




# BETTER CHOICES, BETTER HEALTH® SD CHRONIC PAIN SELF-MANAGEMENT PROGRAM

**OVERVIEW:** Better Choices, Better Health® SD (BCBH-SD) is a community-led, evidence-based program. The BCBH-SD program suite offers physical activity and self-management education workshops for chronic disease, diabetes, chronic pain, cancer and arthritis. The latest addition to the suite of programs is Small Steps to Healthy Living, an online 6-week wellness series aimed at helping individuals start or maintain a personalized walking program safely and without pain. The BCBH-SD workshop suite is now available in distance learning models for home participation.



## SINCE MAY 2018...

-  A total of 126 individuals participated in 16 Chronic Pain Workshops.
-  93% of participants said the workshops were extremely beneficial or good and 100% would recommend participating.
-  58% of participants indicate having multiple chronic conditions; 51% have chronic pain and 59% have arthritis.

**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 6 to 12 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
- Workshops are offered face-to-face, virtually, and as a self-guided toolkit.

**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



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**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**  
Treatment Resource Hotline  
**1-800-920-4343**

**For more information visit [www.betterchoicesbetterhealthsd.org](http://www.betterchoicesbetterhealthsd.org) or call 1-888-484-3800**

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