

**TUESDAY, SEPTEMBER 30<sup>TH</sup> cont.**

Ms. Steinman has also facilitated several systematic literature reviews on screening and interventions to address late-life depression, programs to promote emotional health in older adults, physical activity and exercise interventions to foster cognitive health, and the impact of cognitive impairment on co-occurring multiple chronic conditions.

Ms. Steinman holds a Bachelor's Degree of Sociology from Boston College and Master's Degrees in Social Work and in Public Health from the University of Washington.

**3:35-3:40 pm**                      **Moving Easy Program**

**3:40- 4:00pm**                      **Closing Remarks**



**VISION**

Washington State's Chronic Pain Self-Management Program envisions a program that brings together community based organizations in the Chronic Pain Self-Management program to provide workshop opportunities where all individuals living with chronic pain, and/or their caregivers, regardless of income, participants are able to better manage their health by creating engaging partnerships with their health care providers. Providing CPSMP to people with chronic pain to help them manage their own health conditions is an important step in preventing disability and reducing the burden of chronic disease in Washington.

### **MISSION**

Washington State's Chronic Pain Self-Management Program seeks to promote the self-management of chronic pain by way of delivering a series of 6 workshops where participants experience improvements in pain management, life satisfaction, and in self-efficacy as a complimentary approach to pharmaceutical management of pain.



# **Chronic Pain Technical Assistance Conference**

*A conference sponsored jointly by the Washington State Department of Social & Health Services ALTA/HCS and the Department of Health*

**Building upon the success of the start of the Chronic Pain Self-Management Program (CPSMP) in Washington State, we will bring together consumers, lay leaders, master trainers, our Area Agency on Aging partners, health care professionals, and community members to discuss emerging issues and best practices for working with individuals living with chronic pain. Caregivers and family members of people with chronic pain are invited to this conference.**

**Tuesday, September 30, 2014**

**9:00 AM - 4:00 PM**

(\*Registration & Check-In 8:15am)

**Lacey Community Center - 6729 Pacific Ave SE  
Olympia, WA 98503**



**Living Well with Chronic Conditions  
in Washington State**

## TUESDAY, SEPTEMBER 30<sup>TH</sup>

### 8:15 AM - 4:00 PM Banquet Hall B & C

- 8:15-9:00 am Registration & Check-In, Coffee & Tea, Meet & Greet
- 9:00-9:20 am Welcome & Opening Remarks
- 9:20-10:20 am Keynote: "The Counter-Intuitive Art of Activity Pacing for Pain Management"

*One of the most common medical recommendations for people living with chronic pain is to be more active. However, pain, deconditioning and treatment expectations are often barriers to success. This presentation will provide practical guidelines to foster activity increase, reduce pain flares, and regain a sense of control over pain.*



**Becca Taylor RN PhD**, is a nurse care coordinator and facilitates pain self-management groups at the University of Washington Center for Pain Relief. Prior to coming to the Center for Pain Relief in 2010, she provided behavioral health case management in both clinical and community settings for 15 years. In her current role at the Center for Pain Relief, she has worked to develop best practices for care coordination and supports health behavior change for better pain management.

Dr. Taylor has developed and presented trainings for nurses and other providers on both pain self-management strategies and developing healthy sleep behaviors. She serves on the planning committee for the University of Washington's Challenge of Pain Conference.

Dr. Taylor received her Doctoral Degree from the University of Washington, School of Nursing. She also holds Bachelor's Degrees in Nursing, Art, and Anthropology. She is a Certified Pain Management Nurse through the American Nursing Association.

- 10:20-10:35 am Break
- 10:35-12:05 pm Keynote: "Non-Pharmacologic Pain Management"

*By utilizing the mind, we have a powerful way to access the body to relieve pain, support healing and accomplish health enhancing goals. Positive communication and simple techniques using guided imagery and relaxation have profound effects on healing, self-esteem and comfort. The best part is there are only positive side effects.*



**Barbara Dailey, DNP, ARNP, CCMSht, FIBH** is a Nurse Practitioner and Medical Hypnotherapist specializing in pain management and health improvement. She received her Doctor of Nursing Practice degree from the University of Washington with a focus of study in Integrative Medicine. She completed the Medical Hypnotherapy program at the premier Hypnotherapy Academy of America in Santa Fe, NM. She is a Fellow of the International Board of Hypnotherapy where she also holds an advisory board position.

Dr. Dailey has over 35 years of medical experience and a passion for facilitating comfort and healing. She has been integral in formulating the Surgical Pain Service at Northwest Hospital where she consults on pain management strategies for surgical patients. In addition to her work at Northwest Hospital, she maintains a private practice, is a frequent lecturer for medical providers and is a preceptor for doctoral students through the University of Washington.

## TUESDAY, SEPTEMBER 30<sup>TH</sup> cont.

- 12:05-1:20 pm Lunch - Provided at Conference (No Cost to Attendees)
- 1:20-2:05 pm Keynote: "Prescription Review - A Tool in Patient Care"

*Prescription Review is the State of Washington's Prescription Monitoring Program. Its goal is to prevent prescription drug misuse and promote patient safety by providing prescription utilization information to providers as they treat patients.*



**Chris Baumgartner** is Director of the Prescription Monitoring Program at the Department of Health. Prior to his appointment in 2010, he served in various capacities for 10 years, including owning his own consulting firm that provided training and technical services to federal and state governments. He also worked for the WA State Department of Social and Health Services as an IT Portfolio Analyst and managed the Prescription Monitoring Program for the State of Maine while with the Office of Substance Abuse.

Mr. Baumgartner serves on the Prescription Monitoring Information Exchange Architecture Governance Body and the S&I Framework for PMP Interoperability with Electronic Health Records. He is also involved with the Department of Health's Unintentional Poisonings Workgroup and the Agency Medical Director's Opioid Dosing Guideline p. He has presented at numerous local and national conferences including the past two years at the National Rx Drug Abuse Summit. Throughout his tenure with public health, Mr. Baumgartner has played an active role in a variety of initiatives to promote patient safety and help prevent prescription drug overdose and misuse.

Mr. Baumgartner holds a Bachelor's of Science Degree from the University of Idaho in Computer Engineering with a Computer Science minor.

- 2:05-2:10 pm Moving Easy Program
- 2:10-2:25 Break
- 2:25-3:35 pm Keynote: "It Could Be A Pearl To You: Evidence-Based Programs for Depression and Health Promotion"

*For over 25 years, the Health Promotion Research Center has partnered with communities to conduct prevention research that promotes healthy aging and is incorporated into community practice. We have developed several evidence-based health promotion programs including PEARLS, a home-based, participant-driven model for screening for and treating depression in community-dwelling adults with co-occurring chronic conditions.*



**Lesley Steinman, MSW, MPH** is a Research Scientist at the Health Promotion Research Center (HPRC), part of the University of Washington's School of Public Health. Since 1986, HPRC has conducted applied community-based research that promotes the health and well-being of adults, particularly those with lower incomes and in ethnic/cultural minority populations. One of HPRC's flagship programs is the Program to Encourage Active, Rewarding Lives an evidence-based program for adults with depression. Ms. Steinman coordinates HPRC's efforts around PEARLS dissemination

and implementation, providing technical assistance to programs around the country and conducting research to help improve how the program is delivered.