

Introduction to the NADA protocol

Information on ADS Training

West Virginia School of Osteopathic Medicine

State Opioid Response Grant

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NADA – National Acupuncture Detoxification Association

- The certification training will be a 3-day, intensive course in acudetox technique delivered by national NADA Registered Trainers. Providers will be trained to use a simple, safe and standardized ear acupuncture protocol to treat addictions, behavioral health, trauma and for use in disaster relief. Upon successful completion of the hands-on course and required homework, the provider will be eligible to receive NADA certification as an Acupuncture Detox Specialist (ADS).
- The training cost (\$500) is covered for the first 90 registrants by the State Opioid Response Grant through the West Virginia School of Osteopathic Medicine, in an effort to certify substance abuse professionals in southern West Virginia in this non-pharmacologic method of assisting in detoxification from substance abuse.
- Here is a link about NADA, the national organization, that briefly describes the protocol and where/who can be certified:
- https://acudetox.com/wordpress/wp-content/uploads/2018/05/NADAbrochure_Final2016Revised.pdf

Benefits of NADA

- 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

Pioneers in auricular acupuncture for detoxification (early 1970's)

Dr. Wen, neurosurgeon in Hong Kong, found that applying electrical stimulation to the lung point in the ear relieved opiate withdrawal symptoms.

Two detoxification centers began using acupuncture for treatment of addiction

- Lincoln Center in the South Bronx (Dr. Michael Smith, MD)
- Haight Ashbury Free Clinic in San Francisco

NADA means “nothing”

- In 1985, following 10 years of their experience developing the basic five ear-points NADA protocol for treatment of addiction, the staff and other professionals associated with the South Bronx’s Lincoln Hospital determined a need for a national-level organization to expand training capacity and awareness of the value of acupuncture as a tool of recovery.
- NADA was then established to enroll members, establish a collection of related reference materials, codify a training curriculum and develop a flexible system for registering qualified trainers and delivering trainings. NADA has since trained and certified more than 10,000 health professionals, including counselors, social workers, nurses, medical doctors, psychologists, acupuncturists, chiropractors, outreach workers, drug court judges, corrections officers and others to use the protocol.

Dozens of studies have documented the effectiveness of the NADA protocol.

- Benefits reported by patients and health care providers are:
 - improved retention in drug treatment programs
 - more optimistic attitudes about detoxification and recovery
 - reductions in cravings and anxiety
 - fewer episodes of sleep disturbance
 - reduced need for pharmaceuticals.
- While the NADA protocol is an important component of any detoxification program, it is by no means the only component. A patient's behavior and attitude, along with the perceptions of the clinician delivering care, are also integral to successful treatment. The NADA protocol is often used with other treatment modalities, such as counseling, support groups and self-help programs, to increase the overall effectiveness of care.

There are currently several thousand NADA-trained practitioners worldwide.

For more information, visit www.acudetox.com or call (360) 254-0186

West Virginia Legislature: House Bill 2324

signed by Governor Justice on March 1, 2019

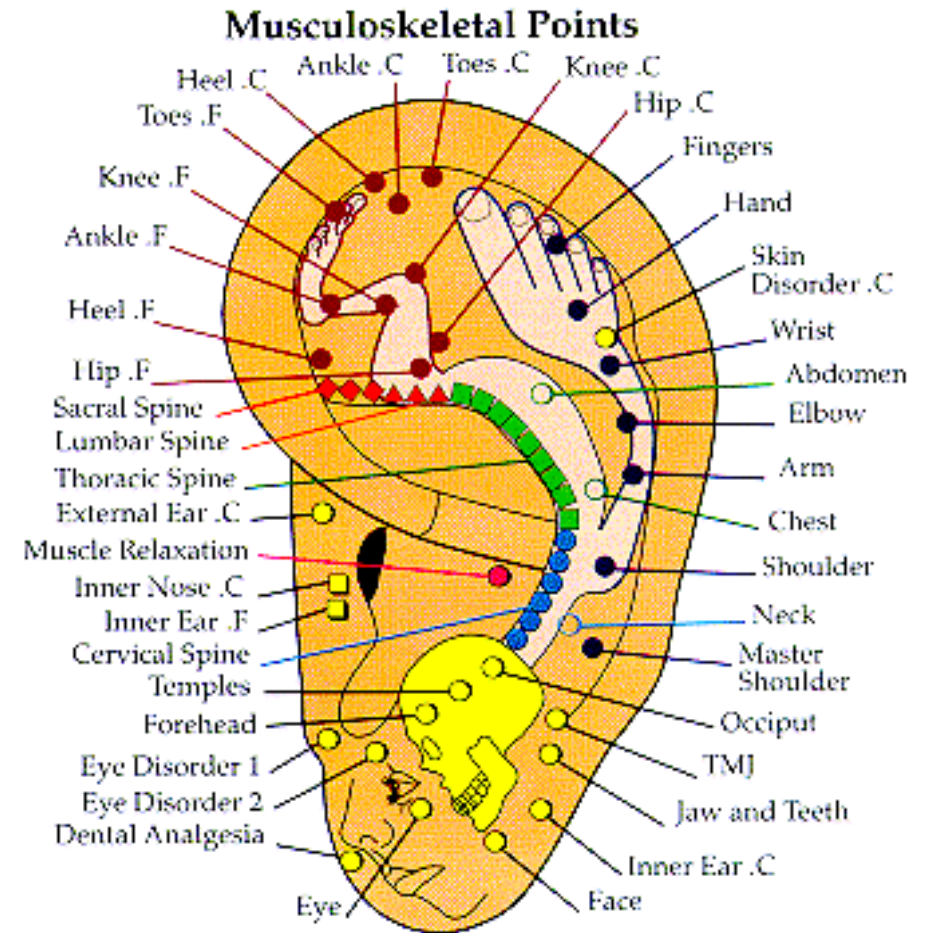
To qualify for a certificate as an **auricular detoxification specialist (ADS)**, an applicant shall:

- (1) Be at least 18 years old;
- (2) Be authorized in this state to engage in any of the following:
 - (A) Physician assistant, pursuant to [§30-3E-1](#) *et seq.* of this code;
 - (B) Dentist, pursuant to [§30-4-1](#) *et seq.* of this code;
 - (C) Registered professional nurse, pursuant to [§30-7-1](#) *et seq.* of this code;
 - (D) Practical nurse, pursuant to [§30-7A-1](#) *et seq.* of this code;
 - (E) Psychologist, pursuant to [§30-21-1](#) *et seq.* of this code;
 - (F) Occupational therapist, pursuant to [§30-28-1](#) *et seq.* of this code;
 - (G) Social worker, pursuant to [§30-30-1](#) *et seq.* of this code;
 - (H) Professional counselor, pursuant to [§30-31-1](#) *et seq.* of this code;
 - (I) Emergency medical services provider, pursuant to [§16-4C-1](#) *et seq.* of this code; or
 - (J) Corrections medical providers, pursuant to 15A-1-1 *et seq.* of this code.
- (3) Provide evidence of successful completion of a board-approved auricular acudetox program;
- (4) Submit a completed application as prescribed by the board; and
- (5) Submit the appropriate fees as provided for by legislative rule.

Anatomic/physiologic basis of NADA

Since the late 1970s, acupuncture analgesia has been demonstrated to activate the **endogenous opioid peptide system** and thereby influence the body's pain regulatory system by changing the processing and perception of noxious information at various levels of the central nervous system.

- Known suppressors of ACU analgesia include naloxone and atropine.
- Transmission of ACU analgesia in sedated rabbits (1973).



The National Acupuncture Detoxification (NADA) Treatment Protocol



- Involves NO diagnosis
- Both ears are needled
- Needles are left in 35-45 minutes
- Delivered in a group setting to help build support and break down isolation

<http://www.acupuncturetoday.com/abc/nadaprotocol.php>

The NADA protocol uses five specific ear acupuncture points on each ear for addiction treatment:

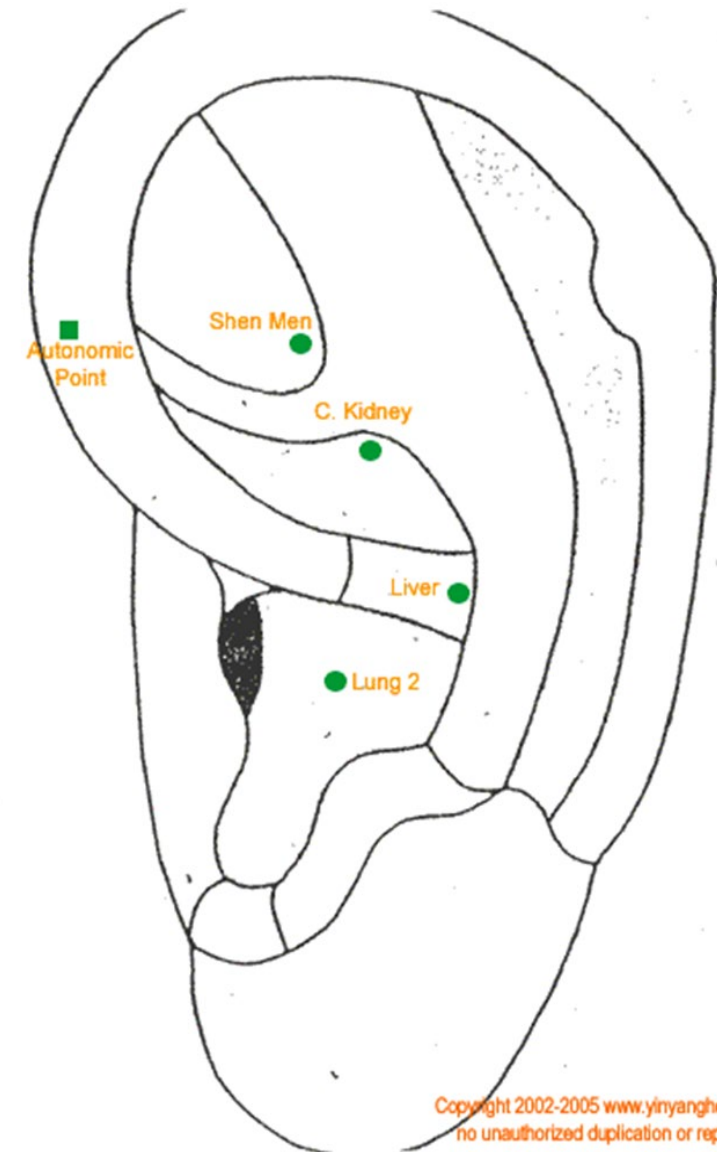
Sympathetic point (autonomic) – Balances sympathetic and parasympathetic nervous systems and has a strong analgesic effect.

Shen Men point – Called “Spirit Gate”, has a calming and relaxing effect to help alleviate anxiety and nervousness that can accompany withdrawal.

Kidney point – Tonifies the source energy and essence that is often damaged through chemical abuse. The point can also help resolve fear and increase the willpower needed to overcome addiction.

Liver point – Promotes repair of the Liver from drug and alcohol abuse and aids in resolving anger and aggression.

Lung point – Strengthens the immune system and accelerates detoxification. Emotionally, it is associated with grief and letting go.



Demonstration of NADA Protocol

Consent forms

Unimagined Bridges: Ear Acupuncture
Treatment for Disaster Trauma



National Acupuncture Detoxification Association
Auricular Protocol