

Submitter: Sara Biegelsen
On Behalf Of: WCA and POCA Technical Institute
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB2143

January 30, 2025
Prepared by Sara Biegelsen
Regarding HB 2143

To Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the Committee:

My name is Sara Biegelsen and I work as a community acupuncturist and teach at an accredited acupuncture school in Portland.

I'm testifying by writing to you in support of Oregon House Bill 2143.

I believe the proposal to create training with certification to non-LAc's is a positive step for our state. The 5 needle protocol is a safe and effective tool in easing the symptoms that present themselves (along with the underlying causes) of substance abuse. I have witnessed the effects of this protocol as it curbs addiction, lowers pain, calms the body and mind allowing people to feel more like they want to with just a few little needles or pressure stickers.

The process itself is low risk, low barrier and safe. It can be performed in a multitude of environments (indoors, outdoors, noisy, quiet) and does not require much verbal communication - making it even more accessible across cultures and mental health status.

With access to training and certification in this protocol, its benefits can make their way into broader rings of community, like so many other states. The symptoms most people receive the 5 needle protocol for affect more than just the individual; family, friends, neighbors, co-workers and care-givers/receivers feel the effects of these symptoms too. By having access to the 5 needle protocol, we are not just having a positive effect on the recipients, but those they interact with as well.

I am passionate about the 5 needle protocol because in my life I have not only seen the positive and life changing effects this simple treatment can provide, but I have lost loved ones who I wish could have had an easier time in accessing such care.

I have heard patients tell me about their life habits and wellbeing changing after experiencing this protocol and voicing their wonder in why it is not more known and accessible. I am beyond excited to share my admiration for this protocol and the

possibility that more Oregonians can be trained and certified to share it within their communities.

By expanding community access to this very safe protocol, so many more people can receive its benefits. I believe the ripple effect it could have would be palpable. I urge you to vote in favor of HB 2143.

Thank you for your consideration.

Sara Biegelsen, LAc