



Northwest (HHS Region 10)

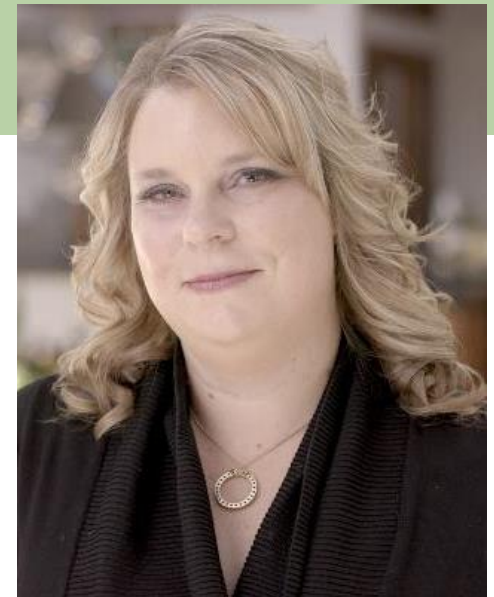
ATTC Addiction Technology Transfer Center Network
Funded by Substance Abuse and Mental Health Services Administration



Northwest ATTC presents

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

Michelle Marikos, PSS
Certified Peer Support Specialist




Peers for Chronic Pain

Michelle Marikos, PSS

- Certified Peer Support Specialist
- Oregon Pain Guidance (OPG)
 - Steering Committee member
 - Media campaign advisor to EMMY-winning media campaign
- Living Well educator and Chronic Pain Support Group leader



WHAT PEERS DO



Living the Experience and Giving Back
Peer Support Specialist for Chronic Pain
Educate* Support *Hope

Michelle Marikos PSS
Synergy Health Consulting

Learning Objectives



Understanding what it is really like to be a patient living with pain.

Communication gap and bridging it – why peers?

Understanding what pain patients do not know and what they are never told

Understanding and screening for and transition from acute to chronic pain

The Tool box

The Journey: To Hell and Back



The Injury

Purgatory

Light at the end of the tunnel

Back to Me

How did I become a peer specialist?

Oregon Pain Guidance (OPG) – what used to be Opioid Prescriber's group.

The missing pieces – the need for a voice

Oregon Health Authority – where we are going in the future

Why Peers in Primary Care



- ✦ Meeting Patients where they are- living with pain comes with lots of restrictions, effort, cost, energy
- ✦ Taking the burden off the already stressed system
 - ✦ Primary care is not built for Chronic illness
 - ✦ Chronic pain is medically treated, when it is best managed with behavioral health interventions and strong supports.
 - ✦ Cost effective, pros and cons – Insurance has not caught up, but fewer patient visits and higher patient satisfaction scores.

Teacher/ Mentor/ Coach



- ✦ Giving clients the example how life can be lived in a different way
 - ✦ Motivational interviewing
 - ✦ Finding out what are the needs and meeting them when they are.
 - ✦ Example –Veteran
- ✦ Life experience- lessons, falls and gathering it all back together
- ✦ Being a stable, positive influence with boundaries

Tapering and Withdrawal Coach



- ✦ Lived experience
- ✦ Patients and providers caught in the cross hairs
- ✦ Lost in Translation and explanation
 - ✦ Who, what when where and why
- ✦ Tips and Tricks- maybe some fun too.
- ✦ Caring and Giving – compassion
- ✦ Success and moving forward.

Advocate



- ✦ The landscape of living with a chronic illness
- ✦ No road maps or how to's
- ✦ Prepping for appointments and difficult conversations
- ✦ Unanswered questions
- ✦ How can you get the answer if you don't know what the question is - What are the questions that I should be asking?

Bridging the Gap



- ✦ The provider/ patient communication break down
- ✦ Giving a provider a different understanding of their patients
- ✦ Patients feeling heard and understood.



Resource Purveyor



- ✦ Gathering resources from the community and a customer service provider
 - ✦ Housing
 - ✦ Jobs
 - ✦ Medical resources
 - ✦ Mental Health resources
 - ✦ Disability and Senior services
 - ✦ Warm handoffs
 - ✦ The power of “ I don’t know but I will find out”

Resources for Chronic Pain Patients

Synergy Health Consulting

Oregon Pain Guidance

www.oregonpainguidance.com

Stay Safe Oregon

www.Staysafeoregon.com

American Chronic Pain Association

www.ACPA.com

Resources

- ✦ Resources resources, resources, even in rural areas there are good resources ie living well
- ✦ <https://www.oregon.gov/oha/PH/DiseasesConditions/ChronicDisease/LivingWell/Pages/lwworkshops.aspx>
- ✦ <https://www.retrainpain.org/> great info and convo starter for taper
- ✦ <https://www.theacpa.org/> this is about patients not politics
- ✦ Beth Darnell's book- easy to understand
- ✦ <https://www.bullpub.com/catalog/The-Opioid-Free-Pain-Relief-Kit>

Upcoming Events

Join us for our next webinar!

Mindful Awareness in Body-oriented Therapy (MABT) for People Struggling with Substance Use Disorders

Cynthia Price, PhD
September 25, 2019, 12-1pm



gracias cảm ơn bạn धन्यवाद 고맙습니다
شكرا جزيلًا salamat благодарю вас 谢谢
Dziękuję Ci **Thank** ευχαριστώ
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धन्यवाद danke asante grazie
hík'wu? merci הודת obrigado ขอบคุณ
ありがとうございました спасиби mahalo