



January 30, 2025

Chair Nosse, Vice Chair Nelson, Vice Chair Javadi, and Members of the House Committee on Behavioral Health and Health Care

Re: House Bill 2143 – Five-Needle Point Protocol (5NP), Support

Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the Committee. For the record, my name is William Miller. I'm Blackfeet and Cherokee and serve as the Executive Director of the NAYA Action Fund, a Native-led organization that builds political power and advances advocacy for Native communities in Oregon and Washington.

I'm here to testify in strong support of House Bill 2143, which expands access to Five Needle Protocol (5NP). This community-led initiative began as a conversation between the NAYA Action Fund and Working Class Acupuncture and has grown into a movement to address systemic barriers in healthcare – specifically the lack of culturally responsive, accessible, and affordable treatment options for communities disproportionately impacted by addiction, trauma, and mental health challenges.

Five Needle Protocol, developed in the 1970s to support communities facing addiction and trauma, is a simple but powerful tool. By stimulating five points on the ear with sterile needles, it helps reduce stress, alleviate withdrawal symptoms, and provides immediate emotional relief. It has been used worldwide, including after 9/11, to support first responders and trauma survivors. This treatment is especially needed in BIPOC communities, where the impacts of historical trauma, systemic racism, and healthcare inequities continue to drive the behavioral health crises.

HB 2143 eliminates unnecessary regulatory hurdles, allowing trained community members – not just licensed acupuncturists – to provide this treatment. Five Needle Protocol aligns with traditional healing practices, which emphasize holistic, non-verbal, and community-centered care. It's cost-effective, at just \$0.70 per session, making it an accessible tool for those in our community.

As someone who has personally experienced the benefits of acupuncture, I know this is not a cure-all, but it is a critical tool that can complement other healing practices. For BIPOC communities and others who have faced systemic barriers to care, this bill expands access to compassionate, culturally grounded treatment that meets people where they're at.

On behalf of the NAYA Action Fund, I urge your support of House Bill 2143.

Thank you,

A handwritten signature in blue ink, appearing to read "William Miller", is written over a white, stylized sunburst graphic that is part of the background design.

William Miller
Executive Director