

Submitter: Jane Tarabochia
On Behalf Of:
Committee: House Committee On Behavioral Health and Health Care
Measure, Appointment or Topic: HB2143

January 30, 2025

Regarding HB 2143

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

My name is Jane Tarabochia, and I am writing today as a community member and acupuncture enthusiast to express my strong support for House Bill 2143.

Have any of you felt stressed, anxious, or in despair in the last year? Do you have friends or family that have struggled with opioid addiction/substance abuse? Have you ever wished there was something tangible that you could offer those suffering, but didn't know what to do? We have the opportunity with this bill to start offering safe, low-cost healing for a wide range of Oregonians, by practitioners who care!

I have experienced all of the above, and am going to school for community acupuncture so that I can support those around me to navigate the stress and suffering we encounter daily in this world with a safe healing modality that works with the body's natural healing force. But acupuncture programs are at least 3 years long, often prohibitively expensive, and produce too few acupuncturists to get needles to the people in need. Moreover, our model for acupuncture delivery is cost-prohibitive to most Oregonians as it stands now.

We could offer an alternative from the current system with this bill, by bringing in passionate community members to join the acupuncture revolution after a much less intensive training program. They don't need to know all 300+ acupuncture points to deliver effective ear needles. They can become experts on 5 ear points which have shown to be effective in reducing stress, cravings, trauma, and more.

I sincerely ask you to let ear acupuncture reach near and far, like dandelion seeds in the wind. Wherever 5NP clinics arise, communities come together to heal. We have seen it globally, and it is exciting to be on the edge of a new wave of acupuncture accessibility in Oregon.

As you may see from the number of testimonies, there are people in Oregon ready and willing to work with communities to develop 5NP programs, and I can see a bright future where this bill enables respectful, accessible care to reach those who go overlooked too often. This is a tool that has very low risk, and potentially very high rewards. To see 5NP in action, feel free to stop by any Working Class Acupuncture

when you are near Portland--if you come to a student clinic your first treatment is free! I would love to treat you and those you know, whether in our existing recliners or at a 5NP clinic in the future.

I appreciate you all reading these testimonies and serving on this committee. It's clear that you all care for our Oregon community, and I thank you for your time.