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 CALGARY, AB T2N 1B9
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REFERRAL FORM

MENTAL HEALTH & MULTIDISCIPLINARY TRANSITIONAL PAIN PROGRAM

FAX REFERRAL TO: 403.984.5445

Date of Referral:

PATIENT INFORMATION OR LABEL			
Patient Name			
Address			
Telephone No.		Cell No.	
DOB		PHN	
EMAIL			
REFERRING PHYSICIAN INFORMATION			
Physician		PRAC ID	
Phone		Fax	

DIAGNOSIS:

PAST HISTORY:

Allergies:

Medical Conditions:

Surgeries:

Smoker: No Yes: Number of packs per week:

Alcohol use: No Yes: Number of drinks per week:

MEDICATION LIST:

Is the patient ≥ 90 mg of morphine equivalents per day? Yes No

*(≥ 60 mg oxycodone, ≥ 200 mg codeine, ≥ 18 mg hydromorphone, ≥ 25 ug (mcg) of fentanyl).

If Yes, have you discussed Opioid Tapering with the patient? Yes No

ALL RELEVANT INVESTIGATIONS AND CLINICAL NOTES ATTACHED

YOUR OPTIONS FOR MENTAL HEALTH TREATMENT OF CHRONIC PAIN

TAME THE PAIN PROGRAMS

Evidence based therapies can shift your perception, eliminate harmful behavior, and establish a choice for positive awareness as you manage your chronic pain. These skills will allow you to get back to the person you are meant to be, creating a functional, fulfilling life worth living. Caleo Health has several options for this:

TOPPS 8 WEEK GROUP FOR CHRONIC PAIN: The Transitional Outpatient Pain Program for Spine patients is an 8-week course in Acceptance and Commitment Therapy available by physician referral, [only for spinal patients awaiting surgery](#). During this sponsored 8-week course, patients are taught coping and resiliency skills that have been shown to be an effective non-pharmaceutical approach to the treatment of chronic pain. Skills taught include mindfulness specifically geared to decreasing the experience of chronic pain, developing distraction skills, and creating new life worth living goals so your story becomes about what you can do! This group runs Tuesday nights from 6:00-7:30 pm with a 10 patient per group limit; a new group starts every 10 weeks.

CALEO PAIN MANAGEMENT GROUP PROGRAM: This 4-week fee-for-service group is an abbreviated version of the full ACT treatment [for all patients suffering with chronic pain](#). Hitting the highlights noted above, this program provides patients with an economical way to learn the skills and concepts of the full program in an abbreviated version, giving them well organized additional material to work with on their own. This group is open to all patients regardless of type of pain or where they are in their treatment plan. Ask your healthcare provider for a referral to participate in this program. The sessions are held once per week for four (4) weeks. The fee is \$200 for the full four (4) weeks group program (\$50/session). Some employer extended health benefits plan will reimburse the cost for this service.

INDIVIDUAL THERAPY: Our Registered Psychologist can see you as a self-referral, on a fee for service basis. Karin Klassen is a Registered Psychologist specializing in the [treatment of stress in all its forms](#) – from life transitions, mood and personality disorders, to addictions, chronic pain, and whatever other ‘emotional dysregulation’ erupts in the course of a lifespan. Karin co-facilitates our ACT pain groups, and in her individual practice, integrates Cognitive-Behavioral Therapy (CBT), Eye-Movement Desensitization Reprogramming (EMDR), Dialectical Behavioral Therapy (DBT), and Clinical Hypnosis to find the best fit for client needs. Fees are \$200 per hour; various extended health insurance plans may cover this service.

A pain physician can see you through referral, services are covered by Alberta Health Care. Dr. Denise Eckenswiller is a family physician specializing in the management of chronic pain. Dr. Eckenswiller co-facilitates our Pain Education and ACT groups. Pain is managed through a bio-psycho-social model.

SELECT YOUR PROGRAM OPTION AND CALL TO BOOK YOUR APPOINTMENT: [403.930.3188](tel:403.930.3188)