

Special Interest Articles:

- New York City NADA-Conference.
- The born of NADA-Africa
- Non-governmental organizations and NADA

Individual Highlights:

Euro-NADA '05	2
NADA-Africa	4
Expansion of NADA-	
India	5
NGOs	6
Final Words	6

By Michael O. Smith, NADA International

Dear NADA friends

Here is my long awaited newsletter. Hopefully with the email linkage we can communicate better and become aware of each others efforts. Most of the items in my newsletter are brief. Contact the source in each country for more details.

Enclosed also is the latest version of the contact list. I added NGO contacts and a list of U.S. supporters. For those national NADA organizations that have meetings, officers, newsletters, etc I would like to identify them by their own name, that is, NADA-Sverige, rather

than the English NADA-Sweden. Please help me get these details correct.

New York City '05

We have finally set the date and location for the next NADA-US conference:

April 14-16, 2005
Hotel Pennsylvania (7th Ave and 33rd St)
Room rate \$145/double

I am surprised and pleased that we got a date in April (with good weather) at such a good room rate. The special room rate will extend Mon-Sat. Let me know if you want to come and if you want to present. Some of you have already been asked to present. This is a big hotel and we are looking forward to filling the large conference rooms on the 18th floor.

Milano '04



Galleria Vittorio Emanuele

The EURO-NADA meeting in Milano in Feb '4 was a special experience. I think there was better interpersonal communication in this conference than any of our previous Euro meetings. David Blow and his Italian colleagues spent a lot of extra effort and creativity as our hosts. We had candlelight dinner and dancing in the ancient local prison. Marco Ferrario (Italy) and Rainer Baudis (Germany) both gave good presentations on drug court topics. Judge Karen Freeman Wilson, chief executive of the large U.S. drug court association, was honored as the guest speaker.

Budapest '05

In Milano, we decided to have our next Euro-MADA conference in Hungary. One day would be in Budapest and 1-2 days retreat would be at a nearby resort, Lake Balaton. Hungary was the first country in Europe to have a NADA program. At the time of our meeting in Milano, we thought the NADA-US conference would be early in the year of 2005. Now that it will be in Mid-April in the U.S., our time schedule for Budapest needs to be changed. Eva, please let us know what possible time are available during 2005. I will pass the proposed dates to others. Recent news: Ajandok Eory reports the start of NADA program in the central prison in Budapest.

Finland

During the Milano NADA conference Pekka Aarninsalo (NADA-Suomi) gave a summary of the widespread use of NADA acupuncture in Finland. It is used in 54 of 78 inpatients settings, 72 of 109 outpatient settings and about 5% of the mental health settings. They called a large number of former patients and had responses from 84 people.

68% said withdrawal symptoms decreased
63% said sleep improved
71% said anxiety improved
61% said depression improved
27% said smoking improved
59% reported continuing abstinence.

*Summary of the NADA
work in Finland.*

London

On my way back from India, I spoke at an acupuncture research conference in London (ARRC conf. March 6th). Ewan Urquhart, the head of Oxford Medical Supplies (ewan@oxfordms.co.uk) told me that he sells 2 tons of our herbal sleep mix per year in England. This indicates that the general NADA message has spread very well there. Sue Cox reported that the NADA protocol is being used in all 138 prisons in England. (sue.cox@smartuk.demon.co.uk). One of the acupuncture speakers, Beverley deValois uses the NADA protocol to treat the side effects of Tamoxifen treatment. Tamoxifen is a breast cancer treatment which causes a rapid onset of menopause. Her results seem favorable though the large study is still ongoing. (beverley.devalois@mvh-ljmc.org). She reported that the symptoms were still present, but NADA acupuncture made them much less troublesome.

Policy manual for the use of acu detox inside the wall

The United Kingdom's prison system has issued a policy manual for the use of acu detox inside the wall, according to Margaret Pinnigton of NADA/UK.

The manual includes a definition of acupuncture as "an ancient Chinese medical procedure" and explains how the NADA protocol involves an auricular therapy derived from the tradition. The document states that NADA UK "does not recommend the use of other points or treatment of other health conditions for practitioners who are not licensed full-body acupuncturists or medical doctors trained in acupuncture". The manual is a detailed, seven-page document that list the equipment required, characteristics of the preferred treatment setting, correct steps for pre-treatment preparation, needle insertion and removal and requirements for correct record keeping.

Separate sections discuss a variety of health conditions, such as fatigue, epilepsy and hemophilia that clinicians need to consider in planning treatment of an individual. Also found are clear cut guidelines for dealing with needle-stick injuries, as they may affect both clients and staff. Despite its original intention for use in correction settings, this document could be a useful starting model for any acu detox treatment sites to use in developing a standard in-house reference piece for staff guidance and establishment of supervision criteria.

Inquiries about "Policy for the Practice of Auricular Acupuncture Within the ACU Detox Programme at HMP in UK" may be forwarded to: Margaret Pinnigton, 36 Gordon Road, Seaforth L21 1DW, Merseyside England. maqs@acudetox.freeserve.co.uk

"Separate sections discuss a variety of health conditions that clinicians need to consider in planning treatment of an individual."

House of the Lords

Margaret Pinnington (NADA-UK) reports that Lord Chan of the House of Lords is speaking at their NADA conference and that he is very encouraging about the ease of regulation for our work. Lords and prisoners – both having less menopausal symptoms – what could be better.

Denver

The NADA-US meeting was in April of 2004 in Denver. In the opening plenary we heard about the Miracles program for women in the Denver county jail and a report from the former commissioner that use of acupuncture correlates with a dramatic reduction in violence by inmates.

Five representatives from Northern Ireland described the development of their new program and facility in a very moving way. Impressive results were presented from a methadone program in Baltimore using acupuncture to detox crack patients. The increasing use of NADA acupuncture by public health nurses was also highlighted. The conference was an uplifting and educational experience for all.

“Impressive results were presented from a methadone program in Baltimore using acupuncture to detox crack patients.”

Africa

NADA-Africa was born in Feb '4 as the brainchild of Jane Dele Osawe, a NADA registered trainer in Chicago. Jane was accompanied by 3 African-American NADA-US leaders, Arthur Pinkney, Jesse Morgan, and Ken Carter. They received a widespread response from different parts of the country because of their excellent preparation and Jane Osawe's unique reputation. She was a state senator in Nigeria in the 80's. In her home, Delta State, Jane is known as “odozi-ani” which means “person who repairs the land”.

The following report summarizes their work. Commemorative T-shirts and booklets can be purchased. The T-shirts are quite colorful.



The Team with Senator Aminu's assistant.

“The main training conducted in Africa took place at the Psychiatric Hospital at Yaba, Lagos, Nigeria. The facility is federally funded and fees are collected from patients on a sliding fee schedule. The Psuchiatic Hospital at Yaba is one of eight facilities of its kind in Nigeria. It has 535 beds (333 male and 202 female). 80 beds have been designed for the treatment of substance abuse. The NADA Team trained 25 staff members including Psychiatrists, Psychologists, Nurses, Mental Health Therapists, Occupational Therapists, and Physical Therapists. The hospital has already formed a Coordinating Committee, headed by one of the psychiatrist, to oversee the implementation of the protocol.

Another training was conducted at Asaba in Delta State. This training was focused on physicians and seven completed the training. The seven physicians represented five different hospitals in Delta State. Additionally, an introductory workshop was conducted to a variety of health workers at Benin City in Edo State. They assured us that they could easily identify 50 persons interested in getting the full training. Finally, a short trip was made to Abuja, the national capital where we met with Senator Jibril Aminu (former Ambassador to the U.S. from Nigeria).

Also trained at the Psychiatric Hospital at Yaba, Lagos were three non-Nigerians; one person from Cote d'Ivoire and two from Cameroon. They have returned to their home countries and are already beginning to pave the way for additional work to be done in furthering the use of the NADA Protocol. It is abundantly clear that what we have planted several seeds that have already taken root and are waiting to be nurtured.

The Psychiatric Hospital at Yaba and Delta State are now poised to initiate the use of the protocol and are expecting further assistance from us in a variety of areas. First, a pathway to obtain the needed supplies must be established. Second, follow-up and periodic monitoring of progress must be established. Third, based on information from the monitoring and other evaluations making adjustments at specific locations that will keep them on track. Edo State is awaiting a full training while other states will keep them on track. Edo State is awaiting a full training while other states will certainly be requesting training as the word spreads about the usefulness and effectiveness of the protocol. Needless to say beginning with Cameroon and Cote d'Ivoire the same process of introduction can be duplicated in countries throughout Africa.

During the visit the team also had the unexpected pleasure of visiting and being honored at an Ibo village in Delta State (Ejema-Unor). The team was given an incredible welcome that included music singing and dancing and as a bonus the three African Americans on the team were initiated into the village."

There was a second trip to Nigeria in May '04. Training is planned for Cameroon and Cote d'Ivoire later this year. This work is privately funded. Support is always needed.

INDIA

NADA is expanding in several parts of India. Coordinator Suneel Vatsyayan and I will be presenting at the national treatment and prevention conference FINGODAP a conference in Kerala in Jan '05. We will also prepare a conference of many programs in the Delhi area.

OTHER ITEMS

Ecuador

NADA trainer Jonathan Thaler completed a large university based training in Cuenca, Ecuador in May '04.

Philippines

Pastoral counselor and acupuncturist, Janet Paredes spent 2 months in the U.S. preparing to bring NADA to the Philippines. She and her community oriented colleagues have connections all over the country.

Ireland

Jackie McKenna reports that the CDA Trust has begun to provide NADA acupuncture in Cavan (the central area)

Germany

The main German acupuncture journal had 6 articles and one editorial comment about NADA in its Feb '04 issue. Ralph Raben should be congratulated for such a favorable response.



Acupuncturist Les Moncrief with acudetox therapist from Burmese refugee camp.

"German Acupuncture journal had 6 articles about NADA"

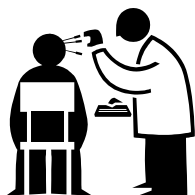
NADA International

349 E 140th Street
Bronx NY 10454

PHONE:
(718) 993-3100

FAX:
(718) 742-1182

E-MAIL:
michael.smith
@
nychhc.org

**NGOs**

Non-government organizations (NGOs in the United Nations system) can be excellent opportunities to make connections and spread information. Most NGOs operate locally or within a certain countries. There are two main international NGOs in our field. I have listed them at the end of our contact list. NADA belongs to both. Jesse Morgan (Lincoln Hospital) goes to the New York NGO Narcotics meetings held at U.N. ICAA is of European origin and has reached out for leadership to Muslim countries as well. ICAA focuses on prevention, alcohol, and tobacco but it has many talks on treatment. The first NADA international talk ever given occurred at ICAA, Budapest in 1986. The long time director of ICAA is Eva Tongue, a Hungarian.

ICAA has a meeting in Venice Oct 31-Nov 5th 2004. ICAA will also have a conference in Budapest in 2005 (I don't know the date yet). IFNGO has southeast Asian origins. Father Gafney's program in Nepal gave NADA demonstrations at IFNGO in the 80's and early 90's. I met Suneel Vatsyayan (founder of NADA-India) at the IFNGO meeting in Jakarta '96. The next IFNGO meeting is in Mauritius in July '05

Final words

I am really excited about the huge expansion of our work. More than 2,000 programs world-wide.

Warm wishes from all of us to all of us.

Michael Smith

The layout of this newsletter is way beyond my abilities. Claudia Calderon of Brazil then Lincoln has given us this new, improved look.