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**COMMUNITY HEALTH CENTER, INC. RECEIVES \$453,000 GRANT
FROM THE MAYDAY FUND FOR PAIN MANAGEMENT STUDY
WITH VA CONNECTICUT HEALTHCARE SYSTEM**

Study marks first-ever collaboration between a federally-qualified health center and a VA Health System; Project aims to provide pain management model for community health centers across the country

MIDDLETOWN, Conn. (November 9, 2010) – Community Health Center, Inc. (CHC) has received a \$453,000 grant from The Mayday Fund to support a new study, titled “Project STEP-ing Out: Sharing Best Practices in Pain Management Between Community Health Center, Inc. and VA Connecticut Healthcare System”. The project, which marks the first-ever collaboration between a federally-qualified health center and a VA Health System, will study the adaptation of the VA Stepped Care Model for Pain Management in a community health center setting.

The goal of the study, which begins this month and ends in November 2013, is to establish a model for managing chronic pain for CHC’s 12 sites in Connecticut, as well as community health centers across the U.S.

“For Mayday, this is an exciting challenge to advance the better care of pain in Connecticut,” said Christina Spellman, executive director of The Mayday Fund, a national foundation dedicated to alleviating the incidence, degree and consequence of human physical pain. “The grant offers a rare opportunity to build on a project the Fund is doing in partnership with the Patrick and Catherine Weldon Donaghue Foundation at the VA to translate best practices for the treatment of pain into quality healthcare. The trustees of the Fund have great confidence in the leadership of Dr. Kerns and Dr. Anderson and the teams they direct.”

“Providing effective, evidence-based care for patients with pain poses a significant challenge for CHC, but it is a critical need,” said Dr. Daren Anderson, vice president and chief quality officer of Community Health Center, Inc. “Approximately 40 percent of our adult patients have moderate or greater pain, and 20 percent have severe pain; however, seeing a specialist to get the care they need often isn’t an option. Many specialists don’t accept state insurance or patients without insurance coverage.

“In working with the VA Connecticut Healthcare System to adapt their successful stepped care model, we will be able to provide our uninsured and underserved patients with improved chronic pain care using many of our existing resources,” added Dr. Anderson.

Adaptation and implementation of the VA Stepped Care Model for Pain Management will occur in three phases, with an annual disbursement of \$151,000 for each phase. The VA Stepped Care Model for Pain Management is a three-step approach that provides for management of most pain conditions in the primary care setting, with support from family and patient education programs. The second and third steps involve improving collaboration with multidisciplinary teams, including behavioral health specialists, pharmacists and providers of alternative and complementary treatments.

“This is truly an exciting opportunity to extend the VA’s stepped pain care model into a community setting, and we look forward to this important collaboration. I join Dr. Anderson in expressing my gratitude for the financial

support from the Mayday Fund and for the vision of Christina Spellman and the Mayday Fund trustees in appreciating the potential importance and impact of this initiative in transforming pain care in both the public and private healthcare setting,” said Dr. Robert Kerns, the VA collaborator for this project. Dr. Kerns is national program director for Pain Management for the Veterans Health Administration, director of the VA Connecticut Pain Research, Informatics, Medical Comorbidities and Education (PRIME) Center, and professor of psychiatry, neurology and psychology at Yale University.

During the first phase of the study, CHC will focus on the first step of the stepped care model: implementation within primary care. CHC will begin by examining the prevalence and severity of pain among CHC’s medical and behavioral health patients, as well as surveying every CHC provider to better understand their knowledge about pain management and current practices. Using its findings, CHC will then develop protocols and procedures for pain medication therapy, form a peer support group for consultation on challenging cases, and provide pain management education to all CHC providers that includes use of medication and behavioral strategies and patient-doctor communication.

The second and third steps of the model will be implemented during the study’s second phase. CHC’s integrated behavioral health and medical teams will work together to develop co-managed treatment, and CHC will build links with community resources that offer complementary and alternative therapies.

In the final phase of the study, CHC will evaluate the adapted model and its success, as well as develop a plan for sustainability across its 12 sites. The model and findings will also be shared with community health centers across America.

About Community Health Center, Inc.

Since 1972, Community Health Center, Inc. has been one of the leading healthcare providers in the state of Connecticut, building a world-class primary health care system committed to caring for special populations. CHC is focused on improving health outcomes for its more than 100,000 patients as well as building healthy communities. Currently, CHC delivers service in 173 locations statewide, offering primary care in medical, dental and behavioral health services. For more information, visit chc1.com.

About VA Connecticut Healthcare System

VA Connecticut Healthcare System is part of the Department of Veterans Affairs - Veterans Health Administration (VHA). With two main campuses located in Newington and West Haven, VA Connecticut is a teaching hospital, providing a full range of patient care services, with state-of-the-art technology and a renowned research program. The healthcare system serves more than 55,000 patients annually. In addition to the main campuses, care is provided at community based clinics located in Danbury, New London, Stamford, Waterbury, Windham and Winsted. The Errera Community Care Center located in West Haven provides services to homeless veterans as well as to veterans who are at risk of becoming homeless. VA Connecticut has several specialized programs that are recognized nationally and regionally as the best offered in VA. These include the Eastern Blind Rehabilitation Center, the Single Photon Emission Computerized Tomography (SPECT) - which provides state of the art imaging for medical care and research in biology, psychiatry, cardiology and oncology - and the VA/Yale Center for Neuroscience and Nerve Regeneration. For more information, visit www.connecticut.va.gov.

About the Mayday Fund

The Mayday Fund is dedicated to alleviating the incidence, degree and consequence of human physical pain. Established in 1992, the Mayday Fund works to further Shirley Steinman Katzenbach's commitment to social and medical causes. Her special interest in the treatment of pain forms the core of the fund's mission. Mayday has supported many different projects, including surveys of public attitudes to pain and its treatment, role model and documentation programs, assistance to public and professional advocacy groups and clinical and academic research. Visit MaydayFund.org for more information.