NADA-STYLE PROGRAM IN BERKELEY IS A CALIFORNIA RARITY

Nearly 40% of licensed acupuncturists in the United States practice in California. Yet it is one of the states that does not allow non-LAc acu detox specialists to utilize their NADA skills. As a result, though alcohol and drug treatment programs search for cost-effective ways to create barrier-free interventions, few California programs are able to integrate acu care into treatment planning.

In 1999, California Assembly Bill AB233 failed to pass, a measure that would have implemented a pilot assessment on the use of non-LAc ADSes in alcohol and drug treatment. Commenting on the bill’s failure, John Kolenda, former NADA president, in an interview with the California Journal of Oriental Medicine stated, “My experience is that it is difficult to find qualified licensed acupuncturists that want to do this work. It is difficult work and it takes a certain type of individual to want to work in this field.”

Options Recovery Services of Berkeley serves as one of few treatment programs in California that use the NADA method. In 1997 Dr. Davida Coady and Fr. Bill O’Donnell started Options. Their public health work provided insight into the connection between alcohol and drug problems, homelessness, violence, crime, and broken families in the East Bay. Together with Berkeley Police Chief Bobby Miller, they have utilized support of multiple Berkeley city mayors and actor Martin Sheen to provide dual diagnosis treatment for a decade. The Options mission statement asserts that treatment is a “human right” to reflect on and resolve difficulties. According to the report.

An experimental group of women with concurrent substance use disorder, anxiety and depression who received auricular acupuncture had significantly reduced cravings, depression and anxiety compared to a control group, according to a recently published report. The experimental group also were better able to reflect on and resolve difficulties. According to the authors, “auricular acupuncture, as an adjunct therapy to a comprehensive psychoeducational treatment program for women with addictions, shows promise in being an effective, more viable treatment alternative to anxiolytics.” The report notes that almost all the women at the study site chose to be in the acupuncture group, which “suggests that women are more receptive to alternative modes of treatment (such as auricular acupuncture) than some physicians may realize.” The authors point to the existing field literature as supporting the method “when used in combination with traditional addiction treatment programs [auricular acupuncture] appears to be an effective, simple-to-administer, and cost-efficient treatment alternative to medications for preventing relapse in substance use and for improving overall health and well-being. With improved general functioning, the need for patients with addictions to seek treatment will be decreased, thus reducing costs to the general health care system.” The report appeared in the April-June 2008 Conference events, Details Pages 6-8 April 21-26 Dallas, Texas

"NADA'S BIG GROWTH ZONE: BEHAVIORAL HEALTH"

While NADA was born out of the addictions field in the USA, the greatest utilization of NADA-trained clinicians in 2008 may be in psychiatric facilities in Europe. This signals a trend. NADA-style acupuncture for addictions continues to grow globally, but the greatest gains seem to be in other branches of the behavioral health field.

NADA’s 2008 annual conference in Dallas will learn from NADA veteran Kajsa Landgren how mental health centers in Sweden and Denmark have learned that acu detox can benefit their patients. Clinicians from USA psychiatric facilities in Colorado and Texas will also show how they are integrating NADA into their work. For the personal angle, patients who have undergone the NADA method will share their experiences.

Conference attendees will get a new view of the evolving discipline of treatment of emotional trauma from Norma Hotaling of SAGE. Norma heads the California-based agency which is nationally known for helping women and girls out of commercial sexual exploitation.

"STUDY SHOWS ACU HELPS WOMEN WITH CONCURRENT DISORDERS"

An experimental group of women with concurrent substance use disorder, anxiety and depression who received auricular acupuncture had significantly reduced cravings, depression and anxiety compared to a control group, according to a recently published report. The experimental group also were better able to reflect on and resolve difficulties. According to the authors, “auricular acupuncture, as an adjunct therapy to a comprehensive psychoeducational treatment program for women with addictions, shows promise in being an effective, more viable treatment alternative to anxiolytics.” The report notes that almost all the women at the study site chose to be in the acupuncture group, which “suggests that women are more receptive to alternative modes of treatment (such as auricular acupuncture) than some physicians may realize.” The authors point to the existing field literature as supporting the method “when used in combination with traditional addiction treatment programs [auricular acupuncture] appears to be an effective, simple-to-administer, and cost-efficient treatment alternative to medications for preventing relapse in substance use and for improving overall health and well-being. With improved general functioning, the need for patients with addictions to seek treatment will be decreased, thus reducing costs to the general health care system.” The report appeared in the April-June Conference events, Details Pages 6-8 April 21-26 Dallas, Texas
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In addition to Jane’s private practice and Options, she works a third community health position at United for Health’s Berkeley Primary Care. This agency is also offering cost-free acupuncture. The staff acupuncturists treat 30-45 people daily Monday through Friday. On top of her direct service, Jane has been spotted speaking at Berkeley City Council meetings on behalf of treatment programs at risk of budget cutting.

“I love working in recovery because it is so inspiring to work with people who have the courage to be in recovery. They inspire me daily. Over the years, I have learned to trust the NADA five-points, as I have seen many miracles. Often with the first treatment, I can see the Shen sparkle return to the eyes. It is a beautiful sight!”
she received NADA training by the longtime NADA-affiliated training and clinical group known as Acupuncture Recovery Treatment Services (ARTS). Once licensed, Jane continued working with ARTS in the San Francisco County Jail. In 1997, when Dr. Coady and Fr. O’Donnell started up Options Recovery Services, they called upon ARTS to bring acu care to their clients.

“Acupuncture started at two days a week,” describes Jane. “Over the years, Options eventually hired me as their staff acupuncturist and we have developed a five days per week acupuncture session in the program. Clients are now required to get 25 treatments during their early treatment and phase one part of their program. In our one-and-a-half hour of acupuncture, I often treat 15 to 20 people.” In addition to the NADA five-protocol Jane uses Lung points as well as chronic pain points.

Options reports that of “1,313 new clients in 2006, 81% of clients who stayed with us for the first 60 days graduated from the 9-month program.” In addition to acu care, their comprehensive treatment includes other healing arts such as yoga and tai chi. Clients at Options receive group and individual counseling as well as case management, vocational counseling and aftercare. Treatment tracks include smoking cessation, anger management, relaxation training, and literacy training. Referral to housing and health services is also provided. One of the challenges in acupuncture is building trust with new clients to help them feel comfortable to receive ear points for the first time. Jane says she does not lecture, but rather provides orientation and needed information, allowing the clients to choose which acu points to use.

Nova Scotia’s South Shore Health is Busy Treating and Training

South Shore Health is one of nine health districts in Nova Scotia. With 850 employees, the organization offers community and hospital-based services to the 60,000 residents of Lunenburg and Queens Counties, as well as residents of neighboring communities in Shelburne, Annapolis and Kings counties.

Sharon Driscoll, a South Shore social worker and NADA registered trainer based in Bridgewater, reports that the agency began using the NADA protocol in 2001. Since then, Sharon and her colleagues have given more than 15,000 treatments. Twenty-three staff members (13 inpatient nurses and 10 outpatient clinicians) have completed training as acupuncture detoxification specialists. She reports that NADA clinics are offered five days a week in Bridgewater (one of which is a three hour drop-in), with two weekly clinics in Liverpool and one in Chester. All clinics are available to anyone, whether or not they are clients of the service, and are free of charge.

There has also been training of staff in other programs. Sharon says that a local nursing home now has several trained staff and offers weekly clinics with in-service supervision by NADA registered trainers. A local residential facility for residents, staff and family members. Recently trained were two staff who work in a residential and day program for people who are physically and mentally challenged and their plan is to open clinics for residents and staff within their own service.

In the New Year, Sharon reports, “we intend to begin training staff in another nursing home facility so that they can offer their own program. In addition, we are planning to train staff at a local women’s support centre, again with the goal of their offering their own auricular acupuncture program for their clients.”

Options: continued from page 12

COURTESY of Dr. Robert Arenson, director of the Accreditation Council on Continuing Education in Health and Allied Professions, the Accreditation Council for Continuing Medical Education, and the National Commission for Health Education Credentialing. These programs are sponsored by the National Board of Health Examiners, American Academy of Family Physicians, American Academy of Pediatrics, and the American Medical Association.

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.

Guiding Points: 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 with out permission (please give credit). Contact: NADA, PO Box 1207, Vancouver WA 98668-1927, USA. Phone: (360) 254-0186. Fax: (360) 260-8620. Email: NADAoffice@acudetox.com.


CONCURRENT DISORDERS continued from page 9

Voluntary. Participants received the NADA protocol three mornings per week for 45 minutes per session. They were seated together in individual chairs in a meeting room. Instructions were to view the 45-minute acupuncture treatment period as a quiet time for themselves and to later record their thoughts.

Women in both groups were asked to complete the Beck Depression Inventory, the Beck Anxiety Inventory, the Reflective Activity Scale and the Drug-Taking Confidence Questionnaire. According to the report, these are brief items, “all of which have demonstrated excellent reliability and validity.” The measures were completed at four points during treatment and follow up.

The experimental group recruited 204 participants and the control group 101. Dropouts reduced the experimental N to 185.
Field workers dealing with trauma in disaster victims will recoup some of their experiences from the catastrophe sites of the past year. The conference will feature new research reports. One will look at the latest published research on treating PTSD with acupuncture. Another will report on data gathered from brain scans of ‘teens being treated with gold-plated magnetic beads.

Attendees looking to deepen their understanding of the theory underlying the NADA auricular points may attend a Chinese Medicine 101/Spirit of the Points session. Presenting a comprehensive view of the new trends in NADA will be the traditional keynote address by NADA co-founder Michael O. Smith. His title this year is “Beyond the Usual Borders: Parenting and Educating as Behavioral Therapies.”

NADA FRIEND LEADS CAM ADVOCACY CONSORTIUM

Among the leading national figures in the general acupuncture field, few have demonstrated understanding or advocacy of the NADA concept. One who has done both with great distinction for many years has been appointed as chair of an organization aiming to improve the policy influence of complementary and alternative (CAM) health professions. She is Elizabeth “Liza” Goldblatt, who currently serves as vice president of academic affairs at the American College of Traditional Chinese Medicine in San Francisco (ACTCM).

Since her earlier career roles as president of the Oregon College of Oriental Medicine in Portland (OCOM) and a founder of the Acupuncture and Oriental Medicine Alliance, Liza has fostered within the acupuncture field an inclusive and public-interest attitude. She stood for welcoming practitioners from a wide variety of backgrounds, including those affiliated with NADA, into the acupuncture field.

The policy advocacy group she will head is the Academic Consortium for Complementary and Alternative Health Care (ACCAHC). According to an ACTCM press release, the group was founded in 2004 “to bring the five licensed CAM professions together and to create an environment where their academic leaders are able to speak with a united voice in the public arena.”

Professions currently represented by ACCAHC are acupuncture and oriental medicine, chiropractic medicine, direct entry midwifery, massage therapy, naturopathic medicine and nutrition.

SACRAMENTO DRAWS NADA NOTABLES

Approximately 100 attendees, including acupuncturists, social workers, family therapists, chemical dependency counselors, physicians, health educators, and nurses, took part in Beyond Talk Therapy: New Frontiers in Addiction Treatment, September 27-29, 2007 in Sacramento. Organized by veteran NADA clinician and activist Carolyn Reuben, a California acupuncturist, the event featured several prominent NADA figures.

A post-conference session was held to discuss possible formation of a new national organization for the furtherance of biochemical repair in cases of mental health and addiction.

Michael O. Smith, NADA co-founder, spoke on “Acupuncture Heals Through Relationship Not Action.” Elizabeth “Libby” Stuyt, medical director of the Circle Program at the Colorado Mental Health Institute at Pueblo, Colorado, has frequently discussed her research at NADA conferences. She presented the benefits she’s found of providing ear needling for dual diagnosis patients, including the smokers. NADA registered trainer Lianne Audette spoke on “Acupressure Seeds and Magnets for the Treatment of Addictions and Learning Disorders.”

Besides sessions on acupuncture, the event covered concepts of biochemical repair using nutrient therapy, both through protein-rich foods and nutritional supplements. Also included were lectures on the benefits of adding qigong, tai chi, yoga, EMDR, and EFT. Contact: Carolyn Reuben, CA-4A, 2230 Loma Vista, Sacramento CA. 95825 (916) 972-1684. carolynreuben@AOL.com.
USA funds only, payable in advance, no P.O.s or vouchers.

Cancellation Policy. Full refund less $50 processing fee for cancellations received before 5 pm, March 28, 2008. No cancellations accepted after that date.

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<th>Conference Registration Fees Schedule:</th>
<th>19th Annual Conference Only April 25-26</th>
<th>ADS Certificate Training April 21-26 incl. 19th Annual Conf**</th>
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*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 5 pm, March 28, 2008.

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 19th Annual Conference, April 25-26
$______ ADS Certificate Training, April 21-26 (includes 19th Annual Conference)
$______ Directors and Administrators Workshop on Integration, April 24
$______ 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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Name on card if different
To NADA.--Please enroll me as indicated above (signature required) Date

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- One of the oldest colleges of acupuncture and Oriental medicine in the country, founded in 1983
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- Approximately 29,000 patient visits at on-campus and community clinics each year
- The first acupuncture and Oriental medicine college in the United States to receive a federally-funded research grant from the National Institutes of Health (NIH)
Acudetox: Exploring Common Ground: Addiction, Behavioral Health & Emotional Trauma.

NADA's 19th Annual Conference and Pre-Conference Events

April 21-26 NADA Full Certificate Training (45 CE credits)*
April 24 Administrators and Directors Workshop (5 CE credits)*
April 24 7-9 pm Registration/Reception with snacks and live music (1 CE credit)*
April 25-26 Main Conference Friday and Saturday (Including Saturday Luncheon), April 25-26, 2008 (14 CE credits)*

Main Conference Highlights Friday and Saturday, April 25-26:
Friday Morning Plenary Session
Welcome: Kenneth O. Carter, NADA President.
Welcome to the Metropolis: Fort Worth MHMR and Homeward Bound Programs.
First Hand Reports: Clients share about acudetox and co-occurring disorders.
Psychiatric Hospitals in Sweden and Denmark Embrace Acudetox: Kajsa Landgren.
Colorado State Hospital Acudetox Experience: Elizabeth Snyt
Waco Visisted: Psychiatric halfway house successes and loss revisited.

Friday Afternoon Breakouts
Border Behavioral Health: Acudetox outposts in Mexico and the US.
Acudetox Risk Management. A primer for programs and practitioners: David Wurzel.
Research On Acupuncture And PTSD: Nityamo Lian, Joan Dolan.
Gold Beads For ADHD: Brun scans and teen trials, Ruth Ackerman.

Saturday Morning Breakouts:
Program Profiles: Solid programs shine.
Chinese Medicine 101/Spirit Of The Points. Deepen your understanding of the NADA ear points.
Easing Emotional Trauma: Lessons learned from disaster response efforts: Immediatecy and longevity: Reiki and Trauma: Paula Terraro.

Saturday NADA Networking Lunch:
Feeling Gotta Flow: Music for Recovery and Mental Health,
Saturday Plenary on Emotional Trauma
Helping Women and Girls Out Of Commercial Sexual Exploitation: Norma Hotaling of SAGE.
Acudetox & Trauma Video Debut: “Unimagined Bridges” Laura Cooley.
Jane Osawe: A legacy remembered.

Keynote Speaker: Beyond the Usual Borders: Parenting and Educating as Behavioral Therapies
Michael O. Smith, Director, Lincoln Recovery Center. NADA Founding President.
*CE credits (including Thursday evening and both conference days) pending for addiction counselors (NAADAC, TCBAP) and acupuncturists (NCCAOM, TX, CA, FL).

Historic Magnolia Hotel: In the heart of Downtown Dallas with Pegasus on top, this historic hotel offers Southern hospitality and modern amenities. Named “Top 4 places to stay in Dallas” by Travel and Leisure Magazine. Reserve early as we have a limited block of special discount rate rooms. Details page 8.

Special Travel Discounts: Air Travel: Save 5% on your air ticket to Dallas-Ft. Worth Airport (DFW) from American Airlines by booking on line (www.aa.com) and giving the promotional code A3948AL. (Or book by phone for an extra $10 fee at 1-800-433-1790). Allowed travel dates are April 19-28.

Car Rental: Avis offers a minimum of a 5% discount for car rentals during the period April 11- May 2 with unlimited free mileage. Use this code number G028119 when calling Avis directly at 1-888-754-8578. Or go online http://tinyurl.com/2aza06

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

NADA Invites You To Dallas

NADA invites you to Dallas, the heart of downtown Dallas, with Pegasus on top! This historic hotel offers Southern hospitality and modern amenities. Welcome to the Metroplex:

Friday, April 21:
- Welcome:
- Fort Worth MHMR and Homeward Bound Programs.
- First Hand Reports: Clients share about acudetox and co-occurring disorders.
- Research On Acupuncture And PTSD: Nityamo Lian, Joan Dolan.
- Gold Beads For ADHD: Brun scans and teen trials, Ruth Ackerman.

Saturday, April 22:
- Chinese Medicine 101/Spirit Of The Points.
- Easing Emotional Trauma:
- Acudetox & Trauma Video Debut.

Sunday, April 23:
- Saturday Plenary on Emotional Trauma.

Register early – This event always sells out.

Who can be trained?
A. 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 acudetox to your skill base. Many states have licensing or specialized exemptions that allow addiction professionals to learn and utilize the ear acupuncture for acquisitions protocol. To be sure, check your state laws and regulations.

B. Licensed acupuncturists
Licensed Acupuncturists with the additional NADA ADS training can 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 doors for acupuncture.

Training schedule: Trainers undergo a six-day, intensive sequence, beginning with a four days of didactic and practicum training at Homeward Bound, Inc. Homework assignments include some to be completed PRIOR to the training. Trainees finish final two days by attendance at the NADA 19th Annual Conference at the Magnolia Hotel. Attendance is required at all sessions – from 8 am Monday, April 21 through 5 pm, Saturday, April 26, 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.) After you register, you will receive a mailing with homework assignments and details of training sites and arrangements.

2. FOR DIRECTORS AND ADMINISTRATORS, Thursday April 24, 9am – 3pm
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 leaders.

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 incidents 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 program’s financial strength without special funding.
In many jurisdictions, existing program staff can readily learn the NADA protocol under existing laws and regulations. Agencies can acquire a NADA capability at very low cost.

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

*CE credits pending for acupuncturists and counselors.