

MANAGING CHRONIC PAIN

Take Control of Your Health at
SouthRiver Community Health Center



- You will have an opportunity to choose among a variety of non-medication interventions. Most are available at our clinic or by referral to a local provider.
 - Individual and Group Sessions with a Pain Therapist
 - Medication Management
 - Physical Therapy
 - Stress Management and Relaxation
 - Occupational Therapy
 - Massage Therapy
 - Acupuncture
 - Chiropractic
 - Lifestyle Management
- We accept Oregon Health Plan and most forms of private insurance. Uninsured patients may be eligible for our sliding scale discount program. No one is turned away due to inability to pay.

For patients who are concerned about addiction to opioid pain medications, SouthRiver also offers a Medication-Assisted Treatment Program. Talk with your primary care provider to find out if this program is right for you.

SouthRiver Community Health Center

671 SW Main Street • Winston, OR 97496
(541) 492-4550 • south-river.org



All pain is real.

This is where we start in our work with you. We believe you.

Chronic pain can be treated.

Chronic pain is pain that lasts longer than would be expected and can change over time. Effective treatment is available.

Everyone's pain is different.

There are different types of pain, each with different treatments. Treatment for chronic pain must be tailored for each patient.

Effective pain management is multi-pronged.

Addressing both physical and psychological aspects of pain is the most effective approach.



*"I have new hope and
the tools to improve
my health and life."*

Pain management treatment services are available for established patients of SouthRiver Community Health Center.

WHAT TO EXPECT

Whether your pain is from an illness or injury, we can help you manage your pain and regain your quality of life.

- You will meet with your primary care provider to discuss your treatment needs and goals. Your provider will use this time to get to know you, review your records, and begin working with you to create your personal treatment plan. Pain medications (including opioids) are not typically prescribed at the first visit.
- You will be scheduled an appointment with a Behavioral Medicine provider for evaluation. When all evaluations are completed, your health care team will work with you to develop a personal treatment plan.
- Treatment will always include evidence-based non-medication interventions and may include medication interventions.

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