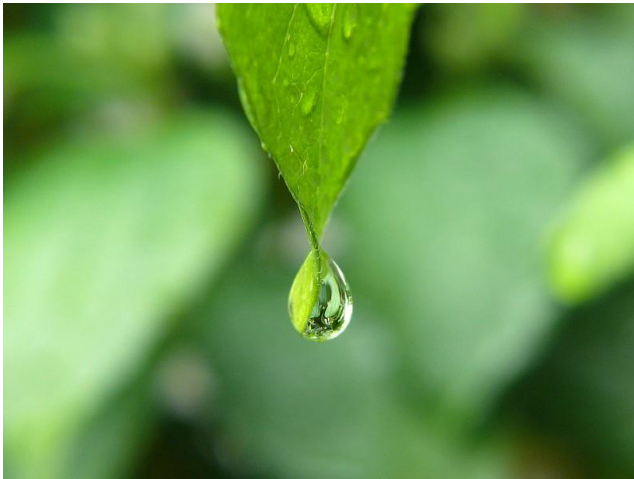


PATIENT RESOURCES



PAIN MEDICINE ASSOCIATES
your life, your health, pain free

Long Beach Office
3620 Atlantic Ave Long Beach
Long Beach, CA 90807
(562) 595-0060 fax: (562) 595-0027

Fountain Valley Office
18111 Brookhurst St., Suite 3100
Fountain Valley, CA 90708
(714) 963-7240 fax: (714) 963-7224

www.PAINASSOCIATE.com

Office Hours:
Mon – Thur 8 AM – 5 PM
Friday 8 AM – 4:30 PM

CHRONIC PAIN MANAGEMENT PROGRAM

St. Jude Chronic Pain Management Program

(Insurance – may need prior authorization)
767 E. Imperial Hwy, Brea, CA 92821, P# 714 578-8712/6
www.stjudemedicalcenter.org

DETOX & BEHAVIORAL HEALTH

Addiction Helpline, (free 24/7 assistance) 1-877-335-4673

Arrowhead Regional Medical Center Behavioral Health,
Psychiatric Hospital, 400 N Pepper Ave, Colton, CA
(909)580-2814

College Hospital Cerritos, 10802 College Place, Cerritos, CA
(562) 924-9581 (for St. Jude patients)
www.collegehospitals.com

Loma Linda University Behavioral Medicine Center
(909) 558-9200, 1710 Barton Rd, Redlands CA 92373
www.bmc-info@llu.edu

St Joseph Hospital - walk thru via Emergency Room
Combined detox with psych.

(Most insurances except HMO & MediCal)

The H.O.P.E. Center – Behavioral Healthcare
100 N. Harbor Blvd., Suite 100, Anaheim, CA 92805
(714) 808-8304 / Fax: (714) 808-9611

24/7 Assistance - Intake Counselor available: (888) 428-7828

Twin Town Treatment Centers
(Most insurance except HMO & Medical)
(866) 594-8844; www.twintowntreatmentcenters.com

EMERGENCY

211 (Resources for food bank, crisis, shelter, etc.)

24-Hour Crisis Help Line || San Bernardino County Mon-Fri -
9am to 8pm ||

Riverside County (951) 686-HELP (4357) || 800-832-9119 ||
LA County (800) 352-3301 /Orange County (800) 773-8001

Friendship Line: (888) 448-9777/ M-F 6-10 P, Sat–Sun: 2-10P
National Suicide Hotlines || Toll-Free / 24 hours / 7 days a week
|| 800-SUICIDE /

800-784-2433 || 800-273-TALK / 800-273-8255

TTY: 800-799-4TTY (4889)

MET (Mental Evaluation Team) L.A. County Sheriff 911
**Psychiatric Emergency Evaluation Centralized Assessment
Team (CAT team)**

(866) 830-6011 / Fax: (714) 517-6353

SMART (Special Mobile Ambulatory Response Team) L.A.
Police Dept. 911

LOST / THEFT: of controlled substance or prescription &:

DIVERSION CONTROL:

(1) Police Report at 911

(2) California Dept of Justice: Bureau of Narcotics Enforcement
(BNE) Form 1178:

www.ag.ca.gov/bne/pdfs/BNE_1178.pdf

(3) United States Dept of Justice: Drug Enforcement Agency
(DEA) Form 106

1-877 – RX – ABUSE (792 – 2873)

MEDI-CAL: Phone Support: 1-800-541-5555

www.medi-cal.ca.gov

MEDICARE: 1-800-MEDICARE (1-800-633-4227)

www.medicare.gov

MEDTRONIC:

Spinal Cord Stimulators, Intrathecal Drug Delivery
www.medtronic.com
www.tamethepain.com

SUPPORT GROUPS

Emotions Anonymous: (651) 647-9712
www.emotionsanonymous.org
Recovery International: (866) 221-0302
www.recovery-inc.com
Narcotics Anonymous: www.na.org
A Course in Miracles: www.acim.org

PHYSICIANS: WebMD Physician Finder:
www.doctor.webmd.com/physician_finder

PSYCHOLOGIST: www.therapistfinder.com

REFERRALS:

PHYSICAL THERAPY:

Redlands Chiropractic (909)792-4434
Fit Forever PT (909) 370-3396
Performance PT (909) 796-7700
Yucaipa PT (909) 797-5155
Ragan & Ferguson PT (909) 884-5368
Loma Linda Outpatient Rehab (909) 558-6144
Blue Jay PT (909) 337-4192
Excel PT (951)769-8555
Pomona Valley PT (909) 630-7878

PSYCHIATRY:

Dr. Pat Beaupre (909) 335-6005
Dr. Kohut (909) 887-6222

SPINE:

**Arrowhead Orthopedics- Dr. Gail Hopkins, Dr. Steinmann,
Dr. John Skubic**
1901 WestLugoniaAve.Suite120 Redlands
(909) 567-1600
4234 RiverwalkParkway,Suite200 Riverside, CA 92505
(951) 977/2500
Bergey Spine Institute, 900 E. Washington St., Colton
(909) 824-2422
Dr. Timothy Gray,3838Sherman DriveSuite 2, Riverside
(866) 906-9790
Haider Spine Center, 6276 River Crest Dr # A Riverside
(951) 413-0200

SUBOXONE: www.suboxone.com

Dr. Phillip Zaret, D.O. (562) 943-8444 // www.drugdetoxer.com



SELF HELP GROUPS:

ACTION (for families in emotional pain)
(800) 282-5660, (800) 367-8336
Adult Children of Alcoholics (909) 824-1516
AIDS Support, Inland AIDS Project, (951) 224-8314
Alcoholics Anonymous, Inland Empire, (909) 825-4700
Alcoholics Anonymous (Español), Adelanto, CA
(760) 246-5834
Addiction Helpline, (free 24/7 assistance)
(877) 335-4673
Amputees Support Group, Redlands Community Hospital
(909) 423-0562, (951) 735-7963, (951) 845-6543
Cancer Support Group, American Cancer Society
(951) 683-6415
San Bernardino Department of Public Health
(800) 782-4264, (909) 387-6280
Domestic Violence (800) 978-3600
Incest Survivors Anonymous (562) 428-5599
National Eating Disorders Association (800) 931-2237
Narcotics Anonymous (909) 795-0464
Panic Parents Anonymous (services all counties)
(909) 621-6184
National Sexual Assault Hotline, Riverside, CA
(714) 665-6565



Peace & Harmony
(Chinese Symbol)

PAIN MEET-UP GROUPS

Los Angeles -Hollywood Chronic Pain Support Group
www.meetup.com/The-Hollywood-Chronic-Pain-Support-Group

Orange County Chronic Pain Management Group
www.meetup.com/california-chronic-pain/about/comments/?op=all

Chronic Condition Sufferers in Orange County
www.meetup.com/Chronic-Condition-Sufferers-in-Orange-County

Dance Away Pain!
www.meetup.com/Dance-Away-Pain