

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

Better Choices, Better Health® SD (BCBH-SD) offers education and training in chronic disease self-management and physical activity. The BCBH-SD Chronic Pain workshop is designed to help participants live a healthy life with chronic pain by managing their symptoms. The program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with chronic pain. Workshops are highly participative, where mutual support and success build the participants' confidence in their ability to manage their health and maintain active and fulfilling lives.

AS OF
OCTOBER 2023...

The Chronic Pain workshop was added to the Better Choices, Better Health® SD suite in May 2018.

- Small-group
- 6-week program
- 2.5 hour weekly sessions
- 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
- Ways to join: in-person, virtual, self-study

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



A total of 25 workshops have been held, impacting 198 individuals.



91% of the participants were satisfied or very satisfied with the program, and 86% would recommend participating.



Among participants reporting a chronic condition, 61% had chronic pain, 57% had arthritis, and 82% had more than one chronic health condition.



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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 or call 1-888-484-3800

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