



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 Cree Bort and I'm a member of the Cheyenne River Sioux Tribe and have the pleasure of serving as the Advocacy and Policy Organizer for NAYA Action Fund, a Native-led organization that builds political power and advances advocacy for Native communities in Oregon and Washington.

I'm writing today to encourage you all to pass House Bill 2143, which expands access to Five Needle Protocol (5NP). 5NP is a wonderful tool for those who struggle with mental health issues like depression, anxiety, PTSD, and/or substance use disorder. Five Needle Point Protocol (5NP) is the practice of placing sterile needles into 5 areas within the ear, easing symptoms almost immediately. Expanding the reach of 5NP would allow access to many communities, like Native Americans, that are already disproportionately affected by these conditions. Offering alternative ways of medicine, 5NP allows the option to tackle their symptoms without the potential struggles medication may offer.

NAYA Action Fund partnered with Working Class Acupuncture to address accessibility barriers to the benefits of the Five-Needle Protocol (5NP). By providing a holistic approach to illnesses such as anxiety, depression, and PTSD, this partnership offers the community a trusted and familiar form of medicine. In Oregon, American Indian and Alaska Natives faced a drug overdose rate 2.6 times higher than the state average in 2020, according to the Northwest Portland Area Indian Health Board. Additionally, suicide was the second leading cause of death among Native Americans and Alaska Natives in 2022 based upon the US Department of Health and Human Services Office of Minority Health Report. These alarming realities highlight the urgent need for accessible solutions like 5NP to support healing and improve quality of life for our community.

House Bill 2143 would change accessibility through eliminating unnecessary regulatory hurdles, allowing trusted community members to be trained to administer 5NP to the ones they know and love – not just licensed acupuncturist. Five Needle Point Protocol is quick, easy, and cost effective (\$0.70 per session) – a great solution for BIPOC communities that already struggle at larger raters to cover medical expenses.

On behalf of the NAYA Action Fund, I strongly encourage you to consider your support of House Bill 2143.

Thank you,
Cree Bort
Advocacy and Policy Organizer