

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

January 30, 2025
Written Testimony
Prepared by Lisa Rohleder, L.Ac.
HB 2143

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

My name is Lisa Rohleder. I've been a licensed acupuncturist in Oregon for over thirty years. I graduated from the Oregon College of Oriental Medicine in 1994 and my first job was providing auricular acudetox, otherwise known as 5NP, to clients of Central City Concern in various treatment facilities. I worked for Central City Concern until 2001, when I co-founded Working Class Acupuncture, which is the largest community acupuncture provider in Oregon. I'm currently the co-Director of the only accredited school for community acupuncturists, POCA Technical Institute, located in the Cully neighborhood of Portland (where I've lived since 2001).

For the last thirty years, I've been focused on making acupuncture accessible to underserved communities, and in all that time I haven't encountered anything more suited to that purpose than 5NP. It's a safe, empowering, trauma-informed intervention that communities can provide for themselves. Despite my school's best efforts, there are simply not enough licensed acupuncturists to meet the need for acudetox in Oregon.

One of the best, most distinctive aspects of 5NP as an intervention is how low-pressure and low-barrier it is, how easy it is to receive for people who are otherwise struggling to engage with treatment. 5NP can be a largely nonverbal therapy; apart from the consent process, there's very little talking, so people don't have to speak about their history or their problems. 5NP is typically delivered in a group setting so people can watch others receive the treatment before trying it themselves. 5NP often provides immediate relief from anxiety, stress and cravings, so people who have a good experience with it may be willing to try other forms of treatment. It's a safe, accessible option for people who may have few other options. When 5NP is offered by trusted community members, there's an additional layer of social safety that can help people take that crucial first step towards recovery.

Being in a position to compare the training and certification process for licensed acupuncturists to the training and certification process for community members to

provide 5NP, I can testify that the 5NP training and certification provided by the People's Organization of Community Acupuncture (POCA) or the National Acupuncture Detoxification Association (NADA) is appropriate, thorough, and safety-focused. In its fifty-year history, 5NP has established an exceptional track record for safety.

I encourage you to vote in favor of HB 2143 so that more Oregonians, especially those most affected by the opioid and stimulant epidemics, can access the benefits of acudetox.

Thank you.