

National Acupuncture Detoxification Association  
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# GUIDEPOINTS:

News from NADA

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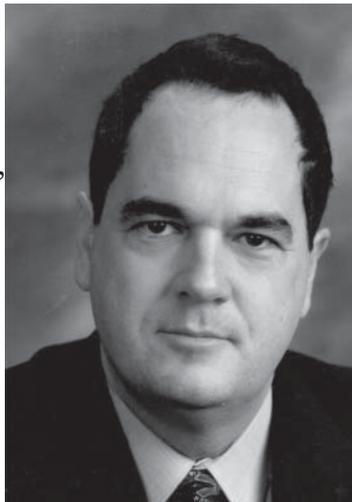
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### SURPRISE! NADA-TRAINED STAFF DO NOT HARM PATIENTS

Despite the nearly three decades of NADA protocol utilization by health workers who are not licensed acupuncturists, large areas of the USA still block this effective and economical resource for recovery. Those who oppose clinical work by ADSes who are not also licensed acupuncturists often base their opposition on “protecting the public”.



MICHAEL SCHROEDER

NADA training policy, of course, has always

maximized safety. The clean needle technique section of the NADA ADS curriculum has the approval of state acupuncture regulators as being appropriate for the milieu and methods seen in NADA Protocol practice.

But isn't the rule “Follow the Money?” So a recent declaration from the entity which has the most to lose if patients are getting hurt goes far to refute those keeping the door shut on NADA work.

That entity is the American Acupuncture Council, a California-based insurance broker. AAC is probably the major USA provider of all kinds of acupuncture liability coverage, including policies NO CLAIMS continues on page 10

French Quarter  
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### ***NADA Invites You To New Orleans***

Theme: Recovery, Rebirth & Reunion  
 25th Anniversary Conference March 26-27, 2010  
 Details and Registration Form on Pages 6-8

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## *Spirit Of NADA*

### **ACU DETOX BY THE SEA**

By Tricia Cartwright

The Hope Centre, formerly known as Ballymena Family & Addicts Support Group, has been in operation in the North of Ireland for eight years. Acupuncture was one of the first services in this program. Initially set up by a group of Mothers to support the families of injecting drug users, it has grown to a client base of more than 400 adult substance users, incorporating both alcohol and drug misusers, and more than 70 families regularly availing of the services which have also expanded.

At the Hope Centre, we believe recovery comes from within the person. Addiction is not fixed like a broken leg, and, therefore, the classical medical model—with doctor diagnosing and treating a passive patient—is not applicable. “Other people, however skilled they may be, never make a drinker or drug user better. It is always the client who does the work.” The group went on a two-day trip to Corrymeelia, a beautiful cliff top retreat. The clients insisted that the acupuncture be incorporated into the program. Indeed the clients are so aware of the benefits of the acupuncture, and we were so enthusiastic and pleased to have it carried out on the trip, that they persuaded

### **NADA's Mission**

*“The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster & emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with (other) Western behavioral health modalities.”*

*Guideposts: 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. Phone: (888) 765-NADA. Email: NADAOffice@acudetox.com. President: Ken Carter, Editor: Sara Bursac, Art Director: Mary Renaud, Staff Writer: Ryan Bemis ISSN-1070-8200.*

the staff and leaders in the residential retreat to join them in the acupuncture session. The sight and feeling I witnessed that evening was the most wonderful I have ever experienced during a session. The healing, calmness and peace in the room was awe inspiring and the silence breathtaking—the only sound was the crashing of the waves from Atlantic Ocean outside. That evening of group acupuncture was a truly special occurrence and one which will stay with the clients of the Hope Centre, the staff and volunteers of Corrymeelia and me forever.

Tricia is a sustaining member of the Hope Centre.

NO CLAIMS continued from page 12

crafted especially for “auricular acupuncturists”, a category which includes health workers who have the NADA ADS training but are not licensed acupuncturists.

On September 1, 2009, acting at the request of NADA policy activist and registered trainer Laura Cooley, Michael J. Schroeder, the vice president and general counsel of AAC, put his signature on a letter stating: “This is to confirm that the American Acupuncture Council (“AAC”) has been insuring acupuncturists and auricular acupuncturists for over 30 years. AAC is the predominate insurer of acupuncturists for professional liability in the United States. To date, AAC has no record of a claim ever being filed against one of our insured auricular acupuncturists.”

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## ACU JOURNAL FOR MDs PUBLISHES EDITORIAL ON NADA

A professional journal published for medical doctors who utilize acupuncture recently devoted its guest editorial page to 600 words by NADA co-founder and physician Michael O. Smith.



MICHAEL O. SMITH

Mike's article points to the "remarkable expansion in the use of the NADA protocol", citing its extensive use in United Kingdom prisons and European psychiatric hospitals over and above the extensive NADA base in North America. He refers also to how NADA work has moved into PTSD treatment.

Emphasizing the adaptability of the protocol, Mike cites utilization in conflict zones of the Thai border, East Africa and parts of India. He explains how the simplicity of the technique, especially in its three-needle variant, allows its use for group treatment in informal settings.

Mike brings out unique aspects of NADA, including the necessity of an apprenticeship style of training and the value of a non-verbal technique that provides a balancing effect on a patient population that is often "troubled and distracted".

The article appeared in the November 2, 2009 issue of the journal *Medical Acupuncture*, which is the official publication of the American Academy of Medical Acupuncture, which describes itself as "a physician organization promoting the integration of acupuncture with Western medical training".

Contact: [www.medicalacupuncture.org](http://www.medicalacupuncture.org).

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# REGISTRATION FORM

Cancellation Policy. Full refund less \$50 processing fee for cancellations received before 5PM, Friday, February 26, 2010. No refund issued after that date.

## Conference Registration Fees Schedule:

Pre-Registration (before 5PM February 26, 2010)	Conference Only March 26-27, 2010	NADA Full ADS ** Certification Training March 22-27	Directors and Administrators Work- shop March 25
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)
<b>At the Door</b>			
Current Member	\$300	Pre-Registered only	\$225 (\$100 if Conf 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 Friday Feb 26, 2010.

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 Annual Conference, March 26-27, 2010  
 \$ \_\_\_\_\_ ADS Certificate Training, March 22-27, 2010  
 \$ \_\_\_\_\_ Directors and Administrators Workshop on Integration, March 25, 2010  
 \$ \_\_\_\_\_ 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 \_\_ Discover \_\_ Check/MO  
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Name on card if different			
To NADA--Please enroll me as indicated above (signature required)			Date:

## Pre-Conference Training

FOR CLINICIANS – 8 am, Monday, March 22, to 4 pm, Saturday, March 27

### 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 and behavioral health treatment settings. Practice it at Bridge House and other treatment locations around New Orleans. For fifty years Bridge House has served as an addictions treatment center of last resort, serving among others, the homeless and indigent. Therapy centers around the Twelve-Step Recovery system of Alcoholics Anonymous and residents live within a Therapeutic Community model which empowers the individual to participate in decisions concerning life in Bridge House. Acudetox is a recent and most welcome addition to treatment resources. [www.bridgehouse.org](http://www.bridgehouse.org) or [www.gracehouseneworleans.org](http://www.gracehouseneworleans.org) Register early (by Friday, February 26) – 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 allow some type of ADS practice: Arizona, Connecticut, Delaware, Georgia, Idaho, Indiana, Louisiana, Maryland, Michigan, Missouri, New Mexico, Nova Scotia, Ontario, Prince Edward Island, Tennessee, Texas, Vermont, Virginia, Washington and many Native American reservations.

#### 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 5 point NADA protocol acupuncture in addiction treatment as well as dual diagnosis and mental illness, disaster response including PTSD. Enjoy the rich experience of opening doors for acupuncture.

Training schedule: Trainees participate in a six-day, intensive sequence, beginning with four days of didactic and practicum training at Bridge House and other New Orleans locations. (Accommodations will be available at the Bourbon Orleans Hotel during the training days — \$119 single or double). Homework assignments include some to be completed PRIOR to the training. Trainees finish final two days by attendance at the NADA Annual Conference at the Bourbon Orleans Hotel in New Orleans. Attendance is required at all sessions – from 8 am Monday, March 22 through 4 pm, Saturday, March 27, 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 March 25, 9 am – 3 pm

#### 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.

#### Doctor Smith will explain the following characteristics of how acu detox will help improve your outcomes:

Since acu detox 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.

# **Recovery, Rebirth, Reunion: NADA's 25th Year!**

## **2010 NADA Annual Conference and Pre-Conference Events**

March 22-March 27 (Monday-Saturday ) – NADA Full ADS Certificate Training (43 CE credits)\*  
 March 25 (Thursday) – Administrators and Directors Workshop (5 CE credits)\*  
 March 25 (Thursday evening) -- 6-8PM Registration/Welcome Reception with snacks and networking  
 March 26-27 (Friday and Saturday) -- Main Conference – (13 CE credits Incl Sat Luncheon) \*

NADA Celebrates 25 Years--Looking Back and Looking Forward

New Orleans and Katrina--Lessons and Learnings

New Orleans First Responders' Panel

New Orleans Musicians' Clinic--Notes from the field

Sickle Cell--Atlanta leads the way to new treatment target

PTSD, Stress Reduction--NADA and the Armed Services

Film: Unimagined Bridges, Ear Acupuncture Treatment for Disaster Trauma

Mental Health and NADA in Europe--Denmark, Finland, Germany and Sweden research and films

Update: ADS States and Wannabes

Typhoon Disaster Treatment in the Philippines

NADA International Perspective including Africa, India, Asia

NADA Networking Luncheon (Saturday) -- an opportunity to share ideas and support each other's work

Dr. Michael Smith's Remarks and Reflections

*\* CEUs pending for acupuncturists and counselors*

**The Bourbon Orleans Hotel** will be our conference location. In the heart of the French Quarter, the hotel is reminiscent of the early 1800's and is just steps away from the famed St. Louis Cathedral, close to Royal Street, to the local artists and performers in Jackson Square, and to restaurants, galleries, nightlife and music. NADA conference rate rooms are \$119 plus taxes and fees per night single or double, available only until February 21, so please reserve your rooms early. For special rates mention 'National Acupuncture Detoxification Association'. Hotel contact information is on page 8.

**For a reduced plane fare**, go to [www.continental.com](http://www.continental.com) and enter the Offer Code ZGMWBY7G43

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pathologies. Such are the cases in NADA programs. While Zang-Fu diagnosis is not always appropriate or helpful, especially at transitional phases of recovery, Sleepmix detox tea is, and at a low cost (\$72 for 1000 tea bags from licensed supplier Nutracontrol).

Nutracontrol's Indications for Sleepmix include (see [www.nutracontrol.com](http://www.nutracontrol.com)):

Treating sleep disorders  
As an integral part of drug & alcohol detox programs  
People in high stress environments  
Hyperactive children and adults  
Chronic anxiety relief  
Chronic pain relief  
Daily stress and anxiety relief  
General aid in detox

Yarrow is the only herb in Sleepmix detox tea that has been used in China. Though not included in many Chinese formulas, yarrow, known in pinyin as Yang Shi Cao, was said to clear heat and clean toxins from the blood and from the liver. The stalks were used to consult the *I Ching*, or Book of Changes, an ancient Chinese text consulted by seekers of wisdom and self-knowledge. Millennia later, on the other side of the planet, Saint Albert the Great used yarrow for fear and self-negation, two nagging recovery issues.

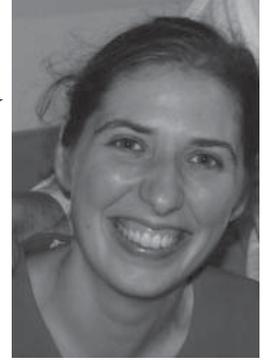
Yarrow is a known wound healing remedy in cultures around the world from the Chinese to the Cherokee. Also called Military Herb and Soldier Wound Wort, it grows along pathways and was readily available to traveling troops and tribes alike. In fact, the botanical name, *Achillea*, comes from the Greek hero Achilles who applied yarrow to the wounds of his soldiers during the Trojan War. Interestingly, Yarrow is astringent, which may account for its wound binding capacity.

Holmes, P, *The Energetics of Western Herbs. Vol. I and II, Revised Second Edition*. ISBN 0-9623477-4-4. Snow Lotus Inc. 1994.

Ross, J, *Combining Western Herbs and Chinese Medicine*. ISBN 0-9728193-0-4. Greenfields 2003.

## NEW NADA OFFICE SITE READY TO SERVE

NADA has relocated its office operations but member benefits continue as before, as do the email address and toll free phone. Formerly located on the USA West Coast in the city of Vancouver, Washington, the new site is in Columbia, Missouri, nearer to the middle of the country in the Central Time Zone. New office manager Sara Bursac, a social worker with ADS training and extensive clinical and business experience, will be the main person responding to member inquiries and requests.



SARA BURSAC

NADA Office

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center for behavioral health. The department receives grant funding from Maryland's alcohol and drug abuse administration.

*Clinical Essay:*

## HOW SLEEP MIX TEA CAME TO BE

by Ryan Bemis

*"Psychiatric patients don't want super duper soup."*

*Michael O. Smith.*

NADA co-founder and psychiatrist Michael O. Smith recently told program administrators at a workshop that soup and friendship were "the best technology" for acu detox patients. In China, recipes of herbal remedies are most commonly referred to as "tang," pinyin for "soup." Herbal Sleepmix Detox Tea is the "soup" Mike created for NADA programs to be cooked and shared by clients and staff alike.

He recalls Sleepmix's development in the '70's while searching for a good sleep aid for his clients. "Some people said valerian. Some people said chaparral. No one said Sleepmix." He reports he tried all three and to his surprise, clients preferred the "just off the store shelf" Sleepmix blend.

"Valerian is famous for being a sleep aid. But valerian is a heart tonic marketed for middle aged women. It isn't what my patients needed. They needed to clear heat."

In TCM, cold and bitter herbs are typically used to clear heat. Smith contends that an herb like Oriental scutellaria, or Huang Qin, a very strong cold and bitter herb used to clear heat in Chinese medicine, would make his clients sicker. He included western scutellaria known as skullcap in his formula.



Both varieties are cold and bitter and open up the liver as well as clear heat. However, western scutellaria has a slightly sweet flavor, which may enable a harmonizing function.

Mike describes his formula as "easy to digest, easy to handle," calling to mind that "our clients can't handle very

much." He credits chamomile as his formula's main herb. Primarily a digestive herb, chamomile has a

An acupuncturist with additional backgrounds in midwifery, Hakomi psychotherapy and disaster relief plans to apply her new registered trainer status to NADA work in the US Virgin Islands. Serena Sundaram reports that is where the need is great and the environment possibly friendly to initiation of ADS utilization. Serena received her original NADA training in 2004 from Rachel Diaz in Seattle, where Serena operated the Communichi community acupuncture clinic, volunteered with street youth and took substitute acu detox shifts at a county program. She served her RT menteeship with NADA board member Cally Haber. Serena graduated from Brandeis University in sociology and from Southwest Acupuncture College. Contact: [serena@communichi.org](mailto:serena@communichi.org)



unique capacity to either cool the body down or warm it up, to adapt to what the body needs. Chamomile tastes sweet, which is the flavor of the Chinese element earth. In TCM, sweet herbs can moderate the intensity of other herbs. Chamomile, along with hops, catnip, skullcap and peppermint, has calming functions.

In Sleepmix, peppermint, yarrow and catnip have acrid flavors, which may account for their capacity to increase circulation and release heat by promoting sweating. Mike explains, "A big part of the herbal business is to make you sweat a little bit. And this is just a gentle version of that." He notes that yarrow "makes the liver flow better." Peppermint, like TCM's field mint Bo He, also soothes the liver.

Mike characterizes his formula as some chamomile and some mints (peppermint, catnip and skullcap are all types of mint). He contends, "None of these herbs are famous and all of them you can give to children," yet are sufficient to detox an alcoholic. NADA programs need not venture beyond Sleepmix's safety and simplicity for energetic explanations of why the recipe works for acu detox patients. However, the slow healing, light tonic properties of yarrow and skullcap can treat deficiency and excess as well as internal and external conditions, depending on what the individual needs.

This resonates with NADA parlance that "it's an inside job," therefore ideal for complex and cunning

empowering and training acupuncturists in this role, and assisting acu detox programs to get off on the right foot.

Kathy credits Cara Michele's consultation for the smooth transition of adding acu detox to the menu available for clients.

“[Cara Michele] had given us instructions step by step of what we needed to do, where to get equipment and how to do billing,” reports Kathy. Her acu detox sessions are paid for either by sliding scale self-pay or client insurance, and are billed as a standard group therapy session, not distinguished from other groups they offer. *[Editor's note: This fiscal model, used in many wisely-managed NADA treatment sites, arises naturally from the adjunctive skill nature of acu detox. Kathy and other ADS-trained clinicians are utilizing the ear needling as one of many counseling related skills they bring to their work. It is appropriate that agency managers understand acu detox as an integral function, not an “extra” that requires support from its own, defined revenue stream.]*

Kathy admits her opportunity to learn and use acu detox sprung up “purely by accident.” She learned about acu detox at a CEU course in the summer of 2008, for her ongoing training as a licensed social worker and addictions counselor. “It sounded really interesting to me. It was the first I heard about it.” She took the training months later in December with Cara Michele. “She encouraged us to get a program started and get a supervisor.” By March 2009, after her fellow staff volunteered to undergo practice treatments by Kathy so she could earn her supervised hours, acu detox started full swing, offered twice weekly for up to eight clients per group.

Kathy recalls that other staff members were skeptical of the idea for acu detox at first. However, Cara Michele traveled [198 miles each way] across the state and gave a two hour presentation, which sold them. “She actually pinned the director,” says Kathy, after which “they were pretty open to giving it a try.”

The acu detox program runs within Garrett County health department's addictions unit of the



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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.

MISSION continued from page 1

strategy focused on the creation of welcoming work conditions for all ADSes. We will cultivate and support expertise in this area with a goal of fostering organizational growth and well-being.

As always, the board invites ideas, energy, and elbow grease from any and all who would volunteer talents and service. Please contact the NADA Office regarding any interest you may have in working along with us. We invite you to serve on working committees, such as pre-conference and conference planning, organizing and conducting trainings, education and advocacy, etc.—*we need you*. Contact our Office with articles and information documenting the stories of your work that should be shared—we want to hear them.

Finally, please do not hesitate to let us know about your personal contacts and spheres of influence that may be further educated and networked to the benefit of our collective mission. Moving forward in sharpening our focus on advocacy, maintaining excellence in clinical education and training, let us know when, where, and how your board's expertise can be marshaled in a manner that is most useful to you.

In the Spirit of NADA, I wish All a Happy and Productive New Year !

## **RURAL MARYLAND BENEFITS FROM ADS-ACUPUNCTURIST COLLABORATION**

A rookie NADA-style program in the town of Oakland (population 1,930) in the rural northwestern corner of Maryland has helped dually diagnosed clients and created a job for a local acupuncturist as a NADA supervisor

It took only months for a newly trained ADS, clinical supervisor Kathy Beals, to jump-start acu detox services at the Garrett County health department's addictions program, where she says 75% of her clients are diagnosed with schizophrenia, bipolar or an anxiety disorder.

Kathy shares several anecdotal case summaries from the past nine months of success using acu detox to decrease cravings, acute withdrawal, restlessness and anger. One of her clients who "had problems with being violent and punching things" in the past, now reports acu detox helps him to relax and care for his three small

### **GUIDE-QUOTE ...**

**"Everything about your life has to change, and there are people who don't want you to change"**

Director of a Juarez addictions treatment center, commenting on recent mob killings of resident patients at sister programs in that city.  
*New York Times*, September 4, 2009.

children. "The other therapists didn't want to have anything to do with him."

During a recent vacation when this patient missed his regular acu detox sessions, she explains, he reported noticing less ability to control his anger. Once a heavy whiskey drinker, he has now received acu detox thirty times, and has become an acu detox advocate, Kathy reports. She says he helps explain to new clients how the treatment works.

Another client who was recovering from opiate addiction didn't tell the staff he was still using benzodiazepines. Kathy said she noticed his tremors that turned out to be benzo withdrawal symptoms. She says acu detox helped calm him immediately, and he was referred to detox at the local hospital. Later, he returned to their program, but continued to struggle with restlessness. "By the time he was done with the program, he had learned how to sit still and meditate."

Kathy reports this as a common outcome of treating restless clients with acu detox. "By the end of the session they're just totally relaxed." She screens each client for objective signs of intoxication or hand tremors. "You can't come under the influence" she says, adding that she refers clients in withdrawal to the one hospital in town for detox.

The birth of this acu detox program, made possible by Maryland's NADA-friendly ADS law, also created a job for an acupuncturist. He is Howard Reynolds, of Cumberland, who is paid to provide general supervision once monthly.

Having competent acupuncturist ADS supervisors is crucial to successful NADA programs, according to NADA registered trainer Cara Michele Nether of Towson, as reported in *Guidepoints* (See March and May, 2009). Over the past few years Cara Michele has committed her Baltimore-based Ear Acupuncture Resources to the task of

# GUIDEPOINTS:

News from NADA

January 2010

## **Editorial: NADA ADDS POLICY AND PRACTICE ADVOCACY TO MISSION STATEMENT**

By Kenneth O. Carter, MD, MPH  
NADA President

NADA will become a more focused and assertive agent of change, according to a revised mission statement approved unanimously by the board of directors on November 18, 2009.



KEN CARTER

The new statement reads:

*“The National Acupuncture Detoxification Association (NADA), a not-for-profit training and advocacy organization, encourages community wellness through the use of a standardized auricular acupuncture protocol for behavioral health, including addictions, mental health, and disaster & emotional trauma. We work to improve access and effectiveness of care through promoting policies and practices which integrate NADA-style treatment with (other) Western behavioral health modalities.”*

NADA’s new mission statement is consistent with the revision in by-laws approved by the board of directors earlier this year through: 1) Honoring the clinical observations and experiences of acupuncture detoxification specialists that universally recognize broad behavioral health benefits associated with NADA-style treatment (benefits

including, but not limited to, the area of addiction), and 2) Explicitly articulating that which is too often forgotten and that too often “goes without saying”, i.e., the most successful ADS work occurs where favorable policies and practice guidelines are established by an educated community of patients, politicians/administrators, and providers.

The NADA board of directors is aware that many of our ADSes work in areas where the scales of justice may be unfairly weighted by a variety of unfavorable policies and practice guidelines. Most easily addressed are the unreasonable situations arising from an innocent lack-of-knowledge about the safety, simplicity, and effectiveness of NADA-style education and treatment programming. Sadly, there are also times when unreasonable situations are driven by the type of misguided and unabashed self-interest which reveals a profound absence of understanding about our unique model of public health education and care, a model that surveys have overwhelmingly endorsed as a “win/win” for both public and private sector programs, practitioners, and clientele.

Our mission revision represents a promise by the NADA board to upgrade our support to members, to the clients we serve, and to our healthcare community-at-large. We will do this by making advocacy the lynchpin of an educational MISSION continues on page 2

French Quarter  
Hotel

### **NADA Invites You To New Orleans**

Theme: Recovery, Rebirth & Reunion  
25th Anniversary Conference March 26-27, 2010  
Details and Registration Form on Pages 6-8

Learn, Earn CE  
Credits, Celebrate!