

About C.H.a.P.S.

C.H.a.P.S. (Chronic Health and Pain Support) provides small telehealth group therapy sessions that meet for 90 minutes every other week. This is an open-ended group which requires no specific number of sessions, but regular attendance provides the highest level of support. There is also no need to “wait until the next series” to start because of the open format of C.H.a.P.S.

The group discussions are driven by the needs of those attending each session, focusing on topics that best help the members of the group present. These group therapy sessions center upon education and support, maintaining a positive outlook while avoiding negative “gripe sessions” in members sharing and listening to each other in the group.



C.H.a.P.S. dates back to 2017, and was started by Bob Rockey, a Licensed Clinical Social Worker who has served those struggling with mental illness and personal problems in the Milwaukee area since 1980. Specializing in the care of adults, he facilitates group therapy in the mental health treatment of Chronic Pain, as well as having professional experience and training with addictions, loss and grieving, and a working knowledge of many common illnesses, medical conditions and procedures.

Pain may last a minute, or an hour, or a day, or a year, but eventually it will subside and something else will take its place. If you quit, however, it lasts forever. – Lance Armstrong

Topics

Group discussions cover many topics . Several common themes include:

- Creating a wider range of coping skills
- Building mindfulness
- Improving practical problem solving
- Providing mutual support
- Encourage positive activities, interests and distractions
- Gaining sense of acceptance while also pursuing options and supports that ARE available
- Dealing with the complexities of the medical systems themselves
- How to best “Live Life” despite chronic pain and illness.

Goals

- Lower social isolation.
- Build confidence and support.
- Provide a safe place to speak.
- Create a shared environment.
- Reduce stress and pressures.
- Improve overall outlook and resiliency.
- Exchange ideas, techniques and ways to cope with Chronic Pain.
- Be with other people, “Who get it!”

Who Benefits from C.H.a.P.S.

C.H.a.P.S. is for adults (age 18 and over) suffering long-term treated medical conditions or Chronic Pain. Self referrals are welcomed. (Note- due to State Licensing regulations, group members must be in Wisconsin.)

Due to the telehealth format involved, having reliable internet, hardware with camera capability, and the privacy to speak openly, is necessary.

Costs

C.H.a.P.S. group sessions are covered by most insurance providers, Medicare and Medicaid (ForwardHealth). Check with your individual insurance to make sure. Out-of-Pocket or private pay rates for C.H.a.P.S. are negotiable.

Getting Started

Prior to starting the Group, new patients need to schedule an individual intake session with Bob Rockey to review individual details, goals and expectations to assure that the C.H.a.P.S. program is a good fit.

Contact the office staff at Great Lakes Clinic and Consultants for other details or to schedule an initial appointment.

Great Lakes Clinic and Consultants

Phone: (920) 415-0505

Website: www.greatlakesclinic.net

Facts about Chronic Pain

- Chronic Pain differs from short-term acute pain.
- Pain lasts over a year in 10% of Americans.
- It is common and affects 100 million people annually.
- Chronic Pain costs the economy close to \$200 billion per year in medical bills, medications and in lost wages.
- Chronic Pain is not objective and can be made worse by tension, anxiety and fear
- Isolation, depression and worry may also increase Chronic Pain.
- Most people suffer as much from the emotional parts of pain as the physical.
- Research and studies indicate that the mind and the body are connected. This suggests that treatment of either can assist and benefit the other.

As a mental healthcare provider, I address the emotions, attitudes and mindset of an individual suffering from Chronic Pain to reduce the overall strain and distress faced and improve the quality of life.

– Bob Rockey LCSW



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AND CONSULTANTS**

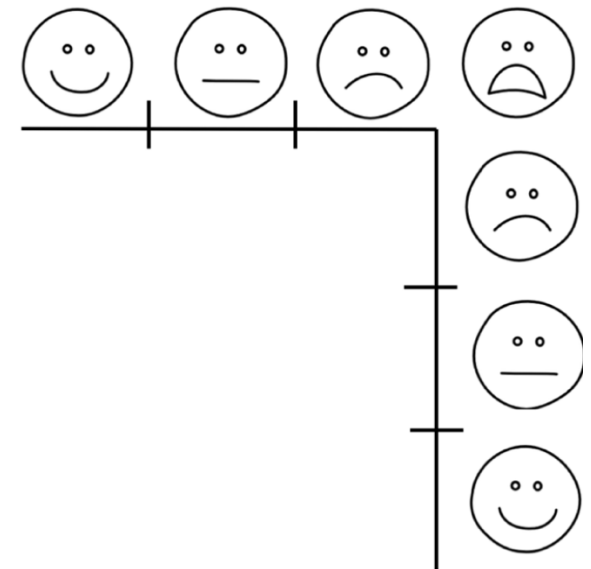
Here at Great Lakes Clinic and Consultants, we pride ourselves on having fostered an environment where clients receive the highest quality, evidenced based care tailored to their unique needs. Each of us on staff dedicate ourselves to staying at the cutting edge of research backed and timely insights to guide clients through even the most complex issues.

Office location:

**1407 N 8th St, Suite 203,
Sheboygan, WI 53081
920-415-0505**

C.H.a.P.S.

Chronic Health and Pain Support



**Specialized Telehealth Group
Therapy for Those Suffering from
Chronic Pain**

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