

## NADA OFFERS

### Public Education

- Workshops, demonstrations, and trainings regionally, nationally, or at your location.
- Annual Conference for updates and sharing (Continuing Education Units available).

### Advocacy

- Guidance from the NADA Board and administrative office in collaboration with regional advocates to expand access to NADA treatment.
- Support for preparing meetings with legislators, policy makers, and regulatory agencies.

### Resources

- The NADA Literature Clearing House offers articles and DVD/videos on addiction-related research and clinical topics such as the treatment of pregnant women and people with HIV, cultural sensitivity, setting up a new program, and dual diagnosis.
- *Guidepoints*: NADA member newsletter covers clinical issues, member news, international usage, research, and public policy.

### Consultation and Technical Assistance

- Consultation for integrating the acupuncture component with existing services.
- Opportunities to observe local programs.
- Consultation for treatment of diverse populations.
- Assistance in establishing acupuncture-based programs in Drug Courts and other criminal justice systems.



*In 2011, trainees in Joplin, MO learn how to respond to communities in crisis.*

## MEMBERSHIP

NADA is a not-for-profit corporation under the guidance of a diverse and dedicated volunteer Board of Directors. It is not necessary to be a NADA trainee, acupuncturist or health care professional to be a member.

By joining NADA, you will provide direct support for accessible and responsible acupuncture-based treatment. Communities request access to the NADA group ear acupuncture model and NADA members respond with their skills and advice to help create new programs and support ongoing treatment.

Membership dues directly support our mission of making NADA treatments barrier free and accessible worldwide within behavioral health settings, psychiatric hospitals, recovery programs, and disaster relief care.

### Dues:

- \$65 per year, or \$40 if you are a student

### Membership Benefits

- Bimonthly subscription to member newsletter *Guidepoints*: News from NADA
- Support for starting and sustaining an acupuncture-based public health, addictions, psychiatric or disaster relief program
- Assistance with collecting outcomes, researching, assimilating and publishing data on NADA programs
- Opportunities to apprentice and become a NADA Registered Trainer
- Discount on annual conference registration and purchases from our online bookstore.

*To join, go to the Membership page on our website: [www.acudetox.com](http://www.acudetox.com), call the NADA office at (888) 765-NADA or send an email to [nadaoffice@acudetox.com](mailto:nadaoffice@acudetox.com).*

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## National Acupuncture Detoxification Association

# NADA



## NADA MISSION STATEMENT

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. 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.

## WHAT NADA DOES

- Trains health providers to use a simple, safe and standardized ear acupuncture protocol to treat addictions, behavioral health, trauma and disaster relief.
- Provides education, technical support and assistance in establishing and sustaining ear acupuncture services within behavioral health and addiction treatment programs.
- Advocates for public policies that increase access to NADA ear acupuncture.

## WHAT IS THE NADA MODEL?

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. The recipients sit quietly in a group setting for 30-45 minutes.

NADA ear acupuncture is an adjunct therapy which is clinically effective, cost-efficient, drug-free and compatible cross-culturally. It can easily be established within behavioral health, addictions or disaster relief settings or in any location that a group of people can sit together. The combined application of acupuncture with counseling, education, medical support and self-help groups such as AA and NA enhances opportunities for success.

## BENEFITS SHOW:

- Reduced cravings for alcohol and drugs, including nicotine
- Minimized withdrawal symptoms
- Increased calmness, better sleep, and less agitation

- Relief from stress and emotional trauma
- An easier connection with counseling
- A discovery of inner quiet and strength
- An intention for recovery

## TRAINING

NADA trainers worldwide lead workshops and trainings on the use of acupuncture in the field of mental health, addictions, recovery and as part of disaster relief efforts. Trainings are also provided through public and private agencies and hospitals, within acupuncture and medical school.

### Who conducts NADA training?

In the U.S., NADA Registered Trainers are various health professionals including social workers, nurses, licensed acupuncturists and medical doctors as well as professors at universities and colleges.

### Who Can be Trained? (Depending on State Laws)

- Addictions & harm reduction counselors
- Mental health therapists & social workers
- Correctional officers & drug court personnel
- Disaster relief teams and trauma support center staff
- First responders, health promoters, nurses, and EMTs
- Acupuncturists, medical doctors



State laws and regulations for the practice of the NADA protocol by non-acupuncturists vary state by state. Please check with your local authority to find out if you are eligible to practice in your state.

For an updated calendar of current trainings, visit: [acudetox.com/nada-protocol/training/4-training-calendar.html](http://acudetox.com/nada-protocol/training/4-training-calendar.html).

## HISTORY

For centuries, various cultures around the world have placed needles in precise locations on the body to relieve pain and treat disease. Only since 1972, when a Hong Kong neurosurgeon, H.L. Wen, M.D., discovered that acupuncture could alleviate the symptoms of opiate withdrawal, has this method been used for detoxification and relapse prevention.

In the United States, acupuncture detoxification was first introduced on an outpatient basis in 1974 at Lincoln Hospital, a city facility in the South Bronx area of New York City. By the mid-1980's, the success of this unique procedure had become so evident that treatment facilities across the United States began incorporating acupuncture into their substance abuse programming.

Diagnostic assessment was found to be unnecessary for an effective treatment to be delivered. Therefore trainees need not attend Oriental medical school for years in order to learn the technique. In 1985, the National Acupuncture Detoxification Association (NADA) was established to promote education and training of clinicians in the NADA ear acupuncture protocol.

In 1987, Bullock, Culliton and Olander published the first of many research reports now available on the effectiveness of acupuncture in treating addiction. Acupuncture detoxification has grown rapidly, evolved and is now used effectively for acute and prolonged withdrawal as well as relapse prevention.

More than 1,000 programs in the United States and Canada now use acupuncture and NADA is proud to have contributed to their success. It is being used as an aid for stress reduction in people with psychiatric illness, sickle cell, and HIV.

NADA has trained more than 25,000 clinicians in North America and worldwide. Affiliated NADA groups exist in over 40 nations in Europe, the Middle East, Asia, Africa and Latin America. The protocol has since become understood to have less of one specific effect on addictions or any single behavioral health condition, rather as a stress reduction and calming technique beneficial as an adjunct to many different conditions. Globally it is utilized by various international acupuncture and medical aid groups as a capacity building tool for disaster relief, refugee and international health care.