

January 30, 2025
Prepared by PJ Alexander
Regarding HB 2143

Chair Nosse, Vice Chairs Nelson and Javadi, and Members of the Committee. My name is PJ Alexander. I am a student of acupuncture and have worked in direct service positions for the past 5 years.

Many people I know (myself included) have had interactions with the medical care system that leave us feeling helpless, isolated, and mistrustful. 5NP supports people in engaging with their trauma, substance use, stress etc on their own terms. In a world where so often people live in significant pain, yet have limited resources to manage it, 5NP's accessibility (easily learned, easily administered, with inexpensive materials) makes it an essential resource for bringing communities in Oregon together for healing.

I sincerely urge you to vote in favor of HB 2143.
Thank you,
PJ Alexander