

# Healthy Living with Chronic Pain (CPSMP) for Reducing Opioid Misuse and Abuse

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## Background

The **Arizona Living Well Institute (AZLWI)** is the statewide hub for the suite of Chronic Disease Self-Management Education evidence-based programs developed by the Self-Management Resource Center (SMRC). With funds from the Arizona Department of Health Services, AZLWI advances evidence-based programs for Arizona communities through structured communication, multi-level coordination and facilitator coaching.

In Arizona, these programs are known as Healthy Living because the workshops address more than just chronic conditions. Virtually every aspect of living healthy is considered in our multi-dimensional approach to wellness.



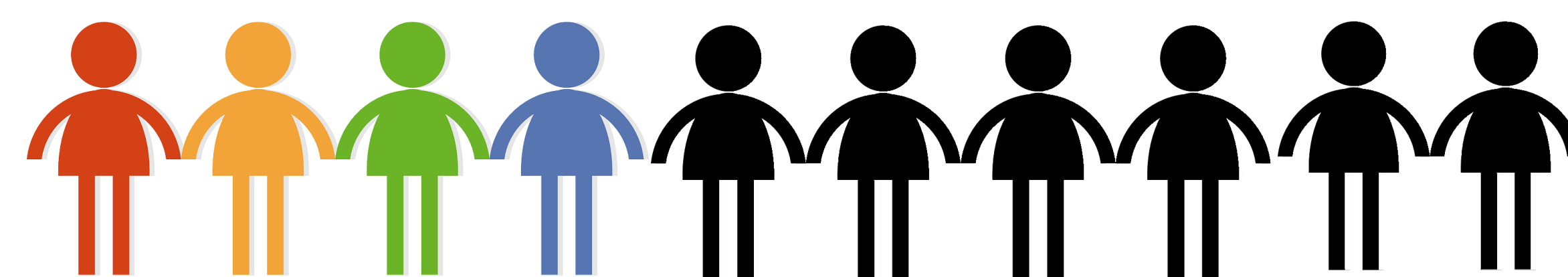
Figure 1

## Healthy Living with Chronic Pain (CPSMP)

The Chronic Pain Self-Management Program is called **Healthy Living with Chronic Pain (CPSMP)**. Throughout the workshops, participants have the opportunity to learn and practice many self-management skills including dealing with difficult emotions, healthy eating and problem solving. Healthy Living with Chronic Pain (CPSMP) specifically addresses:

- addiction
- proper use of pain medication
- proper use of opioids

**Many patients that have been prescribed opioids have not been educated on alternative methods to manage pain which can lead to opioid abuse.**



According to the Arizona Department of Health Services, 4 out of 10 Arizona adults know someone addicted to prescription painkillers<sup>2</sup>

**Healthy Living with Chronic Pain (CPSMP) is a useful tool in reducing opioid misuse and abuse. When used in conjunction with medication assisted treatment (MAT) programs it can increase self-confidence and empower participants to take an active role in their lives.**



## Objectives

1. Identify 3 MAT program providers to offer CPSMP to their clients by December 2017.
2. Train and certify 6 MAT program provider staff to deliver CPSMP workshops to their clients by February 2018.
3. Support MAT program providers in offering at least 1 CPSMP workshop by August 2018.

## Implementation

After surveying organizations providing MAT programs throughout the state, we will enter into a structured agreement to offer Healthy Living with Chronic Pain (CPSMP) workshops as part of their opioid addiction services.

Staff and Peer Support Specialists will be *trained* as certified Healthy Living Leaders to facilitate workshops and receive reimbursement from AHCCCS through the Regional Behavioral Health Authorities.

AZLWI will help coordinate and provide support in implementing at least 1 Healthy Living with Chronic Pain (CPSMP) workshop.

## Conclusion

By equipping MAT program providers with the skills, knowledge, and tools to implement the Healthy Living with Chronic Pain (CPSMP) program at their organizations, clients suffering from opioid addiction will be empowered and motivated to self-manage their symptoms.

<sup>2</sup> Opioid Epidemic. (2017, September 22). Retrieved September 24, 2017, from azhealth.gov/opioid