they can improve their health and better manage their pain. Choose a topic to access these tools to help with pain.



Oregon Pain Guidance Patient Education Toolkit



Pain Education Toolkit topics from OHA's Oregon Pain Guidance:
<https://www.oregonpainguidance.org/paineducationtoolkit/>

Highlighted resource: Social video and handout

oregonpainguidance.org/paineducationtoolkit/social/

- Activity
- Mood
- Social**
- Flare-Ups
- Medications
- COVID-19 Pain Flareups
- Patient Animated Videos
- Safe Disposal Sites


HOW PAIN IS IMPACTED BY OUR SOCIAL CONNECTIONS

When people live with pain, they can become isolated. Isolation can amplify pain in the brain. When people are not socially connected, they tend to do less and focus more on pain.

HOW SOCIAL CONNECTIONS CAN HELP

We can begin to rewire the brain and reduce pain by changing a few habits. Connecting with others helps us be more active, happier, and focused on what matters to us. You can decide what activities make the most sense to you.


VIDEO



The Social video has four sections:

1. Identifying social problems
2. Why social connections are important for pain management
3. Ideas to improve/develop better social connections
4. Goal setting

HANDOUT



This handout highlights key points of the video. After you have watched the video, we recommend that you set some personal goals for improving your social connections on page two of this handout. Share these goals with your healthcare team.

[Download handout ▶](#)

oregonpainguidance.org/paineducationtoolkit/social/

Moving beyond pain

Moving Beyond Pain:

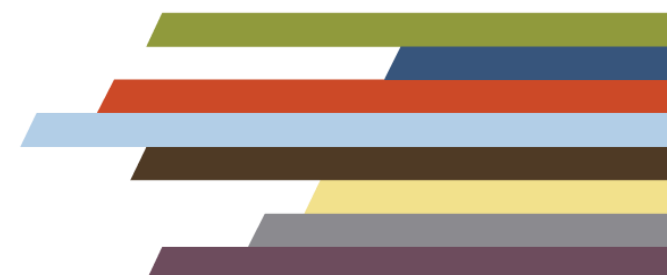
Educate

Hope

Support



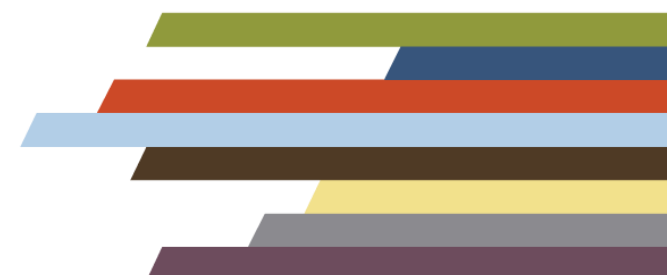
Oregon is one of the first states to have this type of program for peers and pain.



What are people living with pain missing?

And what peers can do for them...

- Advocacy/support in Primary care, since that is where many interact with healthcare, and may need support/advocacy to get the services they want and need
- Education about Pain
- Education about medication
 - not only Opioids
 - withdrawal and tapering
- Compassion and understanding
- How to live differently with pain (taming the dragon)
- Celebrate the successes and support through barriers in the lifetime journey



Peer Support in Pain Care

- Member of interdisciplinary team
- Supports and encourages
- Promotes hope and education
- Utilizes lived experience
- Works with peers around self-directed goals

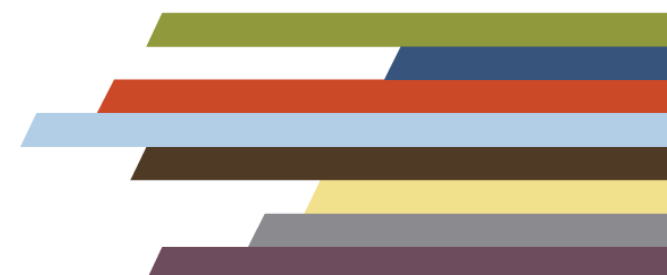


Peer Support in Pain Care, cont.

- Plays a critical role in bridging the gap between providers and people receiving services
- Helps reduce burnout for providers and clinics
- Uses tools like Motivational interviewing to explore internal motivation and goals
- Able to be a support during difficult conversations with providers and as an advocate
- Resource purveyors for both providers and people receiving services

Future developments

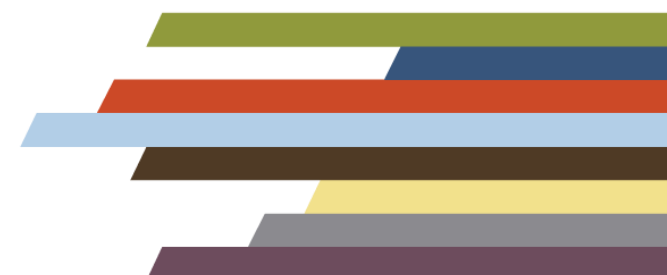
To look forward to: links between Professional and patient course and handouts!



Relevant regional opportunities

- **Oregon Pain & Addiction Treatment Conference**
(November 8 – 10, 2021)
 - Launching request for proposals
 - Tracts include addiction, pain, social justice, recovery,....
- <https://www.oregonpainguidance.org/events/opat2021/>
- **Region 10 Opioid Summit**
(August 3 – 5, 2021)
 - Educational and networking event focusing on workforce development for those delivering Opioid Use Disorder prevention, intervention, treatment, and recovery services
- <http://region10opioidsummit.org/>

Questions & Discussion



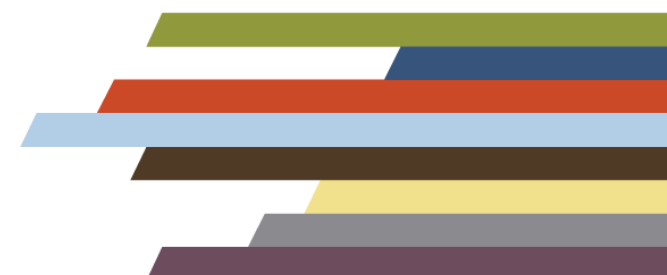
Contact

Nora Stern

nora@knowaboutpain.com

Michelle Marikos

michelle.marikos@gmail.com



Your Feedback is Important:

Post-event surveys are *critical* to our work!

- Please complete the confidential evaluation by following the link in the chat box & you'll get a reminder email also.
- Evaluation data is necessary for continued funding to offer programs

Your feedback helps us to improve and develop future programming.

We greatly appreciate your feedback!

Please complete the survey below.

Thank you!

Page 1 of 3

Participants - Please Write Your Unique Personal Code Here as Follows:

1) First Letter of Mother's First Name
2) First Letter of Mother's Maiden Name
3) First Digit of Social Security Number
4) Last Digit of Social Security Number
** must provide value*

Please select the date of the meeting you attended.

** must provide value*

What U.S. state or territory do you live in?

** must provide value*

Burden Statement: This information is being collected to assist the Substance Abuse and Mental Health Services Administration (SAMHSA) for the purpose of program monitoring of the Technology Transfer Centers (TTC) Network Program. This voluntary information collected will be used at an aggregate level to determine the reach, consistency, and quality of the TTC Program. Under the Privacy Act of 1974 any personally identifying information obtained will be kept private to the extent of the law. An agency may not conduct or sponsor, and a person is not required to respond to, a collection of information unless it displays a currently valid Office of Management and Budget (OMB) control number. The OMB control number for this project is 0930-0383. Public reporting burden for this collection of information is estimated to average less than 10 minutes per encounter, including the time for reviewing instructions, searching existing data sources, gathering and maintaining the data needed, and completing and reviewing the collection of information. Send comments regarding this burden estimate or any other aspect of this collection of information, including suggestions for reducing this burden, to SAMHSA Reports Clearance Officer, 5600 Fishers Ln, Room 15 E57B, Rockville, MD 20857.

What is your gender?

Female
 Male
 Transgender
 None of these

reset

What is your race? (Select one or more):

American Indian or Alaska Native
 Asian
 Black or African American
 Hispanic or Latino
 Native Hawaiian or Other Pacific Islander
 White

Keep in touch with the Northwest MHTTC

Upcoming training

New online training

Resources & Research Updates



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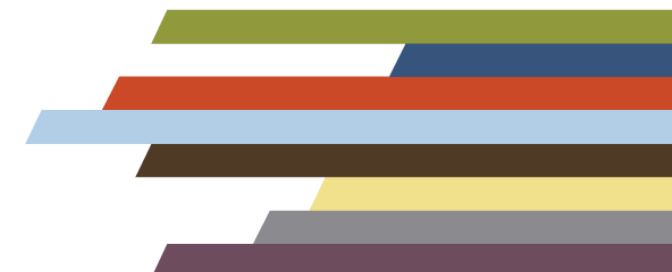
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Thank You!



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