Even in the highly rural and sparsely populated state of Wyoming, NADA has found fertile ground. The first Wyoming NADA training was held in October of 2013 in Cheyenne, the state capitol. It was hosted and paid for by Peak Wellness, a statewide outpatient treatment program with four locations. Twenty people attended, with 15 of those Peak staff.

The seed for this level of institutional support was planted in 2010 at a conference in Rock Springs, WY, organized by the Jackson Drug Court. NADA founder Michael Smith presented about NADA ear acupuncture and gave demonstration treatments to attendees.

Two years later, Smith visited Peak’s dual-diagnosis program in Cheyenne. Shortly after his visit, the NADA office, based in Laramie, was in regular communication with Peak about their interest in getting staff trained. They first sent a program director and clinician to the pre-conference training in Denver, and five months later coordinated the above-mentioned Wyoming training.

Gary Engen, a social worker and counselor, and one of Peak’s trainees, had been at the Rock Springs drug court conference in 2010. “Ever since then I have wanted to get trained. I wanted to go to Lincoln, but just never had the opportunity to take the two weeks. And then that training site closed.” Instead, NADA came to him!

Engen completed his own training as an Acu Detox Specialist (ADS) in December of 2013 and helped coordinate a training this April at Peak’s Laramie site, where he works and hopes to one day serve as the

Alan Shenmen, NADA trainer, mental health counselor and acupuncturist, drew his last breath in early December after a 5-year battle with cancer. His family and friends, and his co-workers at the Pascua Yaqui Tribe in southern Arizona will miss his laughter, his sheer joy for life and his loving personality.

Latif, as he was known in the Sufi community where he was a teacher of the healing arts, began doing acupuncture more than 25 years ago, after having studied social work. In the 1980s, he trained to be an AcuDetox Specialist at Lincoln Recovery Center with Michael Smith. He moved to Arizona in the 1990s, and started to work at the Pascua Yaqui Tribe’s Centered Spirit Program in 2007 as a social worker. Later he established a full acupuncture practice within the Tribe’s Alternative Medicine program.

Alan was a much-loved practitioner and healer. One colleague who spoke at his memorial service noted that at
“Dr. Smith is the Johnny Appleseed of human rights to the traumatized of the world. He says that everyone has the right to be:

Drug free

Guilt free

Shame free

The right to be nurtured with needles, with tea, in 12-Step programs … the right not to be categorized … alcoholic, addict, bipolar, etc. We are all human beings, we are all sacred.”

--Retired Judge Sheila Murphy, from a commemoration speech in honor of Michael Smith at the NADA 25th anniversary celebration in New Orleans, March 2010.

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house NADA trainer. Jude Buchanan, a Casper-based acupuncturist, also mentored to be a trainer at the spring training in Laramie. Buchanan’s goal is to meet the growing interest for NADA services in central and northern parts of the state.

As part of outreach efforts for the Laramie training, NADA trainer and office manager, Sara Bursac, participated in a staffing meeting of the Albany County Court Supervised Treatment Program. Its coordinator, Tina Mansfield, had also attended the drug court conference in Rock Springs. “There was a nice demonstration of the benefits of acupuncture,” says Mansfield about that meeting. “Drug Courts are progressive in nature because we specialize so much on supporting recovery. I see acupuncture as coming more and more to the forefront of what helps individuals recover.”

Mansfield’s pragmatic approach to recovery has been recognized by the Albany County Commissioners. They met in February of this year and approved her application for funding the court-supervised treatment program for the next fiscal year. County Commissioner Chairman Tim Sullivan praised the program, stating, “It’s one of the best programs we have – there’s no doubt in my mind.”

Ron Hoopes agrees. An elementary school counselor with a private practice as an addictions therapist and counselor, Hoopes attended Peak’s October training with the goal of bringing NADA treatments to his small town of Saratoga, WY, which boasts beautiful hot springs and has a population of 1,600, a size typical of many small towns peppered throughout the state.

In order to finish his clinical practicum to become an ADS, Hoopes secured space at the local ambulance barn. He explained that the Southwest Emergency Medical Services of Carbon County made a gracious offer of this space because of debriefings and trauma counseling he had provided to their volunteer first responders.

Over the course of two consecutive weekends, Hoopes’ outreach efforts yielded over 40 individuals seated in the space. The group comprised of first responders, nurses, local business owners, his private practice clients – people of all walks of life. Even the city’s mayor came for a treatment.

“There is a great need for any kind of help, especially for trauma and addictions,” noted Hoopes as he described his hope to develop groups that would receive NADA for relaxation and community wellness.

These creative grassroots efforts are bound to continue reported Laramie’s local paper, the Boomerang.

The idea to implement services that work to help people, especially when they are affordable, clinically effective and available, is an excellent trend for Wyoming to set.
as a growing number of rural health professionals bring this treatment into their community to provide much needed services to address the drug and alcohol problems that plague the state.

The reality is that a state can't grow its NADA presence and activity without trainers – particularly a state as widespread and rural as Wyoming. Bursac, who facilitated the Laramie training, began her trainer application process in Missouri where there was also a dearth of trainers and NADA programs. With Buchanan and Engen on their way to becoming trainers, there is a much stronger likelihood that NADA will have a stable presence in Wyoming in a variety of services and programs.

First NADA training in Laramie, WY held in April, 2014.
Top row (left to right): Gary Engen, Debra Paulison, George Bishop, Rusty Pettis, Shiloh Bayne, Orin Yung, Shontay Roe and Kati Too
Bottom row (left to right): Zelda Menuskin, Michael Smith and Jude Buchanan
Working in the addictions field for over 10 years, I have become an advocate for people in recovery. My employment experience included working with opiate-dependent and dual-diagnosed adults as well as adolescents.

When I became an Acu Detox Specialist (ADS) in 2003, a world of new thinking and an additional avenue for addressing addiction opened up for me. At that time, I was a substance abuse counselor at Wishard Hospital in Indianapolis. Wishard received a grant from the March of Dimes to offer acudetox to pregnant women in our Narcotics Treatment Program. As I practiced the skill, and saw the positive difference it made for our patients, my desire to assist individuals in meeting some of life’s most difficult challenges grew.

In 2012, I opened up my own practice, PAPIR – Partners for the Advancement of People in Recovery. PAPIR provides acudetox treatments, in addition to other recovery services, including group support for life skills management and individual counseling.

For almost two years, I have also been a volunteer facilitator of a stress management group at the WellSpring Center, an emergency and transitional-living shelter for families in Martinsville, Indiana. After participating in my acudetox groups, residents say they feel better and appreciate the relaxation experience. They absolutely love it!

Their positive comments and gratitude for this group inspired me to increase community awareness of acudetox and to become a trainer. My vision is to advocate for an increased presence of Acu Detox Specialists within the community.

I plan to partner with WellSpring as a host site for NADA training. Then, residents and visitors challenged with homelessness can receive free treatments. This arrangement also creates opportunities for trainees to practice their skills. And the NADA training will provide revenue for the shelter, since part of the training fees will be donated to them, creating a win-win for everyone.  

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a recent conference, “Latif spoke about the Four Layers of the Heart with an openness, simplicity, and sincerity that was more touching than anything presented all week by the expert ‘luminaries’ who spoke before him. In this world he always seemed to be a considerable misfit, but that perhaps helped enable him to serve the ‘misfits’—the criminals, the insane, the addicts, the ne’er-do-wells living on the fringe, truly those in greatest need.”

Arnie Kahn, another friend and colleague at the Tribe said, “Simply and truly he showed me what a person who is totally in the moment and totally focused on the individual or situation in front of them behaves like. Not coming from the mind or allowing any external judgment to influence him, but simply expressing his appreciation of the individual before him from a heart perspective. It was so simple to view but oh so complicated to attempt to duplicate. Thank you, Alan, from my heart, for allowing me a small glimpse into the purity of your life and life’s work.”

His stepdaughter Sofia Crowe, who was his co-worker and AcuDetox student, notes that Alan was always passionate about his work and his spirituality. He went from being a social worker to an acupuncturist, as he felt that would allow him to use his healing qualities and strong relationship with God, or as he would later say, “Allah.” He loved his clients and wanted them to be well. He cared very deeply about the next person walking into his office, and no matter the person or the problem, he found ways to help on whatever level needed: spiritual, psychological, medical. He would always say, “It is not me helping,” and point upward.

Alan was joyous. He loved to laugh, joke with his clients and keep a smile on the faces of his co-workers. Alan trained large groups of people at the Tribe in AcuDetox, spreading the message that acupuncture can be useful for recovery. He loved children, and taught Yoga at the Wellness Center, as well as at the Centered Spirit Children Summer Camp.

Alan will be missed by many for his kindness to his friends and clients, for his gentleness and love of healing others—even when he himself was very sick. As one of his colleagues said, “Our hearts smile with gratitude whenever we think of Latif, and we remain thankful for the example of service to our brothers and sisters that he lived.”

Celia Hildebrand practices acupuncture at Acupuncture from the Heart, PLLC and is a faculty member of Goddard College.

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Only the Beginning: Royal Victoria Hospital Implements NADA Programming Beyond Addictions  

by Brian Irving

Although many diverse programs throughout the world have benefited by integrating the NADA protocol into their treatment approach, gaining recognition and support by management and clinical staff in a hospital setting often remains a difficult task. Royal Victoria Regional Health Centre (RVH) in Barrie, Ontario, is setting a new trend. With a willingness to use alternative treatment methods, RVH demonstrates that the NADA protocol can be implemented in a variety of hospital departments with great benefit to both staff and patients.

RVH is located just north of Toronto, in the city of Barrie which has seen a steady increase in its population over the last several years. This has lead to an ongoing expansion of the hospital and its many programs, including the Mental Health and Addictions Program (MHAP). This program now includes a 36-bed inpatient mental health unit, a 21-day residential substance abuse treatment program, a residential withdrawal management program and a partial hospitalization day program.

In September 2012, I presented to the management team of MHAP with a proposal to implement the NADA protocol and its potential benefits for staff and patients. Following the proposal, Rosemary Rak, the clinical educator, and I developed policies and procedures, and we started to educate psychiatrists and clinical staff regarding the important role that the NADA protocol can play in the treatment of mental health challenges and addictions.

Rak noted that “providing education and demonstrations for both staff and physicians within our program was an important aspect in facilitating the smooth implementation of this practice.” In May 2013, the necessary steps were completed and the hospital’s Ethics Research Board provided authorization to begin providing treatments.

Our patients immediately began to experience the benefits of the NADA protocol. Chris Nichols, manager of the Inpatient Mental Health Unit, says, “We have had many clients report that auricular acupuncture has been effective in reducing and managing their anxiety. ‘It changed my life,’ was one person’s comment during a discharge phone call.”

Ed Dowdell, a former patient of the Inpatient Mental Health Unit, says “I have never felt so at peace. I felt like I was floating down a river – so safe and calm. That night [after his first treatment] I had the best sleep in 36 years”.

A number of local newspapers have covered stories on RVH’s NADA services. This includes Canada’s national healthcare newspaper, Hospital News, as well as our local news broadcast which has a viewership of over 1.5 million people.

This public exposure echoes a building momentum at RVH to expand NADA treatments to other departments. In October of 2013, I presented the NADA protocol at our monthly hospital Grand Rounds, which had an audience of approximately 80 hospital staff, including nurses, social workers, recreational therapists, occupational therapists, physicians and psychiatrists.

“Word has spread to other clinical programs regarding the benefits seen in our patient population,” says Rak. “Exploring the feasibility of expanding the service outside of our program has become evident.”

Even the hospital’s security guards have had treatments. Ryan Algar, a security officer, describes his first treatment: “The process was painless, relaxing and had an effect on me until the end of the day. I woke up the next morning feeling like I had the best sleep – I felt rejuvenated and recharged. I would recommend this treatment to anyone.”

The hospital’s Recognition and Wellness Coordinator, Iris Laycock, comments on her own treatment experience:
Prior to attending the session, I had a very stressful morning and was not in the mindframe to relax. But during this procedure I noticed that I was able to bring down my stress level significantly. I felt very relaxed and calm for the remainder of the day, and must admit, I slept very well that evening.

RVH has now begun to develop a NADA-based program for employees as a way to help reduce sick time, increase staff morale and provide an alternative way to cope with the stresses associated with working in a hospital setting.

For the first eight months, I was the only Acupuncture Detoxification Specialist and provided over 2,500 treatments with sessions three to four days a week. It became clear that having additional trained staff would be important in maintaining a successful and sustainable program.

In January 2014, we held a NADA training for a multidisciplinary group which included a social worker, recreational therapist, two mental-health nurses and an addictions counselor. I helped co-facilitate this training as part of my mentorship to become a NADA trainer. I completed my mentorship in April 2014 by co-facilitating a second training and am now the “in-house” trainer for the hospital.

Crystal Bell, the Partial Hospitalization Program Manager, says, “Our clients have told us how important auricular acupuncture is to their recovery and how this alternative method to healing has not only changed their life – some have told us it has saved their life.”

Due to the consistent positive feedback from our management team, staff and patients, our goal is to continue to train additional staff in the NADA protocol, and to have this uniquely client-centered approach adopted in additional hospital programs. It appears that this is just the beginning of a long and rewarding journey that will continue to positively impact our community.

Brian Irving is an addictions counselor, child and youth counselor as well as a N-ADA trainer. He has worked in the field of addictions, mental health and social services since 2001.

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GUIDEPOINTS NEWS from NADA

March/April 2014

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offered a daily morning treatment. It is more than a year since the program began, and we now offer morning, afternoon and evening sessions to clients from our Adult Substance Use Program, Youth Program, Concurrent Disorder Program, Women’s Program, Opioid Treatment Program, Gambling Program. We also offer the protocol to family members from all programs. With funding by the Ministry of Health and Long Term Care, we have gained 14 more ADS-trained staff members to meet the increased demand for NADA treatments.

We were fortunate to have Kenneth Carter, the immediate past president of NADA, to come and speak at our program about the practice of acudetox, as there was a lot of curiosity both from the organization and its staff. Carter’s integrated knowledge, genuineness and inspirational style really resonated with the staff. The workshop was extremely well received, and more staff members asked to have the NADA training.

Carter also presented to our community partner organizations, including those working with trauma, eating disorders, community health organizations and community mental health organizations. A few of the attending executive directors are now considering developing acudetox programs within their own organizations.

Offering ear acupuncture has also been a breakthrough in relationship-building with the native community, which ASYR has been reaching out to for over two years. We have talked about the NADA protocol on the native radio program and offered a few sessions to the residents. The people from the community were willing to cross the lake during the severe cold weather this winter to come to our satellite office in Keswick to attend the acudetox sessions!

Another new development is that we will start offering acudetox services to two programs in a satellite office by the end of April 2014. One is a newly developed program for women and the other is a new opioid treatment program. This satellite office is located in a community in Toronto where a high percentage of the population are immigrants or refugees. More ADS-trained staff are needed and training is on its way to address this service expansion.

So, despite the slow start, our organization is excited about and enjoying the discovery of the NADA protocol – this new yet ancient wisdom of natural healing.

Louisa Leung is the clinical director at Addiction Services for York Region. www.asyr.ca
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NEW BRUNSWICK continued from p. 7

into words. I love that NADA does not depend on that, and people can work toward wellness without having to tell their story.

It was quite a feat to convince management to accept and promote the protocol. Because there were no NADA trainers in our province, we had to bring in a trainer from Nova Scotia, which was a financial and time-intensive challenge for our program. We are now actively working to promote acudetox to our other centers in our health authority, as it means accessible services to a large population.

Since our program is paid for by the provincial health care system, there can often be long wait times to access care. With the NADA clinic there is no waiting list – people can show up when they feel they need to. We are also open to the general public, so treatment is accessible and barrier-free.

We currently have two clinics a week, and another Mental Health and Addiction Services center that is part of our health authority offers two clinics as well. Our trained ADS staff also offers it to their clients on a one-on-one basis.

The plan now is for training to be more accessible and frequent, approximately twice a year, with about 10 to 20 trainees. This will allow for more clinics to provide the protocol through our agency, in addition to other agencies and outside groups throughout our province. This way the protocol will become much more available throughout the province of New Brunswick – accessible to everyone, no matter what their age, gender, ability, income, or where they are in their wellness journey.

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Louisa Leung working with trauma, eating disorders, community health organizations and community mental health organizations.

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Guidepoints News from NADA
We let the dogs out!

No one expects to be sued for malpractice. But when an attorney wrongfully attacks you with a spurious claim, you want a strong defense team that will take the offensive. Too often legal opportunists will try to extort money from qualified providers without any regard to your reputation or career. That’s when we let the dogs out. We fight back hard, not only to win on your behalf, but to send a message: Don’t mess with our detoxification specialists or you might be the one that gets bitten.

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The leader in acupuncture malpractice insurance since 1974
Thomas Ots, leader of NADA Austria and editor of the leading German acupuncture journal, Deutsche Zeitschrift für Akupunktur (DZA), informed us that Megan Yarberry’s article reporting the practice of NADA in Kenya “is one of the most cited articles of my journal.” The article is titled “The Use of the NADA Protocol for PTSD in Kenya” and the DZA journal published it bilingually in English and German.

San Francisco NADA trainer, Muin Daly, retired from the Sheriff’s Department on January 21, 2014. As reported by the SF Sheriff’s Newsletter, Daly joined the team of civilian and sworn staff in 1993, and helped develop an in-custody treatment program for women known as the SISTER Project, of which she later became the director. “Her role at that time was as a lead acupuncturist for ARTS (Acupuncture Recovery Treatment Services) and she helped to pioneer acupuncture in the jail as a tool for detox and stress management.”

And social worker and NADA trainer Sharon Driscoll of Bridgewater, Nova Scotia, is about to retire from South Shore Health, where she worked as the in-house trainer for 10 years. Muin and Sharon, thank you for your service as NADA trainers!

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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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Dear Sara:

I am delighted to inform you and the NADA community that Praxis of Recovery by Alex Brumbaugh is at last in print and available for purchase. Getting the book prepared for print took longer than I had anticipated, and I must appreciate your patience through this difficult period.

Additionally, I am happy to announce that Transformation and Recovery by Alex Brumbaugh is back in print.

We will have copies of both books on hand at the NADA conference in Tennessee at the end of May. If you are willing to continue running the ad in your newsletter now that the book is out, please change the contact email address to info@recoverylearningservices.com.

I know some of Guidepoints readers may have previously ordered the book through the website. Unfortunately with Alex’s passing some of the recordkeeping may have slipped through the cracks. If any of your readers paid for the book but did not receive it, please have them contact me directly at info@recoverylearningservices.com or (831) 247-1379. I will get them their book right away.

Enclosed are two copies of Praxis of Recovery. One copy is for the NADA offices library, and the second is for you to send to an appropriate reviewer.

On a personal note, I wanted to let you and the NADA community know how much your Special Commemorative Issue (July 2013), with its personal and professional recollections of my father, meant to me and my family during a difficult time.

Sincerely,

Heidi Brumbaugh Kent
Publisher

The NADA office received this letter from Heidi Kent – daughter of author and NADA visionary, Alex Brumbaugh, who passed away in May 2013. Our July 2013 issue of Guidepoints commemorated his work and contribution to the spread of NADA as a tool for recovery from drug and alcohol addiction. As Heidi notes in her letter, if any Guidepoints readers ordered his new book (see ad on p. 4), but never received it, please contact her at info@recoverylearningservices.com or by phone at (831) 247-1379.