

Submitter: Alysa Navarro

On Behalf Of:

Committee: House Committee On Behavioral Health and Health Care

Measure, Appointment or Topic: HB2143

Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the Committee. My name is Alysa Navarro. I am a residential Oregonian and student at POCA Technical institute. I previously worked at CODA the addiction treatment center from 2021-22, which led me to becoming a student of Acupuncture. There was very little help during the waiting period for those seeking sobriety. The waitlist was consistently at 1k or more to begin their recovery plan. At CODA there is Acupuncture services through WCA; however, there isn't enough trained providers to give treatments. Hence what led me to wanting to fill the need.

Now, imagine if 5NP was more accessible throughout the community with more trained members like recovery mentors, counselors, nurses, etc. We as a whole can help at a more grander scale and provide immediate care sooner. Instead of waiting for those affected by addiction to relapse. 5NP has proven over and over to be extremely effective with not only addiction but with underlying symptoms of PTSD, depression and anxiety. 5NP will help with these root issues. We would love to see people recover become healthier and happier to cultivate a more positive future for themselves and the community. I encourage you to vote in favor for HB 2143.

Warmly,
Alysa Navarro