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# Re-Membering the Spirit of NADA: Use of Ear Acupuncture in Indian Country

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# Foundations of Acudetox

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LEARNING THE 5 NEEDLE PROTOCOL & UNDERSTANDING ITS CULTURAL RESONANCE

AUGUST 13, 2024



# Introductions

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Dolores Jimerson, Seneca / Bear Clan

Robert “Bob” Storrer, CADC, ADS

Oregon Tribal CADC Cohort



Today we are broadcasting live from the Cully Neighborhood in Portland, Oregon



# NADA/5NP – Medicine for Trauma Healing

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<https://www.youtube.com/watch?v=EL3LSMa4IOQ>



# ACUPUNCTURE DETOXIFICATION

## 5-Point NADA Acudetox Protocol

### Supplemental Holistic Intervention for Wellness, Trauma & Addiction

- 1** SYMPATHETIC POINT | **2** SHEN MEN | **3** KIDNEY POINT | **4** LIVER POINT | **5** LUNG POINT  
Balance, Relaxation, Serenity | Pain, Insomnia | Willpower, Digestion | Relationships, Flow | Detox, Regulation



Relieves Stress & Anxiety



Reduces Depressive Symptoms



Normalizes Sleep



Increases & Unblocks Energy



Increases Immunity



Relieves & Reduces Substance Cravings



Promotes Clarity & Focus

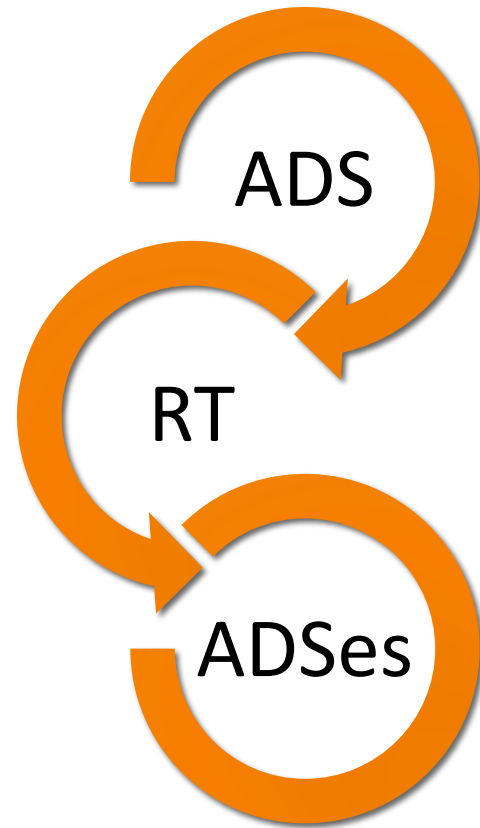


Holistic Intervention



# Acudetox in Indian Country

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# Yellowhawk Tribal Health Center

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- Dolores Jimerson, Integrated Care Therapist  
ADS in 2016 in New Mexico; completed RT requirements April 2018
- Wenona Scott, Program Manager of Alcohol & Drug Prevention, ADS April 2018 at Yellowhawk
- Julie Brandenburg, LCSW – Integrated Care Therapist, ADS April 2018 at Yellowhawk
- Mystie Haynie, RN – then Community Health, ADS April 2018 at Yellowhawk
- October 2023 – CADCs, LCSWs, Public Health Nurses



# Oregon CADAC Tribal Cohort 2024

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# Albuquerque May 2016 Dr. Smith Quotes

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- Learn by doing
- When you work with crisis, every day is important
- Addicts and the depressed always want more
- Find out where they are in the world
- Their (people seeking treatment) presence with others taking the treatment would affect them; the better the relationship between provider & patient, between those in the group;
- Must have something that has meaning for both the receiver and the provider
- Personal connection is what is important; connect with everyone, there are even desperate people in the workplace
- Be thankful for the opportunities to help others knowing each of us express energy in different ways
- Make people part of the staff
- Just because one grows and changes does not mean the world changes
- It's ok to make a mistake, find a place where you can grow

# Spirit of NADA

Is the Spirit of NADA included in all that you do?

Are you re-membering those whom Lincoln originally re-membered?

We honor our traditions by knowing our culture, where we come from, who our People are, honor our elders, give thanks, generosity, prepare for the children yet to be born, we are all related, what happens to you happens to me.



NADA



Tribal

Thank you!

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