

pain connection

helping people with chronic pain and their families

In This Issue:

Pain Connection Celebrating 15 Years	1
15th Anniversary Celebration Event Information	1
Upcoming Meetings	2
“Share” a Blog Post to Raise Funds	2
The National Coalition of Chronic Pain Providers and Professionals	2
NIH IPRCC Meeting and NPS Update	3
Reflecting on PAINS/Project	3
The Face of Chronic Pain	4
Social Approach to Pain	4
Membership	5
Celebrating Travel Milestones: Part One	6
Being Nonjudgmental to Ourselves	7
Training of Trainers	7
Manual Used at Military and VA Annual Training	8
Nineteen Webinars Now On-line	8
Pain Warriors Hagerstown Open House	9
DMV (DC, Maryland & Virginia) Support Group	9
Volunteer Thank You’s	9
Why Does Mommy Hurt?	10
Thank You to Our Donors	10
Rockville Rewards Kickoff Day	10
Other Ways to Support Pain Connection	10
Intern Volunteer—Job Description	12

Pain Connection Celebrates 15 Years of Filling the Gaps in Pain Care

Almost twenty years ago, a doctor told me in an emergency center that I would be okay after 24 hours. After viewing my x-rays, he diagnosed me with whiplash, gave me three prescriptions for medications and sent me on my way.

Who knew that four years later I would still be in chronic pain that changed the life of me and my family?

The birth of Pain Connection in April 1999 was my link back to life.

Over 15 years of service, Pain Connection, has served thousands of people suffering from chronic pain and related illnesses. I heard my personal

story in each of theirs. Our sources of pain maybe different, but we have all struggled to find our way back to some type of normalcy. We suffer from depression, guilt, anger, resentments, shame, hopelessness, being broken (as they say in the military) and isolation. We have lost our dreams, careers, marriages, relationships, friends and most of all our self-worth. And yet, we are still stigmatized as malingerers, hysterical, drug addicts/seekers, or criminals. Each of us has seen several doctors and healthcare providers and sometimes feel that we are being passed from physician to physician. The medical schools have failed us. We need to educate our society about chronic pain and not let the next generation fall prey to the stigmas we have suffered through.

Tickets are now on sale for Pain Connection’s 15th Anniversary of Filling the Gaps in Pain Care!

Join Pain Connection in celebrating 15 years of serving people with chronic pain and their families on November 9th from 6-9pm!

THE WINERY AT OLNEY
18127 Town Center Drive, Olney, Maryland

Ticket Price: \$30 per person. The ticket price includes:

- One ticket for five tastes of wine or one glass of wine
- A chance to win Winery Gift Basket (\$85 value)
- Appetizers, light fare and desserts
- Silent auction
- First 50 people to buy their tickets on Eventbrite will receive a small prize. Go to <http://www.eventbrite.com/e/pain-connection-wine-tasting-fundraiser-tickets-13651059687?aff=eivtefrnd> to buy tickets.



At Pain Connection, we are proud of our fifteen years of service to the community. We have run multiple programs, including support groups, Pain Connection Live Conference Calls, Filling the Gaps in Pain Care (FIG) an 8-week program designed for people with pain and their families to improve their ability to manage chronic pain more effectively, Mindfulness-Based

Stress Reduction (MBSR) classes, "Pain Warriors" 8 week program and outreach to people from the Military, Veteran's and Family Members, speaker series, publication of "Making the Invisible Visible: Chronic Pain Manual for Health Care Providers", Training of Trainers and supervision of mental health professionals, September Pain Awareness Month Symposia, information and referrals, community outreach and education, advocacy, quarterly newsletter and website.

This year, we have also participated in major national coalitions which have formed to promote the treatment of chronic pain and to lobby for the adoption of the report of the Institutes of Medicine—Relieving Pain in America.

At this year's Pain Consortium at National Institutes of Health (NIH), I listened to the latest research by brilliant scientists and researchers. I left there feeling very hopeful that there will be a breakthrough in our lifetime to either prevent or eradicate pain. More money needs to be invested in pain research. Affordable medical and mental health programs need to be established to treat people with chronic pain and family members.

Pain Connection will continue to work with organizations to make this possible!

Gwenn Herman, LCSW-C, DCSW,
Founder and Executive Director

"Share" a Blog Post to Help Pain Connection Raise Funds !

Pain Connection was an Allsup Post for a PurposeSM recipient organization during September. Throughout this past Pain Awareness Month (September), Allsup donated \$1 (up to \$1,000), for each person who "shared" the Pain

Connection's guest blog "The Face of Chronic Pain" <http://blog.allsup.com/2014/09/pain-connection-the-face-of-chronic-pain/> by a Pain Connection member, from Allsup's Facebook page, at <https://www.facebook.com/allsupinc>. At the end of the year, **Pain Connection could receive an additional \$2,500 grant, based on the number of shares our blog receives from now until the end of the year.**

The Allsup Post for a PurposeSM (APP) initiative is designed to increase health and disability literacy by promoting health observances, encouraging individual participation and raising awareness and support of nonprofit organizations and their missions.

The National Coalition of Chronic Pain Providers and Professionals

Pain Connection has taken the lead in Bridging the Gap in Pain Care among health care providers and professionals working with people with chronic pain. During the month of September which is Pain Awareness Month, the Founding Members met to develop the coalition's goals, vision and values.

The National Coalition of Chronic Pain Providers & Professionals (NCCPPP) is a network of health providers, professionals, and organizations working on behalf of individuals with chronic pain, their families and their caregivers. These individuals and organizations have come together in a coalition to more efficiently and effectively serve the chronic pain community.

The Coalition is committed to working together to achieve the following goals:

- Create awareness about the under-treatment of chronic pain
- Promote evidence-based practices

Upcoming Meetings

"PAIN CONNECTION LIVE" CONFERENCE CALLS

1st Thursdays, 1:30–2:30 p.m. EST
3rd Thursdays, 7:00–8:00 p.m. EST
Registration is required for each call.
For more information, email info@painconnection.org or call 301-231-0008.

DMV SUPPORT GROUP

2nd Monday, 1:00 - 2:30 PM
Pain Connection Office
Gwenn Herman, LCSW-C, DCSW,
Group Leader (301)231-0008

PAIN WARRIORS HAGERSTOWN

For more information, please contact the Pain Connection office at 301-231-0008.

VIRGINIA SUPPORT GROUP

2nd Wednesdays, 1:30–3:00 p.m.
Kaplan Center for Integrative Medicine
6829 Elm Street, Suite 300
McLean, VA 22101

SPEAKERS SERIES

November 17 - Lee Blank, LMT, Sarah Combs, RMP, and Alison Babil Horowitz, LMT

"Learn about Touch Therapies: Massage, Reiki and Acupressure"
1:15–2:15 p.m.
Holiday Park Senior Center
3950 Ferrara Drive
Wheaton, MD 20906
240-777-4999 (directions only)
Inclement Weather Policy: The Holiday Park Senior Center follows the weather policy of Montgomery County Public Schools. Call them at 240-777-4999 for further information.

while expanding knowledge of new and innovative approaches in managing chronic pain

- Support the rights of patients with chronic pain, their caregivers and providers
- Advance the field of pain management knowledge and science into additional research and practice

The NCCPPP will offer its members opportunities for:

- Education and discussion groups with leading experts about the latest chronic pain research and practices
- Training on the most innovative treatment approaches
- Networking opportunities to meet and share with other chronic pain treatment providers
- Collaborations and partnerships
- Referrals to and from other colleagues
- Chronic pain resources

Founding Members of the Chronic Pain Treatment Providers Coalition

- Pain Connection—Chronic Pain Outreach Center, Inc.
- Seneca Physical Therapy and Wellness Center
- Hope Connections for Cancer Support
- Healthpointe Acupuncture
- S.E.B. and Associates, Inc.
- Interstitial Cystitis Association
- Massage Associates, LLC
- Village Green Apothecary
- Dr. Michael April & Associates

Learn more about the Founding Members <http://www.pain-connection.org/updates/coalitionfounders.html>. If you are interested, complete the following survey: <https://www.surveymonkey.com/s/WPWTVN8>. Follow us on Facebook <https://www.facebook.com/groups/nccppp/>.

NIH IPRCC Meeting and NPS Update

The National Institute of Health's Interagency Pain Research Coordinating Committee (IPRCC) met on September 24, 2014 to discuss the status of the National Pain Strategy (NPS) Report as well as begin developing the framework for a long-term strategy for pain research.

With regards to the NPS, officials at Health and Human Services are committed to implementing the NPS before the Obama administration ends and is working hard to get it through departmental clearance and get other agencies (Department of Defense, Veteran's Affairs, Office of Budget and Management, etc.) briefed.

Plans currently are to publish the draft for public comment in November, and after review of the comments, release the final report in early 2015. Assistant Secretary Anand Parekh stressed the NPS won't be implemented in a vacuum. It dovetails and builds on work already being done with multiple chronic conditions and opioid safety. He also stated there would be parts of the implementation more appropriate for the private sector to lead and will be looking for assistance in bringing partners together to assist with that.

Reflecting on PAINS/Project

(Pain Action Alliance to Implement a National Strategy)

"Addressing the enormous burden of pain will require a cultural transformation... Effective pain management is a moral imperative, a professional responsibility,



***National Institutes of Health.
Provided courtesy of NIH.***

and the duty of people in the healing professions."

*— Institute of Medicine,
Relieving Pain in America, 2011*

The complex dilemma of pain affecting "at least 100 million U.S. adults" has been battling neglect for many years (PAINS/project 9). The issue has been addressed in only "four U.S. schools... that offer an elective course on pain" and in general the "total number of pain sessions taught" average around 9 and the "total number of pain teaching hours" average around 11. However, these statistics address pain as a whole without specifying chronic pain. How much less is chronic pain brought up as an issue to be addressed in education? Why has chronic pain been overlooked for so long? Why has there yet to be a solution for those suffering years of excruciating pain?

Pain is not a black and white issue. It requires a variety of types of professional treatment and care, each requiring "different training, different areas of focus, and different approaches" (PAINS/project 8). The Institute of Medicine recommends a bio-psychosocial approach where the whole individual and not just their physical ailments are being cared for and treated (PAINS/project 4). This patient-centered healing requires many fields of many

The Face of Chronic Pain

By Pain 365

My sandals click on the marble floor as I walk the empty hallway towards the double glass doors. I am dressed well enough, my hair is done, I even managed a little make up. I am carrying a large, crisp, white shopping bag. I can hardly contain a sarcastic laugh as it occurs to me how insane this is. Anyone looking upon this scene would think that I was a healthy middle aged woman who had just purchased some new shoes. But my reality is that inside my shopping bag is enough narcotic medication to kill someone, 60 individual sublingual Fentanyl sprays for breakthrough pain and 6 boxes of Fentanyl patches to help maintain this outwards façade. Also there was Fentanyl, 100 times stronger than morphine, and I take it daily, like others take vitamins.

A gentleman comes in from outside and holds the door for me and smiles, I smile back and say “thank you”. He has no idea that I had to unclench my teeth for that smile and word of thanks. No one who sees me has any idea of the daily struggles to maintain “normalcy” while living with chronic pain—that I have to constantly remind myself to breathe and that I must lie down many times during the day just to be able to function. Everyone says, even my doctors, “Well you look great”. I know this is meant as a compliment, a reassurance. But it’s hard for me to take it that way. I used to cry when people said that to me. But now I paste on the smile, even though it feels like an inner defeat. Should I apologize for looking normal in the face of, at times, excruciating pain? My pain does not affect my mobility, it is not triggered by bending a certain way or performing a specific motion. I don’t have any outward appearances—no limp and no inability to lift or raise my arms. I have no outward sign to signal the world around me that I am in pain, but the pain is still just as real. The world can’t see what only my immediate family sees—I can’t do more than a few hours of activity without having to lie down, that I am constantly fatigued and that the pain (and the pain medications) cause nausea. They can’t see that I have to carefully schedule and configure every minute of every day to be able to do the tasks that I want to try to accomplish. They do not see that, regrettably, there are many things that I say “no” to that I would like to do with some friends with my pasted on smile and pretend that nothing is wrong and that I may very well be spending the next day in yet another doctor’s appointment discussing yet another procedure, medication, or surgery. They may not see that I had to make sure that I rested the entire morning and then later that afternoon just to be able to attend that lunch and act “normal” and look “good”. No one, except for someone who has lived with chronic pain, can understand what this life is like.

What is the “face” of chronic pain? It’s my face.

connections and multiple layers of effort. There is thus little “financial incentive” for healthcare providers and physicians to take on such complex and challenging issues such as chronic pain.

Pain is “expensive”. As it is, society is “dollar-driven” (PAINS/project 8). Our current cultural mindset regarding illness the expectation that there is a “quick fix” for everything (PAINS/project 8). Most would prefer to believe that one pill can resolve all their issues and ailments. Those suffering from chronic pain do not have this “quick fix”. How, then, do those suffering find appropriate care? Granted, opioids do treat pain and ease one’s condition. However, it is not the end all nor is it the only method of treatment or the most effective method of treatment. Pills and medicine become the only method of treatment available to individuals for those are “within formulary parameters” as most healthcare plans do not cover costs of integrated (bio-psychosocial) approaches. This inevitably leads to consequences of unresolved pain and “increasing abuse of prescription pain medication” (PAINS/project 6).

PAINS/project is hoping to address all of these issues, to “impact ... state policy and regulations” in order to provide a better quality of life for those living in chronic pain. The goal should be simple: to provide individuals suffering from chronic pain a better quality of life through care and treatment. Unfortunately this simple goal does not have a simple solution but through the continued efforts of those advocating and providing their voice, the community can hope for a brighter and less painful future.

disciplines with the goal of a greater quality of life. Such an approach, therefore, is much more difficult as it is “much easier to write a prescription or to give a shot” (PAINS/project 8). It requires a much more personal

relationship between the provider and the patient where the treatment is patient-understanding and patient-based and addressed according to their preferences. This personalized treatment, therefore, will involve multiple

Social Approach to Pain

by Deborah Wu

The World Health Organization (WHO) defines “health” as “a state of complete

physical, mental, and social well-being and not just merely the absence of disease or infirmity" (<http://who.int/about/definition/en/print.html>). Holding very true to this statement, Pain Connection strives to advocate for chronic pain by bringing the invisible, but real, issue of "pain" into light and providing resources and support for those fighting chronic pain.

Gwenn Herman, LCSW-C, DCSW, the Founder and Executive Director of Pain Connection, leads an open Conference Call every month. The purpose and vision of this program, **Pain Connection LIVE**, is to allow community communication across the nation so that no one suffering pain feels alone. The initial sounds of the call are an introduction. Each individual that joins the call shares their name and where they are from. They each struggle with chronic pain and are bonded as a community through their individual, yet combined efforts to conquer pain.

I had the unique opportunity of listening to one of these phone conference support groups. As I listened to the conference call and listened to each member share their personal experiences and disappointments in their battle with pain, I could feel the encouragement and support that was provided. It may be as simple as sharing a personal experience to the individual speaking, however, to those listening, it is a message: You are not alone. As one individual opens up their heart, another feels more able to do the same. This builds a powerful bond. A bond where that particular individual knows that while he or she is fighting that migraine, that back pain, that depression—that individual knows that he/she is not alone. There is someone else out there who is fighting the battle with her, although not physically present in company, and that knowledge and community can empower the individual to persevere.

The topic of this phone conference I listened to was "Traveling". Tips and advice on traveling as well as personal stories were shared in hopes of allowing those with chronic pain to feel able to engage in activities that may be strenuous such as traveling. Even though it can be hard for someone fighting chronic pain to watch their family and friends enjoy a traveling experience that he or she used to be able to enjoy, little reminders such as "appreciating the small things" and "enjoying the moment" as well as comfort in a support community, can ease the pain and allow that individual to make those little steps in victory against pain.

After sharing these tips, Gwenn went around and asked each individual whether or not they had a traveling experience they would like to share. Individuals began to share their stories—how being careful and reminding themselves about such tips helped them in their traveling experience, how it was difficult, but they persevered. One individual, however, honestly expressed his disappointment and unwillingness to travel after a difficult experience where he was careful and did everything he was taught and advised to do, but was still unable to have the travel experience he once had and hoped to regain. To him, he may have felt worried that his contribution was a heavy drop to the support group. However, I felt as though his honesty was empowering. All of those listening to his story most likely have had a similar experience. All of those with chronic pain try to live their lives to the fullest, to keep a positive outlook on life. However disappointments and let downs are bound to occur. At such moments, it is often hard to confess the painful struggle of getting oneself back up on their feet. By opening up his heart, I believe he was able to touch many others with that very message that Pain Connection wishes to convey to all: You are not alone.

Membership

We Need You! Chronic pain is still a new and developing field in medicine and mental health.

We Need You! There still is not enough awareness by the public to try and solve this debilitating problem.

We Need You! Chronic pain is not pressing on the minds of government, foundations and private donors.

We Need You! In order to support and further develop out programs.

Take a Stand! Help solve this pressing problem, become a member and grow with us!

Join Pain Connection Today!!!

- Your payment of a \$40.00 annual membership fee may be made in the following ways:
- Credit card on-line through our secure server.
- Check mailed to Pain Connection with completed application form.
- Fax your completed application and credit card information to 301-231-6668.
- Through Network For Good and Razoo which are secure services. Please also send in an application form for our records.

Your membership benefits include:

- DISCOUNTS of up to 25% with local wellness providers
- DISCOUNTS on our trainings, groups, symposiums and DVDs
- Monthly notices of support group meetings and the Professional Speaker Series by mail, email and/or phone call
- Chronic pain resources
- Pain Connection's newsletter
- Contact information for your local support leader (on request)
- Health care practitioner referral list for your geographic area (on request)

Celebrating Travel Milestones: Part One—Traveling with Pain

by Anne M. Smith

As a travel agency owner, I have had the opportunity to travel extensively to many amazing destinations. I'm quite appreciative of this. As a person with chronic pain, I have had to learn how to modify how I travel since resuming travel late last year for the first time in three years.

As a pain warrior, I deal with multiple pain challenges each of which require me to prepare separately to accommodate them. This means that I have to first prepare in my head what I need then set a check list in motion to accomplish my task of planning to pack.

I invite you to follow me on Part One of my journey of traveling with pain. After five hard months of grueling physical therapy, medication management, home modifications and endless physician follow ups, I was ready to flee the country and never see the inside of a doctor's waiting room again! I just wanted to be immersed in another culture, forget my pain and remember my passion for travel.

It just so happens that my 20th wedding anniversary was approaching in December of 2013 and I gave myself a goal to rehab my knee so my husband and I could renew our vows in Ocho Rios, Jamaica. It would be the first trip I would take following my surgery and I was very nervous, afraid but excited to embark upon a different type of traveling. I set things in motion to offset my inability to walk long distances or stand for long periods of time.

First, I requested wheelchair service in the airport which significantly lessened my wait time since I bypassed the long line of people waiting to check in at the airline ticket desk. I was then able to bypass the long security checkpoint line with my wheelchair escort. I was among the first to board the plane with pre-boarding assistance and I was able to select my preferred seat, second row from the front which gives me quick access to the restroom. Having Interstitial Cystitis and a new joint replacement does not a good time make! I must know where restrooms are located at all times.

Additionally, I had my Lidoderm patches on my low back and knees for the flights and got up and walked several times on the 3 ½ hour flight to improve blood circulation. I repeated the same thing upon return which was even more needed as I needed to clear Customs, therefore I purchased an upgraded package which allowed me to bypass the long Customs lines. This upgrade also included enjoying the comfort of Club Mobay's airport lounge versus having to sit in a wheelchair or a hard plastic chair at the airport gate for one to two hours prior to my flight.

Secondly, I had already pre-selected a suite at Sandals which would be very close to ADA which was 95% accessible (the Caribbean doesn't have the same ADA requirements as the US). I also had access to ample transportation around the resort and assistance from the staff with additional needs as they arose. The suite included room service so when I was too tired to dine on property, I could order a delicious meal without leaving my suite and this happened several times.

Finally, I portioned out all of my medications and supplements and before I left the US, I increased my regiment of pre- and pro-biotics to prepare my stomach for the differences in the exotic food I'd be eating from its preparation to its own microorganisms. As a result, I didn't have any stomach challenges on this trip.

I paced myself during the entire trip and did only the things that I could physically do. The trip was a success and I celebrated my first Traveling with Pain milestone. Stay tuned for Part Two—Cruising with Pain in the next issue of the Pain Connection newsletter.



Reducing pain is an often overlooked health issue. In today's society where medicine and cures reign, reducing ailments, particularly those that do not appear visible, are neglected. But as mentioned earlier, health is not simply "the absence of disease or infirmity" but rather a "state" of complete wellness. Pain Connection takes the lead in what public health calls tertiary prevention which focuses on maximizing the quality of life and helping one cope with complicated and long-term health concerns. Social support and small behavioral adjustments go a long way in this battle. One individual shared in the Pain Connection LIVE chat that she sometimes speaks to her pain as in conversation. Pain Connection also advises to see pain as a way of "providing an opportunity to focus and appreciate what is truly important" and "slow down". Pain is real but it is not an impossible opponent.

Pain Connection's Summer Intern 2014, Deborah Wu, is currently an undergraduate student at the University of Maryland studying Behavioral and Community Health at the University of Maryland's School of Public Health considering a minor in Human Development. She hopes to pursue Global Public Health and Nursing in her future, ideally working with children in need. This summer of 2014, she has had the opportunity to intern at Pain Connection, learning about the ins and outs of chronic pain. With increased awareness of this issue, she hopes that the gap and distance between the field of medicine and chronic pain treatment will gradually decrease. As a wise doctor once told her, "School/Science is not hard—it is the people that are hard". If one fails to recognize the individual in pain, how can that pain be treated? Pain Connection works hard to provide and support these individuals giving them a safe community to express themselves.

Being Nonjudgmental to Ourselves

by Deborah Wu

Pain Connection Summer Intern 2014

How often is it that we blame or judge ourselves for the conditions we have and the situations that we are put in? We make one mistake, a consequence follows, and then our minds are suddenly filled with negative thoughts and self-judgment. This occurs to even the "best" of us. Now imagine that exact scenario occurring but one thing is different—you are a victim of chronic pain. Suddenly, not only are we blaming ourselves and filled with negative thoughts but we are also aching with pain everywhere. Sometimes a sudden stab of pain occurs as a consequence of a mistake we made. We then blame ourselves and increase the stress and pain that we are already experiencing. The judgment those with chronic pain bring on themselves isolates them into a condition of loneliness and traps them in a state of silence and helplessness. "How do I explain that I cannot stay any longer? How do I explain that I am feeling exhausted and in pain? How can I express that I am trying my hardest already and that I am frustrated already that my best does not seem like enough?" These unspoken worries and fears can be difficult for those without chronic pain to fully understand. That the constant comparison between the individual pre-chronic pain and the individual in chronic pain within that individual's mind essentially drives him/her into a lonely corner of helplessness. At times such as these, it is so important to just stop. Stop and just breathe. Focus on your breathing, remind yourself of the facts, realize your self-judgment, and focus on the facts not your opinions about yourself and the situation.

Pain Connection's August DMV (DC, Maryland Virginia) support group took up this challenging topic. Under the guidance of Gwenn Herman,

Founder and Executive Director of Pain Connection, individuals attending this support group were able to share their personal stories and frustrations. These could range from familial to special vacations gone wrong to an accidental loss of balance. Upon sharing personal stories, the most important aspect of sharing that Gwenn continually brought individuals back to was "What were your thoughts about yourself at that time? What judgments did you have about yourself?" Then taking those, each individual took a moment to look at their judgments, stop, breathe, and focus on the facts. What seems to be a simple process can often be much harder to do. Many of us are so used to the rush of life that we fail to stop and be more considerate of ourselves and the unfortunate conditions that we are in—particularly those suffering from chronic pain.

So just stop. Breathe. Focus on your breathing. Take a moment to notice your thoughts. Be aware of yourself and what you are thinking and doing to yourself and realign your mind to the facts. You are not alone in your pain.

Training of Trainers

"Design and Implement an Integrative Multimodal Treatment Plan: The 21st Century Model for Chronic Pain"

This 2 day training was held in May 2014 to train mental health and medical professionals that work with clients/patients with chronic pain. Participants learned complementary health approaches to teach and empower their clients, such as, Qi Gong, Gentle Movement, Biofeedback, Relaxation Response, Acupressure, Self-massage and Breathing Techniques. Trainees were sensitized to experience what it feels like to have chronic pain through a case study and to learn about the psychosocial stages of pain and grief.



They learned to developing a Treatment Tree Plan and importance of cognitive reframing. This program was approved by the National Association of Social Workers (Approval #886473645-2663) for 9 [SOCIAL WORK] continuing education contact hours. Each participant received a copy of *Making the Invisible Visible: Chronic Pain Manual for Health Care Providers* and handouts on techniques taught. Many practitioners from the Primary Care Coalition clinics attended this training.

Making the Invisible Visible Manual Used at Military and VA Annual Training

The Wounded Warrior Pain Care Initiative and Defense Veterans Center for Integrative Pain Management at Walter Reed National Military Medical Center, bought 220 copies of Pain Connection's manual which was used at their annual Pain Care Skills Training. Pain Connection's Format for Individualized Integrative Treatment (FIIT)© The 21st Century Model for Chronic Pain, Treatment Tree

and Pain Warriors posters were also purchased and used in the workshops. This international training was held in September in San Diego, California for military and Veteran Administration providers.

Nineteen Webinars Now On-line

Format for Individualized Integrative Treatment (FIIT)© The 21st Century Model for Chronic Pain

Pain Connection recognizes that people living with pain may be seen in a variety of health care settings including doctor's offices, emergency rooms, hospices, day treatment programs, addiction clinics, mental health outpatient clinics, and in private practice. It is vital that health care providers understand how to work with people in pain. We hope these nineteen webinars will help providers reach out to people suffering alone with pain and expand the Pain Connection network to other cities and states in the country.

We have made these webinars specifically for health care providers so they may become more familiar with some of the challenges facing this population and be able to educate and assist their patients. We feel it is vitally important to assist people with chronic pain in accessing their own innate healing ability by becoming focused on internal healing and not just on an external cure.

After viewing these webinars, the provider will be able to:

- Understand chronic pain and the complexity of chronic pain.
- Provide accurate information to the client and normalize the client's experience.
- Understand the myths and misconceptions that perpetuate stigmas and interfere with effective treatment.
- Understand the predictable psychosocial processes people experience.
- Assist clients in building a multidisciplinary treatment team.
- Identify all components of an effective treatment plan.
- Understand the psychological effects of chronic pain, including grief and depression.
- Identify the latest practices in the military for treating chronic pain, traumatic brain injury and post-traumatic stress disorder.
- Have a basic understanding of many different complementary and alternative treatment approaches available to clients.
- Maintain a healing therapeutic relationship.

Acknowledgments

We greatly value and appreciate the contributions provided by Mary French, Dr. Alan Pocinki, Dr. James Houston, Dr. Ann Berger, Kim Thompson, Lisa Marie Price, Lee Blank and Gwenn Herman.

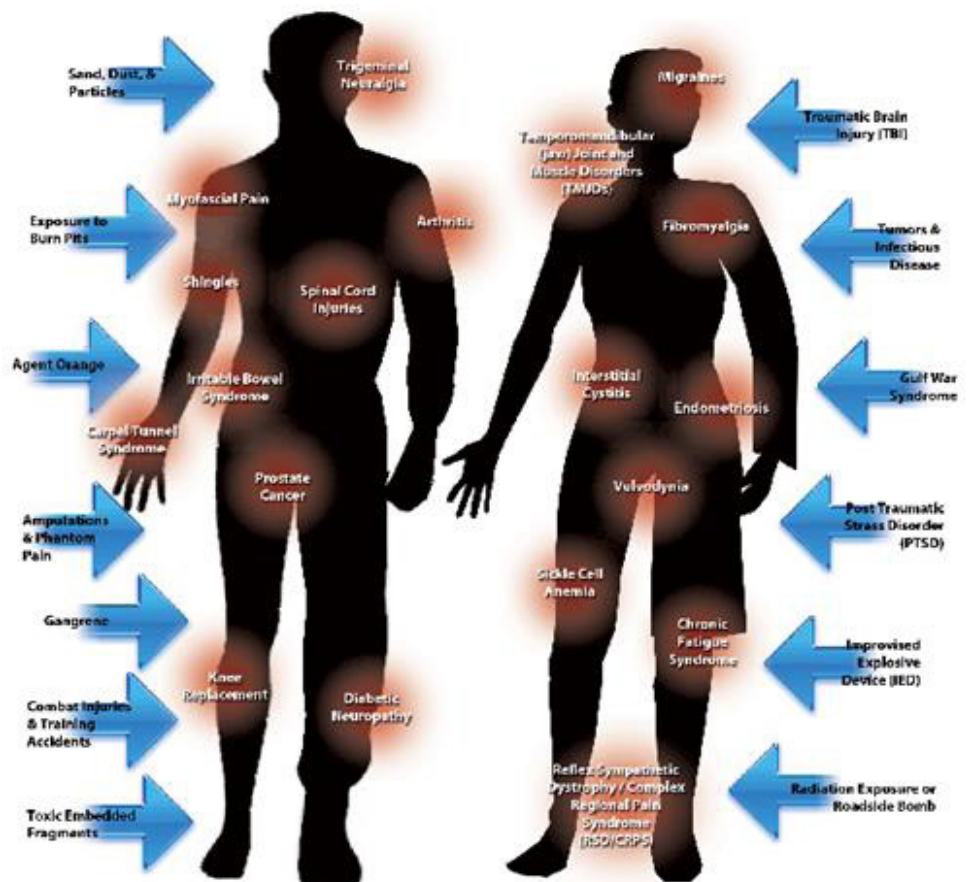
This webinar series would not have been possible without the Healthcare Initiative Foundation, which funded this project. The Healthcare Initiative Foundation (HIF) is a 501(c)(3) private foundation. Their mission is to support organizations that offer solutions for improving the quality and delivery of health care for residents of Montgomery County, Maryland. "We believe that creativity generates solutions. We support both traditional and innovative solutions to health care dilemmas in any form-concepts to test, best practices to implement, efficiencies to execute, equipment to employ and successes to replicate." We thank Crystal Carr Townsend, President, for believing in Pain Connection; Board Members: Robert H. Myers Jr., Chairman; David Kressler, Vice Chair; Benjamin Giuliani, Treasurer; Stephen C. Eastham, Secretary and Deborah Fisher.

The entire webinar series (19 videos) is available for \$195. Pain Connection members will receive a \$20 rebate. Your purchase allows unlimited viewing and downloading of the series.

Primary Care Coalition Providers from Montgomery County are able to view these videos free due to the grant by Healthcare Initiative Foundation.

Pain Warriors Hagerstown Open House

Pain Warriors Hagerstown will host an open house on Wednesday, November 5 from 6:30 to 7:30 pm. Military, veterans, and family members welcome! This free group is intended to give support, educate and provide resources. Bring your pillows, mats, ice or hot packs, if you want, to make yourself comfortable. The open house will take place at the North Point Veteran's Home, Way Station Programs, 328 N. Potomac St., Hagerstown, Maryland



21740. For more information, please contact one of the following: Stephanie A. Snyder, MS, Human Services/ Mental Health, 301-992-3070; Melissa Barber, Regional Resource Coordinator, Maryland's Commitment to Veterans, 410-725-9971; or Pain Connection, 301-231-0008.

chronic pain. She was very inspirational and encouraged group members to share their stories. The book is beautifully illustrated by Elizabeth's father. For an in-depth review of the book read Deborah Wu's summary (next page).

DMV (DC, Maryland & Virginia) Support Group

The September 8 meeting had Special Guest Speaker, Elizabeth M. Christy, author of recently published children's book, *Why Does Mommy Hurt? Helping Children Cope with the Challenges of Having a Parent or Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease*. Elizabeth read from her book and shared her personal story of dealing with

Volunteer Thank You's!!!

Alison Bennett, Deborah Wu, Aliz Meszaros, Paula Mintzies, Micke Brown, Steva A. Komeh Nkrumah, Adrienne Hausman, Nikki Richman, Karen C. Lips, Michael Hennessey, Marjorie Viega, Kim Thompson, Lisa Marie Price, Sherry Hutchinson, Lee Blank, Stephanie Snyder, Denise Pirnea, Cordelia Goldstein, Neil Goldstein, Sharon Barrett, Malcolm Herman, Elsie Ferguson, Frances Stanford, and Michael Sitar.

Why Does Mommy Hurt?

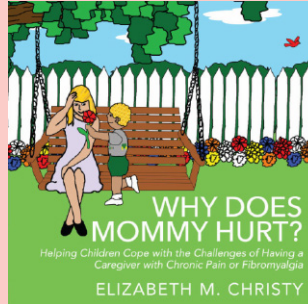
Helping Children Cope with the Challenges of Having a Caregiver with Chronic Pain, Fibromyalgia, or Autoimmune Disease by Elizabeth M. Christy and Illustrated by James G. Miller

During Pain Connection's intern Deborah Wu's second semester of college, she decided to sit in on a special speaker class at the University of Maryland's School of Public Health. In her message, the speaker covered several potential hypotheses for the current dilemma the U.S. faces in the area of health. The final hypotheses that she and her research team concluded on was the issue of the American "culture". Deborah proposed that if she had to choose a second hypotheses to this one, it would be this hypotheses relating to Early Childhood Development.

She strongly believes that to change a "culture" one must start with the younger generation. Chronic pain is an issue often overlooked by the general public for its lack of visibility and clear treatment. Many are not even aware of its prominence and even fewer understand its symptoms and difficulties. "When people have chronic pain or Fibromyalgia, they often look healthy.

Sometimes it's hard to remember that they hurt" comes from the children's book *Why Does Mommy Hurt?*. Children may have a difficult time understanding what they cannot physically see or feel. When a loved one is fighting chronic pain, it is difficult to truly comprehend what they are going through, especially for those at a younger age.

Why Does Mommy Hurt? gives a simple and easy read with beautifully drawn pictures for families to read with their children. It tells the story of a child and his mother who is dealing with chronic pain from the child's perspective. It is a lovely story sharing the sentiments a family goes through having chronic pain in their midst. The reminders in this book are priceless to the next generation.



With cards valid for discounts around town from September 1, 2014 until August 31, 2015 cardholders still have plenty of time to enjoy discounts. When you use your Rockville Rewards card for a massage at Massuage you will save \$15 on your first 75-minute session! There are also over a 100 businesses offering discounts, so you'll save the purchase price many times over while supporting your favorite local non-profit, Pain Connection. View more details at <http://www.rockvillerewards.com/> Buy your card at <http://www.pain-connection.org/updates/rockvillerewards.html>.



Other Ways to Support Pain Connection

Direct donations

A donation to Pain Connection makes a wonderful gift for you to send to your friends and family. It's tax deductible for you, and your friends and members of your family will know that the gift comes straight from the heart. Send your gift donation and donations for your friends and family to Pain Connection at 12320 Parklawn Drive, Rockville, MD 20852.

Combined Federal Campaign Designation

Our Combined Federal Campaign designation is #62705. Please designate us on your donor card at work or when making a donation! Also,



Thank You to Our Donors

- Allsup
- Healthcare Initiative Foundation
- Purdue Pharma, LLC
- Joanne and William King
- City of Gaithersburg
- Combined Federal Campaign
- Rockville Rewards
- I Give
- Bravelets

Rockville Rewards Kickoff Day

This exciting event was held on September 10, 2014 at Massuage Associates, LLC. People that took advantage of buying the card for this one day rate of \$15 received a free chair massage and a photo! 100% of the card purchase price goes back to Pain Connection! Cards are on sale now for \$25 online and through our local non-profit partners.

tell your co-workers, family, friends and neighbors.

Donate your car to Pain Connection

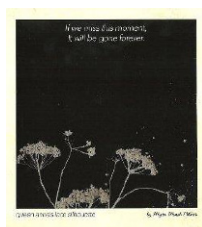
Pain Connection has made arrangements with a company called CARS (Charitable Auto Resources) to enable us to accept donations of vehicles in an efficient and cost effective manner. If you have a vehicle (car, truck, RV, boat, motorcycle, or other vehicle) you no longer want or need, please consider donating it to Pain Connection. To learn more, call CARS at 877-537-5277.



Give a gift!

Nature Print Cards

Original Nature Print Cards created by local artist Myra Mensh Patner are now on sale. Patner donated these brilliantly colored cards to Pain Connection as a fundraiser to support its free programs.



One can buy them all year round as gifts or use them yourself. One might even want to frame them—people often do. Printed directly from ferns, Queen Anne's Lace, hickory and oak leaves and more, the intensely colored cards are sure to be a balm for anyone you care about.

For single cards: \$3.00 plus \$0.46 shipping per card and 6% MD sales tax (if applicable). For a special package of 4 cards: \$10 plus \$1.50 shipping and 6% MD sales tax (if applicable).

We will send the cards directly to you as soon as we receive your order. To see all eight different notecards, go to www.pain-connection.org/updates/cards.html.

Making the Invisible Visible: A Chronic Pain Manual for Health Care Providers

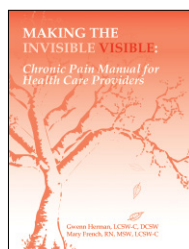
Pain Connection's *Making the Invisible Visible: A Chronic Pain Manual for Health Care Providers* is a comprehensive and unique publication that contains up-to-date information on chronic pain, exercises and handouts for developing coping skills and strategies, and insights and experiences of chronic pain sufferers and their families.

Written by Gwenn Herman and Mary French, who each have more than 25 years of experience as health providers and also live with chronic pain, the 262-page manual examines a wide range of topics including:

- Myths and misconceptions about chronic pain clients
- Psychosocial effects of chronic pain
- Pain Connection's Support Group Model
- Complementary and alternative treatments

Ms. Herman's and Ms. French's firsthand exposure to the difficulties of getting healthcare providers to properly recognize, diagnose and treat chronic pain makes this an excellent resource for both professionals and patients.

Dr. Gary Kaplan, Founder and Medical Director of
The Kaplan Center for Integrative Medicine



The book is \$25.00, plus \$5.00 shipping and handling fees plus tax. To order, go to www.painconnection.org or call 301-231-0008.

Pain Awareness Month Symposium, From Research to Clinical Practice

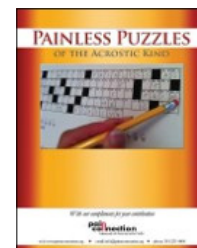
Pain Connection's *Pain Awareness Month Symposium, From Research to Clinical Practice* DVDs are still available. If you missed the symposium you can see presentations by Dr. Gary Kaplan,

Osteopath, Pain Specialist, Kaplan Clinic, "Treating Depression and Chronic Pain" and Dr. Alan Pocinki, Internist, Chronic Fatigue Syndrome (CFIDS) Specialist, "Developing an Individualized Treatment Plan for Chronic Fatigue Syndrome".

Cost for both DVDs: \$30 non-member \$25 member. For one DVD: \$20 nonmember \$15 member.

Painless Puzzles, Volume 2

For donations of \$25 or more, donors will receive a free gift of the second volume of *Painless Puzzles of The Acrostic Kind*, created by Pain Connection Board member Neil Goldstein. The book contains 52 acrostic puzzles originally published by the Tribune Media syndicate and edited by the Quote-Acrostic guru Charles Preston. Donation forms are available from our website www.painconnection.org. Donate now and receive the book as our thanks!



Intern | Volunteer—Job Description

There are over 100 million adult Americans (not including children or the military) suffering from pain and who are not receiving adequate treatment. Pain Connection-Chronic Pain Outreach Center, Inc. is a 501(c)(3) not for profit human service agency working since 1999 to empower people with chronic pain and improve their quality of life, decrease their sense of isolation and to take a more active role in their treatment. Pain Connection does this by providing information, psychosocial support, coping skills and training to people with chronic pain, their families and health care providers. Services include support groups, speakers' series, specialized classes, workshops and conferences for healthcare professionals.

Pain Connection needs your help to assist the Executive Director with the administration of the day-to-day operations of the office functions and duties.

Main job tasks and responsibilities

- Data entry, research and statistics
- Phone calls
- Photocopying, scanning and faxing
- Drafting, editing documents, including articles for the monthly newsletter
- Assisting in webinars, conferences
- Website updates
- Scheduling
- Help with fund raising and special events
- Develop media coverage-radio, TV, newspaper ads

What you can learn

- Interaction with clients
- Marketing of programs
- Proposal writing and research
- Writing for newsletter/website, and advertising

Education and experience

- Knowledge of software like MS Office
- Proficient in use of email and internet
- Accurate keyboard skills
- Excellent writing skills
- Fluency in Spanish a plus

Details

- 10-20 hours per week

If you are interested in applying, please send a resume to: info@painconnection.org or Pain Connection, 12320 Parklawn Drive, Suite 210, Rockville, MD 20852.

There are 100 million Americans suffering from chronic pain who are not receiving the treatment they need. Many fall between the cracks in their own private health insurance, workman's compensation, and disability benefits. Others are helpless because of a lack of insurance.

Pain Connection's mission is to help people with chronic pain improve their quality of life, decrease their sense of isolation and take a more active role in their treatment. We do this by providing information, psychosocial support, skills-building and training to people with chronic pain, their families and health care providers.

Pain Connection is a 501(c)(3) human health service agency and was incorporated in 1999.

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Alison Bennett, Secretary
Malcolm Herman, Director
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Mary French
Gary Kaplan, MD