

January 30, 2025

Prepared by lara pacheco wasiutynski

Regarding HB 2143

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

My name is lara pacheco. I am a descendent of the Taino people and a member of the United Confederation of Taino People. I have also lived in the State of Oregon for 14 years now and have lived in the Cully neighborhood of Portland for over a decade.

I am a licensed acupuncturist employed by Working Class Acupuncture and through our organization we have a partnership with CODA, which is a treatment recovery center. It is there I offer acupuncture and 5NP to patients. I've seen countless people there who have benefited greatly from 5NP, both in their recovery and their overall health and well being.

These same patients glow at the prospect of becoming peer counselors themselves and providing 5 NP to others because it has been pivotal in their own recovery. Whether it helps them with cravings, or sleeping better or managing anxiety or depression, the benefits are real and cannot be stressed enough.

As such, I'm testifying and writing to you in support of Oregon House Bill 2143. I'm also a survivor of suicide from my brother who took his life in 2019. My brother was a husband, father of 4, a pastor and a military veteran who served as a Captain of the 75th Ranger Regiment, 2nd Battalion of the Airborne Rangers. He suffered immensely from chronic back pain from his service and was put on opiates on which he became dependent and undoubtedly contributed to his death. It was this traumatic event that prompted me to get into acupuncture as I had witnessed its simple yet potent effects on dealing with pain and had wished he had access to something like 5NP early in his military career.

I'd like for us to take a moment to envision a time and place where veterans, survivors of increasing climate change related disasters, and people in recovery are caring for one another through this 5 needle protocol. It is time to lower the barriers for community care, our overburdened healthcare system depends on it. It is through this model people feel empowered with purpose, and in this time of overlapping crises, we need all the tools we can muster so that people can have the skills they need to help each other.

So I sincerely urge you to vote in favor of HB 2143. Thank you.