

Supplementary Materials: Supporting Teens with Chronic Pain to Obtain High School Credits: Chronic Pain 35 in Alberta

Kathy Reid, Mark Simmonds, Michelle Verrier and Bruce Dick



Now for symbolism

I painted the shoes black and blue, and it wasn't until after that I got the idea to try and do the night sky. The stars (they glow in the dark and are a little hard to see) represent me, my future and my potential, while the shoe itself represents my body and the pain I feel

The tips and tricks you taught me will hopefully help me change the shoes so they hurt less and make the stars shine a little brighter.

Having chronic pain is like having to wear a pair of shoes a size or two too small. They hurt like crazy but no one can tell because to them, they're just shoes. Some people even compliment you on them, but how can you accept a compliment for something that hurts so much? And when you say your shoes are hurting you people don't always believe you, or worse, they tell you to "suck it up".

Figure S1. "Shoes" by B.V.

DEAR Non-believers,
 So you think my pain is FAKE do you? You think I like
 the weekly trips to the hospital, the constant
 AGony, and the mental and psychological side
 affects it has on my brain?
 Because of this pain I can no longer do half of the things I
 used to like AND I CAN'T EVEN DO SOME THINGS THAT ARE
 NECESSARY to sustain life. Reading this is what a day to day life
 IS LIKE With chronic pain. You cannot focus on the
 task at hand because of all of the distractions
 CAUSED BY YOUR Pain. This is what affects me
 most.

Figure S2. "Dear Non-Believers" by C.S.

Pain

*It seems like a never ending event.
 An event of pain that just won't end.
 What happens on the outside is nothing compared to the pain inside,
 pure torment.
 Your feelings and thoughts are too much to comprehend.
 Your thoughts eat away at what little hope you had.
 You watch your friends play and watch as people live pain free.
 Though you learn to challenge those thoughts and slowly become
 glad.
 Your need for help slowly slips away you no longer feel the need to
 plea.
 Your dark world becomes lighter as you slowly make your way back.
 You start returning back to your normal life you can't believe you've
 made it so far.
 You no longer need to numb the pain with that cold unwanted ice
 pack.
 After all you've gone through you've found out who you are.
 You're a new person and now you've got it going your way.
 You hope for others that they'll find help without any delay.*

Figure S3. "Pain" by A.S.