

GUIDEPOINTS:

News from NADA

May/June 2014



Two health promoters in Guatemala attend a NADA training organized by the Global Clinic. Read more about the work of Global Clinic on p. 4.

A New Cycle Begins: NADA Trainers in Canada and U.S. Elect Two New Representatives

This year's conference in Nashville marked the close of a 2-year cycle with the current Registered Trainer (RT) representative, Mary Renaud. She also took on the role of treasurer in 2013 and will remain on the board of directors in that capacity. Mary, thank you for your service as the trainer representative to the NADA board – we appreciate your commitment to keeping NADA's trainers supported.

With this year's elections, the board made a new choice. Rather than just have one RT represent all U.S and Canadian trainers, they voted to add a second representative from Canada that can focus on providing
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***SPIRIT OF NADA:* NADA Acupuncture Comes to Prisons in Northern Ireland**

by Jo Ann Lenney and Trish Cathcart

Trish Cathcart has been bringing the NADA protocol to people in prisons throughout Northern Ireland for nearly two years. She has set up clinics in all three prisons, including the Young Offenders Center and the Women's Prison. She told us that the organization she is working for, Start360, "has really embraced the NADA protocol and is running it out within the whole organization." They have about 100 staff employed throughout Northern Ireland, so, as Trish says, she "is going to be very busy!"

Fourteen years ago Trish was a family member concerned about the use of drugs within her family and local community. She met in a kitchen in Ballymena, NI, with Robina Aiken, Jennifer Greene, and Marie Laverty, three other concerned community members. The four of them founded the Hope Centre and were trained in the NADA protocol by NADA Eireann founder, Jim Byrne.

Jim subsequently brought them to New York to visit the Lincoln Recovery Center, and they also attended a NADA U.S. conference. He died in 2002, and, shortly after, NADA's founder, Mike Smith, asked trainer Jo Ann Lenney to follow-up with Jim's work in Ballymena.

Jo Ann mentored Trish to become a trainer in 2003, and maintained close contact with her and others over the coming decade. About starting her new job as a drug and alcohol counselor in the prison system with Start360, Trish wrote, "I took your advice and got my feet under the table in my new job before I started to kick!" Since then, she has trained 38 people with another 14 to start training shortly.

Start360 is based in Belfast and operates in 11 locations,
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RT REPS continued from p. 1
support to NADA's approximately 15 Canadian trainers.
The two new trainer representatives to the board are Cindy Brown Primeau from Oshawa, Ontario and Rommell Washington from New York City.

Cindy Brown Primeau

Cindy, along with another Acu Detox Specialist (ADS), introduced the NADA protocol to the Pinewood Centre in 2009, a mental-health and addictions program that is part of a larger hospital system in Oshawa called Lakeridge Health. Based on her avid outreach and advocacy, there are currently 27 ADSEs who work in the program and

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treatments are offered at all eight Pinewood locations (*see Cindy Brown Primeau's RT profile story in the November 2012 issue of Guidepoints*).

Cindy is an active member of the Ontario Federation of Community Mental Health and Addictions programs, and she is currently involved in reviewing provincial standards for the Residential Withdrawal Management workgroup.

In response to the vote, Cindy shares the following: "I am honoured to be the first Canadian RT representative to serve on the NADA Board of Directors. This will be a welcome opportunity to learn, collaborate and contribute



Cindy Brown Primeau (left), clinical leader of Pinewood Centre, accepts her President's Moment of Excellence Award from Lakeridge Health President and CEO Kevin Empey.

In recent team meetings, Lakeridge Health Volunteer Resource Coordinators and Cindy Brown-Primeau were surprised with a visit from Kevin Empey and the prestigious President's Moment of Excellence award.

The President's Moment of Excellence is an opportunity for Lakeridge Health staff, physicians, volunteers and students to nominate someone they feel is going above and beyond. "Our first two recipients certainly set the bar high for future nominees," said Elise Arbic, Healthy Workplace and Engagement Manager. "Their nominations showed that we have the best of the best working at Lakeridge Health."

"Its programs and teams like yours that lies behind our vision of excellence – every moment, every day," Kevin told the first winners of the President's Moment of Excellence Awards.

Volunteer Resources: Natalie Adams, Vicki Adams, Kerri Brown and Jackie Tuskin.

The Volunteer Resources team was selected as our first winner for their work creating a comprehensive orientation program for volunteers across our sites. We need our volunteers to come back shift after shift. To do that they need to have access to the education and skills they need to feel confident, safe and supported. The orientation program created by our Volunteer Resources team does that and more.

Cindy Brown-Primeau:

Cindy's nomination was filled with three pages listing her accomplishments, including the expansion of Pinewood's Centre street location, bringing Pinewood services into Scarborough and adding acupuncture to the program. No matter the project, Cindy is innovative and has the courage to look outside of the box. Our clients and community providers are benefiting from the great services that she has created. Her staff benefit by having a great mentor.

For further information please visit the new recognition website: <http://sharepoint/recognition/SitePages/Home.aspx> or contact Elise Arbic at earbic@lakeridgehealth.on.ca or at ext. 4527.

to issues that impact RTs. It will be important to identify and expand on best practices and to continually review core competencies.

“As I am in the process of reviewing provincial standards specific to withdrawal management services, I will advocate for policies that include auricular acupuncture, so that other agencies considering this treatment option can have a reference to work from. Having official provincial policies will certainly help to strengthen the implementation of auricular acupuncture as a complementary treatment.

“I look forward to collaborating with the Canadian RTs to learn about specific provincial laws, unique situations, challenges and successes. In reviewing these with the NADA board and with existing standards, we can all work toward making auricular acupuncture an acceptable and accessible treatment modality.”

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Rommell Washington

Rommell is a clinical social worker and long-time student/teacher of ear acupuncture. He began his work at the Lincoln Hospital Acupuncture Clinic at the onset of the crack/cocaine surge in the 1980s. After working at Lincoln, he helped develop a successful acupuncture detox model at Harlem Hospital. Rommell currently works at Mt. Sinai/St. Luke's Hospital Crime Victims' Treatment Center.

Reflecting on his role as the new U.S. trainer representative to the board, Rommell writes: “For the next two years, I will do my best to be a resource and guide for NADA's trainers. I will work closely with Cindy, my Canadian counterpart, to ensure that the interests of trainers are represented. I also look forward to working with the NADA office, as it is our front line and has to be

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supported. My work greatly depends on Sara Bursac, the NADA office manager, and her staff and volunteers.

“Opening and fostering communication channels are primary to any effort that has forward momentum. Based on input from trainers at the Nashville conference, I see that they face many challenges. Some of these include: logistics of providing training, ethical issues, what to charge for training, achieving clinical hours for trainees, state regulations regarding ADS and their supervision, vicarious trauma, crisis/emergency protocols and peer support.

“I have brought the treatment to many grassroots organizations and community groups in NYC. NADA has informed my work over the decades by demonstrating that there is a way to treat the suffering caused by addiction and trauma. And it happens from the bottom up. When the protocol was being developed, the general medical community wasn't as concerned about drugs and despair, as were the people living in those communities. These people saw how their community was being devastated and were not going to wait.

“As I settle into the realities of what my role as the U.S. Representative of NADA Registered Trainers will be, I feel a true sense of purpose.”

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New Training Site Opens in Michigan

by Jennifer Mitchell

A new NADA training facility is about to open in Ann Arbor, Michigan, spearheaded by NADA trainers Virginia June and Jennifer Mitchell through their organization,



White Wolf Healing. Situated in a town with a large community of people in recovery, a university, and close proximity to Brighton Center for Recovery (a former NADA training site), this facility is well-positioned to provide regular NADA trainings for the Michigan community of practitioners, and beyond.

Virginia June has dedicated her 22-year career in social work to those in recovery. She was introduced to the NADA protocol in 2002 when she witnessed her then-supervisor giving a treatment to a person experiencing a severe anxiety attack. The patient almost immediately fell asleep. When she awoke, she was calm, relaxed and able to talk about the anxiety. Of that experience, Virginia says, “I knew, at that moment, something was going on that was

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Meet the Global Clinic

NADA recently got a call from Doriann Fortunato, a massage therapist and acupuncture student at the Pacific College of Oriental Medicine's New York campus, inquiring about how to share the work of the Global Clinic, a nonprofit founded in New York in 2011. Doriann recalled a conversation she had with NADA founder, Michael Smith, after her 2-week apprenticeship training at Lincoln Recovery Center in 2010. He shared with her the importance of educating local populations in NADA acupuncture when bringing it to international settings, and to not just show up for a week. "Michael Smith really influenced the not-for-profit organizations I would get involved in. In just a few moments my view on what it means to serve had been changed." The following introduction to the Global Clinic was written by acupuncturist and NADA member Joan Boccino who serves as the clinical director for Global Clinic and is a faculty member at the Pacific College of Oriental Medicine.

The essence of the spirit of NADA is that it allows people to draw on their own resources. This approach is also taken by the Global Clinic when it runs its free medical missions and trainings using Traditional East Asian Medicine (TEAM). We travel to underserved communities both locally and abroad, with a specific commitment to Guatemala, Nepal and India, and now Ecuador.

Students, practitioners and local residents work and learn side by side in our clinics to develop practical and sustainable health-care programs. We only go to areas where there is an ability to train people and where there is a host agency.

Enhancing leadership capacities of our local volunteers has been integral to the sustainability of our missions as local residents can then organize and run their own outreach efforts and continue to provide much needed care after the weeklong mission has ended.

TEAM is a client-based structure of healing modalities where the concept of "well-being" includes social, economic, psychological and even spiritual aspects of life. Global Clinic is committed to personal empowerment, the peaceful resolution of conflicts (particularly those related to addiction), and mitigating the "cycle of dependence" on outside health providers. Our process of partnering with locally based organizations allows for the development of effective and integrative programs.

We first focused on projects in Guatemala. There is a documented lack of access to health care, particularly within indigenous communities in that country. Chronic instability caused by poverty, violence, addiction and PTSD

"NADA is so important for our community. It gives us the tools to help people with all the stresses we have here. If people are more relaxed maybe they would not drink alcohol as much."

*Health Promoter and NADA trainee
Quiche, Guatemala*

is commonplace in the aftermath of a 30-year civil war that ended in 1997.

NADA treatment and training have been central to our services. Global Clinic volunteers working alongside locally trained providers have delivered NADA treatments to over 5,000 patients in various states in Guatemala. Our week-long missions have been comprehensive, incorporating a variety of TEAM treatment modalities. Yet NADA treatment and training remain at our program's core.

Our ongoing clinical presence at various locations in Guatemala utilizes NADA-trained local health promoters. Health promoters gain tremendous exposure to clinical practice during our clinics, where it is common for them to treat over 1,000 clients in a week's time. After more than 65 hours of classroom training and over 250 hours of clinical practice, our trainees exceed NADA training standards.

Some of the added skills that health promoters learn include: moxibustion, cupping, Gua Sha, Reiki, massage, Chi Nei Tsang abdominal massage, Qi Gong and Yoga. We also teach other auricular protocols and basic triage/intake skills. A comprehensive program in women's self defense/violence prevention is being planned to integrate into local anti-violence programs.

In 2014 we initiated a partnership with Blanca's House, a New York-based nonprofit organization of volunteer health professionals who also engage in medical missions to provide frontline healthcare, primarily in Ecuador. The intent of the partnership is to develop an integrative-care program which combines NADA and other TEAM treatments with Blanca House's medically based projects; we have already completed our first pilot project in this joint venture.

For more information about Global Clinic visit: TheGlobalClinic.org. To contact Joan Boccino: jboccino@gmail.com.



Top left: Global Clinic volunteer supervises a local health promoter in learning the NADA protocol.

Bottom left: a treatment clinic in a rural and remote area in Guatemala.

Right: Health promoters in Guatemala learn the NADA protocol.

Photos courtesy of Global Clinic





NADA 25th Anniversary Conference in Review:

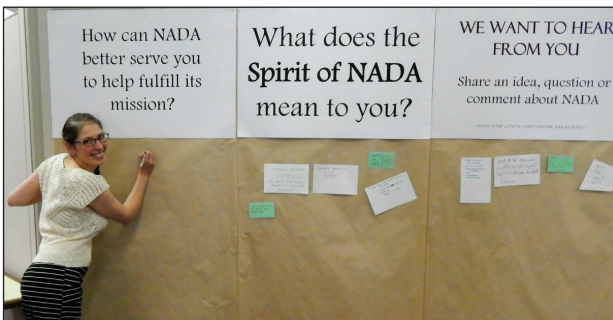
*May 29-31, 2014
Nashville, TN*



Carlos Alvarez, retired Lincoln Recovery Center trainer, shows proper needling technique at the first day of the NADA pre-conference training, held from Sunday May 25 to Thursday May 29, 2014.



Lead trainer and NADA training co-chair, **Claudia Voyles**. The entire pre-conference training team consisted of 15 trainers, also a record number to join forces and lead a NADA training.



Developed by **Sara Bursac**, the **Visioning Exhibit** elicited many wonderful ideas, comments and feedback about NADA in the coming 25 years and beyond.



Judi Harrick receives an award for her vision and leadership in Tennessee. Judi helped develop the ADS law in Tennessee 15 years ago. Her commitment to NADA in Tennessee has been unwavering. Thank you for your tremendous outreach skills! The strong local presence is a direct testament to your efforts.



Tracy Jackson, a physician with the Vanderbilt Dep't of Anesthesiology was this year's conference keynote speaker. *See Tracy's full presentation on the NADA website's 2014 conference page.*

NADA 2015 World Conference: Oslo, Norway
May 29-31, 2015
Come to the worldwide NADA family reunion



NADA founder Michael Smith with Caroline Cooper (left) and Sheila Murphy (right). Caroline and Sheila presented on a panel about the urgent need to continue the historically synergistic relationship between NADA and drug courts.



Angela Braun-Tesch and Frank Tesch from Germany. Angela presented on the neonatal abstinence syndrome panel about her work as a midwife using acupuncture with moms and babies.

SPiRiT OF NADA continued from p. 1 including all of the prisons. Start 360 works in the areas of health, justice and employability. The organization was previously known as Opportunity Youth and is almost as old as NADA. Opportunity Youth was formed in 1993 and had been working within the Northern Ireland prison system for the past 19 years.

One of the key reasons for the name change was that they no longer work just with young people – for the past five years, they have been delivering drug and alcohol treatment services to all people in prisons. And recently they have introduced a service which follows people from when they are in custody to when they return to the community.

The training has also been rolled out to prison officers in order to facilitate working with them in the forthcoming Drug Recovery Unit at Maghaberry Prison, Northern Ireland's largest high-security prison. When asked how she introduced acupuncture into the prisons, Trish told us that she “just gently kept talking about at how good and beneficial the acupuncture would be in helping the prisoners. We have a big substance-use problem in all the prisons [like in all prisons in England and Europe], and I think they were just about ready to try anything to help.”

She gave treatments to her manager, Clare Connolly, and the entire management team -- they all loved it and really felt the benefits of the treatment. Her CEO, Ann Marie McClure, called Trish the next morning to inform her that she had the best night's sleep in years after the treatment. “That was it—once I had the managers on board, it flowed from there and very quickly I was asked to train the staff and get the treatment out to the prisoners.

“I then introduced the treatment to a handful of prisoners who were participating in a drug-recovery program. Again the benefits of the treatment were evident to them immediately and again the reports of improved sleep afterward. This was then spread among the prisoners by word of mouth. And we now have a waiting list!”

Trish added that “on one occasion when I rang Maghaberry Prison to inform security that I was bringing in acupuncture needles in to the prison, I was abruptly informed that ‘this is a prison, dear, and you don't bring needles into a prison.’ So I did have a few dinosaurs to get past!”

Feedback from those who have taken part in the NADA protocol has included that they get better sleep, feel less anxious and agitated, can cope better with cravings, and



Trish Cathcart

challenge to learn and teach NADA, and she has become a leader who is helping others by sharing this training with so many people.

To find out more about Start360, visit www.start360.org. To contact Trish Cathcart: Patricia.Cathcart@dojni.x.gsi.gov.uk.



feel more hope. The magnetic beads “go down a storm” with not just the prisoners but with the prison staff, as it's such a stressful environment for them too.

According to Mike Smith, Trish was one among several who has taken the

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Virginia June

absolutely critical to recovery. Something that was non-verbal, immediate and had results that the patient could depend on.” She completed her training as an Acu Detox Specialist later that year.

Once trained, June shared the NADA protocol with the patients and staff at Brighton where she worked as an addictions counselor and was eventually promoted to Director of Integrated Therapies. She became a NADA trainer in 2004 and provided training to employees at Brighton so that acu detox could be offered daily to its patients. In 2009, Brighton Center for Recovery was the corporate host and training site for the NADA annual conference held in Ann Arbor. A year later, June was elected to a two-year term as the trainer representative to the NADA board of directors.

When June and NADA trainer Jennifer Mitchell founded White Wolf Healing in 2010, they led NADA trainings in Livonia, a town just outside of Ann Arbor. Nassar Taghavi, a physician from Nova Medica in Livonia, provided the medical supervision and allowed the use of his building for trainings. White Wolf Healing also traveled to other parts of Michigan and also outside the state to Indiana, Ohio and Illinois and to provide on-site seminars. Due to this growth, it became apparent that it was time for a permanent location.

Virginia says, “Jennifer and I are so very happy and proud to be able to open this new location to be a dedicated teaching facility. We are passionate about the NADA protocol as a tool in the treatment of addiction and other behavioral health issues.”

For more information please visit WhiteWolfHealing.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.”

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The opening reception for the 25th anniversary conference in Nashville, Tennessee was an electric experience (not too much of a pun intended). A coming back to the NADA family. Utterly joyous, inspiring and uplifting.

Thank you, **Stephanie Urbina Jones** (singer on the right), for bringing your Nashville friends to create an unforgettable evening of music. We enjoyed ourselves thoroughly.

Seen below dancing, from left to right, are **Felicia Parker Rodgers**, a social worker from North Carolina who attended the pre-conference training which ended the day of the opening reception. Next to her, facing the camera, is **Lora Heineimi**, a trainee from Arizona. In the middle of the picture is **Claudia Voyles**, NADA's training co-chair and the lead trainer of the pre-conference training. And finally, we owe a big thanks to **Judy Gibson** on the right, as she invited Stephanie Urbina Jones to play, and was instrumental in bringing NADA to Nashville this year (yet another pun not entirely intended).

More conference photos on pages 6 and 7.

