

January 30th, 2025

Prepared by Moses Cooper

Regarding HB. 2143

Attn: House Committee on Behavioral Health and Health Care,

My name is Moses Cooper. I am a licensed acupuncturist in Portland, Oregon. I have had the privilege of serving lower income patients with community acupuncture in the Portland area for close to two decades. As an acupuncturist employee of Working Class Acupuncture (WCA) since 2005, and as an acupuncture clinical supervisor for student interns in the community acupuncture school, POCA Technical Institute, I have supported many patients with stress management and addiction recovery.

WCA is part of the larger community acupuncture movement, a group of entrepreneurial small businesses in the healthcare area focused on providing acupuncture in a variety of accessible ways: communication transparency, affordable pricing, physical comfort, and ease of receiving services.

Through direct patient care in accessible acupuncture clinics, I have personally treated over fifty thousand patients with acupuncture so far. In this time, I observed a clear need from patients and supporters of patients (family/friends/coworkers) for low barrier health services, and specifically addiction recovery services for all kinds of substances. There is a clear need for ways to support ordinary and lower income people to manage acute and chronic forms of toxic stress. Additionally, I observe a need for support in regulating appropriate emotional fluctuations as a response to emotional and physical trauma from isolated stressful events, chronic response to structural violence, and addiction recovery.

I see 5NP ear acupuncture programs as a profoundly helpful and needed form of community acupuncture care. 5NP ear acupuncture is, for me, a realistic approach for supporting people managing high intensity mood regulation and addiction recovery from any type of addictive substance, as far as I have observed in clinic.

Ear acupuncture supports the body/mind to move into a more calm emotional state. This supports anyone managing intense stress levels and thus softens dramatic mood fluctuations that typically accompany deeply challenging loss of support, whether losing a coping substance or valued relationships. 5NP treatment is used to treat alcoholism, substance abuse, trauma, and chemical dependency.

5NP ear acupuncture is supportive in many ways:

- Impressively portable. It can be used in varied environments and locations (from health clinics to business offices, and from outdoor pop-up events to disaster recovery shelters)
- Relatively easy and timely to train and to learn, by lay individuals,
- Relatively low cost to offer training to staff and services to patients,
- Offered using trauma informed communication, which minimizes shame in relation to patients accessing addiction recovery services
- Safe to perform and to receive. Minimal-to-no side effects (rare, if any...)

5NP acupuncture treatment is used to manage many and varied mental health and mood challenges at the same time. It can be used to manage addiction to alcohol, nicotine, cannabis, alcohol, using harder drugs, managing prescribed medication side effects, or any other substance abuse experiences. It is non-toxic, can be used while taking any other substances, can be administered quickly, with minimal training, and minimal side effects. 5NP is clearly a supportive form of healthcare!

I fully support House Bill 2143, and thank you for considering the needs of Oregon residents as you cast your vote.

Thank you for your time,

Moses Cooper, L.Ac.