

CONFERENCE REGISTRATION PAGES: 3-6

Spotlight on ADS Success: Pain Clinic at a Veterans' Hospital

For three years, Mark Farrington has provided NADA, qi-gong, mindfulness meditation, biofeedback and psychotherapy at The Veterans Integrative Pain Center



Mark Farrington (center) teaches Qi Gong at the McGuire VA Medical Center. *Photo Courtesy of David Hodge. See full story on the VIP center written by Hodge and published on the Richmond Veterans Affairs' website.*

at the Hunter Holmes McGuire VA Medical Center in Richmond, Virginia.

The focus of the clinic is training veterans in skills to help them learn to self-manage chronic pain. Mark stresses that the NADA protocol is not used as a stand-alone treatment. "In our clinic, it is used as a preparation for all the other components of the clinic – the focus of the clinic is not to make pain go away but rather to give patients skills to manage their pain. We certainly have patients (like Cecil, see page 8) who in the process do have significant pain reduction and that is a bonus!"

The small team includes a physical therapist, two part-time psychologists and a part-time physician acupuncturist.

PAIN CLINIC continues on p. 8

Help Them Help Themselves: Spirit of NADA Fund

In December 2016, NADA launched the Spirit of NADA fund with its first online fundraiser, raising just over \$2,000. Members on the newly formed public-relations committee brought up the need for a financial reserve "that can support people who are organizing and leading advocacy efforts" to further NADA's mission. This kind of support is just one of the ways for which the Spirit of NADA fund is intended. To consider the breadth of this reserve, it is important to remind ourselves of the meaning and foundation of the Spirit of NADA.

On *acudetox.com*, in the Frequently Asked Questions section, is the following description: "Since the NADA protocol works by mobilizing the existing internal resources of a person, every aspect of a clinician's interaction with persons in need is to *help them help themselves*. Opening access to the treatment itself comes first.

"This occurs through eliminating unnecessary bureaucratic, socio-economic and environmental barriers to starting a program of recovery. The next task is to create a *Zone of Peace* within which patients can begin to experience their own inner strengths. Finally, and, in respect to the other aspects, *keep it simple*."

Keep it simple – these are the famous words of NADA's founder, Michael Smith, which have become somewhat of a motto in the NADA community. [Read on page 7 Dr. Smith's explanation of the meaning of the Spirit of NADA, in his own words]. Through his work and actions, both while leading Lincoln Recovery Center, and, now in his retirement, Dr. Smith has set the example of how we

SPIRIT OF NADA FUND continues on p. 7

Susannah Heller: New Membership Coordinator

Susannah Heller joined the NADA office team in January. A Laramie native, she was thrilled to learn that NADA's national office is in Wyoming. Susannah brings a passion for promoting alternative relief for addiction. What a great match for NADA! Come meet her in person at the annual conference in Wilmington, Delaware.



Susannah Heller with her nephew

We are grateful for the two years of service Michaela Kaszuba brought to this position. She has continued to provide the office with on-call office support, but has moved on to pursue her growing creative and artistic interests. Michaela, thank you for your ongoing dedication. ☺

What We Need

The Emperor,
his bullies
and henchmen
terrorize the world
every day

which is why
every day

we need

a little poem
of kindness,

a small song
of peace,

a brief moment
of joy.

– David Budbill

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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."

Guidepoints: News From NADA is published six times per year for members. Annual dues of \$70 (US funds) includes subscription and other benefits. Publication contents may be reproduced without permission (please give credit).

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July 1 for Sept publication	Sept 1 for Nov publication

Member advertising for all 4 issues (discounted rates):

Business card size: \$120

1/4 page: \$200

1/2 page (horizontal and vertical): \$500

Full page: \$900

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.



28th Annual **NADA** Conference in *Wilmington, Delaware*

NADA: Healing and Hope for Stress, Trauma and Addiction

May 4 - 6, 2017

DoubleTree by Hilton Hotel

Downtown Wilmington - Legal District

700 N. King Street, Wilmington, Delaware 19801

- Discounted Room Rate: \$135/night + tax (Valid from 5/3/2017 to 5/7/2017).
- Parking: \$16/night for guests, \$11/day for conference only attendees.
- Discounted rate ends: **April 14, 2017.**
- Call to make a reservation: 1-302-655-0400.



May 4 - NADA 101 Workshop AM/PM Sessions:

9am - 12pm: Integrating NADA Into Programs

1pm - 4pm: NADA Outreach & Education

6pm - 8pm: Welcome Reception

May 5 - NADA Conference

8:45am - 6pm: General Session

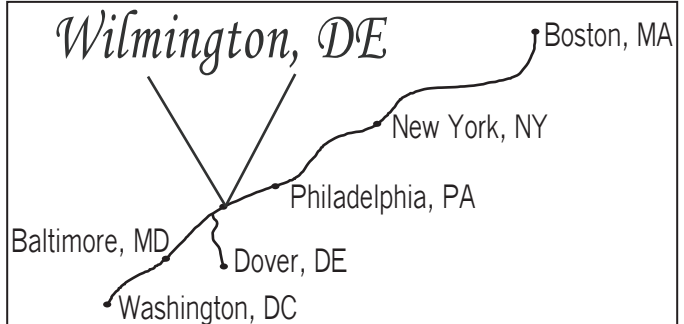
Lunch Keynote Address: Michael DeLeon

7:30pm - 9pm: Film Screening

May 6 - NADA Conference

7:30am - 8:30am: Breakfast With the Board of Directors

8:30am - 4pm: General Session includes Video Contest
Screening at Lunch



Transportation Support

With the support of a grant from the Greater Wilmington Convention & Visitors Bureau, we can offer complimentary shuttles from the Philadelphia and Baltimore airports to the hotel in Wilmington. We have a link to reserve the airport shuttle transport on our conference page at acudetox.com.

April 30 - May 3, 2017

Holiday Inn Downtown Dover

561 North DuPont Highway, Dover, DE 19901

- Discounted Room Rate: \$97/night + tax (Valid from 4/29/2017 to 5/3/2017).
- Parking: complimentary.
- Discounted rate ends: **April 30, 2017.**
- Call to make a reservation: 1-302-747-5050.

9am - 5pm: ADS Intensive Training

Training Site: Connections CSP in Dover



28TH ANNUAL CONFERENCE IN WILMINGTON, DE

May 4 - 6, 2017

[REGISTRATION FORM](#)

Early registration closes: 3/24/17

Pre-Registration (before 5 pm 3/24/17)	2-Day Conference May 5 - 6, 2017	NADA Full ADS Training + 2-Day Conference April 30 - May 6, 2017	NADA 101 Workshop May 4, 2017 <i>Morning: Program Integration — Afternoon: Outreach & Education</i>
Current Member*	\$275	Contact NADA Office	\$35/Session (or \$50 for both)
Non-member	\$400	\$735	\$35/Session (or \$50 for both)
Student/Senior (60+)	\$230	\$525	\$35/Session (or \$50 for both)
After 3/24/2017 and at-door prices			
Current Member	\$350	Pre-register only	\$50/Session (or \$75 for both)
Non-member	\$475	Pre-register only	\$50/Session (or \$75 for both)
Student/Senior (60+)	\$275	Pre-register only	\$50/Session (or \$75 for both)

*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:](#)

<input type="checkbox"/> NADA Annual Conference :: May 5 - 6	\$ _____	International Registrant?
<input type="checkbox"/> ADS Training + 2-Day Conference :: April 30 - May 6	\$ _____	Register online and receive a discount off of your registration fee.
<i>Selection includes the NADA 101 Workshop.</i>		
(Note: You must download and submit an application for this event.)		
<input type="checkbox"/> NADA 101 Workshop :: May 4	AM \$ _____	Cancellation Policy:
<i>Event included in the Acudetox Specialist Training.</i>	PM \$ _____	Cancellations received before 5pm on 3/24/2017 are eligible for a refund less a \$50 processing fee. No refunds issued after 3/24/2017.
<i>Not eligible for the international discount.</i>	Both \$ _____	
<input type="checkbox"/> Renewal member dues		Mail form and payment to:
<i>\$70 NADA membership or \$40 with Student ID/Senior Status.</i>	\$ _____	NADA, PO Box 1066, Laramie, WY 82073 Fax: (573) 777-9956
<input type="checkbox"/> Donate to our pre-conference scholarship fund	\$ _____	Questions?
<i>You will receive recognition in the 2017 NADA Conference Program as a Conference Patron.</i>		(888) 765-6232
TOTAL DUE (in U.S. funds only)		nadaoffice@acudetox.com
\$ _____		
to be paid by <input type="checkbox"/> Visa <input type="checkbox"/> MC <input type="checkbox"/> Disc <input type="checkbox"/> AmEx <input type="checkbox"/> Check/Money Order		
Please list any Dietary Restrictions and/or Food Allergens: _____		

First Name		M.I.	Last Name	
Organization (If applicable)			Title/Job Position (if applicable)	
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, Am Ex)			Exp. Date	Security Code
Name on card (if different)		Credit Card Billing Address (if different)		
I confirm my registration as indicated above and I give NADA permission to receive hotel reservation information for planning purposes - <i>Signature required</i>				



5th Annual Video Contest

Enter to win:
**a free conference registration, hotel accommodations
 and \$300 toward travel expenses**
 to the 2017 NADA Conference in Wilmington, DE!

Theme: NADA: Healing and Hope for Stress, Trauma and Addiction

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 2017 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 2017 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. We will not accept a film that contains hate speech or other offensive material. Avoid violating copyright laws or using brand names other than NADA in your film.

Selection Criteria:

The NADA Conference Planning Committee will select the winning film based on several aspects. The most prominent categories include: clear message, inspiration, creativity and demonstration of the conference theme that is provided above.

The deadline to submit a film is April 2, 2017.



Register for a NADA 101 AM or PM session (or both) on page 4.

NADA 101 Workshop **Thursday 5/4/2017**

AM Session: 9 am-12 pm
3 CEUs applied for

Workshop Objective: to learn how to integrate acudetox into an addiction or behavioral health treatment program and maximize its benefits with a variety of client populations.

Facilitated by
Michael Smith

founding Chairperson of NADA and retired medical director of Lincoln Recovery Center

PM Session: 1 pm-4 pm
3 CEUs applied for

Workshop objective: to gain practical skills in conducting NADA outreach and education efforts in your local community. Attention will also be given to engaging in legislative advocacy efforts.

Facilitated by
Carolyn Mandrusiak, Yvette Miller and Sidney Navarro

Mandrusiak and Miller are board members who serve on the Public Relations Committee. Navarro is the NADA media coordinator.

Pre-conference Training

30 CEs applied for

Earn an Acudetox Specialist (ADS) Certificate of Training

Attend this pre-conference training as well as the 2-day conference (both events are required to complete the training) and earn a certificate of training 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 NADA ear acupuncture to your skill base. Many states have specialized exemptions that allow a variety of healthcare workers 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 (nurses only), Rhode Island, South Carolina, Tennessee, Texas, Vermont, Virginia, Washington (nurses only), Wyoming, 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.

Licensed Acupuncturists: Join in the 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 4/30 and ends on Thursday 5/5, followed by the 2-day conference. The training, hosted by Connections CSP, interweaves the theory and application of the NADA protocol along with a clinical practicum. Hands-on experience is available by providing treatments to each other, as well as to Connections' clients and staff. 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, May 6).

Travel and Accommodations

Accommodations are available at the Holiday Inn Downtown Dover for \$97/night+tax, or at a hotel of your own choosing. Trainees are responsible for transportation, lodging and food throughout the training period although there will be organized carpooling to and from the training site each day. For out-of-town trainees, there will be a complimentary group shuttle from Philadelphia airport to the training site on Saturday 4/29, and from Dover to Wilmington on Wednesday 5/3. NADA also provides individuals a complimentary shuttle back to the Philadelphia airport from the hotel in Wilmington. Interested in room sharing? Please contact the office at (888) 765-6232 to assist with that request.

SPIRIT OF NADA FUND continued from p. 1
must work to help persons in need help themselves. He cautions against a drive for profit or self-interest when doing NADA work, and is always oriented toward the most disenfranchised and impoverished communities.

“These messages are the essence of NADA,” says Carolyn Mandrusiak, a member of the public-relations committee. The Spirit of NADA “is community driven, it puts the participants first and empowers them,” says Mandrusiak, a NADA trainer living in British Columbia, Canada. “It always helps to remind us that that is where NADA started and that is the original intention.”

The committee has identified three areas that the fund will support, although it will still review requests on a case-by-case basis. The first is to help defray training costs when organizing training in low-income areas. At a recent training where the Spirit of NADA fund was utilized, the trainer said, “It was an incredible experience hearing the linkages people were making with how NADA can help their communities ravaged by violence and lack of services and resources. Some of the members are already looking to start drop-in groups which we modeled during our training.” Despite the numerous other uses for NADA, the committee hopes trainers will continue to organize trainings in communities facing great social and economic inequities, *to help them help themselves.*

Another use of funds raised is intended for organizing and advocacy efforts, *opening access to the treatment itself.* This can look like running a booth at a local meeting or event to provide information and demonstration treatments to a community new to NADA, where NADA provides all the outreach materials.

In his description of the Spirit of NADA, Dr. Smith writes, “Until you get out of things, you can get trapped by your own mind.” To intellectually understand this is a futile exercise. Experience of NADA,

experience of group qi, experience of the power of self-healing are the guides and teachers in this process we call NADA.

These experiences can be deeply inspiring during and shortly after training. Getting together is an excellent way to enliven and revitalize what brought us to this work. This fund will help make local state-based gatherings of NADA members possible. These meetings serve as opportunities for NADA providers and supporters to talk with each other, connect to their own capacity for self-healing by receiving a treatment themselves, and to share successes and challenges.

On a larger scale, the national conference provides these same opportunities, but is not widely accessible unless it happens to be in your neck of the woods. That being said, we strongly encourage you to attend the upcoming conference in Wilmington, Delaware. It is shaping up to be one of NADA’s most internationally diverse events to date.

Please contact the NADA for more information or to submit a request for support: nadaoffice@acudetox.com.

THE SPIRIT OF NADA – Words From the Founder, Michael O. Smith

The Spirit of NADA teaches us that we must first allow ourselves to find that Spirit.

The NADA protocol started with one needle plugged into a machine and an addict turning it up higher for the buzz. It started with heroin addicts and alcoholics who said this would help them although doctors were saying that acupuncture wouldn’t work for them.

This was in the 1970s in the South Bronx. Two hundred and fifty people lined up that first morning with just one day’s notice that the clinic would be opening. We started giving acupuncture twice a day because we were trying to copy the heroin. Heroin works for 6 to 8 hours so we thought acupuncture would work for 6 to 8 hours. But the machine broke and the clients stopped coming for the second treatment.

This taught us that the more gentle the treatment, the longer the effect. We also learned that the NADA protocol is organic, and we must let it change and grow. Acupuncture has wisdom from the very first – we didn’t understand that for four or five years. Until you get out of things, you can get trapped by your own mind.

Taoist philosophy suggests that the name NADA is important because in treating people we do a lot, maybe even too much, and we can forget that the rest of life is out there. NADA has to be simple because everything else is so complicated.

Spirit of NADA: Cecil's Story

"It's been amazing, it's saving my life." These are the first words Cecil used when describing what the NADA protocol has done for him. Cecil is a Vietnam veteran suffering from phantom leg pain. His leg was amputated six years ago, and he had been in excruciating pain for most of the time since the surgery.

When asked to describe the pain on a scale of one to ten, he said, "Get a bigger chart." By the time he got to the pain clinic at the Veterans Administration (VA) in Richmond, Virginia (see page x), he said "the pain was so bad that he thought he would lose his mind." He came in to the acupuncture "real negative, but it worked – almost instantly."

"I thought suicide was my only choice for relief. Thank the Lord and the NADA protocol that I'm alive today."

Cecil had two kinds of pain – a burning pain on the top of the foot and what felt like an ice pick stabbing him on the bottom of the foot. The pain could last anywhere from 15 to 35 hours. Whenever he began to feel a twinge on the bottom of his foot, he would start to cry because he knew what was coming. But since NADA, "the change has been phenomenal." The treatments cut down on the burning pain and knocked out the stabbing pain. He told us that he has gone from "sheer dread and fear" to "it's almost like I'm free."

Cecil started the NADA protocol in August 2016, and, from the start, he was "wowed" by how good he felt. The program at the VA runs four days a week for four weeks. Three weeks after he completed the program, he had a flare-up and has returned to the clinic for weekly acupuncture. Mark Farrington, who works at the pain clinic as a psychiatric clinical nurse specialist, showed him how to use the magnetic beads on himself, and the combination is "doing the trick" for him.

"This has been a godsend for me. I used to sit here wondering when it was going to hit again." Now Cecil spends more time reading one or more of his two-thousand book collection and planning on how he will entertain his six-month old grandson, Roman. But first he wants to share his story about the NADA protocol. He hopes that by talking about his situation, he will be helping other people. ☺

PAIN CLINIC continued from p. 1

"What intrigues me," says Mark, "is how similar NADA operates in this program as in addiction recovery settings." The program is designed to have clients do NADA groups



Cecil Jackson with his grandson

chi, etc. It works really well in that way."

first because, Mark points out, it is hard to learn new skills when the nervous system is "jacked up." He adds, "Non-verbal treatment helps clients learn trust which allows them to engage in mindfulness meditation, tai

Cecil not only gets his acupuncture at the clinic where Mark works, he also gets kindness and respect. Cecil told us that when he goes to the VA hospital which is in an adjacent building, he has to take half of a lorazepam – "it's like going into enemy territory." Not so at the pain clinic, because "they're different, they're nice."

Part of this might be due to the fact that the program is designed to empower the patients. For example, the program is set up to be as barrier-free as possible. New patients come for a walk-in orientation and can start the NADA treatments immediately. Mark also told us that NADA's founder, Michael Smith, encouraged him to teach his patients how to use the beads on themselves. It helps their physical symptoms and *enables them to help themselves*.

Mark runs a mindfulness group for the veterans. A woman in the group shared her concerns about a baby girl she was fostering. The girl's mother suffered from addiction, and the baby was very restless and did not like people touching her. Mark told the foster parent about the magnetic beads and gave her a treatment. She liked the results so Mark showed her how to apply them and sent her home with beads for the baby. She came in the next week and told Mark the baby had stopped her continuous crying, was sleeping at night, and allowed people to pick her up. ☺

Mark Farrington will be presenting on Saturday, May 6, at the NADA conference about this innovative program. Mark is a psychiatric clinical nurse specialist and a NADA trainer. He can be reached at: markgfarrington@gmail.com.

Sneak Peak at the Upcoming NADA Conference: Featuring Keynote Speaker Michael DeLeon

We are very excited about this year's conference program in Wilmington, Delaware. There is a focus on strategies that work to get the word out about NADA. We will learn how NADA work gets funded and how to expand access to NADA services, both nationally and internationally.

We have an impressive list of attendees coming from many different countries that have both well-established NADA programs and also newer ones that are just starting up their NADA services. These include the Philippines, Denmark, Norway, Germany, England, Japan and Tunisia. We have much to learn from our global friends, and it is an honor to have so many coming to share their experience with us.

Our keynote speaker this year is Michael DeLeon, the founder and director of **Steered Straight**, a nonprofit that uses public assemblies, group presentations and documentary film to educate students, parents, schools and law-enforcement agencies about addiction and youth violence. Using his personal experience of incarceration and gang involvement, DeLeon is dedicated to steering

youth in a positive direction. In addition to his presentation during Friday's luncheon, DeLeon will screen one of his documentary films that evening.

Speaking of films, we are thrilled to offer the video-contest opportunity to the many creative minds and hearts of the NADA community. This is our fifth year - we are looking forward to seeing the submissions and showing the winning film on Saturday, May 6!

For the 28th conference in a row, Michael Smith will be present, both during the training, the pre-conference NADA 101 workshop, and at the two-day conference. We are grateful to his continued vision and support for the growth and development of the Spirit of NADA. ♡



Michael Smith

Learning by Doing: Creative Solutions From a Michigan Member

Deb Geno first learned the NADA protocol in 2009 in Detroit, Michigan, where she not only located the site for the training, she also provided lunch every day for all the participants. Deb has taken to heart one of Michael Smith's messages: "The Spirit of NADA is service – people grow, and we



Deb Geno

grow through the people we serve." Since she learned the protocol at a pro bono training, she has continued this tradition by leading staff-based trainings free of charge. She hopes her staff will continue the tradition.

Deb Geno is an outpatient supervisor at a community mental health center in Caro, Michigan. She has met with one roadblock after another in trying to implement the NADA protocol. The main obstacle has been trying to get a doctor to supervise her and her staff, a requirement to practice NADA in Michigan. So instead of trying to wear down the stone in her path, she said she would "be like the water and go around it." And, in doing this, she started using Vaccaria seeds and metal pellets on the reverse Shen Men with "amazing results."

After receiving the acupressure, one initially skeptical client said, "Would these beads take care of migraines? I've had a migraine for two weeks and now it's gone." After going through a training about ear seeds, a former coworker tried them and also reported an abrupt cessation of his migraines.

Another counselor had a serious condition that was so painful, she told Deb she didn't know if she could live with it. The woman's complexion was gray and she looked exhausted – she said that her pain level was almost unbearable. Deb applied the seeds and saw the color returning to her face – and the pain was now manageable. But despite the positive results, she did not follow up with the seeds.

Dr. Smith had talked about another client who had gotten positive results from the acupressure but did not want to learn how to use the beads himself. Dr. Smith said it might be that the client did not feel worthy enough yet.

He also emphasized that we not think that we have the answer but to remain curious and to learn from the people we are treating.

Once again Deb is in alignment with Dr. Smith's thinking – she said that she finds curiosity to be "energizing." And she also noted that talking about the seeds and beads was changing her perspective. She had been thinking that she was using the seeds as a second-best because she could not use the needles.

But now she realizes the many benefits of working with seeds and beads. There is no need for supervision, no regulations for the administration to deal with. And, mainly, she is empowering the people she is working with – both staff and clients.

Deb is now interested in comparing the Vaccaria seeds and metal pellets to the gold magnetic beads that she has just started using. And she is asking the people that she is treating to sit for a while "to experience the effects quietly" – the first time she did this, everyone in the room felt a wave or relaxation. Dr. Smith said we need more "research from the heart," and this may be just that.

Deb Geno will be a speaker at the NADA conference in May on Saturday, May 6. To contact: debwewidam@sbcglobal.net.



Return Service Requested

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Katurah Bryant Recognized for her Legendary Leadership



Katurah Bryant (second from the right) celebrated with family and friends the honor of being named a Legendary Woman at Perfect Blend's formal banquet.

On October 8, 2016, I was honored as a community Legend by the Perfect Blend, an organization committed to fostering leadership among women and girls. This is an honor bestowed on women who have had a positive impact in the community and serve as mentors and role models. The Perfect Blend honored me for the work I have done and continue to do in the greater New Haven community and beyond, both professionally and civically.

At the mentor's breakfast that morning, along with other Legendary women, we "told our story" of obstacles we overcame to get to where we are today. We also wanted to give the young women in attendance encouragement to

make healthy choices in order to attain their goals, while still presenting a realistic picture of learning from our mistakes. With the support of a community and a spiritual connection, they can still achieve and have a positive impact on our world. ☞ *Katurah Bryant serves as the training co-chair on NADA's board and is a NADA trainer. She will be presenting on Friday, May 5, at the NADA conference in Delaware. To contact: silverin2011@yahoo.com.*