
Our Mission

VHA's mission is to "honor America's Veterans by providing exceptional health care that improves their health and well-being."

At the Chronic Pain & Wellness Center, our mission is to provide Veteran-centered, comprehensive care that empowers Veterans to live well with chronic pain through education, active self-management, and evidence-based interdisciplinary pain care.

Who Are We?

We work as a collaborative team that includes:

- Physicians and Nurse Practitioners
- Psychologists
- Clinical Social Worker
- Clinical Pharmacists
- Nurse Care Managers
- Whole Health Coaches
- Physical Therapists
- Acupuncturists

See our description of Chronic Pain & Wellness Center services on [page 4](#) to find out how each team member can help!

We also coordinate your care with:

- Primary Care
- Mental Health
- Physical Medicine & Rehabilitation
- Interventional Pain Management
- Orthopedics
- Sleep Medicine
- Occupational Therapy
- Nutrition
- Recreation Therapy

What To Expect

Following your orientation visit, you will select a care program based on the best fit for your needs (see [page 3](#)). As we get to know you, we can incorporate additional team members and/or specialty services as needed.

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Most Veterans will work toward individual goals with the Center for 6-12 months. Then, we will transition your pain care back to your Primary Care Provider (PCP).

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The Chronic Pain & Wellness Center will not prescribe or recommend any treatments for you until you have been evaluated individually. Please follow up with your PCP for management of your chronic pain until you complete an intake visit with us.

What We Expect

Scheduling: Make, change, or cancel any upcoming appointments by calling 720-723-3113.

- Please change or cancel any appointments as early as possible and at least 24 hours in advance.

Refill requests: Contact the VA pharmacy directly at least 10-14 days prior to running out of medication.

- Pharmacy: 303-399-8020, option 1 for pharmacy, then option 3 (8a-4:30p, M-F). You can also request refills for non-controlled medications through myhealth.va.gov.
- For non-urgent medication question or refill requests, reach out to our team via secure messaging.

Laboratory testing: We require regular urine drug screens for routine safe monitoring of Veterans taking controlled medications. We will let you know if you are due, and no appointment is needed for this testing.

Communication guidelines:

- **Non-urgent chronic pain concerns:** Use secure messaging and we will reply within 72 business hours.
- **Semi-urgent chronic pain concerns:** Call our front desk at 720-723-3113.
- **Urgent concerns or new/severe pain:** Call the RMR nurse line at 303-399-8020, option 3, or go to your nearest emergency room or urgent care. To avoid delays in care, do not call us or send a secure message for urgent concerns.
- **Non-urgent health concerns not related to your chronic pain:** Contact your PCP through secure messaging or by calling 303-399-8020, option 2 for appointments, then option 2 for Primary Care.
- **Not sure?** Call the RMR nurse line at 303-399-8020, option 3.

Please be respectful in all communication with our team. Disruptive or threatening language/behavior, inappropriate use of phone calls or secure messaging, or recording conversations will not be tolerated and may lead to limitation of secure messaging privileges and/or discharge from our clinic.

Contact us

Rocky Mountain Regional VA Medical Center
1700 North Wheeling Street, Building G, Floor 3
Aurora, CO 80045

303-399-8020

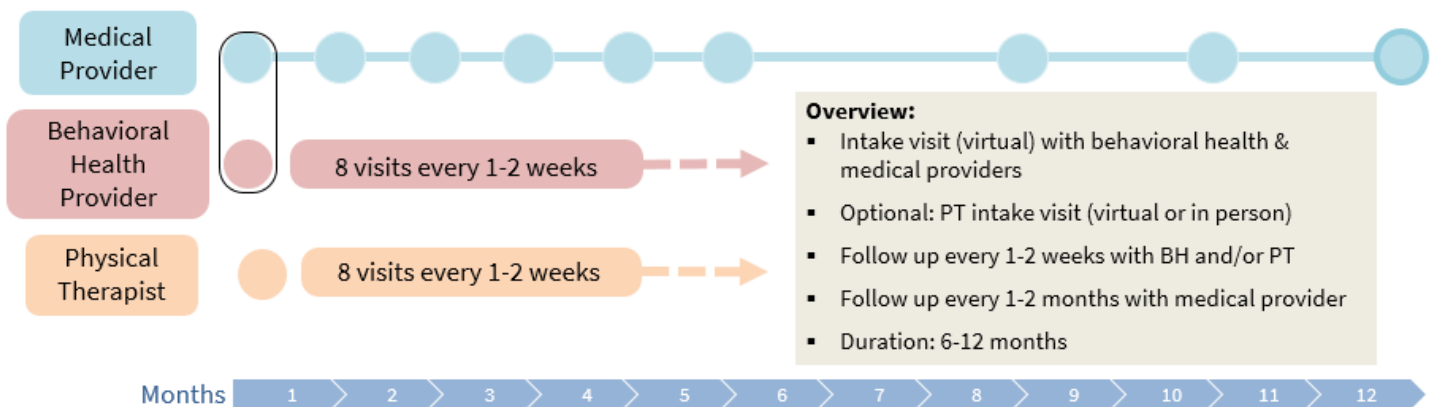
myhealth.va.gov

Chronic Pain & Wellness Center scheduling: 720-723-3113

Chronic Pain & Wellness Center Programs

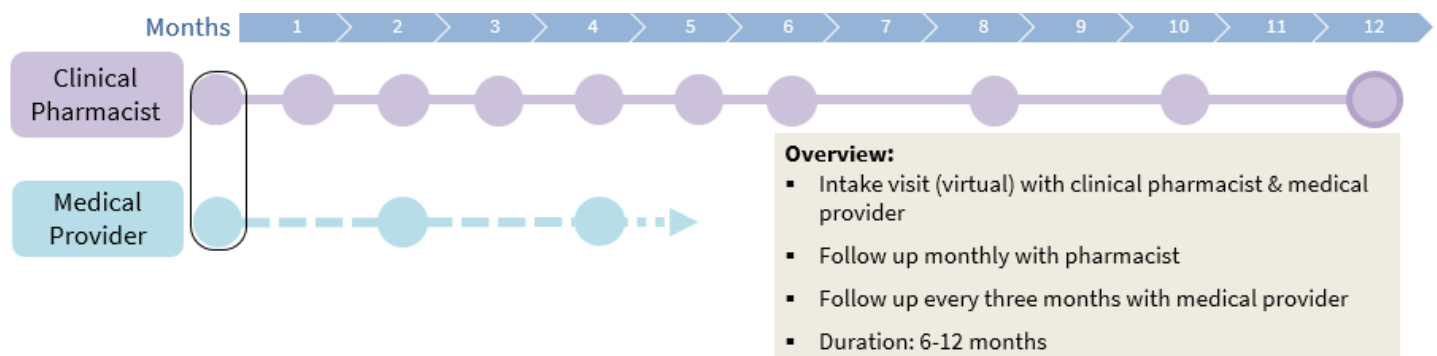
Active Management of Pain (AMP) Program

Veterans in this program work closely with a behavioral health provider (licensed psychologist or clinical social worker) and a medical provider (physician or nurse practitioner). You may also work with a physical therapist with expertise in chronic pain. This team will teach you active, science-backed strategies for managing pain to improve your daily functioning and quality of life. By “active,” we mean that the treatment is performed BY you, rather than TO you. We emphasize the importance of movement, and you will work with your team to determine the right type and amount of movement for you.



Medication Management Program

In this program, Veterans work with a clinical pharmacist and medical provider to make sure their medications for chronic pain are as safe and effective as possible. If you take opioids regularly, we recommend you start here. Even if you start with this program, we strongly recommend you engage with active strategies for pain management (for example, physical therapy and/or behavioral health or Whole Health services).



Chronic Pain & Wellness Center Services

Behavioral Pain Care

Licensed psychologists and clinical social workers provide individual and group sessions to teach behavioral strategies for managing chronic pain.

➤ Behavioral Pain Care groups

- **Brief Cognitive Behavioral Therapy for Chronic Pain (BCBT-CP) (virtual):** 4-week group focusing on four main strategies for actively managing chronic pain. This group is an introduction to behavioral health treatment for pain and is recommended for Veterans who have never worked with a psychologist or therapist on managing chronic pain.
- **Mindfulness-Based Cognitive Behavioral Therapy for Chronic Pain (CBT-CP) (virtual):** Weekly drop-in mindfulness practice to help Veterans notice their pain in the moment and other factors, such as thoughts and feelings, related to it.
- **Active Management of Pain group (virtual or in-person):** 8-week group integrating cognitive and behavioral strategies for managing chronic pain with pain science education.
- **Introduction to Pain Neuroscience (virtual):** One session class to provide up-to-date education about what we know about why we hurt and to explain science-backed treatment strategies.

Whole Health

Whole Health goes beyond your illnesses, injuries, or disabilities and recognizes you as a whole person. Focusing on health and well-being, it includes self-care and complementary therapies along with your medical care. In Whole Health care, you are a more active partner with your health care team. We offer Whole Health classes and individual coaching.

➤ Whole Health classes

- **Introduction to Whole Health (virtual):** One session class that introduces the concepts of Whole Health and invites you to set personal goals around your health and well-being.
- **Taking Charge of My Life & Health (virtual):** Weekly 9-week class that takes a deeper look into Whole Health. Learn the practice of mindful awareness and explore your life mission, aspiration, and purpose.

Vet-to-Vet

Weekly, virtual mutual-aid support group facilitated by and for Veterans with chronic pain. Supporting Veterans across Eastern Colorado in active pain management, a cornerstone of the group is storytelling – a powerful tool for healing. Listening to other Veterans' chronic pain stories, and – if comfortable – sharing their own, may help participants decrease the impact of pain on their lives and enhance their sense of community.

Clinical Pharmacists

Clinical pharmacist practitioners with expertise in medications for chronic pain collaborate individually with veterans to work toward functional goals while optimizing medication safety and efficacy.

Physical Therapy

Even if you have previously been through physical therapy, we encourage you to try it here. Through in-person or virtual appointments, our physical therapists apply the most current pain science to help you better manage your unique chronic pain experience by determining an appropriate starting dose and type of movement and gradually increasing activity as your function improves.

Care Management

Our registered nurse care managers will be in contact with you to assess and monitor any changes in medication management, assist with coordination of care, and/or conduct any other assessments requested by members of your care team.

Acupuncture

A form of complementary medicine that originated in traditional Chinese medicine several thousand years ago, acupuncture involves placing very small needles at specific points on your body to help relieve pain. This is a passive treatment that generally offers short-term pain relief and is best used alongside active therapies for chronic pain. We offer weekly Battlefield Acupuncture groups as well as individual acupuncture sessions.

- **Battlefield Acupuncture:** A procedure in which small needles placed in the ear can help reduce pain in other parts of the body. We offer walk-in Battlefield Acupuncture group visits on Monday afternoons.

Research

The Chronic Pain and Wellness Center strives to advance the science of chronic pain treatment and provide access to the most current treatments available. You may be eligible to participate in a research trial – please ask us if you are interested in learning more.

Additional Online Resources

- **Understanding Pain** (video) – <https://vimeo.com/137163303>
- **Tame the Beast – It's Time to Rethink Persistent Pain** (video) – <https://www.youtube.com/watch?v=ikUzvSph7Z4www.tamethebeast.org>
- **Comeback Yoga** (free online and in-person yoga for Veterans) – <http://comebackyoga.org/>
- **Sofia Health** (free online yoga, meditation, wellness classes) – [VeteransFirst Program by Sofia Health](#)
- **Veterans Health Library** – www.veteranshealthlibrary.va.gov/DiseasesConditions/ChronicPain/
- **Whole Health for Chronic Pain Podcast** – www.spreaker.com/show/whole-health-for-veterans-with-chronic
- **University of Michigan Pain Guide** – painguide.com
- **Chronic Pain Journey Map** – nam.edu/programs/action-collaborative-on-counteracting-the-u-s-opioid-epidemic/chronic-pain-journey-map/
- **Proactive Pain Management: 10 Ways to Manage Your Chronic Pain** – www.publichealth.va.gov/exposures/publications/gulf-war/gulf-war-spring-2015/chronic-pain-management.asp
- **VA Acupressure Self-Care Videos**
 - Low back pain: www.youtube.com/watch?v=ijclWX702mU
 - Sleep: www.youtube.com/watch?v=2yu4GPwmrF0
 - Headaches: www.youtube.com/watch?v=Ngq-Y1JH-QA
 - Neck pain: www.youtube.com/watch?v=BCqGsDdH1g0