

January 30, 2025

Jenifer Kimiko Escobedo

Regarding HB 2143

Chair Nosse, Vice Chairs Nelson, Javadi, and members of the committee. My name is Kimiko, and I am writing to testify in support of Oregon House Bill 2143. I am incredibly grateful for this opportunity to share with you how much community acupuncture has changed my life. I have had chronic pain the majority of my adult life. Starting in my late twenties I was prescribed strong opiate pain medication to address the pain issues I was experiencing. In the mid 2000's I lost my job which led to me then losing my insurance and not being able to receive or afford the medication I had been prescribed for some years. I ended up having to go through detox. It was there that I was introduced to acupuncture given to me individually in a group setting. It provided me with much relief with withdrawal symptoms and helped significantly with my anxiety as well. After leaving detox, life moved on and I eventually received medical insurance again and was put back on the same opiates. Acupuncture wasn't an affordable option and wasn't offered to me at that time. In 2023 I was randomly talking to a woman in a dressing room, and we were exchanging pain issue stories, she shared with me how much community acupuncture had helped her and suggested I give a shot. She shared with me how effective and affordable it was and pointed me in the direction of Working-Class Acupuncture. I started going in January 2024 and haven't looked back since. The

sliding scale made it easier for me to access acupuncture on a regular basis. I was so inspired that I started volunteering at the clinic. After about seven months of consistent acupuncture, I felt such relief that I asked my doctor if I could start the process on my own to get off the opiate pain medication permanently. I'm proud to say I am almost at the end of that process. I really appreciate the safe space I've been offered, and the environment for healing is beyond words that I can express.

Volunteering at the clinic has not only given me my life back but has also given me a perspective that I am so thankful for. I work at the reception desk and hear many human experiences. Trauma, pain, anxiety. So many patients receive pain, healing and stress relief. A lot of patients are on a limited budget. Being offered a sliding scale is the only way to be able to receive the relief that is desperately needed.

I can only imagine how wonderful it would be to create a space for 5NP acupuncture training program for the people in the community who are in recovery, high stress jobs, social work, and maybe even just your neighbor who might be in need of a friendly poke. In today's world we need all the help we can get.

Thank you for your time and consideration.