

GUIDEPOINTS:

News from NADA

Summer 2017

NADA Goes on Tour: Manchester, New Hampshire, November 4, 2017

Serving Veterans and Their Families in Maine

by Marie Arnberg

Maine has more veterans per capita than most other states – and it also has a high number of veterans’ acupuncture clinics. The Portland Veterans’ Acupuncture Clinic (PVAC) started in 2008, Bangor followed in 2012, Augusta in 2014 and Brunswick in 2015. Together they have provided over 10,300 NADA treatments.

*“Doing this work
generates a deep sense
of gratitude.”*

The clinics operate community-style, offering NADA treatments on a weekly basis, free of charge. They are typically housed in community spaces at no or minimal cost, and the operation of many is facilitated by community volunteers.

The model for these clinics is the Acupuncturists Without Borders’ Military Stress Recovery Project whose mission is to “help heal the wounds of war.” That project started in 2006 with a pilot clinic in Albuquerque for veterans, active duty military, reservists and their family members. Today it includes 30 such independent, volunteer-run clinics nationwide.

Chris Luce, a retired mental-health provider, has volunteered at PVAC’s Tuesday evening clinic since 2008 as its coordinator and receptionist, signing in attendees, MAINE continues on p. 4



A Congolese NADA trainee practices her new skill - read more about the first NADA training in the Democratic Republic of Congo, pages 6-8.

Highlights From the National Prescription Drug Abuse & Heroin Summit

by Sara Hewitt Kupelian

The NADA booth at the 2017 National Rx Drug Abuse & Heroin Summit in Atlanta, Georgia, was a popular stop for conference attendees during their session breaks. We were off to a good start on Monday evening, April 17, when the NBC news affiliate out of Greenville, South Carolina, requested an interview. We shared how NADA was started by Dr. Michael Smith in the early 1970s, his program’s success at Lincoln Hospital in the South Bronx for four decades, and how effective the treatment can be in decreasing cravings for drugs and alcohol.

During the interview, the producer and reporter for the story were given a NADA treatment. The reporter posted the story on their Facebook page, which received immediate positive feedback.

HEROIN SUMMIT continues on p. 3



Nada Danmark

International NADA Conference in Denmark 6 & 7 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."

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

Contact:

NADA, PO Box 1066, Laramie, WY 82073.

Phone: (888) 765-NADA.

Office email: NADAOffice@acudetox.com.

Membership questions: membership@acudetox.com.

President: Elizabeth "Libby" Stuyt: libbystuyt@msn.com.

Editor: Sara Bursac, Contributing editor: Jo Ann Lenney.

ISSN-1070-8200.

Article submission schedule:

Mar 1 for May publication	May 1 for July publication
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.



HEROIN SUMMIT continued from p. 1

Twenty-three hundred attended the summit and 80+ exhibit hall booths were filled. We had a steady flow stopping at our booth for information and treatments until closing time each day.

And our press coverage continued. That Wednesday, the Kentucky public news station completed an interview with NADA president Libby Stuyt about NADA and the crisis of heroin abuse in the country. We were even able to share information about NADA with Francis Collins, the director of the National Institute of Health, who gave an address on Tuesday morning.

We also connected with former Congressman Patrick Kennedy who had a book signing close to our booth. We gave him all the articles from our table, including our brochures and business cards.

Stuyt said she spoke to more people who could make a difference with NADA protocol implementation than at any other conference exhibit event. This summit was a priceless outreach opportunity for NADA, and we have already been invited to come back next year. *To contact:* skupelia@bellsouth.net.

We helped provide over 100 NADA treatments during the two exhibit hall days of the conference, and we received many verbal and written post-treatment responses:

“Thank you. Very enjoyable. Wish I had this treatment option in Idaho.”

“Thank you for the treatment. I believe it truly helped me sleep last night.”

“Calming, yet I feel energized! This is a great experience. Thank you for the opportunity.”

“Felt allergy relief and my vision improved. It is a great tool. Will do it again. Thanks.”

“Feel more relaxed with waves of calm throughout my body. Thank you.”

“I was told it will help relieve stress. I feel happy! Thank you!!!”

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

NADA: Healing and Hope for Stress, Trauma and Addiction

Recap in Pictures

May 4-6, 2017



Twenty six trainees completed the NADA pre-conference training, hosted by the Delaware nonprofit, Connections CSP, at their Dover location. Connections was an invaluable community partner, and sent a number of their staff both to the training and to the conference, including Mercedes Carter in the picture on the left. The Connections' marketing department helped us get a story with the local NPR station, and its CEO, Cathy McKay (right), helped open the conference.



John Joseph Posadas of NADA Philippines connects with Felicitas (Tita) Gontang, our first (and only) NADA trainer in Delaware. Tita received an award for her tireless training and vision of bringing and keeping NADA in Delaware for so many years. John Joseph attended the conference along with four other members of NADA Philippines.



Wendy Henry (left) with Lars Wiinblad of NADA Denmark and Aja Luchtrath from Germany. Aja shared about her work with refugees in Berlin, Germany, using NADA and full-body acupuncture. See ad on p. 2 for the international NADA meeting that will take place in Denmark in September 2018.



Cheyenne Luzader (left) with Sidney Navarro. Cheyenne is a Delaware-based NADA member mentoring to be the second trainer in the state. Sidney worked for NADA as the media coordinator for two years. Family obligations took her to her home on the Navajo reservation in Arizona. We miss you, Sidney!

MAINE continued from p. 1

orienting newcomers, bringing snacks, and keeping records. According to Luce, groups average between 10



Chris Luce

and 14 veterans and their families. There is a core group of six who have been coming on and off for the last nine years.

“They made it work. If it was only these six people for the next twenty years, it would be well worth it,” said Luce. Among the people PVAC has

treated are two World War II veterans, but most have been those who served in Vietnam. She added, “This clinic has really inspired me – for the people that it has helped, and for the sense of community.”

Susan Reed, one of the founding members of PVAC, recalls: “Early on, distant veterans’ centers might drive a van load of people to PVAC for the evening treatment and then they would go out for dinner. One time I heard that a new man had come, had his first treatment, and went out to eat with the group. Somebody told a joke and everyone started to laugh, then stopped, watching the new person join in the laughter. He asked why they’d stopped laughing and was told, ‘We’ve known you quite a while and have never seen you laugh before.’”

Encouraging outcomes abound. Informal surveys from the clinics show reports of improved sleep and decreases in mood swings, anxiety and pain:

“As a repeat client and combat flight medic from three tours, I’m beginning to feel more relaxed at home and work. Thank you.”

“After eight visits the intensity of the effect has truly multiplied. The depth of calm has increased to my amazement. Very good results.”

“I slept for seven uninterrupted hours last Tuesday – that had not happened in four or five years.”

“Since I’ve been doing this I feel more relaxed and sleep better than I have in a very long time. Thank you.”

“This treatment has promoted a sense of well-being within me which contributes to my physical body feeling better and less painful.”

“Even the music room chairs are getting more comfortable!”

“I suffer from post-traumatic stress. Not dreaming so much and also panic attacks are much better.”

5

“One of the most helpful treatments for PTSD.”

“I love this! Each week I will be here. I need it. My parents will also accompany me soon.”

“This is my weekly escape from a crazy life. If I could, I’d have it every day. I love it.”



Photo courtesy of Jim Daniels

With no advertising budget to speak of, the clinics have recruited through community bulletins, flyers at veterans’ centers and, most importantly, word of mouth. Veterans listen to other veterans.

Efforts to reach out to veterans of the Iraqi and Afghan wars continue through speaking engagements at military facilities and organizations, such as the Maine Military and Community Network. Their annual conference – has twice included representatives (a practitioner and a veteran) from a veterans’ acupuncture clinic on panel discussions addressing the topic of alternative treatments for PTSD and traumatic brain injury.

Reed said that “PVAC could never have continued for so long were it not for the dedicated service of our volunteer practitioners who have sustained us from the beginning, week after week, keeping us organized, creating the warm, welcoming, safe ambiance of the clinic from the moment people arrive to when they leave.”

Now most of the founding practitioners serve in the background, acting occasionally as treasurer, PR person or fundraiser. PVAC is always happy to welcome new practitioners to help continue its service to the community. As a volunteer you will most likely gain as much as you will give – doing this work generates a deep sense of gratitude on both ends. ☺

Marie Arnberg is a volunteer acupuncturist with the Bangor Veterans Acupuncture Clinic. For more info, contact: arnberg.marie@gmail.com.



Congolese Practitioners Eager to Implement NADA After First Training

by Beth Cole and Megan Yarberry

We would like to thank Dr. Smith for his generosity and charity that have come down to us through our two trainers: Beth and Megan. These two have been very useful for us in this training which they have assured with devoted hearts for six days without cease here in the city of Goma. We dare to believe that thousands of Congolese will enjoy the benefits of this technique learned through the care they will find with us who have followed this training.

- Noel Kabuyaya Kalunby

Noel oversees 10 counseling groups through his organization, the Higher Institute of the Lake, which works with HEAL Africa, Benenfance and the Living Peace Institute aiming to prevent violence in post-conflict settings.

Noel is speaking of a training that took place at Kyeshero Hospital in July 2017 and included personnel from the district health office, three other hospitals and several service-oriented local organizations. Students gave treatments to over 300 patients. Now, as practitioners, they are bringing the protocol not only to hospitals and counseling centers, but also to a health- and life-skills education program; a peer-leadership program; mediation and counseling services; and a cultural and environmental club, to name a few.

This training began to take shape when NADA member Nikki Rodney asked Michael Smith about the feasibility of teaching the NADA protocol in the Democratic Republic of Congo, DRC. Rodney had worked in the DRC, so had

first-hand experience about the country. Dr. Smith reached out to us because we had prior training experience in other African countries.

Rodney introduced us to Judy Anderson, the executive director of Act for Congo, a U.S.-based nonprofit whose goal is to strengthen the management of local programs and leaders that have a demonstrated history of fostering change in their communities, thus supporting change from within (www.actforcongo.org/about-us).

Anderson was instrumental in providing us key support for this training. She also supplied some of the determination that was needed to overcome many seemingly insurmountable hurdles with her words: “The harder it is to start a project in the Congo, the more important it is.”

Judy’s inspiration and that of Michael Smith brought us to Goma, DRC, where we trained nineteen people in the NADA protocol this summer. The trainees were so attentive and devoted to incorporating this new modality in their organizations that the trials and tribulations were worth the wait.

When the trainees heard about the long struggle to provide this training and about Dr. Smith’s role in the development of the NADA protocol – and his support of this particular project – many of them wrote letters of appreciation.

Adhim Kalala

Adhim Kalala, chief of staff from the police hospital, told us about the wonderful responses he is seeing at an orphanage where he is doing volunteer work. The caregivers there say that the children seem relaxed – their “thoughts are freed.” The primary mission of this hospital is to serve police and their families, but it also treats the general public at no charge. Adhim thinks that he may be able to treat at the military hospital also. He writes:

For you dear Dr. Smith,

I am very happy and don't have the words to fully express my appreciation. Thank you for having made your vision so great in my country despite the obstacles and difficulties. One thing, the glory to come is greater than the suffering of the present. The glory was born of Dr. Smith's generous heart and arrived here in Congo by the brave Megan and Beth. From you, we have received the spirit of NADA to change lives.

I love you! Dr. Adhim K

Romain Balagizi

Another student, Romain Balagizi, is a trainer and administrator at HOLD-DRC. HOLD-DRC is a local NGO, educating and organizing communities to promote health, leadership and governance, economic empowerment, and conflict transformation in and around Goma. He writes:

It is a great pleasure for me to address you through these few words, to greet you and express my gratitude for your commitment to the struggle of love for your neighbor, your generosity to all peoples of the world – and Congolese in particular.

We have met with Megan and Beth who have trained us on the NADA protocol and during their training we have treated 344 people including men, women and children. This was made possible by your contribution. I am letting you know that you have saved

An Award for Their Pioneering and Visionary Trainings

At the 2009 NADA Annual Conference held in Ann Arbor, Michigan, Beth Cole and Megan Yarberry received an award for the impact of their NADA training at a Ugandan refugee camp for Kenyan refugees.

Beth explains: "In 2007 elections were disputed in Kenya and violence erupted ending with over 1,000 deaths and hundreds of thousands displaced. Due to ongoing security risks in Kenya we contacted colleagues in Uganda, where Megan and I first met, to locate a refugee camp assisting the Kenyans. We trained 21 people in April 2008, and by December when we returned for a follow-up training, over 18,000 treatments had been administered. By the time the 2-year program ended, over 100,000 treatments were provided."



Adhim Kalala gives a treatment to Modestine Etoy, a fellow trainee at Kyeshoro Hospital in Goma, DRC.

thousands of people through this training. Please find here my feelings of gratitude and wishing you well, Romain Balagizi

Monique Kyakirwa

Monique is a physiotherapist at the Center for the Handicapped. Shirika la Umoja comprises a hospital, a training school for assistant physiotherapists and a specialized school for disabled children. The school aims to offer mentally or physically disabled children improved opportunities for self-development and integration by means of an individualized curriculum.

With joy at the presence of Beth Cole and Megan Yarberry of NADA, we were really moved by their sharing this new technique for well-being and contentment here in the Congo, despite the misery and sickness that is so prevalent in our province. We hope their determination and courage will continue, as it is our desire to learn this for our suffering brothers. Thank you for the encouragement that you have shared by bringing the NADA technique to Congo.

Your daughter Monique, thank you and good understanding.

Jeannette Nsimire

Jeannette is a counselor at HOLD-DRC and manages its pharmacy.

To the Founder of the NADA Protocol,

We would like to thank you for all that you have done for us by thinking about us Congolese who have experienced several stressful events that made us lose our well-being. Thank you for supporting our two trainers, Beth and Megan, who shared their knowledge of the NADA protocol with empathy so that we can help ourselves and help the Congolese community. We wish you a long life.

Solange Gasangawirwa

The Pole Institute in Goma researches issues including conflict and governance and offers conflict management training to community leaders. Solange is the gender program coordinator working on issues of gender equality, education and dialogue.

Cher Smith,

Thank you so much for your moral and material support of Beth and Megan who trained us with great attention for a week.

The Democratic Republic of Congo, my country, is a thousand miles from the United States, where you have developed the NADA protocol. The fact that you sent it all the way here is a testament to your humanity. The results of your efforts in bringing this therapy to the DRC will soon be reflected in the care we deliver to our Congolese brothers and sisters.

Cordial greetings from the DRC, Solange

Osséni Mulinda

Osséni is a physiotherapist at Kyeshero Hospital.

This NADA protocol that you have just trained us in is a seed that we will nurture and apply courageously to alleviate many of the problems here. On behalf of the Kyeshero Hospital and the DRC, may God bless you all. ☺

For more information, contact: Beth Cole at bethcole1@verizon.net and Megan Yarberry at yarberry.megan@gmail.com.

GUIDEQUOTE

“Compassion is not sympathy. Compassion is mercy. It is a commitment to take responsibility for the suffering of others.

Compassion makes no distinction between friends and enemies, neighbors and outsiders, compatriots and foreigners. Compassion is the gate to human community.”

- Joan Chittister

NADA Goes on Tour? What Happened to the Annual Conference?

The idea is for NADA to host a national conference every other year, and organize a series of smaller meetings in the United States and Canada in the off years. Rather than waiting until 2019, we decided to implement a part of the 5-year strategic plan and pilot the small meetings now.

So, NADA is going on tour and hopes to come to a location near you, allowing more NADA members to see and meet each other, and to strengthen the presence of NADA in our communities. Any NADA member is welcome to go to any or all of the meetings.

This year's tour starts in Manchester, New Hampshire, (can't miss the ad on the next page) on the first weekend of November. The discounted room rate of \$102/night ends October 5, 2017. Room stay includes a complimentary hot breakfast and a shuttle to/from the Manchester airport.

The next meeting will be in Michigan in late April, followed by Portland, Oregon, on June 3 and finally a Canada meeting in Amherst, Nova Scotia, on October 27, 2018. All of the meeting details will be available on www.acudetox.com. Registration is now open for the New Hampshire meeting and the cost is \$40 for the day.

There will also be a full acudetox specialist training that starts the weekend of Oct 28-29 (Nashua), and finishes Nov 3-5 (Manchester) – meeting attendance is included in the training registration. Contact Laura Cooley at laura@acuaid.net or at (603) 276-9158 to register.

Want to help with outreach? We have marketing materials created for digital distribution – please contact nadaoffice@acudetox.com.

Saturday, Nov 4, 2017:

- | | |
|------------|--|
| 9:30-10:30 | NADA treatment at training location |
| 11:30-5:00 | Afternoon of presentations and dialogue on how to strengthen the NADA presence in our communities and where we work. This will also include updates from neighboring states. |
| 5:00-8:00 | NADA treatment followed by dinner at local community acupuncture clinic |



NADA GOES ON TOUR

Join the National Acupuncture Detoxification Association at our 2017-18 meetings.



Rejuvenate
your NADA Spirit

Connect with a network
of peers focused on solutions

Gain outreach tools
to build resilience in your community

Manchester, NH

November 4, 2017

Portland, OR

June 3, 2018

Michigan (TBD)

Late April, 2018

Amherst, Nova Scotia

Oct 27, 2018

National Acupuncture Detoxification Association
PO Box 1066
Laramie, WY 82073



Non-Profit
U.S. Postage
PAID
Permit No. 1040
Leesburg, FL
34748

Return Service Requested

In This Summer '17 Issue:

Serving Veterans and Their Families in Maine	1, 5
Highlights from the Rx Drug and Heroin Summit	1, 3
NADA 2017 Conference in Delaware - Recap	4
Congolese Practitioners Implement NADA	6-8
NADA Goes on Tour?	8
Ad for NADA 2017-18 Meetings	9
On Whose Shoulders we Stand	12

On Whose Shoulders we Stand

NADA's founder, Michael O. Smith, has been named one of the Ancestors of Liberation Acupuncture

A new series of postcards with images honoring seven people whose life's work led to the foundation of Liberation Acupuncture is now [available to the public](#).

James Shelton and Kate Kampmann, recent graduates of POCA Tech, created these as part of their Capstone project, "to honor those who have come before us." POCA Tech is an acupuncture school that opened in Portland, Oregon, in 2014 "to train the next generation of community acupuncturists." According to their website, Liberation Acupuncture is a praxis that begins with the needs and the perspectives of the oppressed, the exploited, and the excluded. It defines what is valuable in acupuncture theory and practice by determining what is useful and valuable to oppressed people.

Shelton and Kampmann ask that "these images be a reminder of our connection and common ancestry. Let us "hope they can inspire continued work toward a liberation for all." ♡

