



PROJECT PROPOSAL

Project Title

Chronic Pain Relief Foundation (CPRF): Transforming Lives, One Step at a Time

Mission Statement

Our mission is to bridge gaps in chronic pain support by delivering access to community resources and holistic care. We will empower individuals, their families and caregivers through innovative, compassionate solutions that foster resilience, inclusivity, and understanding. Our goal is to transform the quality of life for those living with chronic pain, and to create a supportive and informed community.

Project Description

Managing chronic pain through self-care is a significant challenge, involving physical, emotional, and social barriers. The Chronic Pain Relief Foundation (CPRF) is a planned 501(c)3 non-profit initiative committed to breaking the cycle of social isolation, financial strain, and the deep emotional toll of chronic pain by providing holistic support, fostering resilience, and restoring hope.

CPRF will offer integrated tools and resources such as functional restoration, psychosocial resilience & pain coping skills training, vocational rehabilitation to assist chronic pain individuals wishing to return to a productive lifestyle, and holistic care to empower individuals in their self-care journey.

CPRF will establish a centralized hub dedicated to chronic pain education, support groups, workshops, and community-based interventions, with a strong focus on serving underserved populations.

This initiative will leverage the decades of chronic pain expertise of our clinical consultants, Robert Sussman MD and Bruno Kovacic RN, building upon their proven programs, including WorkAI, the iHOPE framework, and chronic pain wellness lectures/training seminars. These programs have demonstrated significant success in reducing pain levels, enhancing physical strength, fostering psychosocial resilience, and restoring productivity, offering a transformative approach to chronic pain management. The programs created by our clinical consultants have achieved:

- 52% reduction in reported pain levels.
- 100% improvement in physical strength capacities, and
- 74.8% return to an active lifestyle for 1,500+ participants, previously thought to be “totally disabled” by the medical community.

Baseline Data

- Chronic pain is the leading cause of disability (physical & mental) in the US.
- U.S. prevalence of chronic diseases: 204,000,000 adults; \$3.8 trillion annual healthcare cost [*Make America Healthy Again (MAHA) PAC – Robert F Kennedy Jr.*].
- Chronic pain affects over 50 million U.S. adults, with an annual cost of \$560-635 billion.



- Costs more than heart disease, cancer and diabetes care combined.
- Most of the effects of chronic pain are “*hidden*”, leaving individuals to fend for themselves.
- Suicidal ideation affects 28.9% of chronic pain sufferers [Kwon; 2023 meta-analysis].
- Chronic pain individuals are 4x more likely to die by suicide than the average person.
- 24-40% of chronic pain individuals are considered “unemployable”.
- 25% reported severe pain with substantial functional impairment [Dobson; 2022].
- More than 14 million individuals have “*high-impact chronic pain*”...pain that significantly limits work, social, and self-care. [U.S. Pain Foundation]

Approach and Innovation

CPRF’s approach will be to integrate:

- Functional Restoration: Advanced analytics to assess & improve physical capabilities.
- Psychosocial Interventions: Use of the iHOPE framework for building mental resilience.
- Pain Coping Skills Training: To reduce pain-related recovery barriers
- Comprehensive Functional Lab Testing: to measure Inflammation biomarkers
- Health Assessment Questionnaires: Screening for pain & psychosocial recovery barriers.
- Holistic Care: Mindfulness, neuroplasticity training, and wellness education & retreats.
- Community Engagement: Peer mentorship and equity-focused outreach.
- Vocational Rehabilitation: Career counseling and skills training for work reintegration.

Unique Value

CPRF’s comprehensive, person-centered approach combines clinical, psychological, and community-focused care to reduce systemic barriers, emphasizing equity and inclusion.

Target Audience

- **Primary:** Individuals with chronic pain and their families/caregivers, focusing on underserved communities.
- **Secondary:** Healthcare providers, policymakers, and community organizations.

Metrics for Success

- **Quantitative:** Reductions in pain levels, mental health improvements, increased participation.
- **Qualitative:** Testimonials and stakeholder feedback on life improvements.
- CPRF will also establish its own success metric tools to track the impact of services on pain levels, mental health, and social well-being.

Timeline

- Phase 1 (Months 1-3): Infrastructure setup and recruitment.
- Phase 2 (Months 4-6): Program development and pilot testing.
- Phase 3 (Months 7-9): Community outreach and program rollout.
- Phase 4 (Months 10-12): Full-scale implementation (5 retreats) and impact evaluation.
- Phase 5 (Months 13-24): Impact adjustments and scaling of services (10 retreats).



Projected Budget (2-Year Start-Up Period)

<i>Budget Item</i>	<i>1st Year</i>	<i>2nd Year</i>	<i>2-Year Total</i>
Personnel Costs	\$ 384,000	\$ 576,000	\$ 960,000
Office Expenditures	\$ 70,000	\$ 25,000	\$ 95,000
Marketing-Outreach	\$ 58,000	\$ 87,000	\$ 145,000
Retreat Development	\$ 240,000	\$ 48,000	\$ 288,000
Retreat Scholarship Fund	\$ 356,000	\$1,068,000	\$1,424,000
Miscellaneous	\$ 80,400	\$ 60,300	\$ 140,700
<i>Total Budget Estimates</i>	<i>\$1,188,400</i>	<i>\$1,864,300</i>	<i>\$3,052,700</i>

Requested Funding

This project seeks a total of \$3,035,200 to support a **two-year** startup phase, with the possibility of a three-year renewal based on the successful demonstration of impact during the initial period.

Of the total funding sought, \$1,628,700 (53%) will be used to cover personnel, office setup, program development, marketing, and administration for the 2-year period diminishing from 70% in the first year to 43% in the second year.

The remaining \$1,424,000 (47%) is earmarked for attendee scholarship reserves, increasing from 30% in the first year to 57% in the second year as operations become more efficient. The scholarship reserves will pay the intake screening, functional lab testing, health assessment questionnaires (pain and psychosocial), and tuition costs (lodging, meals, course instructions & retreat materials), in full or in part, for 400 disadvantaged chronic pain individuals or their caregivers to attend one of fifteen (15) 6-day retreats over the 2-year start-up period.

Attendees will learn how to engage in better chronic pain self-care. Retreat locations will be spread out across the U.S. with a focus on penetrating remote / rural areas surrounding major metropolitan hubs needed for easy attendee access.

We look forward to partnering with your organization to transform chronic pain management and improve lives. Thank you for considering our proposal.

Dr. Stephen Neynaber EdD Counseling Psychology
Chairperson

Rick Pounds MS RCEP FABDA
Director – Outreach

Dr. Robert B Sussman MD FAAFP
Chief Medical Officer

Bruno Kovacic RN CECD CET
Chronic Pain Clinical Specialist

The Chronic Pain Relief Foundation is forming a 501(c)(3) nonprofit organization dedicated to healing body, mind, and spirit of chronic pain individuals. We're inviting early supporters to pledge their 2026 donation to help launch this life-changing work. No funds are collected at this time. Your pledge shows your commitment and helps us plan impactfully.



FOUNDING BOARD MEMBERS

The Chronic Pain Relief Foundation (CPRF) was founded through a collaboration of four professionals from diverse business backgrounds, each contributing their expertise to shape the organization's mission and strategic direction.

Stephen Neynaber, EdD Counseling Psychology – Chairperson

Dr. Neynaber brings a wealth of expertise in education, career counseling, and financial planning, with a focus on empowering individuals with chronic pain and disabilities. His dedication to fostering resilience and inclusivity has been instrumental in the development of impactful community programs and vocational rehabilitation initiatives.

Rick Pounds, MS – Clinical Exercise Physiologist - Director - Outreach

Rick Pounds has over 30 years of experience conducting more than 10,000 functional capacity evaluations, with a reputation for expertise in clinical exercise and disability analysis. His leadership in integrating exercise science into chronic pain management has set a benchmark for innovative rehabilitation strategies.

Robert Sussman, MD – Medical Director - Consultant

Dr. Sussman, a board-certified physician in Family Practice and Occupational Medicine, has managed the care of thousands of patients with acute and chronic pain conditions. His extensive experience in evidence-based treatment and medication management underscores his commitment to improving patient outcomes and advancing chronic pain care.

Bruno Kovacic, RN – Chronic Pain Clinical Specialist - Consultant

Bruno Kovacic a seasoned professional in clinical chronic pain management, having established eight turn-key functional restoration clinics and led several innovative analytic-based restoration projects for over 4,000 cases. His expertise in operational strategy, functional restoration program development, and prescriptive analytics ensures the seamless implementation of patient-centered care solutions.

**The Need Has Never Been Greater –
And The Impact Has Never Been Clearer!**

Help Us Bring Holistic Support, Resilience Training and Community-Based Care
To Individuals Needing Relief!

Donate Today!