

# BETTER CHOICES, BETTER HEALTH® SD CHRONIC PAIN WORKSHOPS

**OVERVIEW:** Better Choices, Better Health® SD is a community-led evidence-based program modeled after the Stanford University-developed chronic disease self-management program. The program consists of 4 different self-management workshops: chronic disease, diabetes, chronic pain, and worksite chronic disease. The Chronic Pain workshops teach participants the differences between acute and chronic pain, how to pace activity, prioritize rest, and balance life. This can serve as an additional option for provider referral to assist with pain management in patients.



## SINCE MAY 2018...



A total of **73 individuals** participated in **6 Chronic Pain Workshops** with 8 more workshops planned for 2019



**27 leaders** have received training to lead the Chronic Disease Workshops



**3 Chronic Pain trainings and cross-trainings** are scheduled for 2019 and early 2020.

## The Chronic Pain program was added to the Better Choices, Better Health® SD license in May 2018.

- Workshops are offered once a week for 6 weeks
- Each session is 2 ½ hours long
- Sessions usually have 10 to 15 participants per session
- Workshops are conducted by trained leaders—many of whom are volunteers and may have a chronic condition themselves
- Participants receive a Certificate of Completion for attending 4 or more sessions of the workshop

## The workshop teaches new ways to manage chronic pain and ideas to help individuals stay motivated. This includes:

- Goal setting and problem solving
- Appropriate exercise for maintaining and improving strength, flexibility and endurance
- Managing difficult emotions, fatigue, isolation and poor sleep
- Appropriate use of medications
- Communicating with providers and family
- Relaxation techniques, pacing activity and rest



BETTER CHOICES  
**better health**®  
GOOD & HEALTHY SOUTH DAKOTA COMMUNITIES

If you or someone you know is struggling with opioid addiction – don't wait. Reach out.

[www.AvoidOpioidSD.com](http://www.AvoidOpioidSD.com)  
South Dakota Opioid Resource Hotline  
**1-800-920-4343**

For more information on Better Choices, Better Health® SD Chronic Pain Workshops and leader training opportunities visit:  
<http://www.betterchoicesbetterhealthsd.org>

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