



PAIN CONNECTION  
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#### PAIN CONNECTION NAMED RECIPIENT OF THE HEALTHCARE INITIATIVE FOUNDATION

Potomac, December 5, 2008 -The Healthcare Initiative Foundation has awarded Pain Connection a grant to increase the pool of trained mental health professionals to meet the unique psychosocial needs of chronic pain sufferers and their families in Montgomery County. This grant will enable chronic pain sufferers, family members, local agencies, medical and mental health professionals the opportunity to learn various coping skills, psychosocial issues, meditation and guided imagery. A chronic pain training manual and CD for health care professionals will be published, trainers will be trained, trainings will be held, new support groups will be developed and educational seminars will be given to county and local agencies. Karen Green, Healthcare Initiative Foundation Director, said, "We are very pleased to support your important work." This grant supports Pain Connection efforts to improve the quality of life of chronic pain sufferers, their families and the community. The Healthcare Initiative Foundation is a nonprofit, grant making trust governed by an independent, volunteer board of trustees. The foundation supports organizations that offer solutions to improve the quality and delivery of healthcare for residents of Montgomery County, Maryland.

Chronic pain is a condition that affects 76 million Americans. Often resistant to treatment, chronic pain is debilitating and isolating because it is an invisible injury that impacts upon every aspect of the sufferer's life: emotionally, physically, professionally and spiritually. Gwenn Herman, Pain Connection Director, knows about the devastating impact chronic pain can have on a person's life. As a result of a car accident thirteen years ago, she suffers from persistent chronic pain. Despite her own adversity, Ms. Herman created Pain Connection which serves the metropolitan area with groups in Montgomery, Prince George's, Howard and Baltimore Counties and nationally through the website.

Pain Connection's support groups provide a forum for people handicapped and isolated by chronic pain, they help to improve the quality of life, decrease their sense of isolation, acknowledgement how pain affects their daily lives and by providing resources to enable them to make the difficult choices regarding their treatment. Pain Connection's training programs teaches professionals skills specific to this population and provides professional supervision.

Pain Connection is honored to have been selected by The Healthcare Initiative Foundation and is extremely grateful for this recognition of its services to the community.

Pain Connection can be contacted at (301) 309-2444 or their website <http://www.painconnection.org>.