

GUIDEPOINTS:

News from NADA



January 2007

NADA'S TRAUMA FRONTIER EXTENDS TO WOUNDED WARRIORS

Wounded soldiers returning from Iraq and Afghanistan find acupuncture a useful tool in dealing with the stress of war.

One veteran, an amputee, said that getting acupuncture reminded him of how he felt on his motorcycle when he was riding for a while and had the feeling of "being in the zone". Another said he felt less angry. Some said they slept better. Some said they felt relaxed. Another soldier, who attended the seminar with his mom, became so relaxed, he nodded off during his treatment. His mother said that he was normally in an almost constant state of vigilance, never relaxing and letting his guard down. Both he and his mother were amazed that he fell asleep.

According to NADA registered trainer Joan Siobhan Dolan, injured veterans are eager to try this new thing, describing their attitude as "if this can help me, I'll try it." Her first direct experience with treating high levels of trauma came after the 2001 New York terrorist attacks when firefighters and police were treated with acupuncture. She was on staff of the medical trauma center nearest the World Trade Center, and has been working there with the psychological aftermath of 9/11 ever since.

This work began with her service at World Trade Center Healing Services, (WTCHS - www.svmc.org) a project launched by St Vincent's Catholic Medical Center, on September 12, 2001, to serve the city's survivors of the attack as well as emergency personnel. WTCHS provided counseling and stress management services. From the beginning the foundation treatment for stress management was ear acupuncture.

Siobhan's background had been primarily with treating mental disorders and addictions, where she first encountered NADA-style ear acupuncture. Terrorism brought her to understand a new use for NADA: "My experience in mental health nursing took a turn after the World Trade Center event. Seeing emotionally distraught

people coming through the support emergency services area I was assigned to made me realize that just as ear acupuncture eases symptoms of trauma and anxiety for clients in the addiction program, it would likely do the same for downtown New Yorkers experiencing trauma and anxiety."

For Siobhan, extending this concept to aid wounded soldiers began when one of her WTCHS colleagues attending a health fair met someone connected to the Wounded Warrior Project (WWP - www.woundedwarriorproject.org). The conversation revealed that WWP was interested in the trauma work WTCHS had been doing since 9/11. WWP also understood very well the connection between 9/11 trauma and the experience of trauma symptoms post combat. WWP was looking for staff who had experience in emotional trauma treatment.

WOUNDED continues on page 10

A NEW GATEWAY TO RECOVERY



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Details on pages 6-8

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FLORIDA ACU STUDENTS HAVE HANDS-ON NADA EXPERIENCE

Many students in acupuncture college have some classroom exposure to the concepts of the NADA system of healing but few have access to the kind of clinical settings needed to receive a certificate of training completion as a NADA acupuncture detoxification specialist. The Atlantic Institute of Oriental Medicine (ATOM) in Ft. Lauderdale is trying something different.

College president Johanna Yen has made arrangements with the local Salvation Army addiction treatment program to add acudetox. The project gave ATOM's students the opportunity to serve low- and no-income people in need.



JOHANNA YEN

This is not the first community service activity for Johanna, who, according to NADA registered trainer and acupuncturist Tom Corbin, is well known for bringing Chinese cultural activities to the people of South Florida. ➔

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Tom, ATOM's clinical director, supervised the group of third-year students as they performed twice-weekly auricular treatments at the program beginning last June. Based on his extensive past experience doing client outcome research in other addictions programs, Tom set up a practical data collection process.

The 30 clients who took advantage of the treatments (Sympathetic, Shenmen, Liver and Lung) completed two self-evaluation questionnaires. One form rated cravings for drugs and/or alcohol, stress level, depression, sleep and whether acupuncture was helpful in these areas. The second form asked about the client's outlook on life, how they were doing emotionally and physically and had questions about sleep patterns.

Tom's data shows that about half of the original client group attended the majority of the acupuncture sessions during the five-week study period. Pre- and post-answers to the first questionnaire showed an 18% improvement in outlook on life, better mood and satisfactory sleep. Eighty-eight percent reported that acupuncture was important in their recovery process.

Results of the second questionnaire showed an increase of 21% in positive outlook on life and a 20% gain in more positive emotions along with a seven-percent decrease in pain.

Tom reports plans to continue the acudetox service, and to extend it into a women's treatment site, possibly including pediatric tui na. He explains Johanna's community commitment as growing from her feeling of gratitude for what she received from her life in the USA. He describes her as a "dynamic woman who started an acupuncture school with money borrowed and given by Chinese restaurants and built it into one of Florida's top schools".

Contact: *Atlantic Institute of Oriental Medicine, 100 E Broward Blvd, Ft Lauderdale FL 33301. (954) 763-9840. www.atom.edu*

A new name on the NADA registered trainer list is Juanita Carey of Tucson, Arizona. A 16-year veteran addictions counselor, she first encountered acudetox healing at COPE Behavioral Services and received ADS training in 2003 with Karin Hilsdale and Phyllis Spears. Later, Juanita initiated NADA work at two sites run by another leading area provider, Compass Health Care, where she now works. Contact: *Compass Health Care, 3333 East Grant Rd, Tucson AZ 85716 (520) 620-6615 jcarey@compasshc.org*



JUANITA CAREY

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NADA ADVOCATES ELECTED TO OFFICE AS GOVERNOR AND SENATOR

The Democratic Party sweep of 2006 brought into high office two experienced politicians who have performed major advocacy for NADA during their public service careers.

Perhaps best known nationally is the incoming junior US Senator from Missouri, Claire McCaskill. She played a lead role in the then-new drug court movement during her time as the first woman prosecutor of Jackson County in the early 90s.



CLAIRE MCCASKILL

According to NADA founding chairperson Michael O.

Smith, she helped to include NADA-style treatment in the Kansas City drug court treatment programs. Later, she continued to advocate for NADA in her role as founding chairperson of the National Association of Drug Court Professionals.

Bill Ritter, the incoming Governor of Colorado, also served as a prosecutor and drug court pioneer in Denver. In that role he was an important factor in obtaining funding for the NADA-based treatment services provided by Project Recovery, according to retired former NADA registered trainer Flavia Lewis, who once headed the project.



BILL RITTER

MEMBER CENSUS SETS NEW RECORD

As of the end of December, 2006, the number of individual NADA members in good standing reached the highest number since the association's founding in 1985. NADA now has an active member total of 1229 individuals, including both Acupuncture Detoxification Specialist (ADS) members and Associate Members. Thank You Members!

GUIDE-QUOTE ...

"We now have several rigorous studies indicating that anesthesia-assisted detox – a costly and risky approach – offers no advantage over other methods."

Dr. Ivan Montoya of the US government's National Institute of Drug Abuse, on the evidence for the much-hyped ultra-rapid opiate detoxification technique, in *NIDA Notes*, v21 n1.

MEMBER BENEFITS NOW ONLINE

NADA members can access new benefits on the website www.acudetox.com. You can now renew your membership online, register for the annual conference or purchase reference material online 24/7 using your credit card.

Currently active members can also access special "membership pages". At present, the special pages carry: A) Complete back issues of *Guidepoints: News From NADA*; B) Listing of state agencies responsible for administering laws and regulations in NADA-friendly states; C) Listing of active registered trainers. Eventually it will have a list of active NADA clinics as well as reference materials.

To access the special members pages, go to the web site home page and click on Membership. Then click on Members Log In. Then enter your email address and your certificate number as your password. If this does not work, call the NADA Office toll free at (888) 765-NADA so that our staff can set up your access information correctly.

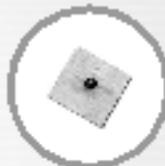
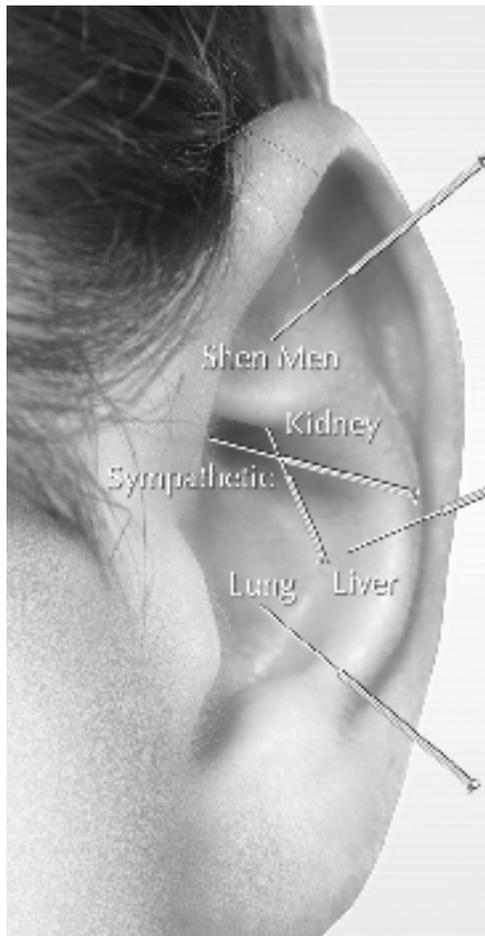
Joining the list of NADA registered trainers is Cara Michele Nether of Maryland. A licensed acupuncturist, she has a private practice – Women in Wellness – in Towson, and also does NADA work at an addictions program – Chase Brexton – in Baltimore. Cara Michele succeeds Peter Marinakis and David Wurzel as teacher of the NADA protocol at TAI Sophia Institute. Contact:



CARA MICHELE NETHER

Women in Wellness, 608 Bosley Ave, Towson MD 21204 (443) 527-8425 o@cmnether.com

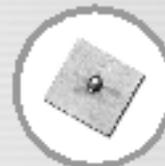
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ACU DETOX: A NEW GATEWAY TO RECOVERY

NADA'S 18th Annual Conference and Pre-Conference Events

May 14-19, 2007



Friday Morning Plenary

An Introduction and update on the Mental Health Recovery Movement
 Drug Courts: The Past, The Present, The Future: Diane Strickler
 The Expanding Role of Acu Detox in the Virginia State Mental Health Services
 Continuum Of Care: Dr. Janet Spitzer and Gail Burrus, Director of outpatient
 services at Blue Ridge Behavioral Healthcare, Roanoke, VA
 Report on "Stiftelsen Retretten" a recovery clinic in Oslo, Norway- Rita Nilsen

Friday Afternoon Breakouts

Expanding the role of acudetox in Virginia Crisis stabilization and Peer run programs
 Towards a National Legislative Agenda for Acupuncture.
 Benefits of Auricular Acupuncture in Tobacco-Free Inpatient Dual-Diagnosis Treatment
 Trauma and Disaster response. Healing and crisis stabilization in urgent care.
 Incorporating Auricular Acupuncture in Addiction and Mental Health Treatment Programs to Achieve Best
 Mental Health Outcomes
 The Role of Tai Chi and Qi Gong in Recovery

Saturday Morning Breakouts

Behavioral Health Innovations in North Carolina Healthcare System
 Drug Courts: Acu detox makes the difference
 Acupuncture Detoxification Specialist (ADS) supervision and program development.
 Acupuncture in Jamaica, Ethiopia and Nova Scotia
 Acudetox, Medicine & the Military-- a Walter Reed PTSD study and a Combat Readiness Training Center
 (CRTC) report
 Program Profiles: Acu detox supporting care in a variety of treatment settings.

NADA Luncheon and Networking Social

Saturday Afternoon Plenary

In Jesse Morgan's Memory: Reflections on Lincoln's History

Keynote Speaker: Michael O. Smith, MD, Director, Lincoln Recovery Center

Conference Hours:

Friday, May 18

Plenary: 9 am—12:45 pm Afternoon Break-out sessions: 2 pm —6 pm

Saturday, May 19

Breakouts: 8:30 am—12 pm Networking luncheon: 12 pm—2 pm Full group session: 2 pm —6 pm

*15 CE credits pending for addictions counselors and acupuncturists, (including both conference days)

Conference Hotel:

The Hotel Roanoke & Conference Center 110 Shenandoah Ave, Roanoke, Virginia 24016.

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The Hotel Roanoke is in the heart of Virginia's Blue Ridge Mountains and located in downtown Roanoke near the historic market. For more information about the hotel, visit <http://www.hotelroanoke.com>

NADA Special Room Rates: Sgl \$124 Dbl \$134 and \$10 each additional person, per night, plus tax. These rates are available through April 25, 2007. Do not wait to reserve a room as we have a limited block of rooms and reservations made after April 25 may have higher rates.

Want to share a room and save money? Call the NADA Office (888) 765-NADA.

(COTA, The Center for Organizational and Technological Advancement, affiliated with the Virginia Polytechnic Institute and State University, is a partial sponsor of the 18th Annual NADA Conference)

**FEEES AND
 REGISTRATION
 INFORMATION
 PAGE 8**

PLUS TWO PRE-CONFERENCE TRAININGS

1. For Clinicians – May 14-19

Earn an ADS Certificate (and a total of 45 CE credits)*.

Attend this pre-conference session, AND the main NADA conference (you must attend both to qualify) and earn your Acupuncture Detoxification Specialist certificate of completion all in one six day period. This low cost, time-efficient ADS training and conference combination comes just once a year. From NADA's top trainers, learn the simple ear needling technique and how to integrate it into addiction treatment settings. Practice it at Blue Ridge Behavioral Health Care, a premiere NADA-based treatment clinic in Roanoke. **Register early -- This event always sells out.**

Who can be trained?

1. Addiction treatment professionals: If you work in the addiction treatment or related fields, i.e., as a counselor, social worker, nurse, corrections officer, psychologist, medical doctor, case manager, mentor, etc., you may be able to add acu detox to your skill base. Many states have licensing or specialized exemptions that allow addiction professionals to learn and utilize the ear acupuncture for addiction protocol. To be sure, check your state laws and regulations. (NADA records show these states and provinces allowing some type of ADS practice: Arizona, Connecticut, Delaware, Georgia, Idaho, Illinois, Indiana, Maryland, Michigan, Missouri, New Mexico, New York, Nova Scotia, Ontario, Prince Edward Island, South Carolina, Tennessee, Texas, Vermont, Virginia, Washington.)

2. Licensed acupuncturists: Join in the exciting integration of Chinese medicine within traditional Western treatment settings. Collaborate with allopathic providers, criminal justice systems and community organizations. Become an advocate for acupuncture in addiction treatment. Enjoy the rich experience of opening new doors for acupuncture.

Training schedule: May 14-19. Trainees will complete a six-day, intensive sequence, beginning with a four-day phase of didactic and practicum training at Blue Ridge Behavioral Health. There will be some homework assignments. Trainees will complete their work in the final two days by attendance at the NADA 18th Annual Conference at the Hotel Roanoke. **Attendance is required at all sessions** - from 8 am Monday, May 14 through 6 pm, Saturday, May 19, so make your travel arrangements accordingly!

Travel and accommodations: Besides the registration fee (see Page 8), trainees will be responsible for the costs of transportation, lodging and food throughout the training period. (Trainees from the local area may be able to commute.) Once you have registered, you will receive full details of training sites, special hotel and transportation arrangements.

*CE credits pending for acupuncturists and addictions counselors.

Registration Form Page 8.

2. For Directors and Administrators – May 17

Integrating acu detox into your program (5 CE credits)*

Learn how to maximize the benefits of acu detox from the original experts: *Michael O. Smith, MD, DAC*, NADA co-founder and director of the Lincoln Recovery Center, and other NADA trainers and program supervisors.

Workshop topics:

* Since acupuncture primarily helps patients to focus, to be less impulsive and self-conscious, they listen and participate better in treatment activities.

* The treatment milieu benefits by a reduction in interpersonal tension and aggression -- even in difficult prison settings violent incidences drop virtually to zero.

* These factors produce improved retention and program efficiency. In treatment sites around the globe, the result is improved patient outcomes which in turn bolster the programs' fiscal strength without special funding.

* In many jurisdictions, existing program staff can readily learn the NADA protocol under existing state laws and regulations. Agencies can acquire a NADA capability at very low cost.

* The NADA protocol readily fits into existing treatment plan regimes. The addition of acupuncture offers program managers yet another way to show accreditation officials an improvement in quality.

Workshop schedule: Thursday, May 17, 9 am—3 pm

Registration Form Page 8

*CE credits pending for acupuncturists and counselors

REGISTRATION FORM

USA funds only, payable in advance, no P.O.s or vouchers

Cancellation Policy. Full refund less \$40 processing fee for cancellations received before 5pm Friday, April 20, 2007. No cancellations accepted after that date.

Conference Registration Fees Schedule:

Pre-Registration (before 5pm, 4/20/07)	18th Annual Conference Only May 18-19	ADS Certificate Training (May 14-19 incl 18th Annual Conf)**	Directors and Administrators Workshop on Integration of Acupuncture (May 17)
Current Member*	\$270	\$650	\$175 (\$75 if Conference Reg also)
Non-Member	\$335	\$715	As above
Student	\$215	As above	As above
At the Door			
Current Member	\$300	Pre-Registered only	\$225 (\$100 if Conference Reg also)
Non-Member	\$365	Pre-Registered only	As above
Student	\$245	Pre-Registered only	As above

*Member Rate available to persons who are:

1. Current in NADA dues, or
2. Who renew their expired membership, or enroll as new associate members, on the Conference Registration form below.

** Attendance limited. First come, first served. No registrations accepted after 5pm April 20, 2007.

Check membership category 1 or 2 or 3 below, then fill in the correct fee from table above for each event you will attend.

1. I am a current NADA member, entitled to member registration price
2. Please enroll me as a New or Renewal NADA member (enter fee below to qualify for member discount)
3. Non-member

\$ _____ NADA 18th Annual Conference, May 18-19.

\$ _____ ADS Certificate Training, May 14-19 (Includes 18th Annual Conference).

\$ _____ Directors and Administrators Workshop on Integration, May 17.

\$ _____ NEW or RENEWAL MEMBER DUES (\$65 or \$40 student with proof of status)

\$ _____ Tax deductible contribution to NADA

\$ _____ TOTAL DUE To be paid by (Check one) Visa MC Check/MO

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To NADA--Please enroll me as indicated above (signature required)			Date



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DOUG SEWARD

Doug Seward, a massage therapist from eastern Colorado and recent graduate of NADA ADS training, died November 10 as the result of a car crash. Doug completed the annual conference ADS training at the 2006 session in Tucson last April. NADA extends deepest condolences to his family and friends.



Doug Seward

WOUNDED continued from page 1

The goal: to raise awareness among the soldiers, their families and WWP staff about the subject of trauma, and coping with combat stress. This eventually led to a contract for WTCHS (via its parent St Vincent's) to provide services to WWP. WWP is a non-profit organization that assists men and women of the armed forces who have been severely injured in the war in Iraq and Afghanistan. The veterans themselves run the program. Most have survived serious injuries. Having made it through their own recovery from physical injury, combat stress, and emotional trauma, they are drawn to aid in the recovery of their fellow veterans.

Under its contract WTCHS staff brought their expertise to bear by leading WWP-sponsored "Coping With Combat Stress Seminars". The team's role in the seminar combines NADA protocol needling with group counseling. The goal, Siobhan explains, is to address what is happening for the participants in relation to specific topics of their concern. Seminar topics range from combat stress, coping, adjusting to physical and emotional loss, dealing with anger, grieving, fear, the future, work, and the overall impact of all of this on the family. Most of the mental health team cannot intimately relate to a war zone, but a military person and coordinator who can is available over the two days as needed.

The most recent seminar was held at Camp Lejeune Marine Corps base in North Carolina last August, at the new Wounded Warrior Barracks. Approximately 35 military personnel attended, along with some participating spouses. The seminars divide treatments specific to service members and their families. Siobhan describes the participants as "very curious and receptive. It only took a few being enthusiastic, then they all were." She added, "I remember that there was a 9/11 flag in the recreation room where I was speaking about ear acupuncture, and I found this very moving." She reports that injured military personnel attending the seminars brim with curiosity, ask questions, and are eager to dive in. Soldiers, even out of combat, are action oriented. She explains that ear acupunc-

NADA's Mission

The National Acupuncture Detoxification Association is an educational, not for profit, tax-exempt corporation supporting education and training in a specific auricular acupuncture protocol within comprehensive addiction treatment programs to relieve suffering during detoxification, prevent relapse and support recovery. NADA strives to make acupuncture-based, barrier-free addiction treatment accessible to all communities and to ensure its integration with other treatment modalities.

Guidepoints: News From NADA is published six times per year for members. Annual dues of \$65 (US funds) includes subscription and other benefits. Publication contents may be reproduced without permission (please give credit). Contact: NADA, PO Box 1927, Vancouver WA 98668-1927. USA. Phone: (360) 254-0186. Fax: (360) 260-8620. Web: www.Acudetox.com

President: Ken Carter *Editor:* Jay Renaud *Art Director:* Mary Renaud *Staff Writer:* Mary Ann Petersen *Research Consultant:* Roger Lore ISSN 1070-8200

ture is offered on both days of the seminar after one short Power Point presentation. The average age of military personnel in the seminar fell between the ages of 18 to 20 years.

She reports a variety of injuries seen at the seminars – amputations, often more than one limb, visual impairment, and traumatic brain injuries (TBI) --along with the mental stress issues. "Being in combat, the exposure to threat of sudden, catastrophic violence over a prolonged period can create a sustained level of anxiety, which is considered normal and a survival mechanism in the combat arena," she said. Soldiers often bring that survival mechanism, and the anxiety it brings, home. "Combat stress may carry over upon returning home – a car backfire, for instance, may sound like a gun shot evoking fear until one remembers where he is." When these intense reactions don't dissipate, the individual may be developing PTSD.

An RN certified in psychiatric nursing, Siobhan has worked in behavioral health for more than 20 years, primarily in the outpatient hospital program working with people who have psychiatric diagnoses. In 1998, she trained with NADA at Lincoln Recovery Center. Because of this "amazing experience," she advocated to bring ear acupuncture to St. Vincents. In 2001, prior to the attacks, she started an ear acupuncture component in outpatient for chemically dependent clients and for co-morbidity clients. It remains in place, run by another NADA trained nurse, now expanded to five mornings a week. Siobhan is currently completing a Master's program, focusing on the subject of emotional trauma treatment and is completing a certification training for group psychotherapy.

Contact: *Joan Siobhan Dolan, WTCHS, St. Vincent's Catholic Medical Ctr, 170 Broadway, Ste 1208, NY, NY 10038. (212) 604-8222 siobhanjoan@prodigy.net*

MARK YOUR CALENDAR ...

Jan 12-14 Beginning of NADA Acu Detox Specialist certificate training with Virginia June. Brighton MI. (810) 877-0905 veejayjune@lycos.com

Feb 2- 3 Beginning of NADA Acu Detox Specialist certificate training with David Wurzel. Toronto. (443) 812-1665 www.TheChiFarm.com,

Mar 3-4 Beginning of NADA Acu Detox Specialist certificate training with David Wurzel. Baltimore MD.. (443) 812-1665 www.TheChiFarm.com

Mar 17-18 Beginning of NADA Acu Detox Specialist certificate training with David Wurzel. Phoenix AZ Phoenix Institute of Herbal Medicine and Acupuncture. (602) 274-1885 ext 103

Apr 13-15 Beginning of NADA Acu Detox Specialist certificate training with Virginia June. Brighton MI. (810) 877-0905 veejayjune@lycos.com

May 14-19 Full Certificate training at NADA annual conference with Claudia Voyles and Shellie Goldstein. Roanoke VA. (360) 254-0186.

May 17 Registered Trainers Day, Roanoke VA. (360) 254-0186.

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All details and registration form Page 6-8

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