NEWS RELEASE

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**New Program Teaches Self-Management Techniques for Chronic Pain Management**

*Harborview Medical Center, King County DSHS and AARTH join together to help resolve the chronic problem of chronic pain*

**SEATTLE** – Oct. 27, 2015 – Harborview Integrated Pain Care Program has launched a series of six workshops to offer primary care outpatients suffering from chronic pain an opportunity to learn how to manage their chronic condition.

The Chronic Disease Self-Management Program (CPSMP) is a partnership between Harborview Medical Center, the Washington State Department of Social and Health Services’ [Aging and Disability Services for King County](https://www.cohf.org/services/aging-and-disability-services/), and the [African Americans Reach & Teach Health Ministry](https://aarth.org) (AARTH).

People with chronic medical conditions often deal with frustration, fatigue, pain, and communication issues. The two and a half hour workshops, led by CDSME Master Trainer, Jessica Williams from AARTH, will teach attendees techniques to deal with these issues through exercise, appropriate use of medication, healthy eating, decision-making and problem solving, and how to evaluate new treatments. The workshop format is highly participative and involves sharing weekly action plans, problem solving, experiences and successes.

“We at Harborview Medical Center are pleased to be able to offer this series of pain self-management workshops,” said anesthesiologist Ivan Lesnik, chief of Pain Services at Harborview Medical Center. While proactively engaging local communities, it reflects a collaborative partnership of local, county and state agencies in addressing the needs of our patients.”
Self-management programs have been shown to change health behaviors, improve health status and reduce healthcare costs. Participants in chronic disease management programs in Seattle/King County have shown a 21 percent improvement in depression, 15 percent improvement in unhealthy physical days, 12 percent improvement in medication compliance and a $364 per participant net savings.

For more information on the program visit www.livingwell.doh.wa.gov.

About Harborview Medical Center

Harborview Medical Center is owned by King County, governed by a county-appointed Board of Trustees, managed by the University of Washington, and is an entity of UW Medicine. It is the region’s only Level I adult and pediatric trauma and burn center. Harborview also provides specialized services for vascular, orthopedics, neurosciences, ophthalmology, behavioral health, HIV/AIDS and complex critical care.

Visit www.harborview.org for details.
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About African Americans Reach & Teach Health Ministry

AARTH is a 501c3 faith based nonprofit whose mission is to increase the capacity of faith and health institutions to provide wellness and community care systems. We are committed to decreasing health disparities and inequities impacting our communities and contribute to improving health outcomes through social behavioral health and behavioral change education and capacity building services. AARTH is licensed by Stanford University to offer Chronic Disease Self-Management Education for pain, diabetes and other chronic conditions. Through our partnership with the FAETC (formerly NW AETC) at the University of Washington, we offer social behavioral health HIV/AIDS trainings. Our community partnerships include collaborating organizations and faith houses to develop community-based health services.

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