

# GUIDEPOINTS:

News from NADA

September/October 2015

## Reciprocity Brings Acudetox to Homeless Youth in New York City

by Taz Tagore

“Such a gift  
Radical effect  
Off the charts”

*These are phrases Taz Tagore used when describing the effects of the magnetic beads. Taz is cofounder with Adam Bucko of the Reciprocity Foundation, an award-winning contemplative nonprofit that offers transformative programming for homeless and foster youth in New York City. Among other holistic programs, they have offered yoga and meditation, and recently Taz, Adam and eight staff members took the NADA training.*

On any given night, there are nearly 20,000 young people without adequate shelter. Many of these youth are “invisible” homeless – couch-surfing, trading sex for shelter or just living in parks and subways rather than seeking out a city-run shelter. Roughly 40 percent of homeless youth suffer from addiction and the majority refuse outpatient treatment.

It is within this context that the Reciprocity Foundation reached out to Jo Ann Lenney, asking to be trained to offer acudetox treatments at their holistic center near Penn Station. The organization serves hundreds of homeless youth each year and had already been offering acupuncture, yoga and meditation for over a decade.

The Reciprocity team has brought acudetox to six different shelters, drop-in centers and group homes, including the Reciprocity holistic center where they offer

RECIPROCITY continues on p. 2



[www.reciprocityfoundation.org](http://www.reciprocityfoundation.org)

## NADA at the Philippine Children’s Medical Center

by Janet Pimentel-Paredes

This year NADA Philippines has collaborated with the [KYTHE Foundation](#) to provide free acudetox treatments to parents and caregivers of children receiving care at the [Philippine Children’s Medical Center \(PCMC\)](#).

KYTHE is a nonprofit organization that administers the Child Life Program,

delivering psychosocial care in hospitals throughout the Philippines to indigent children with cancer and chronic illness.

The aim of this collaboration is to support parents and caregivers by giving them some space for 20 to 30 minutes of quiet during their acudetox treatment, while their children are being treated at the hospital. The value of treatment is that sense of serenity, calmness and sacred space it provides when there is too much to bear within. It allows the people to get in touch with themselves and feel a sense of well-being.

NADA Philippines went through the following steps before we were able to give treatments inside the PCMC:

*March 2015:* NADA Philippines gave an orientation to the KYTHE Foundation staff, coordinators and volunteers at their office about the mission and principles of our NADA work.

*August 2015:* KYTHE introduced us to the Hematology department of PCMC where we conducted another NADA orientation and demonstration for the staff. Eight acudetox specialists volunteered to help out at this event. The treatments had the doctors napping inside their conference room. Everyone – the doctors, nurses,

PHILIPPINES continues on p. 4

RECIPROCITY continued from p. 1  
programming for homeless youth across the five boroughs each Wednesday and Thursday. As cofounder Taz Tagore said, “Finding volunteers to offer a one-off acudetox treatment is different from having our team of caring staff available to give treatments on an as-needed basis, year-round.”

Rich Overton, Reciprocity’s program director said, “The acudetox treatments are such an added benefit to our youth, as well as staff. The treatments help us achieve our mission of *‘Transforming Youth from Within’* because acupuncture works from the inside out.”

The Reciprocity team told Jo Ann that the beads are *friendly* and that it is easy to introduce them to the people they are working with. In a recent visit to a supportive living facility, they found the atmosphere chaotic – some people more out of control than others. They administered the beads, and things began to calm down. One of the young men who had been acting out excused himself so that he could go and “make amends.” Another young woman went looking for her counselor, saying she wanted to talk. The counselor approached the team asking, “What did you do? I’ve been working with her for six months and haven’t been able to get her to talk to me.”

Nearly 100 homeless youth have received treatments this fall with outstanding results. Some have said that they have “more energy for life,” while others insist that they have “never felt so rested,” or that they “feel ready to tackle their addictions” after receiving a treatment.

The transformations that have occurred when homeless youth encounter acudetox are remarkable and continue to surprise us. Female foster youth who are living in a group home have spoken about how they’ve been able to diminish their emotional addictions with the help of beads. Homeless youth struggling with mental illness and addiction have found the beads helpful in helping them sleep. Other homeless youth find their voice as a result of acudetox – they develop the courage and clarity to advocate for better mental health care after acudetox sessions.

While the Reciprocity staff is amazed by the power of acudetox, the youth respond consistently with surprise and awe! They say, “These little beads are amazing,” and “How long can I leave them on?”

Chelsea Hoagland, a social worker at Reciprocity, said, “The kinds of conversations I’m able to have with our students after a treatment are wildly different from the conversations I would have had without them. The youth

are more open, less afraid and more ready to embrace change.”

There is one student whom I’ll call Willa. Willa had been working with the Reciprocity Foundation for nearly a year. When the Reciprocity team started working with her, she was very resistant to any wellness

treatments such as acupuncture and massage. But the beads felt safer to her – she liked that they were non-invasive. Her treatment lasted about 35 minutes. Her response initially was “Wow – what *are* these little beads?!”

After the treatment, Willa sat down with Rich for a conversation. Rather than speaking from a place of anger and frustration, Willa talked about her life with a sense of deep groundedness. The Reciprocity staff was thrilled to receive a text from her within 24 hours of the session. Rather than quitting her job or initiating a conflict, she had a mature discussion with her work supervisor. She spoke about wanting more hours and shared the reasons why. Within minutes, she was scheduled for more shifts!

To sum up the success of acudetox at Reciprocity, Adam Bucko said, “For so many youth who are struggling with addiction, I can now offer them more than coaching and referrals. The beads give them the confidence to help them cope with addiction, moment by moment.” 🐾

*To contact:* Taz Tagore at [taz@reciprocityfoundation.org](mailto:taz@reciprocityfoundation.org) or Jo Ann Lenney at [joannlenney@yahoo.com](mailto:joannlenney@yahoo.com), 914-576-5795.



**Taz Tagore**



**Homeless youth at the Reciprocity Foundation participate in a yoga class as part of the offered holistic health services.**

## NOTICE - Membership Rates Increase on January 1, 2016

After 10 years, the NADA board voted to increase the acudetox specialist application and annual membership fee by \$5, from \$65 to \$70. The student discounted application and membership rate remains \$40. Seniors are now also eligible for the same discount as students, both when joining and renewing their membership with NADA. There is also an adjustment in the 2- and 3-year renewal rates. A 2-year renewal will be \$120, up from \$104, and a 3-year renewal will be \$155, up from \$146.

The increase in revenue will help fund a second part-time staff at the NADA office. We have sorely been in need of a media/resources/design staff member, and Sidney Navarro has joined in that capacity. Our goal is to expand the availability of free resources on [www.acudetox.com](http://www.acudetox.com) and to meet the ever-growing request for outreach materials of individuals, organizations and advocates running a NADA booth at professional conferences.

Please contact the NADA office if you have any questions about this policy change. We can be reached at (888) 765-NADA or [nadaoffice@acudetox.com](mailto:nadaoffice@acudetox.com).

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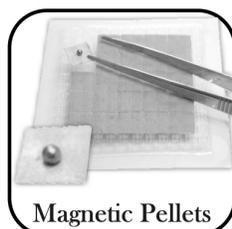
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PHILIPPINES continued from p. 1

attendants – *loved* it! They are looking forward to their next treatment.

*KYTHE Foundation wrote PCMC* and endorsed NADA Philippines for regular Friday 2 to 4 pm treatments for caregivers and parents of the children. The treatments started on September 4, 2015.

The fathers of two 4-year-old girls, Annika and Xylliah, shared that they receive chemotherapy at the hospital almost daily. While waiting for the 8-to-10 hour intravenous chemotherapy session to finish, the fathers sit down to receive the NADA protocol in the vicinity of the KYTHE office at PCMC.

We hear many stories from parents and caregivers before treatments and after treatments. They are very grateful for the acudetox they receive. Here are some comments:

“This is the first time that I received treatment and I feel so relaxed.”

**“It is good that now it will be us parents having treatments, not just our children.”**

“My little girl has been here, in and out of the hospital for 17 years now. It has become very exhausting fighting leukemia.”

**“Thank you, NADA Philippines, for the time and effort you spend with us.”**

This is a two-way process, wherein the acudetox specialists also learn from the stories parents and caregivers share, and from the children themselves. After every NADA treatment day, the ADSes sit down to reflect on how their day went and how they felt giving treatments to the parents and caregivers. In this way, the sessions give relevance and deeper meaning to what we do and help us avoid burnout.

At our NADA Facebook Page, we call upon ADSes to volunteer their services for two hours every week. We usually have 5 to 6 volunteer ADSes who treat 17 to 30 patients at one time. We are getting ready to add a Monday treatment day in addition to Friday, as Monday has more patients coming to the hospital.

It is life-giving to be of service to our fellow Filipinos. This is one of the projects where donated needles are utilized. Please continue to send us needles to keep our work going here and in other areas in the Philippines where it is most needed! 🐞

*Guidepoints News from NADA*



**NADA Philippines ADSes relax at the KYTHE station between giving treatments.**



**Acudetox volunteers wear their KYTHE flies with NADA shirts.**



**Doctors enjoying an acudetox treatment during KYTHE's introduction of NADA at PCMC in August 2015.**

To contact and for sending donations, please email: [nadaphilippines@gmail.com](mailto:nadaphilippines@gmail.com) and Evelyn Dulay at [evelyndulay06@gmail.com](mailto:evelyndulay06@gmail.com).

NADA Philippines website:  
[www.nadaphilippines.com](http://www.nadaphilippines.com)

## *Spirit of NADA: Texas Loses NADA Pioneer, Ben Warton II*

*In early October of 2015, we learned that Ben Warton II from Sweetwater, Texas, passed away. Dubbed a “modern-day pioneer” by his NADA colleague, Tom Atwood, Warton became an acudetox specialist in 1993 and then a NADA trainer in 1997. He was pivotal in bringing about the acudetox law in Texas. We asked several NADA trainers and practitioners who knew Ben to share their reflections on his work and contributions to the field of NADA.*

### **Reflection From Tom Atwood**

*(Social worker based in Dallas, founder of the Waco project)*

“When I first met Ben, he was doing marriage and family counseling. He was like a general store for social services in a small, rural town. There were no other services available – no acupuncturists, no drug courts. He was trying to fill many social service gaps in that small town. Sweetwater was a farming community, not a wealthy community.

“He thought it was important that the NADA protocol be available to nurses, clinical psychologists and social workers, so that the opportunity to help persons was not only in big cities, such as Austin. He and his wife were so

committed to this that they would drive 5 to 6 hours to testify before the Texas legislative group to explain how important it was to do this in the rural areas.”

### **Reflection From Laura Cooley**

*(Acupuncturist and NADA trainer, formerly in Texas, now in New Hampshire)*

“Ben helped usher us into a legal world that has benefited NADA ever since. He came to Austin for NADA training and, returning home, integrated acudetox into both his drug treatment and court-ordered sex offender programs. From his innovative integration of acudetox, we learned that sexual offenders respond the same way other recipients do. He saw that rather than a year of denial, in weeks they were admitting their behavior and gaining the strength to confront themselves and their history.”

### **Reflection From Claudia Voyles**

*(Acupuncturist and NADA trainer in Austin)*

“Ben was one of the valiant few who sued the state of Texas on behalf of his clients, gaining a temporary injunction that allowed time to create an acudetox exemption. He was a lovely man who truly embodied the Spirit of NADA.”

WARTON continues on p. 10

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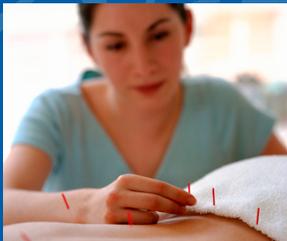
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# NADA 26th Annual Conference in Review: October 1-3, 2015 Cleveland, Ohio

Photos courtesy of Lisa Malone



Members of the panel on NADA as an alternative to treating drugs with drugs. *Left to right:* Gwyn Johnstone-Slaine, Ken Carter, Parnel Abraham, Donna LaPaglia, Kelly Serafini, Robin Parsons, and Libby Stuyt as the facilitator.



Keynote speaker, Robert Whitaker (*author of Psychiatry Under the Influence*) with conference program chair, Ruth Ackerman (left) and NADA president, Libby Stuyt (right).



Claudia Voyles with three NADA trainer applicants: Chester Dickerson-Kanary (left) from Texas, and Thomas Golden (center right) and Glen Gottner (right) from Illinois.



NADA members from Michigan at the banquet luncheon. *Left to right:* Diane Penchoff, Celia Perez-Booth, Esther McCormick, Linda Busch and Adela Nieves.

2015 video contest winner, Rod Pyland of Durango, Colorado with his wife, Nancy Setzer-Pyland. View Rod's winning film on NADA's website and Facebook page.



Celia Perez-Booth receives a NADA treatment during Registered Trainer's professional development day.



During the panel on using acupressure beads, facilitator Jo Ann Lenney taught the reverse Shen Men bead placement to all conference attendees present. Everyone came down to the front to place beads on each other's ears. It lent a perfect opportunity for a group photo with Michael Smith (center left).



*Natascha Neben, a midwife from Hamburg, Germany, received an award at the recent NADA annual conference for her work using the NADA protocol with mothers, babies and children (see May/June 2015 issue). She left Cleveland with a box of magnetic beads to return home and continue her work – this time with more emphasis on using beads. She wrote Jo Ann Lenney with an update.*



## *Stories of Change With the Beads*

For me it was really a pleasure to meet you all, and I want to thank you for your support. Every week I have a little story with the beads. One day a woman from the refugee center who comes to my weekly consultation hour brought her husband with her. I didn't speak her language, so she just showed me his ear to give him the beads like she got them one week before. She must have had a good benefit from them since she brought him to me.

Yesterday, one of the women I see every week in the fitness program I do with the women after they deliver came and said that she has the beads now for four weeks – amazing and they are still placed perfectly. When she started with the beads she had horrible skin on the face – red and itchy. Now the skin is perfect. So she liked to have new beads. I put them near the reverse Shen Men point where I put the others before.

One of my colleagues got the beads now for three weeks and she feels so relaxed. She smokes a lot and has just received a pre-cancer diagnosis – so she wants to change her life, but it is hard for her. Yesterday she said: “I don't like the cigarette smell anymore.” And we talk about changing habits.

And also my husband gets the beads now nearly every week. He frequently has to be away from home overnight because of his job. He doesn't like this, so he often drinks too much to be relaxed, and with the beads he feels much more comfortable and so he drinks less ... perfect!!

These are only some little stories. Every week I give the beads from 10 to 20 times, and I am glad to have them for my clients. I have an evaluation paper for the clients to fill out, so I can have a look in the future to see what it shows.

Greetings from Germany, Natascha

To contact: Natascha Neben at [nataschaneben@arcor.de](mailto:nataschaneben@arcor.de) or Jo Ann Lenney, [joannlenney@yahoo.com](mailto:joannlenney@yahoo.com).

*Jo Ann Lenney is the co-editor of Guidepoints and is in active correspondence with many who use acupressure beads, both in clinical and outreach efforts. If you would like to share your own experience with beads, send her your story.*

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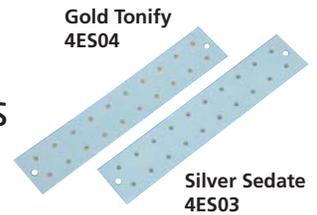
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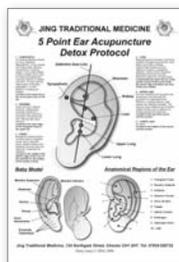


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## Training Corner: NADA Expands Its Reach by Adding Three New Trainers

### Eileen Newton: Seattle, Washington

As the medical director of [Evergreen Recovery Center](#), a county-funded detox program in Seattle, I am always looking for new approaches to our abstinence-based program. When I read about Michael Smith and NADA, I was encouraged that this process could work for our population.



**Eileen Newton**

In 2012, I did a research-based thesis for my Doctor of Nursing degree on the NADA protocol. In the study we had a total of 400 patients divided into two even groups: one that received the NADA protocol as an adjunctive treatment, and the other that did not. Both groups received medical management, and the NADA group additionally received the ear acupuncture protocol 4 to 5 times a week. The nurses who assessed patients every 4 to 6 hours when they administered medication had no way of knowing who was in the NADA group and who was not. The results were better than my expectations!

With patients in the NADA group, we found that seven key symptoms associated with drug detoxification showed a statistically significant reduction. We also found that 10 percent more of the patients completed the detox process without leaving against medical advice.

Now it was time to make this available to more patients so they could benefit from the NADA treatment. I was fortunate to have nurse and NADA trainer Mary Renaud share her experience and expertise and mentor me to become a trainer.

My short-term goal is to train all the nurses at Evergreen Manor to be acudetox specialists so patients can receive daily treatment. This may take six months but will be well worth it. Next, I would like to bring this training to rehabilitation centers where our patients go after completing treatment at Evergreen. This way the patients can get extended NADA treatment and relief. My long-term goal is to have drop-in centers in the community where patients can come for a NADA treatment whenever they would like.

I am grateful for the support from Evergreen's CEO, Linda Grant, and the board for encouraging our NADA practice. I am also thankful for the great support from the NADA office. Your help with easing the process has been

outstanding. I look forward to a long relationship with you as we spread the NADA word and practice.

*To contact:* Eileen Newton at [eileen.m.newton@boeing.com](mailto:eileen.m.newton@boeing.com).

### Kara Neustaedter: Winnipeg, Manitoba, Canada

You will find me in the heart of the Canadian prairies, practicing at Klinik Community Health, in Winnipeg, Manitoba, Canada. Klinik offers primary healthcare, mental healthcare and community health services. In 2007, NADA trainer Chris Willette joined our staff and brought with her a dedication for the NADA protocol. With her encouragement, I was among the first Klinik staff to learn the protocol in 2008.

At Klinik, I work as the domestic violence counselor with men who use abusive behavior in their intimate relationships. We are a voluntary program and do not work with men who have matters before the court. I facilitate a weekly men's group, and members are invited to attend a 45-minute NADA clinic prior to our meeting. Those who attend share that they feel more settled, open and ready to participate in their own learning and growth.

Participating in the NADA clinics inspires my work. Many people who attend have been deeply affected by trauma and abuse, and encounter challenges and barriers on a daily basis. But in the acudetox room, they welcome strangers. They share their stories and their tears and also serve each other tea.



**Kara Neustaedter**

I wanted to become a trainer to ensure that the development of NADA in Manitoba. I want to support and encourage new learners because it is important to maintain the depth and durability of the NADA protocol for years to come. I hope to be a strong advocate for this simple but effective treatment.

I am available to respond to questions and requests for training and program implementation from organizations who are interested in bringing NADA to their clients.

*To contact:* Kara Neustaedter at [kneustaedter@klinik.mb.ca](mailto:kneustaedter@klinik.mb.ca).

## Rebekah Demirel: Shoreline, Washington

I came to acupuncture as a burned-out paramedic, trying to find a way to keep going in a job that I'd been doing fourteen years. My sleep, digestion and general health had deteriorated from the stressful lifestyle and I'd heard acupuncture could help.

After a year of regular treatment, I began to regain my health, and I decided to quit the ambulance service and go back to school to study Chinese medicine.

In my first year of acupuncture school, I did the NADA training and was inspired to learn how the protocol is so widely used for addictions and post-traumatic stress. This would be the start of what has become another career path, using my paramedic knowledge, skills as a paramedic trainer, mental health counselor and acupuncturist to create training programs for social service providers.

I explain how the NADA protocol is helpful for addictions and behavioral health. I demonstrate on volunteers from the group and everyone loves it. I always get feedback about how much they loved learning the NADA protocol.

Rachel Diaz, who mentored me to become a trainer, has

been a great inspiration to me with the work she has done here in Washington by creating a program at Evergreen Treatment Services where they provide acudetox and full body acupuncture for people with addictions.



**Rebekah Demirel**

My goal is to continue expanding the use of the NADA protocol within the greater medical community. In Washington, in addition to acupuncturists, both doctors and nurses can become trained to do NADA for their patients, and I am honored to share this valuable healing technique with them.

My other goals include creating a NADA treatment program for the Seattle police department and the Washington state prison system. I use the NADA protocol every day and I know it does a lot for my patients – for this I am so grateful.

*To contact:* Rebekah Demirel at [redemshen@hotmail.com](mailto:redemshen@hotmail.com).



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WARTON continued from p. 5

*The following information about Ben Warton's professional work was obtained from a series of Guidepoints: Acupuncture in Recovery stories. From 1993-1997 the publication chronicled the development of the acudetox law and Ben Warton's contributions to that process. These stories can be obtained through the EBSCO search engine available at all colleges and universities.*

Ben Warton II was the founder and counselor of the Warton Counseling Center (WCC), which served the evaluation and addiction counseling needs of three counties (Nolan, Mitchell and Fisher) smack-dab in the middle of West Texas.

WCC provided a plethora of services, with the primary intervention being an intensive outpatient treatment alternative to incarceration. Additionally, WCC offered a program for sex offenders on probation. Warton estimated that 25 percent of these clients participated in acudetox services which helped them stay honest and focused (April 1996).

On Warton's efforts to push through an acudetox law in Texas, "he recalls his outrage when 'they flat said' that we can't do it anymore" (April 1996). The 'they' he refers to is the Acupuncture Advisory Board which had been charged with creating a license for ADSes after an initial cease-and-desist ruling was issued to all NADA practitioners.

Warton's dedication to his clients, as well as to ADSes statewide, shines through this statement on the developing legal situation in Texas: "It is a tragedy that something so effective as acudetox could be taken away. I have a lot of clients who depend on it for their sobriety. The problem all comes back to money. The acupuncture board thinks we are siphoning off a great deal of money in treating these patients. In fact we lose money on the deal. We are subsidizing acudetox with our other activities because it is so helpful to the clients" (November 1996).

Prior to his death, Warton filled two roles at Bluebonnet Trails Community Services in Round Rock, Texas: both as the Center Director of Intellectual Developmental Disabilities and the Clinical Director of the Mental Health First Aid Team.

Laura Cooley sums up her thoughts saying, "Ben Warton's blessings live on, in our work, in his family and many circles of friends, colleagues and those once in despair that benefited from the hope Ben brought to our world." ☯

## 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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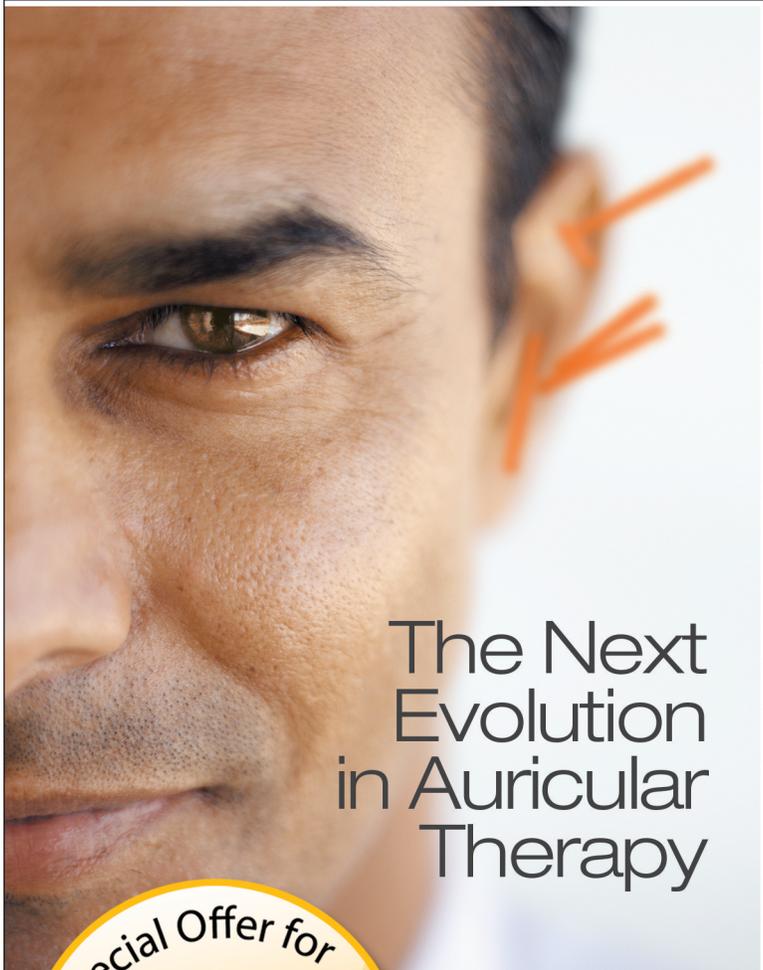
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## *In This Sep/Oct '15 Issue:*

Reciprocity Brings Acudetox to Homeless Youth	1-2
NADA at the Philippine Children's Medical Center	1, 4
Notice on Increase in Membership Rates	3
Spirit of NADA: Texas Loses Ben Warton II	5, 10
26th Annual Conference Review	6
Stories of Change With the Beads	7
Training Corner: NADA Adds Three New Trainers	8-9
2016 NADA Conference: Albuquerque, NM	12

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