

GUIDEPOINTS:

News from **NADA** 

Spring 2017

Michael Smith's Letter to NADA Philippines' 6th Annual Forum

Michael Smith's letter was read by Ramona Wantin, one of a group of women known as the Mothers of Paco. They live in an old Manila riverfront urban poor area which had been an early NADA training site. Although Ramona mostly focused on reading Michael Smith's words in English, she often interjected her own memories and thoughts in Tagalog, reflecting love, admiration and respect for Dr. Smith. As she read the letter, a slideshow of pictures of Dr. Smith from his past visits to the Philippines played in the background. This was the first forum that he did not attend in person, and his absence was felt and noticed by all, making the letter all the more significant.

The NADA protocol started in the 1970s in the South Bronx. Some 30 years later, Janet Paredes wrote to me both by email and by regular mail, asking if she could take the NADA training at Lincoln. I could see that she was a very persistent woman, so I invited her to our conference in Denver, Colorado. She then came to Lincoln to do her training.

Now almost 15 years after that, we are celebrating your 6th annual NADA Philippines conference. We have gone from treating addicts to treating people in prisons and psychiatric settings, people suffering with trauma, refugees in conflict-ridden areas, and many more.

Your first conference was held in the basement of the old-fashioned hotel where I was staying. The Mothers of Paco were featured, and, now six years later, Janet tells me that these women are still very active volunteering their services to the community. At the second conference,
PHILIPPINES continues on p. 6

The Lincoln Recovery Center Finds HEART

by Jo Ann Lenney

Lincoln Recovery might be on its way to being back on the block. South Bronx Unite was just awarded a \$40,000 grant to further its efforts to turn Lincoln into a community center supporting health, education and the arts (HEARTS). South Bronx Unite is an all-volunteer coalition of residents, organizations and allies working together to protect and improve the social, environmental and economic future of the South Bronx.

The grant was given by the New York Foundation which aims to support community organizing and advocacy.

Program director, Kevin Ryan, said, "Most important was that this group was committed to supporting local organizations who were collectively organizing and serving thousands of young people and their families and community residents every year."

The \$40,000 grant will help cover the costs of developing a feasibility study. Mychal Johnson, co-founder of South Bronx Unite, said the grant will help turn the group's idea for the building into a more concrete plan and could help them receive additional funding going forward for renovations and operations.

According to Mychal, they envision a vibrant community collective where members receive vocational training, health services and education during the day. In the afterschool hours, children and youth will receive music education, positive youth development activities and leadership training. In the evenings, community members
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A Note on Michael Smith's Workshop

Michael Smith's workshop at the 2017 conference in Wilmington will be a little different this year. We will show a number of films of Michael Smith's lectures from past years, both in the United States and abroad.

We invite participants who have questions to submit them ahead of time. And we welcome brief statements about what he – and his embodiment of the NADA Spirit – has meant to you and your work. You may send those nadaoffice@acudetox.com at any time, and by May 4 if you would like them to be shared at the workshop.

NADA 101, formerly called the Directors' and Administrators' workshop, was created by Michael Smith years ago for the annual conference. He wanted to share how NADA works best in program settings as a support to other services and interventions clients receive. ☯



Nada Danmark

**International NADA Conference
in Denmark 6-7th of September 2018**

Simplicity and Diversity

The next international European NADA conference will take place at Roskilde Congress Center in the medieval town of Roskilde close to Copenhagen. The conference will focus on the many possibilities of the NADA protocol to inspire and create new programs.

Please check our website (www.nada-danmark.dk) for more information on the program, registration, hotel booking and more. Information and updates will be added continuously.

~ Hope to see you in Roskilde ~

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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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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will gather to exercise their leadership in preserving and growing the character of the neighborhood.

In addition to these services and programs, a commercial kitchen and other small business supports will help budding entrepreneurs bring economic opportunities to the Mott Haven/Port Morris neighborhood.

NADA will also have an active presence in the building. And there will be space set aside for recording some of the history of Lincoln and the community's efforts which brought it about in the 1970s and '80s. NADA's founder, Dr. Michael Smith, is involved in an advisory position, and he has been asked to be on the board of the "new Lincoln." ☞

For more info, contact Jo Ann Lenney at joannlenney@yahoo.com.



Image courtesy of the H.E.Arts Mott Haven Community Center Facebook page.

Editorial: Just Bead It, Bead It!

by Claudia Voyles

Everyone should be able to put beads or seeds on ear Shen Men or Reverse Shen Men for supporting wellness and recovery. It is time for us to facilitate the use of ear acupoints for trauma and other recovery beyond the ranks of the NADA membership.

I understand that there may be some states with regulations that prohibit the practice, but I believe that the position of NADA should be to encourage and support the free and wide application of ear beads and seeds as a simple, safe and accessible version of acupressure.

The board of directors recently took an important step in that direction. Here's how we got to this historic moment as I understand it.

Lincoln Recovery Center adopted the use of seeds or beads in place of or in support of the acudetox protocol early on. By the time I joined the fun in 1991, the practice was commonplace.

I remember hearing about using Reverse Shen Men as a way of protecting the safety of a woman from a partner who would not approve of her getting help. I remember learning about teaching mothers to put a bead on their infants in withdrawal. I remember the buzz at the 1997 NADA conference in Austin about treating ADD/ADHD with beads.

We have learned so much over the years. We could not have possibly understood how powerful seeds/beads could be nor how easy it would be to teach others to put them on. We did not know how effective the ear acupoints would be for treating persons affected by trauma until we did it a few thousand times.

Anyone who has talked to Jo Ann Lenney, aka the bead lady, knows the power of this simple protocol. Anyone who has heard Trish Cathcart from Northern Ireland share her experiences with prisoners putting beads on prisoners, will be moved by the natural impulse to want the bead effects for others.

I have been fascinated lately with the fact that acudetox arose from the community wanting more for the community. Those are our roots. NADA was created to advocate and train others in order to promote community wellness. That is the heart of our mission statement. Kitara Byerly, a Texas acupuncturist, introduced the concept of teaching volunteers to do beads to the Medical

Guidepoints News from NADA



Claudia Voyles

Reserve Corps (MRC), the volunteer-based national disaster response network. From her initial idea, Stacy Sayre, the Regional Liaison for Region 8, spearheaded two movements.

The first, to create a document for the national MRC that instructs commanders about how they might integrate alternative health providers into disaster and wellness initiatives in their communities. This document will address acudetox and acupressure, as well as massage, chiropractic care, yoga and fitness.

I expect that some of our acupuncture colleagues might chafe at being included with other modalities (rather than being considered on par with medical providers), but I believe it will be broadly useful to educate commanders nationally with an official document, especially as acupuncture and acudetox are not yet universally available.

The second movement was the development of materials to facilitate any MRC responder's ability to use ear beads or seeds in trauma responses and other MRC wellness initiatives. Sara Bursac, Jo Ann and I drafted a simple two-page document with FAQs and testimonials and simple how-to instructions. My classmates, Brandon Fuller and Jay Bartlett and I, created a 30-minute how-to class with video and slides to accompany those materials.

With the approval of Rob Tossato, MRC Director, we

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expect that soon all the national MRCs will have these materials and be able to integrate ear acupoint beading with all of their other interventions, even in places where there are no NADA practitioners.

Why stop there? Our mission statement clearly states that we support community wellness – so let's do it. What if using ear acupoints were as common as putting bandages on minor wounds? I see unlimited ways that this practice could help people and organizations.

To be fair, I have tried to imagine reasonable objections. I used to say that I had never heard of a report of a significant problem from ear beads or seeds. I recently read [a case report](#) of a woman who had a magnetized ear bead in her ear canal, fortunately discovered by an MRI technician prior to the scan but which had to be surgically removed (Igarashi, Matsumoto & Kakigi, 2015). However, the woman was self-applying a product in the middle of her ear concha, not the points that we are advocating: Shen Men and Reverse Shen Men.

The other concern I have had myself is that someone will start to brag or boast about their treatment effectiveness, misrepresent themselves or act unethically in other ways. We carefully added an ethical statement, that clarifies that doing these beads or seeds does not constitute

being an auriculotherapist or acudetox specialist, and that they are intended to support, not substitute, appropriate medical or psychosocial care.

Ear acupoints are not a replacement for acudetox anymore than acudetox is a replacement for full body acupuncture, if indicated. But they are simple, safe, cheap and remarkably powerful. I believe it is our privilege and responsibility to find ways to teach communities and get that information out to as many people as we possibly can.

We talk a lot about the Spirit of NADA, a palpable if hard to define concept that includes both the unfussy, client-centered style of our approach, the open-handed sharing of ideas and knowledge, and the creative application of that knowledge for supporting persons in need.

NADA has decided to use our website as a platform for sharing information about beads and seeds. I thank the board for taking this historic step to take out training beyond acudetox specialists to a larger audience. How appropriate that it is Shen Men, Spirit Gate, that leads the way. 🌀

Claudia Voyles is a NADA trainer, acupuncturist and musician based in Austin, Texas. To contact: claudiavoyles@yahoo.com.

there were more moving achievements of community outreach. And, at another conference, there were films about the typhoon rescue at Tacloban. Most of us had never seen such a vital use of acupuncture among children and abandoned adults in an immediate national emergency.

Janet's approach has always been to continue to serve and reach out toward many helpers and needy groups – even when there was a lack of clarity and unity in the background. Sometimes you could hear her private anguish at the end of events. Filipinos appreciate the approach of nurturing and protecting each other in periods of prolonged difficulty. This might be called an old-fashioned or a woman's approach.

Vicky Ducat, the deserving vice president of NADA, is in charge of the 23 ADSes of the mountains and the indigenous peoples' region. She has spoken with pride of the locations of rural clinics and the number of hours of walking required to reach the clinic. The ADSes have a primary role in various projects, such as tobacco usage, alcohol use, betel use, stress and wellness of common diseases, marijuana use, and the regular use of breast feeding, especially by adolescent new mothers. Among her crew are four trained midwives who serve these rural clinics.

At one of the conferences, two young ADSes gave a talk on their activities. Before training at Tacloban as client-survivors, they had worked as a kind of community organizer or activist. They treated at church masses, meetings with officials, and at four missions, totaling over 1,100 treatments in their area for the year. Their enthusiasm and growing skill is special.

One of the school guidance counselors from the Zamboanga-siege area was trained in the war zone area. He and his colleagues gave NADA treatments to social workers, hostages, UN personnel, at transit sites, a penal colony, jail, university departments – up to 1,000 treatments. One of 10 high school teacher ADSes also spoke about the 1,000 treatments in the past year. They gained support of the mayor and the provincial government.

In 2014, I attended a landmark training at a downtown Manila office for the Armed Forces Reserve Command which provides support services for the military involved with coping with civil disturbances. One of the trainees gave a talk full of comments about the NADA Spirit. She mentioned that all of their clients must be dealt with as equals, including friends on both sides of the

conflict. Trying to meet the needs for all participants for support and widespread compassion is remarkable for any social group – but it is ground-breaking for a military-connected one.

It shows what qualities and strengths are in the Philippine culture which NADA can develop and learn from. The diversity of achievement is inspiring. The consistency of services is unusual for a social activist group. The freshness of the widely separated leadership shows the value of the NADA process outside of the acupuncture or natural healing community. Most social activists could only dream of the consistency of process and the value of the apprenticeship and self-help training. Let us value this gift, and appreciate what it shows us about our own humanity and our ability to organize people without artificial hierarchies – with a natural dignity.

Acudetox Specialists in the Cordillera region of the Philippines, located approximately four hours north of Manila. NADA's Media Coordinator, Sidney Navarro (*pictured to the right: third from the left*), and Executive Director, Sara Bursac (*pictured to the right: first from the left*), visited NADA Philippines in February 2017 to attend the 6th Annual Forum. Sara gave a

presentation on the use of acupressure beads to assist with many conditions, and Sidney shared how to harness social media and film to communicate their dedication to the Spirit of NADA.

We heard from an school teacher who provides NADA to students who have permission from their parents: "One case is from a student who has epilepsy and had a traumatic experience when she was a child. She was able to say that, after treatment. At first she was very silent about it. But when she was treated once, twice, she started to talk about her past experiences She was taking three types of medicines [for the epilepsy] but then when she took the NADA treatment with us at the parish clinic and at school, the doctor let her stop one medicine. The other medicine was taken twice a day, and now it's only once. I was very happy with that."

As I said at the close of last year's conference, the NADA Spirit lives in the Philippines. The ADSes there are proud, honored and sincere. This is real – this is evidence. This is the excellent work in the Philippines.

I have been to all of your conferences and I am here with you today also. Look at all the faces of the NADA people around you, and you will see my spirit, the Spirit of NADA, shining through. ☺



NADA in the Philippines



From left to right: MacGerald Cueto (NADA Philippines board secretary), Sara Bursac (NADA executive director), Ramona Wantin (Paco mother) and Janet Paredes (NADA Philippines president) present an award for Michael Smith in honor of his support and participation in NADA Philippines activities.

"Sara and I would like to thank NADA Philippines for their wonderful hospitality and generosity throughout our trip to Manila and Baguio City, Philippines. We were greeted with the utmost warmth and kindness. As we proceeded to meet with acudetox specialists, it was clear that NADA Philippines is thriving. We look forward to developing lasting friendships with everyone that we met. The NADA protocol is a tool for hope and healing — NADA Philippines captures the essence of that idea."

--Sidney Navarro, NADA Media Coordinator.



From left to right: Sara Bursac (NADA executive director), Dr. Vicky Ducat (NADA Philippines vice president), Sidney Navarro (NADA media coordinator), and acudetox specialists and community members from the National Commission on Indigenous Peoples.



After the 2017 NADA Philippines Forum, on February 25, 2017, many of the NADA Philippines members and guests proceeded to a dinner in metro Manila.

NADA in Tunisia Since 2013



Md Moncef Aloui (*bottom left*), a laboratory technician at the hospital in Elguettar, founded NADA Tunisia in 2013. His focus is to get the word out about NADA to Tunisian youth.

We first met Aloui at the 2015 international conference in Oslo, Norway. He presented NADA with a beautiful handmade tapestry that now hangs in our office.

Aloui is coming to Delaware for the 2017 conference to connect with the NADA family.

Spirit of NADA **Supporting Acudetox in Tribal Communities**

Dolores Jimerson of Oregon, Danialle Rose of South Dakota and Phyllis Spears, now in Oklahoma, met by phone in late 2016 to discuss developing a tribal community of learning about the practice of NADA acupuncture. The ideas shared at that meeting will grow when the group meets other interested NADA people at the conference in Wilmington, Delaware.

Dolores Jimerson

In 2013, an issue of Guidepoints landed on my desk here on the lands of the Confederated Tribes of the Umatilla Indian Reservation in Oregon. How it got to me may never be known, but I took the delivery of the newsletter as a sign – a sign to a community organizer who believed that there must be treatment options available that resonate with tribal people.

I got excited to read that social workers like me could complete training as acudetox specialists (ADSEs.) SAMHSA, the Substance Abuse and Mental Health Services Administration, recognized acudetox as a best practice, and that was the key fact I needed to begin advocating so acudetox could find its way to us.

Fast forward to March 2016 when a group of us are in Las Vegas fulfilling the requirement of our SAMHSA suicide-prevention grant to participate in the National Conference for Behavioral Health. I attended the NADA session and found myself deeply relaxed as the needles sat in my ears. Unusual since I am not one to easily relax, especially while seated with a group of strangers.

My manager visited the NADA booth where she also received treatment with the others in our group. We spoke with NADA's executive director, Sara Bursac, and got to ask questions. Eventually this led to approval for me to attend an ADS training in Albuquerque, New Mexico, at NADA's annual conference.

Listening to how the NADA protocol is used and has made a difference with the Michigan tribes inspired me. In Albuquerque, I also reconnected with Sidney Brown who works the Navajo Reservation's behavioral health department. She told me how she has been using acudetox with her community and encouraged me to return to Oregon and bring acudetox to the people here.

During our training, I got to visit the pueblos where we practiced delivery of treatment. It was so validating to witness people respond positively to treatment, embraced by the Spirit of NADA.

The Spirit of NADA helps create peace within people so they can more easily access their own healing power, their inner strengths. A Spirit that bypasses complication and aligns with *keeping things simple*. A Spirit that would resonate with tribal ways of being. I was excited to introduce this form of healing to others in my community and family.

Federally recognized tribes are sovereign nations, so their elected tribal leaders have the right to decide things such as who can deliver acudetox on their territories, decisions distinct from state law. Yet another reason why acudetox resonated for me.

The 2010 U.S. census shows that Alaska Natives and American Indians make up only about two percent of the U.S. population, and yet there is a disproportionate prevalence of trauma, addiction and suicide compared to the general population, as reported by SAMHSA in that same year.

I have learned that there are many tribal people trained to deliver acudetox. The Indian Health Services website lists acudetox as a best practice that can be used with their Methamphetamine and Suicide Prevention Initiative. SAMHSA's Access to Recovery (ATR) also recognizes acudetox as effective and is used by some of the tribal grantees of ATR funds. This let me know there are elders of acudetox in Indian country to learn from, to get support from.

This voice may invite other tribal communities to join the circle to channel the Spirit of NADA. My vision is for ADSEs who work in Indian country to come together and form a council that promotes culturally resonant practice, learning, support of NADA and mentoring future ADSEs to carry on the practice.

Dolores Jimerson is a social worker employed by Yellowhawk Tribal Health Center in Oregon where she provides acudetox treatment as part of her role as the Integrated Care Counselor in Primary Care. To contact: doloresjimerson@yellowhawk.org.

Danialle Rose

Danialle, a social worker who was mentored to become a NADA trainer by Phyllis Spears (see below), shares her reflection on her efforts to bring NADA treatments and training to the Standing Rock tribe in North Dakota in late 2016. Her work was made possible by the support of Michael Smith.

“In late November I was invited to do a grassroots NADA training on the Standing Rock Reservation. The leaders at the protest camp were extremely cooperative in assisting me to find a site within the camp. We posted flyers on the port-a-potties as those were the sites everyone visited! The day we were to begin, a major storm hit, and we could not enter the camp.

“I received permission to set up a small NADA clinic at the Standing Rock tribal administration building. One tribal council member who had experienced acudetox treatments previously was very happy to see us. He took us to the tribal council chambers, and he and three others received a treatment. During the next week, several top level tribal administrators and tribal employees experienced NADA.

“One of those who received a treatment was the director of the men’s portion of the domestic violence program. He wants to implement acudetox in conjunction with his teaching of traditional values. I am looking forward to helping with this project and working with the Standing Rock tribal administration to bring acudetox to their area.”

To contact: daniallerose@yahoo.com.

Phyllis Spears

In 1998, I was a registered nurse in Tucson at Indian Health Service (IHS), working as the HIV/STD Prevention Coordinator. I was a member of the Center for Disease Control’s HIV Community Planning Group, and it was during one of our meetings that I met Ashitari Perez, a counselor at COPE Behavioral Health. She had worked in the Bronx at Lincoln Recovery Center and was eager to introduce acudetox to our planning group.

She asked to meet with me to let me experience a NADA treatment. That was my first acupuncture experience of any kind, and I felt like nothing happened. A few days later though, I noticed how calm I was feeling. Busy but able to cope with things in a more relaxed manner. Maybe there was something to this acudetox. I called Ashitari to share my experience with her, and she invited me to her next training. My supervisor got on

board and encouraged me to attend.

After my training, I was so hooked I felt like all the staff should get trained. Someone should start a clinic! But after a year, when none of the trainees stepped forward, I decided the person to start the clinic must be me. I was not an addictions or mental health counselor, but maybe I could still make it happen.

I talked with my supervisor about starting a pilot project to see how the patients and local tribal programs might respond. He agreed and suggested I pitch it to our area director, as funding would be needed. The area director had experienced acupuncture, liked it, and thought it was worth a try.

“Acudetox is recognized as a significant benefit to Indian Health Services.”

In 2001, the acudetox pilot program was submitted for the IHS National Director’s Award. The director recognizes individuals or groups of employees whose special efforts and contributions, beyond regular duty requirements, have resulted in significant benefits to IHS programs, priorities, or customers and fulfillment of the IHS mission. I received the award for: Outstanding Contributions Organizing the Acupuncture Detoxification Program resulting in the Creative Utilization of Resources.

The NADA services lasted five years and allowed both the tribes and the Indian Urban Program to integrate the treatment into their behavioral health programs and to train their staff. Tribal programs continue to use acudetox today, and I’m grateful that I could be a part of bringing NADA to these communities.

Ashitari later told me that bringing acudetox to the Native community was a goal she had and was happy that I helped make it happen. I love the technique and think most providers should have it in their toolbox, as it is so nourishing, nurturing and healing.

Today, at the [Indian Health Service website](#), under Treatment and Recovery Best Practices you will find listed Acudetox Treatment as a tool to be used in treatment programs.

Phyllis retired in 2014 and continues to provide NADA trainings.
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GUIDEQUOTE

“The Spirit makes all things new. We are those who grow old, and we want everything done to our aged standards. The Spirit is never old; the Spirit is always young.

- Oscar Romero

Romero was assassinated on March 24, 1980 for standing with the poor and calling for an end to government-sponsored violence. (From Vision and Viewpoint, an online e-newsletter from Joan Chittister.)

Return Service Requested

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NADA Gives Colorado Nurse the Edge

by Libby Stuyt

Kelly Wade embodies the NADA Spirit and breathes a positive intention with everyone she treats. On March 31, 2017 at the Sangre de Christo Arts and Conference Center in Pueblo, Colorado, Kelly won the 2017 Southeastern Colorado Regional Nightingale Nurse Recognition award. She now goes to Denver for the statewide competition on May 13, 2017. We plan to be there to support her and let the state know about Kelly and the NADA protocol.

Kelly, a registered nurse and acudetox specialist, was nominated in the category of Leadership based on her use of the NADA protocol in the Circle Program at the Colorado Mental Health Institute at Pueblo.

For the past 7 years that she has been using the NADA she has effectively encouraged new patients to try it.

Kelly has been instrumental in educating other staff and students about the protocol. For example, she routinely

treats nursing students when they do their psychiatry rotation at the hospital. Most of Kelly's coworkers were at the event, and we shouted enthusiastically when she won the award.



Libby Stuyt and Kelly Wade

Kelly shares: "This award gives me a great sense of pride. Members of Colorado nursing organizations have now taken notice that acudetox provides benefits for withdrawal symptoms, insomnia, anxiety, pain, and it restores an overall sense of balance. I hope we can get the word out about NADA and let people know there are alternatives for treating symptoms." ♡