



Substance Use Disorder • Help ease withdrawal symptoms • Improved sleep patterns regularly reported • reduces or eliminates the need for MAT • Reduces chances of relapse • Auricular acupuncture has been used successfully in treating pregnant substance abusing women and drug-exposed infants who are experiencing withdrawal.

Evidenced Based/Best Practice for Substance Use Disorder • Centers for Substance Abuse Treatment (2007) • United Nations (2006) • US Department of Defense/Veterans Affairs (2010) • 500 programs in the US currently • 1500 programs worldwide

Post Traumatic Stress Disorder • The Department of Veteran's Affairs (VA) and the Department of Defense Evidence Based Practice Guidelines (2010) assigns a "good quality" of evidence to support the use of acupuncture to freat post traumatic stress disorder (PTSD), including symptoms of pain, insomnia, depression and addictions issues. • Standardized ear protocols are applied for trauma and pain by mainstream military medics in the US (Niemtzow, Litscher, Burns, & Helms, 2009; Niemtzow et al., 2001), Islend & Pock, 2011, Helms et al., 2011). • Preliminary reports from the Military Stress Recovery Project's clinics around the US demonstrate that the NADA protocol can assist veterans with a variety of psychiatric symptoms (Duda Harris, 2012).

Mental Health • Yale Medical School has established a NADA training program for psychiatric residents (Bruce, 2011). • Several published qualitative reports (Cole & Yarberry, 2011, Yarberry, 2010), program evaluations (DARE 2011), acupuncture field reports (Dolan & Menolascino, 2010, Sommers & Porter, 2011) and news stories (Kocherga 2012, Scudder, 2012) demonstrate the value of the NADA protocol as a disaster relief/humanitarian aid intervention for first responders as well as populations affected by violence and trauma.

Chronic Pain Currently, there are programs using the NADA protocol in the Sickle Cell Support Group of Atlanta, Quest Center for Integrative Health's breast cancer and HIV programs in Portland, and the University of South Carolina Medical School. Recently, Two studies demonstrated preliminary evidence for the use of the NADA protocol as part of cancer therapy (Valois, Young, Robinson, McCourt, & Maher, 2012, Harding, Harris, & Chadwich, 2008).

74. III

Community Acupuncture Non-Clinically trained people can administer Cost effective Portable No risk of overdose Nontalking therapy Minimizes effects of language barriers Culturally adaptable







