

KFL&A Physician Resources for Opioid Management

This document can be used by physicians in a clinical setting and provides a list of educational resources on opioids, as well as services in Kingston where patients already using or considering opioid medications for chronic pain can be referred.

Education and Mentorship

- **Evans Health Lab video: Best evidence for people taking opioid medication** is a short video that can be shared with patients considering or taking opioid medication outlining best-evidence and associated risks
 - Access from <http://www.evanshealthlab.com/opioids/>
 - **Project ECHO Ontario** offers rapid access to an interprofessional team including an addictionist/neurologist, psychiatrist, pain specialist and others. Primary care providers who present a case to ECHO can bill the K707 chronic pain conference fee and earn free CPD credits.
 - Visit website: <http://www.echoontario.ca/>, email echo.ontario@uhn.ca, or call 416-597-3422 x4435
 - **Medical Mentoring for Addictions and Pain** is an online forum where anyone can post questions/de-identified case discussion and get feedback from a Canada-wide community of pain/addiction experts
 - Visit website: <https://machealth.ca/registration/p/mmap>
-

Mindfulness and Self-Management Programs

- **Living Well with Chronic Pain** offers free self-management workshops for people with various pain conditions and provides practical tools to help individuals develop self-management skills, and give them the confidence to live healthier. The workshops are available regularly through:
 - KOPI (500-797 Princess St, 613-344-1202)
 - Kingston Community Health Center (236 Weller Ave, 613-542-2949 x1442)
 - **Mindfulness Based Stress Reduction (MBSR)** is an 8-week program designed to help people with pain and other conditions by cultivating greater awareness of the unity of mind and body, as well as the ways that unconscious thoughts, feelings and behaviours can undermine health. MBSR programs is available through:
 - KOPI (500-797 Princess St, 613-344-1202)
-

Interventional Pain Clinics

- **Hotel Dieu Hospital Chronic Pain Clinic** offers consultation services and treatments in the aim to improve quality of life.
 - Patients must be referred to this service by a physician. Please complete a referral form available at: <http://www.hoteldieu.com/programs-and-departments/chronic-pain-clinic>
 - **Kingston Orthopaedic Pain Institute (KOPI)** promotes wellness and optimizes function of individuals with musculoskeletal disorders through multidisciplinary evaluation and treatment.
 - Patients must be referred to services at the Pain Clinic and Orthopaedic Clinic by a physician. Please call 613-507-7246, or visit <https://www.kopi.ca/>
-

Tapering Support

- **Dr. Rupa Patel** can offer support for physicians who are interested in tapering
 - E-mail: patelr@queensu.ca
-

Harm Reduction Services

- **Methadone Maintenance Therapy** is available at:
 - Street Health Center: 115 Barrack Street, 613-549-1440
 - ACT Kingston: 166 Division Street, 613-544-0228
 - Change Health Care –Kingston Clinic: 7 Hickson Ave, 613-549-6060
 - Change Health Care – Kingston West: 2079 Princess St, 613-766-0834
 - **Clean Needle Exchange and Harm Reduction Supplies** is available at:
 - Street Health Centre: 115 Barrack Street
 - **Take-home Naloxone** is available at:
 - Street Health Centre: 115 Barrack Street
-

Addiction Services

- **Addiction and Mental Health Services (AMHS)** offers free out-patient programs, including: assessment, referral, counseling, intensive treatment programs, and specialized support groups.
 - Patients can walk in every day from 8:30-4:00pm and complete an intake.
 - Walk-in services: 385 Princess Street, Kingston; Call: 613-544-1356
- **Street Health Centre** offers opioid substitution therapy, harm reduction supplies, opioid overdose prevention and naloxone kits, referrals for in-patient services, youth services and counseling services, as well as services from an Indigenous Elder/Healer.
 - Walk-in services: 115 Barrack Street, Kingston; Call: 613-549-1440
 - Referral forms are available at: <http://www.kchc.ca/street-health-centre/>
- **Hotel Dieu Hospital Detoxification Centre** provides voluntary, short-term, non-medical treatment, counseling and referrals.
 - Walk-in services: 240 Brock Street, Kingston; Call: 613-549-6461
- **Salvation Army Kingston Harbour Light Rehab Centre** offers an eight week, residential rehabilitation program. Individuals must first complete an intake with AMHS.
 - 562 Princess Street; Call: 613-546-2333
- **Kairos** provides outpatient counseling and education for those 14-25 who are experiencing any level of substance abuse, personally or with a family member.
 - Referral forms available at:
<http://www.youthdiversion.org/index.cfm/programs/kairos/program-details/>
- **Narcotics Anonymous** provides information and self-help for those recovering from narcotics addiction. There are a number of local groups and meetings.
 - Call: 1-888-811-3887; E-mail: info@limestonena.com
- **South East Health Line** is an electronic portal with links to services and resources for addictions that are available within the South East LHIN
 - Visit: <http://www.southeasthealthline.ca/listCategories.aspx?id=10011>
- **Drug and Alcohol Helpline** provides information about drugs and alcohol services in Ontario. The service is live answer 24/7, confidential and free.
 - Call: 1-800-565-860; or visit: <http://drugandalcoholhelpline.ca/>