

# HB195: Auricular Detoxification Amendments

**HB195 would increase the type and number of licensed providers available to provide the auricular Detoxification protocol (NADA) and would add:**

- Physician assistants, nurses and nurse practitioners, and mental health providers.
- Not creating a separate licensure; providers could access a NADA training program (24 classroom hours plus at least 40 supervised practice sessions) at their own expense, then provide evidence of their completed training and supervised practice sessions to DOPL.

## **What is Auricular Detoxification or the NADA Protocol?**

- NADA stands for the National Acupuncture Detoxification Association.
- It is a standardized 5-point ear acupuncture protocol using beads or small sterile disposable needles as an add-on therapy for those struggling with substance use disorders or trauma.
- It is effective, safe, inexpensive, and drug-free.

## **Why do we want to increase access to the NADA Protocol?**

- Combined with counseling, education, and medical care, it can enhance maintenance of sobriety from alcohol and drugs.
- There are not enough trained providers in Utah to offer the NADA protocol to the vast number of people who could benefit from it.
- It is already being used in the Utah Veteran's Hospital, Odyssey House, and other programs to help patients.



# HB195: Auricular Detoxification Amendments (cont.)



## **Benefits of the NADA Protocol:**

- Decreased anxiety and agitation and improved sleep
- Reduced cravings for alcohol and drugs, including nicotine
- Minimized withdrawal symptoms
- Relief from stress and emotional trauma
- Improved response to counseling

## **Is this an accepted therapy? Does it really work?**

The NADA Protocol is described by SAMHSA (the US Substance Abuse and Mental Health Services Administration) as an evidence-based adjunctive therapy for alcohol and drug withdrawal (1). The NADA Protocol is used in the US Veterans Affairs system (2), including at the Salt Lake City VAHCS. It has been used in drug courts in Utah and other states. Local Utah treatment programs report positive effects of incorporating NADA Protocol into their usual treatments. In addition, there are many publications (3) about NADA in the medical literature, confirming its safety and benefits.

### **References:**

1. CSAT TIP 45, page 103-104.  
<https://www.samhsa.gov/resource/eb-p/tip-45-detoxification-substance-abuse-treatment>
2. <https://acudetox.com/spotlight-on-ads-success-pain-clinic-at-a-veterans-hospital/>
3. <https://acudetox.com/bibliography-of-research/>  
Other references available on request.