

North Coast Pain Clinic & Ivy Avenue Wellness Center



Casper Lee

Hattie Pearl

Wilbur Henry

North Coast Pain Clinic

June 2014 - September 2015

Clatsop Columbia & Tillamook Counties

September 2015 - Present

North Coast Pain Clinic

Ivy Avenue Wellness Center

Revitalize Wellness Center

Program & Classes



**This is a Behaviorally Based Program
Modeled After Mid Valley Pain Clinic Program**

Common Features Include:

-Deep Breathing Relaxation

-CBT

-Body Movement

-Education

Program & Classes

Meet once per week for 10 weeks



Sessions last 3 hours



Graduation Ceremony

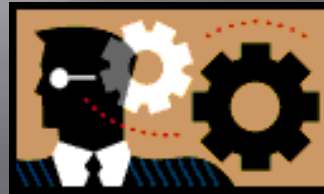


Basic Class Components

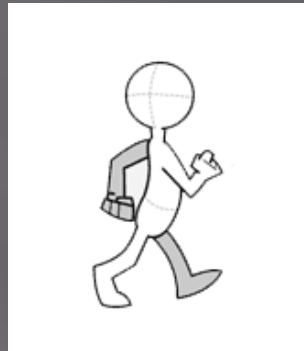
Educational



Experiential



Body Movement



Basic Class Topics

Acute vs. Chronic Pain

Deep Breathing/Relaxation

Mindfulness

CBT



Avoidance Behaviors

(Example)



Basic Class Topics

Opiates

Dependence vs. Addiction

Personal Values

Laughter

Diet & Nutrition

What We Have Added

Finding Your Black Ducks



Black Duck Moments

From Chronic Pain and Recovery Center

Isochronic Tones



What We Have Added

Music & Drumming

Mindfulness

Physical Activity

Totally Engaged

Release Endorphins

Afterglow



What Does Drumming Teach

I Do Have Some Control Over Pain Experience

I Am Not A Total Victim

Engagement In Activity

Builds Confidence and Hope

Exit Survey Results

North Coast Pain Clinic

Not Helpful	Somewhat Helpful	Very Helpful
0 %	5%	95%

Ivy Avenue Wellness Center/Tillamook

Not Helpful	Somewhat Helpful	Very Helpful
0%	0%	100%

A Graduate's Perspective

