NADA PROTOCOL:
THE GRASSROOTS TREATMENT

Presented by:
National Acupuncture Detoxification Association

In Response to:
Prescription Opioid and Heroin Epidemic Awareness Week

“During Prescription Opioid and Heroin Epidemic Awareness Week, we pause to remember all those we have lost to opioid use disorder, we stand with the courageous individuals in recovery, and we recognize the importance of raising awareness of this epidemic.”

--Proclamation by President Obama, September 16, 2016
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 & emotional trauma.
The NADA protocol is a non-verbal approach to healing that involves the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear. Recipients sit quietly in a group setting for 30-45 minutes allowing the treatment to take effect.

The NADA Protocol is an adjunct therapy.
THE NADA PROTOCOL:

“A standard acupuncture textbook (Landgren 2008) describes the functions of each of the five points in the basic formula as follows:

1. **Sympathetic** is used for numerous diseases related to disruption in both sympathetic and parasympathetic nervous systems. It has a strong analgesic and relaxant effect upon internal organs. It dilates blood vessels.

2. **Shen men** regulates excitation and inhibition of the cerebral cortex. It produces sedative and anti-allergy effects. It is used for many neuropsychiatric disorders.

3. **Lung** is used for analgesia, sweating, and various respiratory conditions.

4. **Liver** is used for hepatitis, anemia, neuralgia, muscle spasms, and eye diseases.

5. **Kidney** is a strengthening point for the cerebrum, hematopoietic system and kidneys. It is used for neurasthenia, lassitude, headache, and urogenital problems.

Traditional Chinese theory associates the lung with the grieving process; the liver with resolving aggression; and the kidney with will power, coping with fear and new growth.”

– Ear Acupuncture in the Treatment of Addiction, Mental Health, and Trauma.
THE NADA PROTOCOL: BENEFITS

- Reduced cravings for alcohol and drugs, including nicotine
- Reduced withdrawal symptoms
- Increased calmness, better sleep, and less agitation
- Relief from stress and emotional trauma
“Acupuncture treatment for drug and alcohol problems was primarily developed at Lincoln Hospital, a New York City owned facility in the impoverished South Bronx. The Lincoln Recovery Center was a state-licensed treatment program that had provided more than 800,000 acupuncture treatments in the past 34 years....

The National Acupuncture Detoxification Association (NADA) was established in 1985 to increase the use of the Lincoln model and to maintain quality and responsibility in the field. Registered trainers from NADA have trained many thousands of Acudetox Specialists (ADS) practitioners. The Center for Substance Abuse Treatment [CSAT], part of the Substance and Mental Services Administration [SAMHSA] published a Treatment Improvement Protocol [TIPs] in 2006, CSAT TIP #45 on “Detoxification and Substance Abuse”, which included the use of acupuncture in its best practice guidelines for the treatment of addiction.“

- Ear Acupuncture in the Treatment of Addiction, Mental Health, and Trauma
"I was skeptical at first, but everyone I talked to said [EA] helped. I became a believer.” —Former Attorney General Janet Reno, who oversaw the first NADA-based drug court in the United States (1)

"[EA] has been shown to reduce drug and alcohol cravings, reduce withdrawal symptoms, and in conjunction with group counseling, can facilitate the seeking of more comprehensive treatment...[EA] is cheap and a very effective on-the-ground treatment modality when coupled with other psychosocial interventions.”—State of New Mexico, Governor Richardson's Task Force on Prison Reform.(1,2)

The NADA Protocol: Ear Acupuncture

• “The Texas Department of State Health Services very much supports the use of [EA] and finds it extremely effective.” —John Keppler, MD, Former Director, Texas Mental Health and Substance Abuse Division Department of State Health Services (2008 NADA Conference) (1)

“In my experience (since 1997) [EA] is the best support for...comprehensive treatment...I have ever seen. Whether court mandated...or out of prison we see improved engagement and retention...with [EA].”—Janet F. Martini, M.Ed., LPC/S, Executive Director, Keystone Substance Abuse Services, Rock Hill, SC: www.keystoneyork.org (1)

“From where [Biscailuz’ correctional staff] sit, [EA] makes our job easier. The [inmates] are more willing to learn. I know the guys coming in withdrawing from heroin...it helps them...[EA] takes away headaches, body aches, cravings for...drugs.”—Luis Lopez, Program Supervisor, Biscailuz Recovery Center (1,2)

“[EA] in the treatment of PTSD provides an element of patient engagement not possible with traditional therapies alone,”—Navy Capt. Robert L. Koffman, MD, MPH, department chief for clinical operations at the National Intrepid Center of Excellence in Bethesda, Md. (1)

2. Discovery Channel report: retrieved from www.youtube.com/watch?v=82--kr-Hog4
RESEARCH AND STUDIES

The NADA Protocol is provided in 23 states by a variety of healthcare workers who are trained as Acudetox Specialists (ADS).

“Acupuncture is more accessible to drug courts than methadone and other pharmacological interventions.” (1)

“32% of drug courts utilize acupuncture services…” (1)

Substance abuse cost Oregonians $5.93 billion annually. (2)

In an Independent Evaluation Study, Oregon Taxpayers will have saved $79 million in a ten-year period after the implementation of the Multnomah Co. Acupuncture Drug Court in 2007. (1)

• In Outcome Program Evaluation of the Multnomah County S.T.O.P. Drug Diversion Program, the “...study found that program participants and particularly program graduates had significantly and substantially fewer subsequent arrests and convictions, particularly serious felony arrests. They also had lower rates of drug-related arrests suggesting that the program may have had an effect in lowering their involvement with drugs (Pg. 42).”

COST EFFECTIVENESS OF THE NADA PROTOCOL

- The cost of services roughly equals the cost of acupuncture supplies (from $.30 to $.50 per treatment). One study showed that a NADA style detoxification program-utilizing NADA trained program staff-was 16 times cheaper when compared to a detox program exclusively dependent on licensed acupuncturists (Mercier 1992).

HOW CAN YOU BECOME A NADA ACUDETOX SPECIALIST?

WHERE IS THE NEAREST TRAINING?

• There are trainings being held all over the United States!
Visit: The NADA Training Directory

• Also, NADA holds an annual conference. The 2016 Conference was held in Albuquerque, NM in May.
Visit: The NADA Conference Homepage

• The 2017 NADA Conference will be held in Wilmington, DE from May 4-6.

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