



Transforming Lives
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Summit Oaks Hospital
19 Prospect Street
Summit, NJ 07902
www.summitoakshospital.com

Pain Management Program

"Pain is inevitable. Suffering is optional."
Anonymous

- Pain is the body's way of sounding an alarm that something is wrong
- 1 in 6 Americans will suffer an episode of chronic pain in their life time (pain lasting longer than six months).
- Chronic Pain is often under treated and sometimes inappropriately treated.
- Chronic Pain may lead to excessive use of prescription opioids (i.e., hydrocodone, oxycodone, etc.) and other medications.
- Use of prescription medications may result in loss of quality of life and interfere with work, family and social obligations.

There is a solution

- Patients receive a comprehensive evaluation including a Pain Assessment, Psychiatric Assessment and Medical Assessment.
- Patients will also be assessed and treated for co-occurring disorders such as anxiety and depression if indicated.
- At Summit Oaks Hospital, patients can be comfortably weaned from medications to which they have become dependant (physically, psychologically or both).
- An individualized treatment plan is developed and alternative medications (non-habit forming) are prescribed.
- Patients will be assigned to specialized groups dealing with chronic pain.
- Patients may be referred to **massage therapy** with a physician's order during their inpatient stay.
- A full continuum of care will be available including a weekly 90 minute outpatient group and referrals to other pain management specialists as indicated who will not perpetuate the cycle of medication dependence.

Patients appropriate for Summit Oaks Hospital's Pain Management Program would include but are not limited to: Chronic Lower Back Pain, Failed Back Syndrome, Fibromyalgia, Migraine and Atypical Facial Pain.



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Chronic Pain Program

90 Minute Support Group For Chronic Pain Patients In Recovery

LEARN HOW TO COPE WITH CHRONIC PAIN WITHOUT THE USE OF ADDICTING SUBSTANCES

Program Hours: **MONDAY..... 6:30 pm - 8:00 pm**

Where: **OUTPATIENT OFFICE
SUMMIT OAKS HOSPITAL
19 PROSPECT STREET
SUMMIT, NJ 07901**

Facilitated By: **MARISSA BROWNE, LPC, CAC**

For additional information & details about the group, Please contact Marissa at 908-277-9098.

**Please register by contacting our
admissions department at 908-522-7071**

This group is open to all chronic pain patients.

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