

Pain Rehabilitation Center Aftercare Program



The PRC Aftercare Program is a day-long, group-based outpatient program focused on assisting former PRC 3-week Program patients with individual goals in returning to an active and fulfilling life. The primary goal of the Aftercare Program is to reinforce gains made previously in the program and to assist with further rehabilitative progress. Within groups, patients review the tools learned in the program as well as develop an individualized plan for ongoing management. The Aftercare Program is designed to assist patients in transitioning the strategies learned at the PRC into his or her home and work environments.

Patients will be expected to enter the day with a goal of improved self-management of chronic pain and refreshing skills (not for additional referral or medical evaluation). Other important goals for participation include:

- Identifying specific problems in the maintenance of coping skills
- Problem-solving specific issues related to chronic pain in the home or work environment
- Being open to new ideas and alternatives
- Identifying constructive ways to respond to pain and healthier ways to manage the cycle of pain
- Planning for ways to incorporate skills into life at home

The Aftercare Program is offered several times per month to accommodate scheduling, and is held from 8:00 a.m. to 3:00 p.m. Patients are invited to attend the Aftercare Program beginning the month following their completion of the PRC 3-week program. Please notify the appointment office at (507) 266-5100 to obtain a current schedule of Aftercare Program dates and to check for available openings. Frequency of attendance at the program is based on individual needs and available openings. The Aftercare Program is not designed to replace ongoing follow-up with local primary health care providers, nor is it designed to treat new medical conditions or acute problems. Program staff will be available to assist with a review of current medications but will not provide new prescriptions or refills. For additional questions regarding the Aftercare Program, please call the PRC desk at (507) 255-5921.