Family Midwives in Germany Use NADA With Refugees

by Natascha Neben

My name is Natascha and I am part of a family team with a social worker, two midwives and a nurse in Hamburg, Germany. We often work with refugees from around the world who are living in an environment which is overcrowded, and where addiction, mental health problems, poverty and violence are overwhelming. Our focus is on pregnant woman and families with children from newborns to 3-year-olds.

Ralph Raben, the leader of NADA Germany and our trainer, gave us the safety to give beads to infants and needles or beads to the women even when they are pregnant. (See his story in November 2014 Guidepoints.)

We use magnetic beads on the baby from the first time we see them. Often in the first week of the child’s life, we can see that they are more relaxed and have less symptoms like screaming, sweating, fever and shivering because of the beads. The parents can handle them easier, and this is a wonderful base for building the parent-child relationship. To give the beginning of life a good start – and to offer young moms and dads the feeling that they can become wonderful parents – is great.

We used the beads with one young boy of 22 months who now comes to us each week and asks for the beads. His mother said that she can see the difference in his face and in how he acts with her.

Ralph Raben and Natascha Neben at the NADA conference in Norway. Natascha will be a speaker at the upcoming conference in Cleveland.

Spirit of NADA
We Are Enough. I Am Enough.

NADA founder, Michael Smith, stays in touch with many people he has met over the years in his work as “midwife to the soul.” One of them recently wrote him about her experiences with NADA. She wishes to remain anonymous.

Being with NADA has been a wonderful learning experience. I had a really rough time back in 2010, struggling with things like my self-worth, the resurfacing of past issues and the overwhelming hatred I had toward myself. The NADA protocol has been instrumental in helping me get out of that cesspit – that and my friends who had stood by me. Eventually I learned not to give in to the pain and the darkness that seemed to haunt me. A few months later, the opportunity to learn the protocol came up, and I’ve been with NADA ever since.

I admit back then that I wasn’t very much aware of how the protocol had affected me. I’ve had a hard time comprehending things, feeling and understanding them as they were. When I learned the NADA protocol, I discovered a new way – a new tool – to be able to help people, and, as I found out later, a way to also help myself – in the here and now.

It took me a long time before I understood that giving ear acu treatments was also a form of education, and a way to also help myself.

In every place that we went to, there was so much to learn from the people there. Like in this community that had experienced the destructive force of a typhoon, I learned about the strength of the human spirit in the face of adversity. People who could still laugh and be kind even though they had lost their homes, their families, the life

SPIRIT OF NADA continues on p. 7

National Acupuncture Detoxification Association

ISSN 1070-8200

26TH ANNUAL CONFERENCE: Registration Materials Inside (pages 5 and 6)
Conference Keynote: Robert Whitaker


*Both of his books will be available for sale at the conference.*

3rd Annual Video Contest

On Friday, we will screen short films submitted for the video contest. See ad on p. 8 for more information about how to enter your film in the contest. The person with a winning submission will receive a free conference registration, $300 toward travel expenses and two free nights at the InterContinental Hotel Cleveland.

Expanding Integrative Health – Bringing the Spirit of NADA to Ohio

In the last 13 years, Ohio has seen an increase of almost 1,000% in prescribed opiate doses per capita, and heroin deaths are on the rise. The NADA protocol is a well established, cost-effective and non-pharmaceutical intervention ideally poised to be implemented widely in hospital and community settings in Ohio and beyond.

Conference Highlights:

- **Budging State Laws**: Mobilizing Our Voices for Change
- **Acupressure Beads and Seeds**: Research Findings
- **Moms, Kids and Babies**: Use of Acupuncture for Drug-Dependent Mothers
- **Reaching Out to the Underserved**: The Rise of Free NADA Clinics
- **From British Columbia to New Brunswick**: The Spirit of NADA Thrives in Canada
- **Integrative Health in Hospitals**: NADA Ear Needling an Ideal Adjunct to Care

Conference Accommodations

InterContinental Hotel Cleveland, 9801 Carnegie Ave: $139/night.

Single and double room rate available until August 27, 2015.

Call to make a reservation: (216) 707-4100.

Parking: $18/day per car for valet, $10/day per car for self-park.
Pre-conference Training

30 CEUs applied for – nurses, social workers, acupuncturists (including CA and FL) and addictions counselors

Earn an Acu Detox Specialist (ADS) Certificate of Training

Attend this pre-conference session as well as the 2-day conference (you must attend both to complete the training) and earn a certificate of completion in 7 days. This cost-effective and time-efficient ADS training and conference combination comes only once a year. Learn the simple ear needling technique and how to integrate it into addiction, behavioral health, and disaster response treatment settings. You will gain practical clinical experience at one or more local programs. Register early – this event always sells out.

Who can be trained?

Addiction and Behavioral Health Professionals: If you work in the addiction treatment, behavioral health or disaster response fields as a counselor, social worker, nurse, corrections officer, psychologist, medical doctor, case manager, mentor, etc., you may be able to add acudetox to your skill base. Many states have specialized exemptions that allow non-acupuncture professionals to learn and utilize the ear acupuncture protocol. NADA has documented the following states and Canadian provinces as allowing some type of ADS practice: Arizona, Arkansas, Colorado, Connecticut, Delaware, Georgia, Indiana, Louisiana, Maryland, Michigan, Missouri, New Mexico, New York, Ohio, South Carolina, Tennessee, Texas, Vermont, Virginia, Washington, Native American reservations, Nova Scotia, Ontario and Prince Edward Island. Check your state laws and regulations for more specific information as each state and province is different.

Ohio: Only registered nurses, physicians and acupuncturists are eligible to practice the NADA protocol.

Licensed Acupuncturists: Join in the exciting integration of Chinese medicine within a traditional Western addiction and behavioral health setting. Become an advocate for the NADA protocol in the treatment of addiction, mental health and trauma.

Training Schedule

Trainees participate in a 5-day intensive training that begins on Sunday 9/27 and ends on Thursday 10/1, followed by the 2-day conference. The training interweaves the theory and application of acudetox along with a clinical practicum. Hands-on experience is available by providing acudetox treatments to each other as well as to clients served by local programs. Trainees are required to participate in both days of the conference to earn a certificate of completion at the end of the 2nd day of the conference (Saturday, October 3).

Travel and Accommodations

Accommodations will be available at the InterContinental Cleveland for $139/night, or at a hotel of your own choosing. Trainees are responsible for transportation, lodging and food throughout the training period, although there may be organized carpooling to and from the training site each day. The NADA office can also assist in pairing up trainees for room sharing at the hotel. Please contact the office at (888) 765-6232 to request this service.
3rd Annual Video Contest!!

Enter to win a free conference registration, hotel accommodations and $300 toward travel expenses for the 2015 NADA Conference in Cleveland, Ohio.

How to enter: Create a short film (up to 3 minutes) sharing your story or perspective on the use of NADA in integrative health. We welcome films that include work with needles and/or acupressure beads and seeds. We hope to see many different populations and contexts that experience the NADA protocol featured in your submissions.

Upload your film to YouTube. The title should contain your name and the words "NADA 2015 Video Contest." You are welcome to customize the rest of the title with the subject matter of your film. Submit your YouTube link with the subject line “NADA 2015 Video Contest” to nadaoffice@acudetox.com. The winning film will be featured at the conference luncheon and available for viewing on the NADA website thereafter.

Guidelines: Original content, not copied in whole or part from another work. Do not submit a film that has been used elsewhere. Your film must contain no profanity, hate speech or other offensive material. Avoid violating copyright laws or using brand names other than NADA in your film.

Selection Criteria: The conference planning committee will select the winning film based on inspiration, creativity and demonstration of the conference theme.

The deadline to submit a film is Aug 28, 2015.
## REGISTRATION FORM

**26TH ANNUAL CONFERENCE IN CLEVELAND, OHIO**

**Oct 1-3, 2015**

<table>
<thead>
<tr>
<th>Pre-registration</th>
<th>2-day conference</th>
<th>NADA Full ADS Training + 2-day conference</th>
<th>Directors’ and Administrators’ Workshop</th>
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<tr>
<td>Current Member*</td>
<td>$265</td>
<td>$650</td>
<td>$150 ($50 if Conf Registrant)</td>
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<tr>
<td>Non-member</td>
<td>$330</td>
<td>$715</td>
<td>$150 ($50 if Conf Registrant)</td>
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<tr>
<td>Student (must provide student ID)</td>
<td>$200</td>
<td>$500</td>
<td>$150 ($50 if Conf Registrant)</td>
</tr>
</tbody>
</table>

*Member rate available to persons who are current with their NADA dues or who renew their membership on this form.

### PLEASE MAKE YOUR REGISTRATION SELECTIONS HERE:

**NADA Annual Conference :: Oct 1-3**

$ ____________

**ADS Training + 2-day conference :: Sep 27 – Oct 3**

(include the Directors’ and Administrators’ Workshop)

$ ____________

**Directors’ and Administrators’ Workshop :: Oct 1**

(included in cost of ADS Training)

$ ____________

**Renewal member dues**

($65 or $40 with proof of student status)

$ ____________

**Advertising/Exhibiting total (total on reverse side)**

$ ____________

**Donate to our pre-conference scholarship fund**

$ ____________

**We will publish your name in the program as a conference patron**

**TOTAL DUE (in U.S. funds only)**

$ ____________

to be paid by ☐ Visa ☐ MC ☐ Disc ☐ Check/Money Order

---

**International Registrant?**

Register online and receive 20% off of your registration fee (does not include the advertising options on reverse side).

**Cancellation Policy:**

Cancellations received before 5pm on 8/28/2015 are eligible for a refund less a $50 processing fee. No refunds issued after 8/28/2015.

**Mail form and payment to:**

NADA, PO Box 1066, Laramie WY 82073
Fax: (573) 777-9956

**Questions?**

(888) 765-6232
nadaoffice@acudetox.com

---

**First Name**

**Organization (If applicable)**

**M.I.**

**Title/Job Position (If applicable)**

**Last Name**

**Street Address or P. O. Box (please circle: Home/Work)**

**City**

**State/Province**

**Zip/Postal Code**

**Country**

**Day Phone**

**Cell Phone**

**Email**

**Credit Card (Visa, MC, Discover)**

**Exp. Date**

**3-digit security code**

**Name on card (if different)**

**Credit Card Billing Address (if different)**

---

I confirm my registration as indicated above - Signature required
2015 Member Advertising Rates
October 2-3, 2015

At each year’s conference we create opportunities for exhibitors, advertisers and sponsors to support the mission of NADA by advertising their products, programs and services at the 2-day conference. Below are the discounted rates for NADA members for exhibiting and advertising. We have also listed the sponsorship opportunities which are the same price for members and non-members. The deadline to sign up as an exhibitor, advertiser or sponsor is August 28, 2015.

**Exhibitors:** One unit of exhibit space (6’ table)  
- Includes one 2-day conference registration and CEU credit eligibility  
  - $465

**Advertising in the Conference Program (all ads are printed b/w)**
- Inside full page ad: 7.25” x 9.75”  
  - $350
- Inside ½ page ad: horizontal 7.25” x 4.75”  
  - $180
- Inside ½ page ad: vertical 3.5” x 9.75”  
  - $180
- Inside ¼ page ad: 3.75” x 4.75”  
  - $100
- Business card size ad: 3.5” x 2”  
  - $65
- Literature/brochure insert in registration packet  
  - $150

**Sponsorship Opportunities**

**Banquet Dinner on Friday, Oct 2**  
- $1,500

This event usually draws 200 conference registrants. We will screen the finalists and winner of the 3rd annual video contest and give out our annual NADA awards. This will also provide an invaluable opportunity for networking and connecting. For the banquet sponsor, we prominently place the name of the sponsor on the speaker’s podium. We can include a brochure or lit insert into the registration packet.

**Refreshment Breaks**  
- $500

There are three breaks throughout the 2-day conference. We will prominently display the name of the break sponsor during the break. If you have promotional items like pens, bags or other merchandise, we can distribute it during the break. We can include a brochure or lit insert in the registration packet.

**Scholarship for the Acu Detox Specialist Training**  
- $715

As a training scholarship sponsor, your support will be announced during the ceremony when NADA trainers confer the certificates of training completion on Saturday, Oct 3. You will be listed in the conference program, and we can include a brochure or lit insert into the registration packet.

**Make your selection below**

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- Includes one 2-day conference registration and CEU credit eligibility  
  - $465

**Advertising in the Conference Program (all ads are printed b/w)**
- Inside full page ad: 7.25” x 9.75”  
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**ENTER TOTAL ON REGISTRATION FORM**  
$ ____________
(reverse side)
The other night, a friend asked me if I could give her an acu treatment that night. She just had a terrible day. This is the same friend who I have been giving treatments to on and off for the past two years, and the one who I had been worried about because there were times when she seemed to be teetering over the edge. It used to be that when we had problems, we would resort to drinking to blur the pain, and it was a pleasant surprise that now she chose instead to have a treatment.

I am so grateful that I have learned NADA because I can be of some help to the people I care about. I can see it for myself how this was helping her, and I guess the very fact that she asks for it again and again says a lot. And the morning after, she told me that she felt good upon waking up, and, to my surprise so did I, even if I didn’t get the treatment myself. It was like in giving her ear acupuncture, its effect also extended to me, and it kind of summarizes what NADA has been to me.

I have learned – and I am continuing to learn – a lot about people, about life because of NADA. And seeing the way that people live their lives in service to others, helping them help themselves, it’s already a magnificent lesson in itself.

Sublime, I daresay.

Michael Smith wrote the following to the letter’s author:

A gifted writer creates an article for herself, true to private feelings and spirit. Every writer is challenged to write, to create, another version(s) to communicate to a wider audience. You do this easily – and with confidence and grace. Few people do this well. I am pleased to have my article mentioned in this exemplary version which speaks to my insight in a wiser and better context.

This goes both ways (and yes, I am ashamed that it had taken me a while to learn this) because the person must trust you and you must trust them as well. The most wonderful things can come out of this open bridge that you have set up between yourself and the patient.

I also realized how important it is to let nature run its course. It’s an extension of the trust, I think. You don’t try to pre-empt the effects, you just advise them to listen to their bodies. The body knows what it needs. It’s a form of letting go, as was mentioned in Dr. Michael Smith’s article, Spirituality and the Serenity Prayer. [This essay is published in Nature of Qi, 2nd ed.]

This article appeared to me just when I needed it. When I got to the part where it said that your body forgives you and it has been forgiving you for 20 years, I cried. It still makes me cry thinking about it. I used to cut myself because I had all this pain inside me and I wanted to see it manifest physically. But one day, I realized that my body hadn’t done anything wrong to me. That it was trying its best to keep me alive, and so there was no reason that I should hurt it, no reason that I should punish it. So I stopped cutting myself.

To order your copy of Nature of Qi, 2nd edition:
Visit the Bookstore page on the NADA website or place an order over the phone with the NADA office by calling (888) 765-6232.

Guide Quote

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-- Archbishop Oscar Romero of El Salvador, who was martyred March 24, 1980
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<table>
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<th>BODY LENGTH</th>
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<td>ACD 36025</td>
<td>ACD 36050</td>
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</table>

D Series $21.50 per box of 500 needles

ACULUX AU5 Series
Classic Cluster Pack

- 5 needles enclosed per guide tube
- Extended medical sealing paper for easy peeling
- Non-tarnishing aluminium alloy spring handle
- Low cost per needle
- Easy-to-detach perforations
- 5 blister packs per flat
- 20 flats per box

<table>
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<td>AU 2525</td>
</tr>
</tbody>
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AU5 Series from $15.95 per box of 500 needles

All measurements are approximate
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These processed Vaccaria Seeds are adhered to skin tone Hypoallergenic 3M surgical tape.
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- Dual head 4TDP10

Auricular Points Chart
This chart folds into a 12”x15” jacket. Included on the chart is a reference table detailing the points.
- Poster opens to 24” x 28”

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Jing Traditional Medicine Chart
This chart is specifically designed for use when treating or training with auricular acupuncture.
- A4 size – 8¼” x 11¾” (21 x 29.7cms)

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Orders will be processed and shipped on the same day if order is placed before 3pm Pacific Standard Time.
NADA's founder, Michael Smith, wrote a year-by-year historical timeline of the development of NADA, from the early 1970s to present day. In photo on left, Egil from Retretten and Sara Bursac from NADA U.S. hang the timeline in a corridor at Retretten, the acclaimed Norwegian day treatment program founded by Rita Nilsen, leader of NADA Norway. The timeline was a gift to NADA Norway and will remain on the wall for all clients, staff and visitors to see. The timeline was also at the conference venue (photo on right) and attendees added their own NADA historical events.

Rita Nilsen honors Michael Smith as the founder of NADA and as being responsible for its spread worldwide. Photo by Knut Vadseth.

Trish Cathcart from Northern Ireland presents about her work bringing NADA to all of the prisons in N. Ireland. Cathcart will be presenting at the annual conference in Cleveland. (Lars Wiinblad of NADA Denmark in the background.)

Michael Smith and NADA U.S. president, Libby Stuyt, connect on a lunch break.

Sara Bursac, NADA's executive director, with Moncef Aloui, founder of NADA Tunisia, the newest NADA organization. He was a last-minute addition as a speaker on the conference program. Aloui shared about the importance of NADA for Tunisia's youth. He gave NADA U.S. a beautiful tapestry which we will bring to Cleveland. See more about NADA Tunisia on our Facebook page.

Next NADA Euro Conference: September 2016
Budapest, Hungary!

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.

For the last three decades, the American Acupuncture Council has been the leader in acupuncture malpractice insurance. We are proud to serve as a sponsor for the National Acupuncture Detoxification Association, and support the fine work of Detox Specialists around the country.

800-838-0383
www.acupuncturecouncil.com
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.”

Guidepoints: News From NADA is published six times per year for members. Annual dues of $65 (U.S. funds) includes subscription and other benefits. Publication contents may be reproduced without permission (please give credit).

Contact:
NADA, PO Box 1066, Laramie, WY 82073.
Phone: (888) 765-NADA.
Office email: NADAOffice@acudetox.com.
Membership questions: membership@acudetox.com.
President: Elizabeth “Libby” Stuyt: libbystuyt@msn.com.
Editor: Sara Bursac, Contributing editor: Jo Ann Lenney. ISSN-1070-8200.

Article submission schedule:
Dec 1 for January publication   Feb 1 for March publication
Apr 1 for May publication           Jun 1 for July publication
Aug 1 for Sept publication         Oct 1 for Nov publication

Member advertising for all 6 issues (discounted rates):
Business card size: $180
1/4 page: $300
1/2 page (horizontal and vertical): $750
Full page: $1,350

We welcome letters to the editor in response to any story that we print. Please keep your response under 400 words and email it to nadaoffice@acudetox.com.

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In This May/Jun '15 Issue:

- Spirit of NADA: We Are Enough, I am Enough 1, 7
- Family Midwives in Germany Use NADA 1, 10
- Information About Annual Conference and Pre-Conference Training 2-3
- 3rd Annual Video Contest 4
- Conference and Advertising Registration 5-6
- Pictures From the NADA Euro Conference 8
- Remembering Bob Olander 12

Remembering Robert “Bob” Olander:
“A Public Health Genius” by Pat Culliton

Bob Olander, a leading participant in the research and clinical implementation of acupuncture for addictions and mental health, has passed away. He was the former director of adult services for Hennepin County, Minnesota. He died in early April after a short battle with cancer. He left behind his wife and daughter – and thousands of people he touched with his daring and innovative programming in addiction treatment.

“Bob is the person who made the famous ‘Bullock studies’ of the ‘80s come to fruition,” said Pat Culliton, a co-author of those studies. Culliton remembers: “After months of being told, no thanks, by almost every addiction program in Minnesota, Bob said ‘let me get this straight, you insert needles in peoples’ ears and it lessens their detox symptoms and potentially affects relapse? Well, I don’t care if you put peppermint sticks in their ears. If it is safe and it alleviates suffering, let’s give this a try.”

He went on to fund and co-author several studies on the use of acupuncture in the treatment of chronic alcoholism and cocaine use and implemented acudetox services in over 50 treatment programs in Minnesota. In 1983, the Hennepin Medical Society tried to discontinue the research on the ear acupuncture. It was Bob’s strength and commitment that overcame that attempt allowing the research to continue. After the first of the studies was published, many acupuncture adherents across the country were able to use that data to establish clinical programs.

“I knew Bob at Pilot City when he was on the other side of service delivery. He made an amazing accomplishment to move himself forward, and he never forgot to be client-centered. He is greatly missed for his focus and courage,” wrote Sy Gross, senior clinical psychologist at Hennepin County Mental Health Center.

Bob did not limit his innovative spirit to NADA. He developed some of the first gender- and ethnic-specific addiction treatment programming in the United States which has been used nationally and internationally.

When Bob retired, the Governor of Minnesota declared “Bob Olander Day” and hundreds of people turned out to celebrate the impact he had on their lives. Ellen Benavides, former assistant commissioner for the Minnesota Department of Health, wrote in his obituary’s guestbook: “He made space for so many people in so many sectors to use common sense and ‘magic’ to make the world a better place. Our world just lost a brightly burning light and beacon for social justice!”