

*“NADA is not a government. It is a transitional organization to encourage the spread of a simple method which is a very useful first step in treatment, rescuing, and gathering together. Every country has followed its own path with its own timetable, rarely following a lead even from a nearby country. MIKE”*

**Dr. Smith’s words are very evident in the few pages of this newsletter:**

NADA Germany is celebrating its 30<sup>th</sup> anniversary September 2023. We will have a report back to share with you all soon.

David Blow explains some of the history of NADA Italy which has been around since the early 1990s.

NADA Nouméa’s first training was in 2013 and Vanessa Top is celebrating by doing a new training at a psychiatric hospital there.

NADA GB is now about 8 years old. One of its trainers, Jamie Dunn, tells us about his work using NADA with young people and their families in Greater Manchester.

We have reports from the young NADA Croatia and the even younger NADA Taiwan. Soon there will be a report from the nascent NADA Iceland.

And Lincoln Recovery Center has passed another milestone on its way to becoming the community-based center – HEArts.

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Mychal Johnson is cofounder of South Bronx Unite (SBU). For over 10 years now, he and SBU have been advocating for New York City to give the Lincoln Recovery building – a now-vacant, city-owned building – to the local community land trust for its ground-up vision for health, education and the arts.



*Mychal Johnson, Jo Ann Lenney and Lars Wiinblad with Lincoln Recovery Center in the background  
Photo credit: Mette Wiinblad*

Mychal told us that they are closer to that goal. New York City has awarded a \$12 million capital contribution to the project toward the structure’s renovation. The HEArts collaborative team, made up of The Mott Haven Port-Morris Community Land Stewards/SBU and partners, is now the winner of the Request for Proposal and is negotiating with the city to finally move forward on the project. So, according to Mychal, “We’ve come this far thanks to all the advocacy the community has done over the last 10 years, and we’re even closer now to realizing our dream.”

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## “Just a small contact from what we are creating in Taiwan”

by David Blow



Stefano Bono, from Brindisi, Italy, was trained by NADA Italy over 15 years ago. He is the first acupuncturist and member of NADA Italy to be welcomed by the Thao tribe in the Puli village in the central area of Taiwan, and he is the only Italian acupuncturist living on the island.

Drawing inspiration from Acupuncturists Without Borders' Medicine For Peace initiative, on June 11, 2023, Stefano embarked on a 3-hour walking trek through the rain forests surrounding Sun Moon Lake, perfectly located in the center of Taiwan. Once reaching the Thao Tribe, he offered his services as a volunteer for three days, living according to the traditions of the village.

Reflecting on his extraordinary experience, Stefano expressed his excitement and deep gratitude for the opportunity bestowed upon him. "I consider it a great honor to have lived this unique adventure," he

shared. "Gaining the trust of the Thao tribe and being permitted to enter their village as a stranger was a rare privilege. My intentions were noble, aiming to provide assistance through traditional Chinese medicine, particularly acupuncture. It was truly fulfilling to help the villagers in this way."



Stefano is no stranger to volunteering around the world, often traveling to Vietnam with Save the Children. Nevertheless, his time spent in Puli village left an indelible mark on him. His ear acupuncture interventions primarily focused on stress reduction, enhancing energy flow and alleviating widespread physical pain. "Witnessing the Thao tribe benefit from the treatments is invaluable to me," Bono concluded.

*Acudetox trainings in Taiwan will start at the end 2023. For further details, contact David Blow. (See back page for all contact info.)*

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## A Report From Greater Manchester, England

Jamie Dunn currently works at Early Break, a young-person and family-service organization based in Greater Manchester. It was established in 1994 as a specialist treatment, information and support service for children and young people who used drugs and/or alcohol. While Early Break's support began with drug and alcohol misuse, it now offers a progressive holistic approach addressing many areas of families' needs.

Its work is rooted in person-centered theory – young people and their families are at the center of everything Early Break does. Each person sets their own goals and targets, and the role of their individual worker is to support them to achieve these goals. Jamie has a background in treatment interventions for substance misuse and for holistic therapies. It was a good fit when he started working at Early Break in 2007.

He was trained in the NADA protocol in 2008, and, in 2012, he became Early Break's Service Assessor. Five years later, he became a member of the NADA GB training team. Rachel Peckham, co-founder of NADA GB, told us that Jamie's work follows Dr. Michael Smith's vision of having NADA Trainers employed within organizations such as Early Break.



Mike encouraged the training of “gentle supportive program people, because we are training in order to develop acupuncture-empowered programs. We are not just teaching a professional style but a nurturing quiet, tolerant style. And, of course, one that includes mental health, trauma survival, and reducing everyday social-group stress.”

Dr. Smith could have been describing Jamie's work at Early Break where he does

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NADA trainings with staff members so their clients can feel the benefits from the treatment. He also provides training to external services that offer NADA acupuncture, such as: drug- and mental-health workers in prisons and youth-justice services; hostel recovery workers; National Health Service mental-health workers; the LGBT foundation; and private therapists who provide this simple but very effective treatment.

According to Rachel, Jamie is one of NADA GB's most active Trainers. Just this year, he will have trained 20 to 25 colleagues and external staff and professionals in the NADA protocol, and he has carried out annual Refresher Trainings for a similar number of ADSes.

Rachel added that "Jamie's advocacy work with Early Break is truly inspiring, and his work as an in-house NADA GB Trainer is highly valued both by Early Break and by NADA GB."

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The above picture captures Amy Wilson, Dorothy Eagan and Rachel Peckham at NADA's 25<sup>th</sup> anniversary conference in New Orleans. After discovering that they not only had NADA in common but also a love for music, they set out to listen to some jazz at Preservation Hall.

Rachel is hoping that Amy and Dorothy will join us again next October 2024 when NADA GB will be hosting another international NADA meeting. It will be held at the Friends' Meeting House in London where the last NADA GB conference took place. More details will be forthcoming.

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## How Did Acudetox Find Its Beginnings in Italy?

*by David Blow*

The origins of a journey into acudetox training, advancement, clinical exploration, and both Italian and international conferences, can be traced back to a series of events starting in 1992. In September of that year, my first year in Italy, I attended the World Federation of Acupuncture Societies Conference held that year in Rome.

It was there, at the Rome City Library, that I heard a presentation by Paul Zmiewski on the topic of Acupuncture Treatment of Tuberculosis in Alcohol Patients Stabilised with Acudetox. This insightful presentation was from Hungary where acudetox was being employed in programs funded by George Soros and aimed at addressing the deeply ingrained issues of alcohol addiction – employing acudetox as a primary method for both treatment and prevention, and covering the vast Hungarian territory.

As a graduate of the Acupuncture Colleges of Sydney (1989) with a focus on ear acupuncture's role in drug and alcohol addiction treatment, the presentation naturally caught my attention. A newfound friendship and shared intent emerged from this encounter with Paul, sparking to commence acudetox training in Italy by 1994. The Nankino Association in Rome

was involved in developing specialized Traditional Chinese Medicine (TCM) trainings featuring guest lecturers from China and beyond. Being part of this organization provided an ideal platform for the presentation of Paul Zmiewski, an acupuncturist and a promising author of TCM texts. Tragically, Paul passed away during a flight from the United States to Hungary before we could start acudetox training in Italy.

In early 1994, I attended the acudetox meeting in Budapest, where I reconnected with Ajandok Eöry, who we had met at the 1992 Rome acupuncture conference. At this gathering, I had the pleasure of meeting Michael Smith for the first time, along with fellow members of the European acudetox group. Michael and I established an immediate connection, and I extended an invitation for him to visit Rome later that year.

At this meeting, Michael reached out to Brian McKenna to fill the role initially assigned to Paul Zmiewski for training purposes in Hungary. This opened the way for Brian's involvement in Italy, creating the conditions for the first acudetox training sessions. Brian, accompanied by his young family, visited Italy on numerous occasions, conducting courses and commencing the Italian acudetox teacher training program.

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A significant event occurred with Michael Smith's visit to Rome that June 1994. Arriving on the same night that marked the birth of my second child, Valerio, Michael's stay spanned several days. He also traveled to Florence, where his daughter was studying. This visit was marked by a series of both private and public meetings, including meetings with Luisa Laurelli, vice president of Rome City, and Dr. Andrea Alesini, director general of the public health service, as well as with people from Rome's drug and alcohol treatment sector. This landmark visit initiated a sequence of events that would consolidate the use of integrative acudetox medicine in Italy in the years to come.

The inception of the Italian acudetox association dates back to the end of 1994, with David Blow as president, along with Alessandra Guli, Grazia Rotolo and Giulio Picozzi. They ardently spearheaded the training and propagation of acudetox practices throughout Italy.

Over the many years, numerous trainings (approximately 3,000 trained in acudetox) and endeavors and collaborative initiatives have taken place, accompanied by pivotal moments in the Italian acudetox association's history:

- Acudetox international conference in Milan, 1997;
- Integration of acudetox treatments within alternative prison programs in Milano, spanning 1999 to today;

- Acudetox international conference in Milan in 2004 in collaboration with Milan central prison (San Vittore); and
- Presentation of acudetox training and international collaboration project in partnership with the Italian embassy in Washington, 2004.



*David Blow and Dario Foà, 2004*

*Photo credit: Jo Ann Lenney*

Another one of those initiatives was sparked by Dr. Dario Foà, a relentless advocate of NADA's work in Italy since the late 1990s, who directed groundbreaking projects. Notably, he introduced acudetox within prison treatment services and played a pivotal role in the inception of the Italian Drug Courts concept in the late 1990s. The Italian Drug Court program, known as DAP PRIMA, earned Ministry of Justice approval shortly before Dario Foà's passing in February 2005.

The landscape of treatment strategies for legal and illicit substances, and their personal and societal implications, is subject to the ebb and flow of political, social-justice and economic influences. Correspondingly, acudetox training is influenced by such forces. In May 2023, I concluded a training program



*Acudetox international conference in Milan in 2004.  
Photo credit: Jo Ann Lenney*

encompassing new doctors and nurses and the re-qualification of those already trained within a cluster of public-health services specializing in addiction care in Verona, Italy. This comprehensive training collectively covers a substantial portion of addiction-related services in the region. These initiatives, which began in 1997, persistently offer a fresh start to individuals grappling with the swiftly changing types of addictive substances available within out-patient, in-patient and community-based settings.

Acupuncture in Italy is considered a medical act. Notwithstanding, continuing education credits have been awarded by the Italian Health Ministry to acudetox trainings for both doctors, psychologists and nurses since its conception.

Let's continue on the path that Michael started!



*Sheila Murphy, retired judge and long-time friend of Michael and of NADA, says, **“I have found that the placing of the needles is a physical act that I do, but what the needles do after placement is a spiritual ladder that somehow lifts not only the patient, but myself as well.”***

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## Words From the Founder

***“The skill that’s most important is your attitude, your sense of responsibility and your own concern for others.” – Michael Smith***

Dr. Michael Smith was consistent in his advice that we should not pay too much heed to the actual point or to point placement. “We don’t want a picture of where to place the needles or the beads. Isn’t the point — that pictorial images aren’t relevant? Rather the energetic image is relevant. A picture is for people to read, for schools — it’s not intuitive. We should use imagination and intuition.”

In a February 15, 2016 email, he elaborated on this idea, noting that “patterns of addiction always vary, and they often vary considerably from city to city. This is never a reason to shift primary acupuncture points. The textbook-related temptation to use different points for different symptoms in addiction and mental-illness clients is never productive in my experience.

“For years at Lincoln, we had a hundred addiction clients and a hundred general patients in the same room during the day. In retrospect, I am impressed that the addicts [who often socially knew each other] were satisfied with less number of points and much less personal attention and time than the others. Often needy and demanding on other issues, they were more wise about the value of 1 to 5 points for their needs than we were.

“We learned the value of 1 to 5 points by starting out with GV-20 and LI-4 and others as part of our basic formula. The insight was that the ear points help with centering and, hence, help self-help growth in contrast to specific addiction or psychological problems. It is comparable to the temptation faced by the psychotherapist who tries to find special patterns requiring each person to have complex professional interaction. Such particulars have occasional value, but the essential problem is the need for self-renewal and for coping with crises of personal development.

“These lessons can only be learned where there is a lack of regular healthcare so we could figure out how to manage the ups and downs of a seemingly life-long illness. Acupuncture schools cannot take advantage of this perspective.”

In another email that same year, Mike wrote to Ralph Raben and Lars Wiinblad that, “Remarkably the simplest acupuncture treatment is more successful and valuable than the fancier formula. Simpler forms of NADA—beads on the back of the ear are so much more simple than the regular treatments. The location of these points can be chosen by a naive young client himself. NADA tells us about the simple origin of acupuncture. MIKE”

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## NADA Croatia Members Gather in Velika Gorica

On March 25, 2023, members of NADA Croatia came together to celebrate the progress of ear acupuncture there. After 10 years of trainings, this was the first ever gathering of all generations, by now nearly 40 people, of NADA Croatia providers. The event was held at a local Red Cross office in the town of Velika Gorica, on the outskirts of the capital, Zagreb. Olieta Horvat Kardoš, a NADA-trained provider and director of community-based counseling services in that space, offered to host the NADA Croatia teambuilding day.

A smaller planning group had met online beforehand. Some of the activities initiated at these meetings included creating a flier for the event (thank you, Martin Pavlina!),

and also creating and sending a survey to find out how active people were with using NADA acupuncture. Lots of great responses came in, even from those who could not attend. One person shared, “I’m looking forward to the gathering, to dive into the wonderful atmosphere with all of you. And to get my dose of needles!! I haven’t had a treatment in a long time.” Another wrote, “I wanted to tell you that using the NADA protocol is an important and elemental part of my work. I’m very grateful for that!”

A NADA treatment started out the day for the people who attended. This was followed by introductions, and then short documentary films from NADA GB and NADA Hungary. After lunch we had a Tai Chi



**March 25, 2023 – NADA Croatia in Velika Gorica**

Top row: Marina Pavlić, Sara Bursać, Marina Paoletti, Ilijana Grgić, Rada Pašić, Olieta Horvat-Kardoš, Iva Sušec, Martin Pavlina, and Ksenija Vatauk Margetić; Bottom row: Sanja Dobrić and Lana Ivančić. Sara Jager was also with us all day.

demonstration and Qi Gong group energizer. We then gave a refresher of the NADA protocol and showed a slideshow of a decade of NADA Croatia trainings.

We also had the opportunity to remotely bring two people to this event: Kata Japunčić, a co-trainer for NADA Croatia, as well as a NADA trainer in Australia. Also present was Jo Ann Lenney, who worked with the first group of trainees in 2013, and who is a mentor to some of the later NADA Croatia training groups.

There is interest in having an annual providers' meeting, having more trainings in new parts of Croatia, and organizing a conference-type event for the public.

*Sara Bursać and Dr. Michael Smith are co-founders of NADA Croatia. Its beginnings date back to the 2013 international NADA meeting in Graz, Austria. With Mike's encouragement and support, Sara invited Ilinka Serdarević, the director of Udruga Terra, a Rijeka-based harm reduction program, and Terra's addiction psychiatrist, Branko Petris (pictured together in the left corner photo on p. 10), to the Graz meeting.*

*Lana Ivančić, Sara's former next-door neighbor (in the center picture, and in the photos on right), was also in the Croatia group. One of Lana's roles was to translate the meeting for Ilinka and Branko. The Croatia group also benefited from an introductory NADA training led by several European trainers.*

*And, actually, NADA Croatia's beginnings can be said to go back even further. In September 2013, several weeks before the Graz meeting, Michael Smith wrote, "In the mid '80s, I took a slow train from Zagreb to Rijeka on my way to Opatija where I gave a talk that was even published in Croatia – to a large audience. NADA had only existed for a year at the*

*time. History is on our side in its cyclic pattern." Indeed, Croatia had its truly auspicious beginnings with Michael Smith's participation in the Opatija international meeting on alcoholism.*



CROATIAN BEGINNINGS WITH NADA IN GRAZ IN 2013

## About NADA in Nouméa

by Vanessa Top

NADA acupuncture has been offered in Nouméa, the capital of New Caledonia, for more than 10 years. I was trained by NADA-France in 2011, and, in 2012, I started in the addictology unit in Nouméa. The first NADA training there was in 2013. Since then, this great tool has been used in Nouméa's addictology center. And since the end of 2022, in some psychiatric units as well.

It was in November of 2022 that I trained 10 caregivers from different services: addictology and psychiatry. The adult day service is now giving a NADA acupuncture group every Monday, a treatment that is particularly appreciated by the patients there. Before this, there was only the addictology center that was offering NADA.

And Good News! The psychiatry hospital is asking me to train another group in November 2023. NADA is spreading.

New Caledonia is facing lots of challenges while it builds its common destiny. It is a former French colony where many ethnic communities have been living together for barely two

centuries. It is facing:

- Large debts resulting in less public services;
- Dealing with public health expenses it can no longer afford;
- Global warming and rising waters; and
- Preservation of its exceptional biodiversity.

In this context, preventive healthcare, along with the promotion of traditional medicine and NADA acupuncture, will help enable people to increase control over and improve their health.



From the November 2022 NADA Nouméa training.  
Photo credit: Vanessa Top



This picture was taken on June 20, 2023 in Sheila and Patrick's apartment at their retirement community. They both attended their great-granddaughters' wedding in August but, when they returned home, the staff told their daughter, Brigid, that since the area of the brain that was affected by the tumor deals with time and place, it is hard for Sheila to distinguish private space from public space. So she has now moved to an apartment in the memory care unit which is one floor above their apartment where Patrick continues to reside.

Brigid said that, "Because joy is her default, gratitude is her primary language, and resilience is her super power, Mom loved the space that we provided. The staff is surprised, but I am not, at how well she is acclimating to her new environment." Brigid added that her parents "each continue to be full of grace and gratitude and I pray that I may be too."

## Following Another's Example

*by Dick Allen*

I see him around the village,  
planting his karmic seeds  
in every lawn –  
a minor Johnny Chapman  
walking Connecticut.

Carefully, he sows,  
always allowing for drainage,  
hoping he's fooled the slugs.

May root systems take hold!  
May there be germination!

They're so fragile, he says,  
especially at the start,  
before the first four true leaves.

*Loving wishes, quiet favors,  
compassionate acts, small good deeds.*

How pleasant his stooped back,  
to know he's at work  
over carrots and peas.

Near at hand, may great pumpkins  
swell from the ground.

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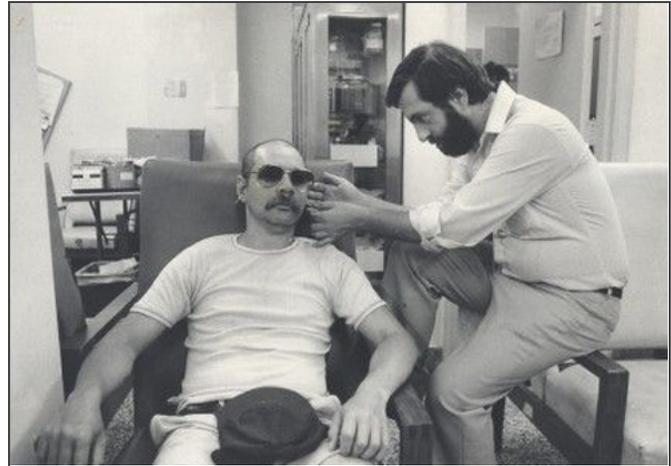
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***History says, Don't hope***

***On this side of the grave,***

***But then, once in a lifetime***

***The longed-for tidal wave***

***Of justice can rise up,***

***And hope and history rhyme***

— Seamus Heaney