

PAIN BC™  
Annual Report 2019

OUR VISION

A future where no one is alone with pain.

OUR MISSION

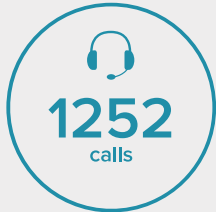
To enhance the well-being of all people living with pain through empowerment, care, education and innovation.  
Find out more about what we do and how we do it at [www.painbc.ca/strategy](http://www.painbc.ca/strategy).

Empowerment

Pain Support and Wellness Groups

Pain BC launched its Pain Support and Wellness Groups in October of 2019. The groups offer an opportunity for people living with chronic pain to meet regularly in-person to build a community of support while learning about pain and pain management. The groups launched in 11 communities throughout the province thanks to funding from ICBC's community grants program and the Lohn Foundation.  
[www.painbc.ca/supportgroups](http://www.painbc.ca/supportgroups)

Pain Support Line



Coaching for Health



Total Pain BC Volunteers



“For the longest time, I needed help [but] I wasn't sure if it was available. [The Pain Support Line] gave me the motivation to say, 'you needed the help, you should go ask for it.'”

PAIN SUPPORT LINE CALLER

7,855 followers at the end of 2019



5,071 followers at the end of 2019



623,059 collective post views

879,154 collective tweet views

“I first found Pain BC through its Facebook page and that's still the main way I connect with [the organization]. It was so friendly there and I felt like part of the community right away.”

PAIN BC FACEBOOK FOLLOWER

Pain Waves



7,389  
collective listens and downloads

Live Plan Be



12,179  
unique users

## Education



### Pain Foundations



**1062**

health care providers enrolled in 2019

### Gentle Movement and Relaxation



**310**

health care providers enrolled in 2019

### BC ECHO for Chronic Pain

The BC ECHO for Chronic Pain launched in the spring of 2019 and forms the third tier of Pain BC's professional education strategy. Funded by SharedCare, ECHO provides a free virtual learning community for BC health care providers to meet with specialists via monthly videoconference to learn together from complex pain cases. [www.painbc.ca/echo](http://www.painbc.ca/echo)

**355**

health care providers  
attended in 2019

I love the ability to connect via video to get input from specialists on my most challenging cases. The team was very knowledgeable and supportive, which made it a very valuable experience.

DR. JUDY DERCKSEN, RURAL GP AND ECHO ATTENDEE

## Innovation



### Making Sense of Pain

People living with pain who also experience poverty, trauma, mental illness, and systemic racism often have a difficult time accessing the supports they need to manage pain. That's why Pain BC launched Making Sense of Pain this past year with the goal of providing accessible, non-stigmatizing and trauma-informed pain education and support. The program is offered over a span of eight weeks in communities throughout BC. We also offer a culturally safe and relevant version of the program for First Nations, Metis, and Inuit peoples, which is co-facilitated by an Indigenous Elder.

[www.painbc.ca/making-sense-of-pain](http://www.painbc.ca/making-sense-of-pain)



**485**

program attendees  
in 2019

I was very inspired to see that Pain BC would take on a project to specifically address the needs of Indigenous people. It takes humility to open your hearts and minds [to Indigenous healing modalities] and I continue to be impressed by how open people at Pain BC are to feedback, to learning more and to doing more.

ELDER KATHRYN MCCOOEYE, MAKING SENSE OF PAIN – INDIGENOUS PROGRAM FACILITATOR

## Care



### National action on pain

Health Canada established the Canadian Pain Task Force in the spring of 2019 with a mandate to assess the current state of pain in Canada and recommend an improved approach to addressing it. Pain BC's Executive Director, Maria Hudspith, was appointed to co-chair the Task Force's efforts over its three-year mandate. This work has been informed in part by Pain BC's partnership with Angus Reid Institute and the Mindset Social Innovation Foundation to poll Canadians on pain and pain-related issues, including the impacts of pain and Canadians' experiences with cannabis and opioids. The national poll revealed overwhelming support for policy change to improve the lives of Canadians with pain. Read the full report at [www.angusreid.org/chronic-pain-in-canada](http://www.angusreid.org/chronic-pain-in-canada).

**92%**

Canadians are near-unanimous  
in their support for more access  
to publicly funded  
pain treatments.

## Governance and financials



### Financial Statements

View our audited financial statements at [painbc.ca/financials](http://painbc.ca/financials).  
Charitable Registration Number: 83220 0422 RR0001

### Thank you to our supporters

For a full list of Pain BC's generous supporters, please view our full report online.

[Read the full report](#)