



## **Nomination**

### **Mental health and addictions**

#### **Temagami FHT and Great Northern FHT Foam Rolling for Chronic Pain Management**



The Temagami and Great Northern FHTs are fortunate enough to have a mental health worker who is also a certified personal trainer. With this dual expertise, we were able to develop a foam rolling program with the goals being to better manage chronic pain through increased mobility and decreased pain medication resulting in an overall improvement in the quality of life of the patient.

All participants, whether in the group setting or one-on-one consultations, are asked to complete a pre and post evaluation so we can continue to monitor the improvements. We also ask every participant, as part of this evaluation process, what was done well and what could be improved as we are always looking for ways to improve our programs/services.