

GUIDEPOINTS:

News from NADA

November 2008

TEXAS RESIDENTS BENEFIT FROM A LEGACY OF RECOVERY

Thanks to decades of devotion and energy by three recovering alcoholics, persons suffering from addictions in the Fort Worth, Texas area have the opportunity to benefit from acu detox-based treatment.

Stevie Hansen first learned about acu detox in 1993 while in treatment herself at Riverside General Hospital in Houston. While there, she picked up a book on alternative addictions treatment and read about NADA founder Michael Smith and Lincoln Recovery Center.



STEVIE HANSEN

This led to Stevie being trained as an ADS in 1998, and today she serves as chief of addiction services for the agency Mental Health and Mental Retardation (MHMR) of Tarrant County. Last April, she shared her experiences in fundraising for addictions and acu detox treatment at the NADA conference in Dallas.

Billy Gregory. According to Stevie, Billy was an “old time addict in recovery” working for MHMR, who insisted on the need for a better facility than what was then known as the “Goat Farm” This was a place where people were sent by the police. “They

took them out to the ‘Goat Farm’ and put them to work and that’s how they detoxed. They sweated it out. It really was cruel and unusual and Billy Gregory was the man who realized that. He said ‘We need to help out.’ Stevie explained that Billy obtained some funding to start a detox, “and that is where I got sober, at the Billy Gregory Detox Center, a 20-bed detox center operated by MHMR. I was fortunate.” It is because of Billy that Tarrant County has had addictions services for almost 35 years, Stevie recalled.

Butch Clemons has more than 25 years of sobriety, and says he understands why many clients struggle when working with health professionals. “It’s kinda hard to learn from somebody you don’t

LEGACY continues on page 9

NOTES FROM THE BOARD

The NADA board held a retreat in Portland, Oregon in September to review the current status of the organization and to envision its future. This retreat was financed by the individual board members. In keeping with our propensity for grassroots-style activities and to reduce expenditures, all participants bunked with NADA friends and family while in town, and the meeting was held in Treasurer, David Eisen’s living room.

Our work was expertly facilitated and focused by former NADA president, Ruth Ackerman, PhD, who not only donated her time, but paid her own way in order to work with us.

The board enjoyed the rare opportunity to spend

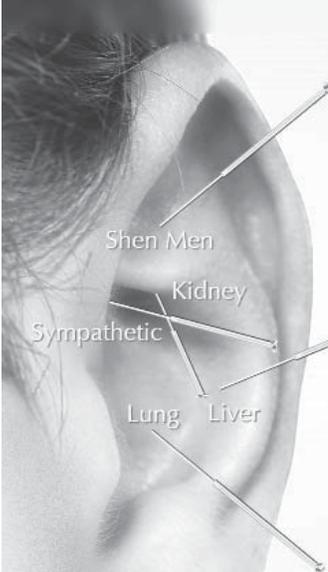
BOARD continues on page 2

NADA Invites You To Ann Arbor

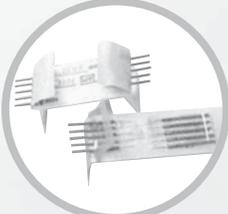
Acudetox: A Tool For Tough Times
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20th Annual Conference Details on Pages 6-8
June 1-6, 2009 Ann Arbor, Michigan




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BOARD continued from page 1

time in a visioning process of where we are and where we as an organization can go as well as how we might configure ourselves to best meet those goals. We are happy to report that NADA is strong and healthy and moving forward! We are eager to face the future and invite your participation.

Highlights from the retreat: MISSION and VISION. Having reviewed the original language of mission and by-laws, it is clear that NADA has met and exceeded the vision of the original founders and also clear that we have developed into a broader understanding of the potential role of the NADA protocol.

The NADA style of care in behavioral health and the broader sense of the role of NADA in promoting our understanding of health and wellness and integrative treatments has expanded. A committee is working to craft updated language for the mission statement.

The board will, in the near future, post on the website, www.acudetox.com, revised bylaws that clarify and improve the organizational structure. We look forward to sharing that with our membership. Remember that the FY 2007 Profit and Loss statement is already available on the members' area of the website. We will continue to seek multiple ways to improve our communication and increase opportunity for member involvement.

On to Ann Arbor. Please plan to join us in Michigan for the next NADA conference, June 5-6, 2009. We will have an official annual meeting as part of the conference in Ann Arbor. Please come and participate in discussion regarding NADA's present and future. All members are welcome. Minutes of that meeting will be posted on the website for those who are unable to attend.

The conference will bear the theme, "Acu Detox: A Tool for Tough Times". The Spirit of NADA is well suited for helping programs and communities survive through difficult times like these. Remember, acu detox sprang from creative folks looking for better solutions for their clients and community. We have in NADA, a modality that can improve outcomes with fewer dollars and reach many people in different stages of need. We also encourage NADA practitioners to also get acu detox treatment themselves and use other recovery strategies for self-care to weather these times.

NADA has active finance, training and RT policy/procedure committees. Board members are also engaged in one or more internal committees. Look forward to initiatives regarding supporting the completion of the SAMHSA TAP on acu detox and for committee participation opportunities in the months ahead.

ACU ALLY HEADS STATE MENTAL HEALTH AND ADDICTIONS OFFICE

A longtime friend of NADA has been named acting director of mental health and addictions programs for the State of Oregon. Richard Harris is known to many in the field for his leadership of a comprehensive, multi-site treatment agency that combined housing and job placement with a complete array of recovery modalities from acute inpatient detox through extended care outpatient counseling.

Two decades ago, Richard recruited former NADA president and acupuncturist David Eisen, a



RICHARD HARRIS

Brooklyn native, to come to Oregon build a NADA protocol capability into the public detox center run by Portland-based Central City Concern (CCC).

In the following years, acupuncture was worked into every component of the sprawling agency.

A self-described “recovering social worker”, Richard’s career goes back to the 1970s birth-era of the modern addictions field when he was hired by the US government as a site visitor to the pioneer alcoholism programs funded by the Great Society. His long tenure at the head of CCC has been noted for close collaboration between his non-profit, social service agency and the political, bureaucratic and business power structures at the city and state level.

Richard has used the agency’s strong community status to leverage into being a radical continuum of care concept. Under this idea, the big umbrella of CCC redefines as clinically crucial what are usually thought of as ancillary “support” services, such as →



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*Candidacy is not accreditation nor does it ensure eventual accreditation. Candidate for Accreditation is a status of affiliation with the Commission which indicates that the institution has achieved initial recognition and is progressing toward accreditation.

housing and a jobs program. As Richard stated in a recent interview with the skid row newspaper *Street Roots*: “What we’ve learned is that we get very good outcomes with serious heroin addicts when we provide mentors, acupuncture, health care, alcohol and drug treatment and housing. If you took any of those elements out, you get less outcomes.”

Richard is also known for his ability to apply the wisdom of grass roots recovery to organizational design. He told *Street Roots* he will continue that approach in his new job: “I have learned so much from people in recovery. We need to make sure part of who we’re listening to is people affected by services ... they have a unique view of how to deliver services. I intend to listen to and rely on a lot of people who have been through these issues.”

Prior to Richard’s departure for his new job, the CCC board of directors held a ceremony to rename one of the agency’s major structures, a downtown high-rise containing 180 units of alcohol- and drug-free housing, the Richard L. Harris Building. Contact: *Central City Concern*, 232 NW 6th Ave, Portland OR 97209. (503) 294-1681. www.centralcityconcern.org

NADA TEAM TRAINS BLIND PEOPLE IN VIETNAM

The Texas State Board of Acupuncture Examiners recently licensed a blind acupuncturist for the first time in the United States. The controversy that preceded the board’s decision may seem unwarranted to Mr. Uly, a Vietnamese acupuncturist who participated in a NADA training in Vietnam this year. He is blind and has practiced acupuncture for 20 years. The training was provided by a team of acupuncturists and doctors led by NADA member Quang Huynh.

“We want to teach the blind, because they want to learn acupuncture and have little opportunity to do so in Vietnam,” says Quang, coordinator of the project and a medical doctor originally from Saigon who has been working with the blind since 2001. His own training as an acupuncturist came after he finished western medical school in 2001. Under the guidance of a monk, he began to explore traditional medicine in his own culture. He describes this experience as “waking up something deep inside myself.” He currently lives in New Orleans, but returned to Vietnam in 2007 with acupuncturist Marcella Robinson to provide NADA training to 25 sighted and 18 blind persons.

In January, 2008, the six-strong team trained 70 blind massage therapists.

Quang reports: “Japan offers an excellent acupuncture training, but gives only one scholarship per year to Vietnamese. The NADA protocol is a good introduction, because it is easy to learn and its effects can be experienced immediately...It has been amazing how quickly the blind students caught on and how easily they located the points in the ear. This confirmed again their special capacity of sensing the points, certainly also a result of their previous training in massage and shiatsu.”

The successful reputation of blind acupuncturists is not a novelty in Asia. In fact, the blind have been integral to shaping Oriental medicine. Subhuti Dharmananda, director of the Institute for Traditional Medicine, attributes the pioneering of Japanese acupuncture to a 17th century blind man, Waichi Sugiyama. Waichi’s first teacher told him that his skills were pitiful and told him that he would fail. Though he practiced for years, his skills were still not good enough to needle other people. Hoping for divine intervention, he made a 30-mile pilgrimage to a cave to pray to a Buddhist Goddess. There he fasted and prayed for three weeks.

Waichi’s prayers were answered when he staggered out of the cave in his post-fast stupor and fell on top of a pine needle that stuck directly into his leg, like an acupuncture needle. He noticed that the pine needle pierced his skin with such ease due to a bamboo reed that surrounded the needle. Dharmananda describes: “Inspiration struck: For the acupuncturists, it is critically important to stick the needle straight down and attain the proper depth: this pine needle in the bamboo cradle had done just that...That bamboo reed became the basis for a device known as a kudabari: a needle insertion guide tube that is now standard equipment for both blind and sighted acupuncturists worldwide.”

Before Waichi died, he opened 45 acupuncture schools and his legacy has endured. Today, approximately 30% percent (30,000) of Japanese acupuncturists are blind. Guide tubes were also helpful for the blind students learning the NADA protocol in Vietnam, says Dagmar Schultz, a German sociologist who accompanied the team. “It is impressive to see them do it intensely engaged and with great sensitivity. Great emphasis is placed on explaining to them the need and

the practice of clean needle technique. This includes disinfecting the area of the ear and one's hands before starting the treatment, and discarding used needles after one-time use in appropriate containers."

Schultz reports, "The training took place in the rehabilitation hospital...The hospital was part of the Hai Duong Center of the Association of the Blind. They support a group of young visually impaired people who live together and offer various types of massage and shiatsu, for which they received an intensive education during the past five years...Presently three of the association's students study acupuncture in Japan. Now the challenge is to ensure continuity in the training,"

Schultz adds. "The blind Vietnamese acupuncturists will devote some of their time to this task. Of course, it would be not only very helpful, and in the long run necessary, to provide persons engaging in this work with some monetary compensation. For this training, firms in the US and in Germany have donated materials, and hopefully this will be the case in future too."

VIDEO SHOWS NADA APPROACH ON PREVENTABLE PTSD

A new video documents how NADA work has expanded into the disaster relief field. Created by long time registered trainer and activist Laura Cooley, *Unimagined Bridges, Ear Acupuncture Treatment for Disaster Trauma* depicts acu detox providers in action after 9/11 as well as with survivors of the Pakistan earthquake, Katrina/Rita, California wildfires and other disaster situations. Attendees at NADA's 2008 annual conference witnessed the premier showing of the video and greeted it with enthusiasm.

According to Laura, "The events of 9/11 had a particular ripple effect in the acupuncture community. The aftermath of the attacks produced holistic health care. Through documenting the walk-in ear acupuncture-based program set up at St Vincent's Hospital after the attacks, the video shows how acupuncture, in group settings, can bring traditional healing techniques to cultures around the globe.

"What St Vincent's proved is that this ancient technique can be offered immediately to an extensive population in distress, without screening. This allows timely treatment of acute stress disorder (ASD), which

in turn interrupts the development of PTSD itself, or at least ameliorating the symptoms of PTSD.

"This is highly important because various interventions used for trauma have been shown actually to harm some populations, leading to the need to screen for which patients might be appropriate for any particular intervention. But screening is impossible in situations of mass disaster. What can be offered immediately, such as the NADA Protocol, has the most power to keep distressed populations from developing PTSD.

"Ear acupuncture is also without the stigma of being a 'mental illness treatment', and even persons unfamiliar with acupuncture easily go along with the idea of using it to improve their well being. This alone makes it a most useful tool for dealing with the first obstacle to getting services to those who need them."

Order the 18-minute DVD from malula@malula.net or send a check or money order to: *Laura Cooley, 22 Forrest Tallman Rd, Orford, NH 03777*. Regular price \$25.00; NADA members \$20.00; Students \$15.00.

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Acu Detox: A tool for tough times

NADA's 20th Annual Conference and Pre-Conference Events

June 1-June 6, 2009—NADA Full ADS Certificate Training (43 CE credits)*

June 4 – Administrators and Directors Workshop (5 CE credits)*

June 4th 6-8 pm —Registration/Reception with snacks and networking

June 5-6, 2009 Main Conference – Fri and Sat (Incl Luncheon) (13 CE credits)*

Main Conference Highlights *Friday and Saturday.*

Nurses in Europe employ acu detox to foment change in hospital-based programs

Out-patient programs reach newly receptive audiences in Maryland and Virginia

Inner-city Detroit program showcases 15+ years of acu detox.

Disaster Response—Work in New Orleans expands possibilities

Drug Courts: Still working after all these years

Brighton Hospital—an integrative, comprehensive residential and outpatient model with 23 ADS on staff shows us how they do it

First Hand Accounts: Acu detox clients share their stories.

NADA Networking Luncheon: (Saturday)—An opportunity to share ideas and support each other's work

*CE credits pending for addiction counselors (NAADAC; MCBAP—for Michigan counselors) and acupuncturists (NCCAOM, CA).



NADA Invites You To Ann Arbor

Kensington Court Hotel — Ann Arbor. Reserve your rooms early as we have a limited block of special discount rooms at a daily rate of \$99 single or double.

The Ann Arbor location is convenient to the University of Michigan, the eclectic area downtown, Ypsilanti's Historic Depot Town, and Detroit. Hotel guests can access the exercise room, large indoor pool, whirlpool, and sauna. All overnight guests have in their room complementary bottled water and high-speed internet access. There is a 24 hour business center with access to computers, and a port for a laptop unit.

The Kensington Court is located at South State Street and Interstate 94 in the Briarwood Shopping Mall circle, only 2.5 miles from downtown Ann Arbor and the University of Michigan, and 25 miles from Detroit Metropolitan Airport.

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

Pre-Conference Training Events:

FOR CLINICIANS – 8 am, Monday, June 1, to 4 pm, Saturday, June 6

Earn an ADS certificate (and a total of 43 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 Brighton Hospital, Michigan's first and most experienced addiction treatment facility. Brighton Hospital utilizes the NADA protocol throughout the treatment process, from detox, rehab, partial hospitalization, intensive outpatient clinic, men and women's halfway houses and outpatient clinic. Brighton Hospital offers extensive and complete substance abuse/dual diagnosis treatment, and is a leading national chemical dependency residential and outpatient treatment center.

Register early – This event always sells out.

Who can be trained?

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 addictions 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, Louisiana, Maryland, Michigan, Missouri, New Mexico, Nova Scotia, Ontario, Prince Edward Island, Tennessee, Texas, Vermont, Virginia, and Washington.

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 doors for acupuncture.

Training schedule: Trainees participate in a six-day, intensive sequence, beginning with a four days of didactic and practicum training at Brighton Hospital, in Brighton, Michigan. (Accommodations will be available at the Holiday Inn Express Hotel in Brighton during the training days — \$99 single or double). Homework assignments include some to be completed PRIOR to the training. Trainees finish final two days by attendance at the NADA 20th Annual Conference at the Kensington Court Hotel in Ann Arbor. Attendance is required at all sessions – from 8 am Monday, June 1st through 4 pm, Saturday, June 6th, 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, the NADA training team will contact you directly with details of schedule, transportation, lodging, homework, what to wear, etc.

FOR DIRECTORS AND ADMINISTRATORS, Thursday June 4th, 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 colleagues.

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 yet another way to show accreditation officials an improvement in quality.

*CE credits pending for acupuncturists and counselors.

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

REGISTRATION FORM

Cancellation Policy. Full refund less \$50 processing fee for cancellations received before 5 pm , Friday, May 1, 2009. No cancellations accepted after that date.

Conference Registration Fees Schedule:

Pre-Registration (before 5pm, 5/1/09)	20th Annual Conference Only June 5-6	ADS Certificate Training June 1-6 including 20th Annual Conf**	Directors and Administrators Workshop June 4
Current Member*	\$270	\$685	\$175 (\$75 if Conference Reg also)
Non-Member	\$335	\$750	\$175 (\$75 if Conference Reg also)
Student	\$215	As above	\$175 (\$75 if Conference Reg also)
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 5 pm, Friday, May 1, 2009.

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 20th Annual Conference, June 5-6

\$ _____ ADS Certificate Training, June 1-6 (Includes 20th Annual Conference)

\$ _____ Directors and Administrators Workshop on Integration, June 4

\$ _____ 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

GUIDE-QUOTE ...

“It’s subtle. It takes the edge off. It makes me feel more at peace in my own skin, and I’ve had tremendous problems with that.”

“Jeremy”, an early recovery client at Central City Concern in Portland, Oregon, describing the effect of his acupuncture treatment, as reported in *Portland Mercury*.

LEGACY continued from page 1

like. Once you get that rapport with the client, they know that you’ve got their best interest at heart.” Butch has applied that principle as program manager of MHMR’s new “ambulatory detox program”. He has his own methods for helping the clientele accept the use of acu detox in the recovery process. “A lot of them come in and they’re a little suspicious -- they don’t want to do it (receive acu detox). I used to argue with them.” He says now he simply leaves the resistant ones alone. “They’ll sit there and they’ll get there without even being needed.” Butch also facilitates a full-body guided relaxation during acu detox groups.

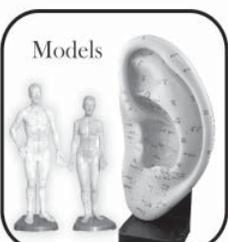
“Programs are blessed to have a Butch,” said

Stevie. “It’s very difficult to do detox in an outpatient setting. Acu detox has filled this void.” She explained that the new ambulatory detox is an outpatient program that helps people safely withdraw from drugs like cocaine, methamphetamine, marijuana, and low levels of alcohol use. The staff check vital signs and give vitamins. Counseling is provided along with lunch and acu detox. Clients also attend additional outpatient addictions treatment each day.

“Because Texas spends so little tax money on addiction, there is always a shortage of funding,” Stevie explained. “Our addiction services division began applying to SAMHSA for grant funding around 10 years ago. We wrote a grant to treat alcoholic/addict homeless persons at inpatient and then case manage them for housing. It was very successful and we have continued to write grants for additional funding of our programs. We are a state funded fee-for-service organization for medically indigent addicts and alcoholics in our community. We use acu detox in many of our programs.”

MHMR also operates an adult rehab center called Pine Street. Before it was created, the closest →

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treatment facility was 200 miles away. Stevie explains that Pine Street was born out of collaboration of diverse community efforts, including the department of state health services and a local Presbyterian church.

“Our completion and retention rates are some of the best in the state,” Stevie says. “Our satisfaction survey is given to every client and over 90% would use our services again and over 95% would refer a friend or family member to our services. Abstinence rates are above 60% after 30 days.”

Altogether, in addition to the detox programs, Stevie oversees an HIV/AIDS outreach and a case management program, an adult rehabilitation center, two adult outpatient clinics and adolescent clinic.

“We have a large HIV/AIDS outreach division and AIDS/substance abuse case management team. We have two adult outpatient clinics and an adolescent clinic serving 16 inpatient males and outpatient, case management and families.”

Stevie says there are numerous SAMSHA grants available for HIV/AIDS that involve outreach

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.

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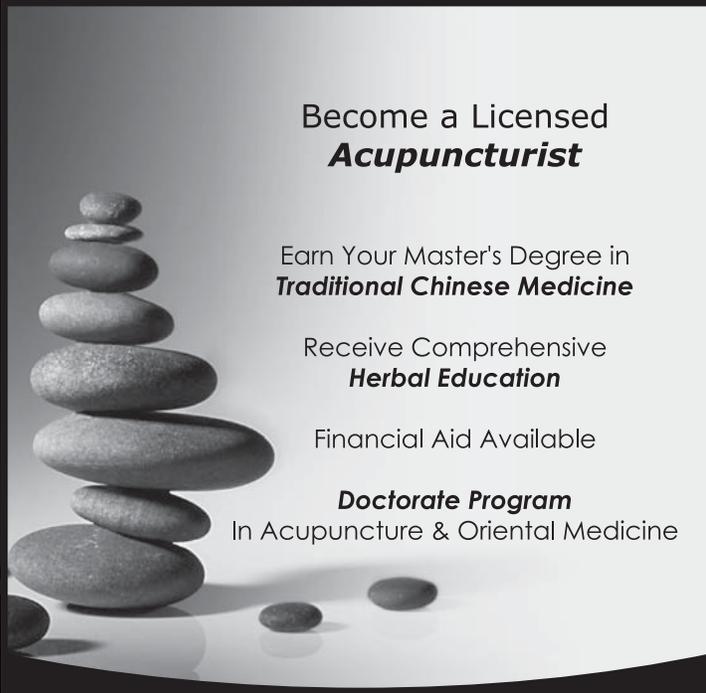
to women in minority communities. With 5 current grants currently funding MHMR's Addiction Services, each grant brings in \$400,000-\$500,000 a year. Their newest grant will provide veterans with treatment for PTSD in a 30-bed inpatient program.

Stevie reports that 20% of grant money is set aside for research. “Our research for acu detox was completed several years ago...What they found was inconclusive. Most people did well after receiving treatment services. It did not conclusively show acu detox alone, without treatment kept people clean and sober. In conjunction with individual and group therapy, it worked well.” *Contact: Stevie Hansen, chief of addiction services, MHMR of Tarrant County. Stevie.Hansen@mhmrtc.org*

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To have a vivid visual experience of the work done in all three of these sites, go to <http://www.real-medicinesfoundation.org/galleries/photo.asp> and scroll to the bottom of the home page. Then download the Power Point slide shows for The Omari Project – May 2008, Mulanda Transit Center – May 2008 and Mama Kevinna – May 2008. The download is slow, but the pictures are well worth the wait!

Contact: Megan – myarberry@turquoise.net Beth – bethcole1@verizon.net



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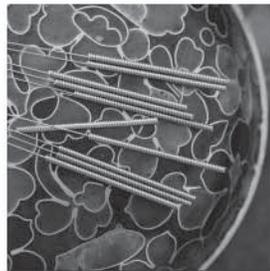
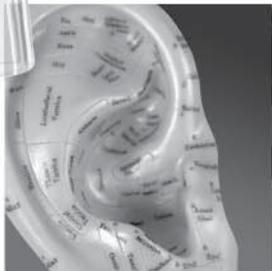
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NEW ACU DETOX PROJECTS UNDERWAY IN KENYA AND UGANDA

NADA members are gaining expertise in bringing the healing powers of acu detox to parts of the world where the need is greatest. In a recent example, acupuncturists Beth Cole and Megan Yarberry helped create a NADA Protocol capability for three sites in Eastern Africa. Citing concepts advocated by NADA founding president Mike Smith, Beth and Megan report they were careful to adapt their project methods to the varying specific characteristics of each site. In Uganda, training and consultation took place in a refugee camp and in a high school for children affected by violence. A third project brought acu detox to a treatment program for heroin addicts in Kenya.



Students observing needle placement

Megan reports that the Uganda refugee site in particular has taken off, "as the trainees have provided over 10,000 NADA treatments to Kenyan, Sudanese,

and Congolese refugees since May, to address the PTSD symptoms in that population".

AFRICA continues on page 10

NADA Invites You To Ann Arbor

Acudetox: A Tool For Tough Times

(Earn 15-43 CE credits)

20th Annual Conference Details on Pages 6-8

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