

Follow-Up

The Chronic Pain Rehabilitation Program features a strong follow-up component. In caring for the individual after completing the three-week program, participants take part in four months of aftercare. This provides an opportunity for continued growth and learning in areas such as vocational planning, goal achievement and individual or family counseling if needed.

For More Information

For more information about the Chronic Pain Rehabilitation Program, call **763.520.0412** or visit www.CourageCenter.org

The Chronic Pain Rehabilitation Program is one of the many services Courage Center provides to both inpatients and outpatients to manage pain and lead more independent lives. For more information about Courage Center's Pain Management Services at all our locations, call 763.520.0312.

About Courage Center

Courage Center is a nonprofit rehabilitation and resource center that advances the lives of children and adults experiencing barriers to health and independence. At Courage Center, we specialize in treating brain injury, spinal cord injury, stroke, chronic pain, autism, and disabilities experienced since birth. Founded in 1928, Minneapolis-based Courage Center offers advanced technologies and innovation provided in part through the efforts of thousands of volunteers and donors.

Mission

To empower people with disabilities to realize their full potential in every aspect of life. We are guided by the vision that one day, all people will live, work, learn and play in a community based on abilities, not disabilities.

Commission on Accreditation of Rehabilitation Facilities (CARF)



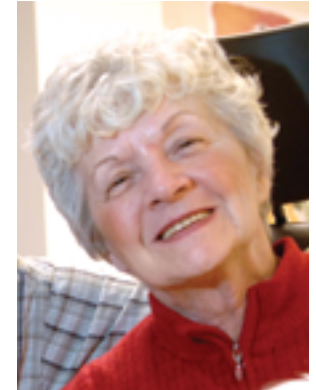
Courage Center's adult, pediatric and adolescent outpatient therapy and vocational services are accredited by CARF.



www.CourageCenter.org

Courage Center's

Chronic Pain Rehabilitation Program



The Courage Center Chronic Pain

Rehabilitation Program is a comprehensive three-week multidisciplinary program for individuals, who in spite of undergoing standard medical treatment, continue to remain disabled with chronic pain.

Background

Formerly offered at Abbott Northwestern Hospital, this 25 year-old program continues its tradition of improved outcomes with its staff of pain care professionals at Courage Center in Golden Valley.

Individuals admitted into this pain rehabilitation program represent a small number of the millions of people with pain issues. They have often exhausted standard medical treatment options and the pain continues to interfere with their ability to function. In addition to their physical problems, some clients may be depressed, deconditioned or dependent on narcotic analgesics. Our multidisciplinary pain management and rehabilitation model addresses these issues and provides individuals the best opportunity to improve their health and well-being and return to a functional lifestyle.

Referral Model

Individuals are primarily referred by physicians, QRCs, case managers or can self-refer. Participants must meet with our medical staff for intake prior to admission. It is also recommended that individuals have a psychological intake prior to participation.

Admission Criteria

Individuals who participate in the program must have:

- Experienced pain for at least six months
- Received reasonable medical and surgical treatment for known organic conditions, but continue to experience pain
- Pain that interferes with physical, vocational or psychosocial functioning (and this condition is a departure from their pre-pain functioning)
- Developed chronic pain syndrome
- Realized their pain will be ongoing and want to learn to minimize its impact on their functioning
- The desire to find ways to take charge of managing pain more independently
- The desire to discontinue scheduled opioid use for management of chronic pain

Client Goals

Individuals who participate in the program set goals that will allow them to:

- Understand their diagnosis and implications
- Increase acceptance of their situation without loss of hope
- Increase the ability to function in the community, at work and/or at home
- Increase a sense of control in their lives
- Address psychological symptoms that are created or exacerbated by pain and affect their pain experience
- Obtain vocational direction
- Learn to take personal responsibility for rehabilitation
- Accomplish the above in an atmosphere of belief and respect

Referral Source Goals

Typical goals referral sources have for their patients:

- A higher percentage of individuals returning to work
- Less utilization of the medical system to manage pain, including:
 - Less use/management of narcotic medication
 - Increased use of self-directed modalities
 - Fewer Emergency Room visits
 - Fewer office visits and phone calls

Program Structure

Primarily a residential program, participants are typically involved in the program Monday through Friday, from 8 a.m. to 5 p.m. Program activities include:

- Participation five days a week for three weeks
- Return home on weekends to practice learned skills. Out-of-town participants may reside at the facility, or at a hotel at their own expense. (Day programs can be arranged)
- Nine-hour programming days, with specific objectives for each program
- Classes focusing on learning, skill enhancement and putting skills to use in each individual's own environment

Our staff includes a range of specialists from the fields of medicine, psychology, physical and occupational therapy, chemical dependency, exercise physiology, therapeutic recreation, vocational services and nutrition services.

Family is invited to participate on Friday afternoons in a curriculum specifically addressing family issues.

We work closely with referral sources and community supports to make for a more seamless transition in care.

Program fees include three weeks of specialized treatment and four months of aftercare.