Maria Elizabeth Flores Honored for Promoting Peace in Ciudad Juarez

Maria Elizabeth Flores works as a lawyer and human rights activist in her home city of Juarez in the state of Chihuahua, Mexico. Flores also founded Pastoral Obrera, a social service and advocacy program for workers and women in the Roman Catholic Diocese of Ciudad Juarez. Today, Pastoral Obrera oversees 23 NADA clinics alongside other social and advocacy services in the diocese. Amidst an unprecedented rise in violence, which has seen over 10,000 people killed since 2007, she spends her days accompanying people in Juarez in their quest for peace, justice, and healing. At the 2012 conference at Yale, NADA honored her for her work. Below is a transcript of her speech.

Ciudad Juarez has been in the national and international news for many years. In the ‘90s, we built a strong enough voice that crossed borders, a voice that condemned the murder of a large number of women, killed because they were women, acts which are now classified as feminicidios or femicides.

During the past five years, we were again identified by both friends and strangers as a city of extreme violence.

Join the NADA book club! see p. 3 for more info

Spirit of NADA: Ron Vickery

At this year’s NADA conference in New Haven, Connecticut, ADS Ron Vickery received an award for his tireless work as a Red Cross volunteer who established NADA as a Missouri Voluntary Organization Active in Disaster (MO-VOAD) in March of 2012.

Vickery, of Van Buren, Missouri, is an activist and veteran as well as a developer and practitioner of Enertropic Therapy and trained in Ayurvedic medicine.

He became an Acu Detox Specialist in Kansas City at the 2011 annual pre-conference training. The day after the conference, an F5 tornado leveled a significant portion of Joplin, Missouri. Vickery spent much of the next month and a half volunteering his time to provide treatments to tornado survivors. In his presentation he showed photographs of what the treatment response looked like – you can see Vickery’s pictures on our website’s 2012 conference page.

The experience in Joplin motivated him to help NADA become streamlined into a statewide disaster response network. An opportunity arose to forge a Statement of Understanding between NADA and the Southern Missouri Region of the Red Cross, where he worked as a part-time volunteer. After negotiations around the wording, and review by each of the organizations’ respective lawyers, the

Vickery continues on p. 6

Maria Elizabeth Flores far center left
Photo courtesy of Ryan Bemis

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National Acupuncture Detoxification Association
and danger; a city where 10,000 of the nearly 50,000 murders have been committed within the entire country and 18,000 more people have been victims of forced disappearance.

In 2010, Juarez became the world's most violent city with a rate of 2,000 homicides per 100,000 inhabitants. Last March, taking stock of the prevailing security situation created by the drug trade in northern Mexico, U.S. Undersecretary of State for Narcotics Affairs, William Brownfield, said that Ciudad Juarez is still the most dangerous city in the hemisphere and perhaps the world.

Ciudad Juarez has become a political laboratory, and as such, we've experienced the very first adverse fruits of what we now see throughout Mexico.

The maquiladora (factories for foreign export) industry entered Mexico through Ciudad Juarez 50 years ago, bringing much needed jobs that didn't exist previously. For many, this meant the hope of a better life, a secure job with benefits, social security and legal services, and effectively employed up to 340,000 people by the late '90s.

What we did not know is that these jobs would also bring extensive poverty to most of those who worked there, as well as other social problems. This industry, despite having millions in profits, paid inadequate wages to the production operators (who are the majority of the staff). These wages did not allow a person to fulfill their dreams; only to survive, to eat poorly and to eat very little, to have poor health care and education. In a region of expensive living costs, these workers must subsist on incomes of 50 to 75 dollars for 45 to 50 hours per week. This income is not enough for one person.

Then came the militarization to a city already hit by organized crime to wage war against drug traffickers. They numbered in thousands, the soldiers and federal police who came to Juarez beginning in 2008, operations that were not successful in reducing the violence, but instead made the load even heavier for ordinary citizens. Our people suffered human rights violations with warrantless searches, arbitrary arrests and checkpoints, all on suspicion of carrying weapons and drugs.

These operations and programs are part of the Merida Initiative, a state policy of both the U.S. and Mexico to combat crime. This initiative is based on other things, including the provision of arms and military equipment, weapons that have prevented the crime from dropping. If guns have destroyed many lives, it is because guns exist for this: to kill.

Today, the United States Secretary of State talks about a “narcoinsurgencia” in Mexico, Spanish for “insurgency of drug traffickers,” an issue that could be used to justify a counter-insurgency strategy in Mexico, one that would undoubtedly bring more violence and death to the country.

All this leads to many analyses, deep reflections, but we can agree on one thing: the world is becoming a humanity that is more and more inhumane.

For ordinary citizens and for the people, it is difficult to understand how violence can end with more violence; it is difficult to understand how the manufacture and supply of weapons will stop the death. What world development requires, in order to enter into global competition, is lower wages and fewer benefits, that education and health should become private issues instead of public issues, and even more absurd, that workers who receive pension after a lifetime of work for their family and their country, become a risk if they live "too much."

Of Ciudad Juarez, they speak very little about the great strength of men and women, so we decided to stay with those who had no choice and nevertheless, day by day, with our being and doing, we build and we rebuild so that our city, our home town, would become a bearer of hope and life.

The Center of Pastoral Obrera and Caritas of the diocese of Ciudad Juarez, like many other associations and groups in our city, are composed of people who seek and defend the culture of life, who yearn for peace and work for a better world where all people are included.

In the search for hope and life, Juarez is a sentinel city, a city on guard, where many men, women, youth and children are vigilant and active. They do not hide their lamps, but are rather committed to show the light of their efforts and their work of being and belonging, towards which we seek a world more human and more loving.

Our pain as a people has also allowed us to know the face of solidarity. Both nationally and internationally, people of good will have come to offer a helping hand, to...
Join the NADA book club!

First book club teleconference: Sunday Sept. 23  
---time to be decided---

“The idea of a book club came to me when I began to read Alex Brumbaugh’s Transformation and Recovery. Three years into running the NADA office, and I can’t believe I haven’t read this before! So many people could benefit from a group discussion of the concepts he raises on how best to integrate ear acupuncture into treatment programs.” - Sara Bursac, NADA Office Manager

If you’d like to discuss this book with other dedicated, interesting and above all very cool NADA members, join the book club. You can purchase Alex’s book through Amazon.com or by contacting him at alexbrumbaugh@gmail.com. Visit his website: www.stillpointpress.com.

Contact the NADA office by email at nadaoffice@acudetox.com or by phone at (888) 765-6232 if you are interested in participating. Alex will join our first meeting!

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accompany and provide relief to the violent life in Juarez.

In February came Ryan from New Mexico, Caroline from New York and Lori from Toronto to Ciudad Juarez, to offer their knowledge in teaching an acupuncture technique that could be learned quickly and applied to reduce the anxiety, pressure and stress that come from living within a violent environment for many years.

Pastoral Obrera assembled a group of 22 women, hailing from various Catholic parishes in marginal sectors of the city, and conducted a workshop on theory and practice in ear therapy that prepared the participants how to apply this technique, aimed primarily for people in poverty and without access to specialized health services.

Of that group of 22 women pastoral workers (in addition to another group of 24 trained in August 2011), they have formed a total of 24 clinics that offer the service in Catholic parishes, dispensaries, and community centers in the city. The service does not have a fixed cost, people donate what they can, and those who have nothing, they receive the service free of charge. On average clients contribute 50 cents to one dollar per session. For some of the women, these client donations have become a source of revenue for their communities.

Every day, in different sectors and different times, people come to receive the auriculotherapy, mostly women. Women in poverty, a vulnerable sector of the population who suffers more strongly the problems of violence and unemployment, and therefore, pressure, anxiety and stress are more severe, and the effects that these have on daily life. The clients of these clinics return periodically to receive the service.

Testimonies from the people of Ciudad Juarez are the best reflection of the outcomes of these ear therapy clinics.

I’m relaxed and my eyes felt very good, it got rid of the redness in my eyes.

Peace of mind. It got rid of all the anger that I brought with me and gave me a lot of peace, thanks.

I felt very relaxed, I came here with pain throughout my whole right side and it took the pain away, thanks.

I felt good, relaxed, it has given me more courage, and it got rid of my irritability and my nervousness.

Hundreds of these testimonies, we have. Today, I think of the 22 women we trained last February, and the 24 other trained in August who serve our people. This award is for them. To all of you: thanks.

The NADA trainings in Juarez were made possible through donors and volunteers of the NADA Border Project. From two initial trainings conducted last year, the NADA community of Juarez formed “Servidores de la Paz” or “Peace Servants” and has outlined a vision statement, rationale and methodology for establishing and sustaining NADA clinics and training in Juarez. If you would like to donate to future trainings, please email nadajuarez@gmail.com

SUMMER: SEASON OF THE SHENMEN
by Nityamo Lian

In NADA training, we learn that the Shenmen point helps alleviate anxiety, depression, cravings, sleeplessness and body aches and pains. From a Chinese medicine perspective, however, there is even greater depth and subtlety in this point.

I often don’t have much time to explain what each point does in great detail to my clients when they ask. However, sometimes I have found that that it is appropriate to share more, and when I do this, the person is more able to relax because not only do they feel understood, but it gives them hope that maybe, just maybe, this treatment will work for them.

Shenmen is the Chinese word for Spirit Gate, and in Chinese medicine, it relates to the Fire element and the season of summer. This point is associated with four meridians, or channels of energy (Heart, Pericardium, San Jiao and Small Intestine).

The Heart is about knowing who you are, your core being. Much like an ancient Emperor of China or Queen Elizabeth I, when one’s Heart is healthy and in balance, there is no doubt that this person, the self, is in charge. In our daily lives, it is when this light shines out of us that we really know what life is about, that we know we are strong
The Small Intestine aspect of the Shenmen point helps us to discern what is good and what is bad for us. Traditionally, this is like a treasurer who accepts all gifts and taxes given to the emperor and then distributes the useful ones and rejects those not needed. In a person who always seems to be choosing partners that abuse or disrespect them, this aspect can help to balance their life and open their eyes to these choices.

Note: The description of the Shenmen point was adapted from talks given by Selah Chamberlain, a NADA member and long-time five element acupuncturist.

Nityamo Lian is an acupuncturist and NADA trainer in Albuquerque, NM. She also recently joined the NADA board as a member at large. She operates the nonprofit, Public Health Acupuncture New Mexico. To contact: nityamolian@gmail.com.

The Pericardium is traditionally associated with the official in charge of music and dancing - i.e. the entertainment or party organizer of the old courts. Have you ever noticed that the tension between people at a conference, meeting, or family gathering dissipates as soon as good food and music comes out? The Pericardium aspect is about having fun, pure fun, without the need for the hard work of pretending to have fun, or of illusionary fun created by addictive substances.

The San Jiao (also called the Triple Burner or Triple Warmer) is the equivalent of our majordomo here in the American Southwest. In agrarian societies, people depend on an intricate network of irrigation ditches for growing food. In order for these resources to be distributed fairly, the network requires an overseer, whose function is to apportion enough water to each field to properly nourish the crops. The majordomo says when, where and how much water goes to each. Similarly, in our bodies, this official distributes the Qi to the 12 channels or meridians which carry it to the areas where it is needed. If it is not functioning correctly there might be too much energy in one area and not enough in another.
response coordinator and MO-VOAD representative Chuck Healy, “is that it provides a niche service that is not presently represented among the members.” The Missouri VOAD was organized in the late 1990s and is financially supported by annual dues paid by member organizations, which include the American Red Cross, the Salvation Army, United Way, and various churches.

The Voluntary Organizations Active in Disaster movement came about following 1969’s Hurricane Camille in the Gulf of Mexico region. The impetus was that a number of voluntary, non-governmental organizations showed up in a disaster-response mode with little to no coordination of effort. This resulted in considerable duplication of effort in some areas of response and no effort at all in others.

Now that NADA is a MO-VOAD member, Missouri ADSes will be granted immediate access to set up relief services without needing to request clearance from organizations like the Red Cross, thus avoiding the red tape that comes with disaster-response bureaucracy.

On the MO-VOAD website (movoad.org), one can easily find NADA in the list of member organizations - it is listed first. This is yet another affirmation of the precedent that has been set for NADA and disaster response in Missouri and the nation at large.

In addition to this accomplishment, Vickery has reached out to his local Veterans Administration hospital in Poplar Bluffs. Two weeks after the most recent NADA conference, Vickery organized a training for local community members who work with veterans, facilitated by Missouri NADA trainer Lynn Maloney and NADA founding chairperson, Michael Smith. Commenting on this training, Michael Smith reflected to Vickery, “Your integrity drew the crowd.”

RENaud continued from p. 12 back to her executive director and inquired about integrating the NADA protocol into the maternal child health unit, which she felt would be very beneficial for emotionally stabilizing the parents, mostly mothers, who were mandated to attend parenting classes by either Child Protective Services or the court.

The director was supportive, and gave her the green light to look into whether nurses could legally provide this treatment. Research with the Washington State Nursing Commission revealed that in fact the NADA protocol had already been added to nurses’ scope of practice.

This approval happened prior to the passage of the law licensing acupuncturists, and was therefore independent of the practice of acupuncture. With the knowledge of this approval, Renaud approached the agency’s risk managers who gave final clearance to have nurses trained to provide NADA treatments.

The first training was held in 2000, and it attracted the interest of many nurses. Nevertheless, Renaud faced some dissent. “Anytime you introduce a novelty, you’ll get pushback. It didn’t surprise me. And since I had anticipated it, that helped me.”

She made a conscious choice to refer to the treatment as “ear needling” and stayed away from the word acupuncture, to draw a distinction between the application of this standardized protocol versus the vast field of practice known as acupuncture.

The NADA protocol was integrated into parenting
classes and it very quickly helped calm the participants. Renaud recalls that before, parents “pretty much hated the parenting classes and they were in an uproar the entire lesson, which stressed the nurse trying to teach it.” One of the lessons of the needles was gaining the capacity for self-soothing, an important parental skill.

The introduction of NADA into the program had a dramatic effect on attendance as well as on the percentage of participants who completed the program. Prior to treatments, attendance of the 12-week session of classes usually averaged at three classes. After NADA treatments started, it went up to seven or eight classes per participant. The parents also began to form support groups among themselves, trade babysitting, and pay more attention to the content of the class.

Renaud helped organize a total of four trainings, and the last three she led as a NADA trainer herself, after becoming a trainer in 2004. She trained nurses only, many of whom worked in drug and alcohol detox facilities.

Due to budget cuts, the NADA program in the maternal child health unit was discontinued in 2009, after eight years of continuous operation. Now, Renaud’s focus is on training people of the Yakama Nation in Eastern Oregon and Washington, as well as being responsive to the needs of NADA trainers as their board representative.

If you would like to contact Mary Renaud, email her at: mmrenaud@aol.com or you can call her at (360) 635-3062. Remember - Washington is in the Pacific Time Zone.

NADA would like to thank Virginia June for her service as the most recent RT Representative, elected at the 2010 annual conference held in New Orleans. June has provided guidance and support to both new and renewing trainers, as well as actively participating on the board’s training committee.

“I personally appreciate [June’s] background in mental health and the addiction field, giving all of us the right perspective of the care that we all want to provide to those in need. She was part of the training committee and supported my role as training chair. Virginia, thank you for all the work you did and continue doing. You will be missed!” – Susana Mendez, NADA Training Chair

Seeking Testimonials on Your NADA Work

Guidepoints is seeking direct service testimonials to give NADA members and the public a better idea of how acu detox is implemented in different contexts.

Whether you write 100 or 800 words, please share your experience using the questions below as a guide.

- How has NADA training helped/empowered you in your role as a health provider?
- What are your professional credentials, if applicable?
- What is your work setting?
- What is your position/role?
- How often do you provide treatments?
- Who do you serve?
- How do people respond to the treatment?
- What do you value most about giving treatments?
- If you could change one thing about the way acudetox is administered in your setting, what would it be?

Include the following information in your submission:

Your name and the best way to contact you; and

A photo of yourself, preferably a head shot.
TRAINING IN GALWAY PROMOTES GRASSROOTS EXPANSION OF NADA IN IRELAND

by Jo Ann Lenney

NADA founder Michael Smith and Jo Ann Lenney, Registered Trainer (RT) from New York, traveled to Ireland in May to do another training – this time at the Galway Rape Crisis Center.

The training was held at a beautiful old country home, Killeen House, which was being used as a venue for meetings of various support groups. Mary Guckian, one of the managers at the house, told us that there were men working at the property that day who had mental and emotional issues, and she asked if we would give them a treatment. After the treatment, one of the men asked me, “When are you coming back?” I was glad to be able to say, “Tomorrow.” They came again the next day reporting that they had felt calmer and that they had had a good night’s sleep.

The trainees gave treatments to groundskeepers the first morning having had very little practice and knowing only two points – the Sympathetic and the Shenmen. Despite all that, the results were dramatic. And dramatic results were also noted in the way students responded after giving the treatment and seeing how it affected the clients. They saw that their intention was more important than their technique.

Mary, who said that it was no accident that we showed up on the day that she was working, joined the training, easily caught up and was soon leading the group not only in point location but, more importantly, in the NADA spirit. Along with another worker, she hopes to be giving treatments at Killeen House on a weekly basis to start. Her plan is to get others trained to make the NADA protocol more available to all the people who come to Killeen House.

One of the participants, Billy McCullough, runs a weekly clinic in his community in Belfast and offers the NADA protocol there free of charge. He came to Galway to complete his RT apprenticeship and has already been asked to do a training at a local youth forum. Billy and two other RT mentees who came to Galway -- Leigh Stewart and Raymond McCambridge from Ballymena -- are working together to set up satellite programs in outlying areas.

Leigh and Raymond work at the Ballymena Hope Center with “at-risk” young people. When Leigh first came to the Hope Center, he was addicted to both legal and illegal drugs. He had trouble leaving his home because of paranoia and depression. He told us that his first acupuncture treatment helped turn this around enabling him to attend group sessions and a 12-step program at the Hope Center. Recently a 15-year-old boy, who occasionally came into the center, committed suicide – one of the first things Leigh did when he heard about the death was to take an acupuncture treatment himself.

Raymond was in and out of the court system as a teenager. He is hoping to learn more about Drug Courts so he can bring the NADA protocol there. Raymond told us that now that he is giving treatments on a more regular basis, he is noticing how many more ways it helps people.

One of the things he learned at the training in Galway was not to be afraid to do the treatment -- he did not have to have “a head full of theory” for the treatment to be effective. After starting their own recovery, Leigh and Raymond became volunteers and are now full-time youth workers. They had already been trained in the NADA protocol and came to Galway to become RTs and to learn as much as they could from the “source,” Michael Smith.

Orla McGuinness and Aoibheann McCann from the Galway Rape Crisis Center (GRCC) coordinated the training. They had both attended a NADA workshop two years ago and were already using the magnetic beads. They attended this training with another counselor, Agnes Kelly, and are now treating staff and volunteers at GRCC and have reported “great uptake and great response.” They will be moving to larger premises in August and will then be able to offer the service to their clients on a regular basis -- although they do it now “as needed.”

Another one of the trainees from Galway, Maara Mulgrew, works at the Galway Community Action Network and is now offering the NADA protocol at a local youth services center.

Eléanore Hickey, Tommy Kielthy, and Rachel Peckham, RTs from Switzerland, Ireland, and England respectively, also attended the training/seminar. They came to assist in whatever way they could, helping with technique and sharing their own stories.

NADA trainer Megan Yarberry from Hawaii had hoped to come to Galway for this event but sadly for us she was not able to make it. Among other reasons, she wanted to attend because: “conversations with Dr. Smith are an inspiration and an education. He shares tales of his
experiences over the course of his rich life from SE Asia to Ethiopia, what to pay attention to when providing trainings in faraway places, how best to adjust treatments for diverse populations."

The following letter was written by Anne Henry, centre manager of the Hope Centre, in regards to her two employees, and RT apprentices, Leigh and Raymond.

Hi Jo Ann,
Hope you and Dr Mike are well. I just wanted to thank you for giving your time to deliver training to Leigh and Raymond. Raymond has come back with confidence and is eager to carry on with his new found knowledge. He felt he got so much out of the training sessions both on a personal level and a professional level.

Leigh also was excited and brimming with confidence at the prospect of making a difference to people’s lives through Auricular Acupuncture and improving their quality of life. He has already organised training for our Gym Instructor and some volunteers.

Leigh felt inspired by Dr Mike and related to all Dr Mike had to say on a personal level, he feels that Dr Mike’s comments have helped him in his personal recovery.

This training will be a great benefit to all at the Hope Centre and to all who wish to learn and take it to communities across Northern Ireland. Thank you and Dr Mike so much. Your passion, knowledge and understanding have certainly made a difference to Leigh and Raymond. May your work continue for a long time to come.

To learn about other NADA work in Ireland, read about the HURT program in Derry in the May issue of Guidepoints. The November 2011 issue has a story about the NADA Euro conference held in Dublin, Ireland.
To contact Jo Ann Lenney: joannlenney@yahoo.com

GUIDEQUOTE

Greatness has four sure marks: freedom from the barnacles of the self, compassion for others whatever the desires of the self, commitment to something greater than the self, and the life-giving courage that is willing to sacrifice the self for the sake of that freedom of spirit, tenderness of heart and vision of soul.

-- Sister Joan Chittister, a Benedictine nun, author, and speaker, who writes about human rights, justice and spirituality.
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 and 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.”

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MARY RENAUD VOTED AS THE NEW REGISTERED TRAINER REPRESENTATIVE

At the 23d annual conference held in New Haven, Connecticut, registered nurse and NADA trainer Mary Renaud was voted as the next Registered Trainer’s Representative to the NADA board for a 2-year term.

Renaud has had a long history with NADA, both as a trainer and as a member of J&M Reports, the company that managed the NADA office for 10 years.

Starting in 1993, she worked on the layout of every issue of Guidepoints. She also attended every NADA conference since 1993. This, along with being affiliated with the NADA office for so many years, helped contribute to the development of significant “institutional memory,” a rare and wonderful asset in someone who will serve on the board of directors as the representative of all NADA trainers.

In her professional life, Renaud worked as a registered nurse for 30 years in the field of public health, and she retired four years ago. Although a majority of her experience was in maternal child health, she also worked in both a hospital and clinic setting, as well as in the field of communicable disease.

After seeing the effects of the NADA protocol she was inspired to bring NADA into her own work setting. “I was so impressed at how it helped people. ... After the [NADA] session, people who were so sick were able to attend a class with a public health nurse about HIV – I couldn’t believe it! I thought immediately that it would help my clients.”

After learning the NADA protocol in 2000 on a trip to India with NADA founder, Michael Smith, Renaud went

RENAUD continues on p. 6