



# Peers for Chronic Pain: What Lived Experience Can Do to Help the Pain and Opioid Crisis

August 28, 2019 | 12:00-1:00pm (PT)

## About the webinar

Peer support workers are people who have been successful in recovery from physical or mental health challenges and who help others experiencing similar situations through shared understanding, respect, and mutual empowerment. In this webinar, Michelle will share her story and how she became a peer for chronic pain. Her webinar will offer insight into what peers can do for the pain and opioid crisis.

**When:** Wednesday, August 28, 2019  
12:00-1:00pm (PT), 11:00am-12:00pm (AKT)

**Presenter:** Michelle Marikos

**Cost:** Free ([registration required](#))

**Technology:** This webinar will use the [Zoom](#) platform. Instructions on how to connect will be provided by email when you register.

**Register here:** <http://bit.ly/NWATTC-Aug2019>

## Contact



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## About the presenter



### Michelle Marikos

is a Certified Peer Support Specialist who has lived with chronic pain since 2003. She attended the Mayo Clinic's Pain Rehabilitation Clinic (PRC) in 2012 and, through that program, was able to taper off of high dose opioids and benzodiazepines.

Michelle became an Oregon Pain Guidance (OPG) Steering Committee member in the Fall of 2012, worked on the Southern Oregon Pain Conference planning team 2014-2017, and became a Certified Peer Support Specialist (PSS) in May, 2013. She started and ran a Chronic Pain Support Group that was hosted at the YMCA and at Jackson County Health and Human Services in Oregon. Worked as a PSS at Pain Resiliency Program from 2013-2014.

Michelle is certified and has worked as a Living Well educator and Oregon Pain Guidance media campaign advisor and participant in media campaign that won an EMMY.