



June 20, 2005 Issue 2

NADA International Newsletter

By Dr. Michael O. Smith, NADA International

Special Interest Articles:

- NADA New York Conference.
- All psychiatric wards in Denmark will use NADA protocol.
- Balancing a group's Yin and Yang
- Euro-NADA Oct 28-30 in Hungary

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NADA – US New York Conference

More than 300 of us gathered together in midtown Manhattan for the 20th annual NADA-US conference. It was the biggest ever.

Representatives from every continent spoke. We opened with a special all day workshop for “program directors” on How to integrate acupuncture into a Treatment Program. It provided a different perspective. We introduced “NADA Changes the Dominant Paradigm” and “Spirit of NADA” both enclosed here. Please send your comments and translations. “Spirit of NADA” T-shirts are planned.

The Conference re-visited the trauma survivor programs of the New York Fire Dept and St Vincent’s Hospital. The reiki program at Lincoln brought a dozen patients for a demonstration. Our reiki teacher, Paula Terreno shared her graceful and generous spirit. Jesse Morgan and Nancy Smalls brought a group of dynamic patients, as well. We had a special panel on the development of an acupuncture program to build harmony in an area of historic racial conflict in Brooklyn.

Successful treatment settings were highlighted: for methamphetamine users, methadone and cocaine users, homeless persons, public housing residents, adolescents, AIDS outreach programs, and women with severe tamoxifen side effects.

One of the moving events in the conference was the standing ovation given to Carlos Alvarez for the “most valuable trainer” award. The conference concluded with my talk on “NADA and Social Activism.”

Report from Denmark

By Lars Wiinblad

NADA came to Denmark in 1997. At first the method was used on a few selected patients in a psychiatric hospital. In 1999 the method was introduced in the whole hospital. To begin with, the staff was trained by the Swedish NADA-trainer Kajsa Landgren.

Until 1999 the NADA method was used in this psychiatric hospital only.

The target group was specifically patients who were taking Benzodiazepines. The staff observed that it was easier to reduce the dose of medicine gradually when ear acupuncture was part of the treatment. There was also a distinct fall in the rehospitalization of psychiatric patients. Many patients emphasized that NADA reduced their fear, was

good for normal sleep, and was able to curb motory and physical restlessness.

So in a few years NADA has been introduced in various types of treatment and more than 1,000 persons have received NADA training. NADA is used in public abuse treatment in several Danish counties. (*Continue on page 2.*)

Report from Denmark (cont.)

“particularly noteworthy that a whole country is now going to implement NADA in all psychiatric wards, including emergency wards.”

Many private programs use NADA, both 12 steps and other programs. NADA is increasingly used for hash cure.

Women’s centers, programs for young people with eating disorders, home units for mentally ill, and other small treatment places have begun working with NADA.

Social psychiatry uses the

method – in big institutions, activity centers, shelters, etc. Some hospital wards have also started to take an interest in NADA. It is particularly noteworthy that a whole country is now going to implement NADA in all psychiatric wards, including emergency wards. This project began in 2004 as a pilot, but has now been carried out.

Implementation plans are worked out in 2005.

For three years NADA has been a part of the public training for the treatment instructor training for former drug abusers. The result is that many treatment places today in their advertising want employees with NADA-diploma.

INDIA

NADA-India has a permanent office in New Delhi. Director Suneel Vatsyayan is coordinating various projects: (1) a women’s program in the Chattepur area; (2) support for homeless youth who are glue sniffing in the railway station vicinity; (3) training and support for a network of therapeutic communities near Delhi; (4) training on a national and local level in all parts of India; (5) development of a NADA

acupuncture stress reduction for the Delhi police; and (6) coordinating training sessions with medical acupuncturists.

NADA-India was given a 2 page spread in the journal of the “National Institute Social Defence”, the primary social support of the Indian government. It was a very favorable write-up. NADA-India has a web site:

www.nadaindia.info.

There is an apartment in

Chattepur where foreign volunteers can stay. Presently 2 students from the U.S. are staying there. Donations are needed for continued support of NADA-India. Email: vsuneel40@yahoo.com



Literacy class at Chatterpur village near Delhi (NADA-sponsored)

NADA changes the Dominant Paradigm

GROUP SETTING

- Safe reassuring environment
- Avoids transference issues
- Giving, attentive relationship
- Exemplifies sobriety

NONVERBAL PROCESS

- Bypasses denial and resistance issues
- Not driven by verbal cues
- Not diagnosis-driven
- Helps people listen
- Access to inner, spiritual dimension

EXTENDS PARADIGM SHIFT OF AA

- Sobriety is an attainable, positive goal
- Addiction has a crucial spiritual dimension

- Primary experience leads the way
- Crisis and wellness support simultaneously available

NEW AREAS OF SERVICE

- Simple, transparent, flexible setting
- Foundation for innovative program development
- Same protocol reaches all types of addiction, including amphetamines, glue sniffing, marijuana, sedatives, opioids, and cocaine
- Alleviates mental health problems raging from anxiety and depression to schizophrenia
- Helps problems outside of diagnostic

boundaries such as shame, grief, and family violence

- Successful programs reach adolescents, gang members, prisoners, refugees, victimized communities, and trauma survivors
- Both sides of a family or community conflict can be served simultaneously

TRANSFORMATION OF STAFF ROLES

- ADS concept means that a caregiver at any level can be trained to provide NADA acupuncture.
- Uniformed service personnel have been trained on a large scale
- Supports caregivers stress and burnout

UNIVERSALITY

- Acceptance in a wide range of languages and cultures
- Easily taught and exportable to any location
- Low cost
- Convenient integration into a wide variety of settings



Richard Mandell cutting moxa as part of the African AIDS Project

Africa

The Pan African Acupuncture Project has created an amazing acupuncture training program based on the NADA model. Coordinator Richard Mandell and 8 other acupuncturist colleagues has trained more than fifty people in Uganda to provide formula-based body acupuncture for AIDS patients. Many of the clinical results have been excellent. Their goal in Uganda is to train one acupuncturist in each urban and rural district. The acupuncture is added to existing AIDS treatment services. Training is being extended to Malawi and other African countries this year. Contact information: Richard Mandell, email: rmandell 2353@hotmail.com

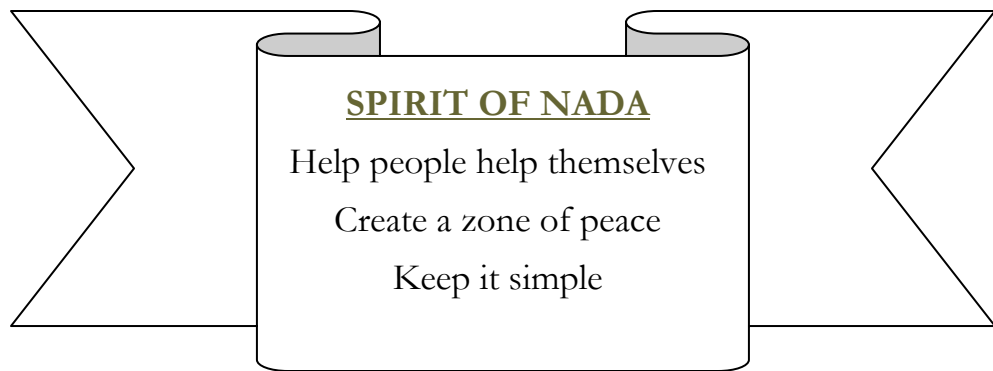
Dr. Akpufuoma Pemu of the Delta State Ministry of Health represented NADA-Nigeria at the recent New York conference. Trainings are planned for Ivory Coast and Cameroon.

NADA Switzerland Grows

There are about 7 psychiatric hospitals working with the NADA-protocol mostly in detoxification units, but also with psychiatric patients. There are about 150 persons, mostly doctors and nurses applying the NADA protocol, 36 of them are members of NADA Schweiz.

NADA Schweiz was founded with the aim of networking and supporting each other in the German Switzerland. It wasn't intended to represent the whole of Switzerland.

There is a similar organization in the French part of Switzerland.



Cited in research round-up by Brown Univ. DATA: Methadone maintenance in pregnancy

Results from a study carried out in a major methadone maintenance program in a Swiss perinatal center show a high rate of maternal complications in pregnant women enrolled in the program between 1996 to 2001. Prospective data based on 89 pregnant opiate addicts and their neonates showed 73% of the women with maternal complications and 34% of the neonates with fetal complications.

The average dose of methadone at the time of delivery for the 89 pregnancies was 40.9±32.7 (0-150)mg/day. Of the total 89 women, 64% were co-

users of cocaine and/or heroin. Among the polydrug users, birth weight was lower than in the near-exclusive methadone users (p=0.001).

The investigators concluded that the high rate of maternal complications points to the need for improvements in antenatal management of opiate addiction in pregnancy. They suggest that methadone maintenance is “ineffective in preventing pregnancy exposure to additional illicit drug consumption”. The only current alternative treatment of opiate addiction in pregnancy, according to the authors, is active

detoxification which, unfortunately, carries a high failure rate – approximately 50% of the women in the study returned to methadone during pregnancy.

[Kashiwagi M, Arilettaz R, Lauper U, et al.: *Acta Obstet Gynecol Scand* 2005; 84(2):140-144]

As we know, acupuncture has been used to detox hundreds of pregnant women from methadone at Lincoln Hospital and elsewhere. Contact: Ruth Ackerman ruthackerman@earthville.net

“methadone maintenance is ineffective in preventing pregnancy exposure to additional illicit drug consumption.”



Dario Foà

Its difficult to accept the tragic sudden death of Dario Foà even though 4 months have passed (15/2/2005). I can still feel myself waiting for his habitual telephone call that arrives full of new ideas and enthusiasm which overcomes the constant barriers. Many will remember the always present Dario Foà at the last European NADA Conference in Milan in February 2004. Dario colleague, mentor and close friend, a driving force in the innumerable Italian and European projects dealing with substance abusers and prisons dating back 30 years or so. Dario, from the introduction of Acudetox in Italy in the early 90's, was a tireless promoter of NADA's work in Italy, developing both recent USA/Italy projects for Post Traumatic Stress Syndrome and longstanding in prison treatment services for substance abusers based on Acudetox. Dr Dario Foà initiated the Italian Drug Courts concept in the mid-90 's in Milan which is now known as "DAP PRIMA" and was the principal referent for the European Drug Court movement in Italy. The Italian Drug Court program, "DAP PRIMA", was recently approved by the Justice Ministry the week preceding his death.

Volcanically intelligent and creative he was able to activate many programs for substances abusers in and out of prison. The last, creating a less aggressive and more human and educative environment for children to meet their sentenced parents within Milan 's Museum for Science and Technology. A means of re-establishing and continuing family ties while reducing traumatic impressions through the children's eyes. Another longstanding project, transferring creativity into practice for recuperating substance abusers, called the "Nave", a wing at Milan's San Vittore prison. The "Nave" hosted the social dinner at the last European NADA Conference in 2004 in a memorable show of organization, creativity and flexibility by all. Again this project, which was also recognized by various prison services and Justice Ministry in the beginning February, became a model program to be exported into many other prison environments. Part of the Nave project is Acudetox offered in prison for both recent arrivals, overcoming acute detox and emotional trauma, and longer term inmates helping with chronic distress which is synonymous to most prison settings.

Rome 13/6/2005

Regards

David Blow (NADA-Italy)



Dario Foà

UN Literature Resource

The International Labor Office (ILO) has a pamphlet "Addiction Rehabilitation" (1994) which has a very sensible description of the development of outpatient drug treatment. There are sections on counseling, self-help, volunteers, etc. From our point of view, the section entitled "balancing a group's Yin and Yang" is most pertinent:

"Ancient Chinese philosophy espouses the universal interplay of two qualities which, when in proper balance, assure fruitfulness and fulfillment. The qualities are known as Yin and Yang, and their dialectical relationship can be expressed in innumerable ways.

Yin and Yang are apt concepts for describing the energies and characters of a support group. Yin, which is sometimes thought of as the feminine quality, represents care-giving, or as often referred to in groups, is the "maintenance" function. Whatever contributes to "togetherness" among the members, helps create a sense of family, or makes the group more secure as an organization is Yin. Yang corresponds to the masculine aspect, and in a group is the "task" orientation that the group must have to accomplish lasting good for its members. So the particular work that a group performs, the skills and learning that the members acquire, or the goals it helps them achieve in their recoveries all express its Yang.

A simple way to express the challenge of any support group is to say it must balance its Yin (maintenance functions) with its Yang (task functions). A moment's thought, however, reveals that Yin and Yang must really go hand in hand; for sharing is much of what a group actually teaches, yet without learning activities to focus upon no sustained sharing would take place. Indeed, the very phrase "social learning" expresses the interdependent relationship between Yin, the social quality, and Yang, the learning task."

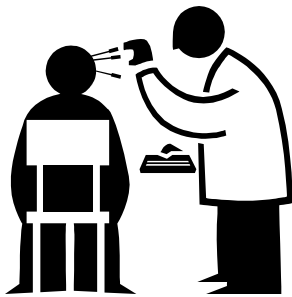
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We're on the Web!
See us at:
www.acudetox.com

New Trainings around the World

- ✓ Peru: Marilu Gonzalez-Posada of Mundo Libre in Lima has conducted several NADA trainings after a trip to China. She is expanding their program for teenage street children.
- ✓ Philippines: Janet Paredes-Pimental is beginning to set up a NADA program as part of INAM, a well known natural medicine service organization.
- ✓ Israel: Naomi Jacoby is planning a training and NADA work in Israel.
- ✓ Central Asia: Richard Elovich from New York has been a consultant and trainer in Tadjikistan, Uzbekistan, Georgia and Abkhazia. Training is scheduled this summer for Armenia.

Euro-NADA Conference Budapest Oct 28-30

The 12th Euro-NADA conference will be held in Budapest Oct 28, 2005 continuing with a retreat at Siofok in nearby Lake Balaton on Saturday-Sunday Oct. 29-30. The lake has good sunny weather at that time. There is a large ICAA conference in Budapest Oct. 23-28. I am submitting an abstract for a talk on NADA's expansion for the ICAA meeting. Any of you are

welcome to join as co-authors of my talk; or submit an abstract of your own. Deadline for abstracts in Aug. 15th. I will submit mine around Aug. 5th in order to incorporate any of your suggestions.

I want to schedule my talk Oct. 26-27 (wed or Thurs). The first day of the NADA conference will be at the same time as the end of ICAA conference so that we can invite ICAA

attendees to be involved in NADA. Then we are off to Hotel Vertes (20-50 Euro per night) on Lake Balaton.

Register for Euro-NADA with Eva Foriz
e.gaal1@chello.hu.

Please also let me know if you are coming so that I can plan the international program. Anyone who needs financial support to attend, please let me know so we can get the right donations.

Upcoming NADA Conferences

(Contact the host country)

UK – June 25-26

Ireland – Oct 24 in Belfast

Germany – Nov 19-20 in Duren (a large psychiatric hospital near Cologne)

US – Apr 27-29, 2006 in Tucson, Arizona

India – tentatively Jan 2007 in Kovalam Beach or Rishikesh

Final Notes

The U.S. government TIP book on Integrating Acupuncture in Chemical Dependency Treatment passed its final "field review" with very few changes. The next step is to mail out the books. They are free. We will send a special newsletter when this occurs.

Unfortunately, no one knows ahead of time when this will happen. The U.S. drug court conference (NADCP) had quite good presentation from Scottish and Irish drug courts. The next conference is Seattle, June '06. There would be openings for drug courts

from other countries.

This mailing includes 2 address lists (Europe and world-wide) so that all of you can connect more easily. Connect with spirit.

See you in Budapest,
Mike Smith