

Submitter: Arielle Avenia  
On Behalf Of: POCA Technical Institute  
Committee: House Committee On Behavioral Health and Health Care  
Measure, Appointment or Topic: HB2143

Topic: HB2143

January 31, 2025

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

My name is Arielle Avenia, and I am a community acupuncture student at POCA Tech in Oregon. I am writing in strong support of HB 2143, which would expand access to the 5 Needle Protocol (5NP) to lay people who have not attended a 3-year graduate level program. 5NP is a simple, cost-effective, and widely recognized tool for addressing trauma and PTSD, addiction recovery, and toxic stress.

One of the most compelling aspects of 5NP is its accessibility. Treatments cost as little as 25 cents per person in materials, making it one of the most affordable healing interventions available. It is shown to be safe, easy to administer, and can be offered by trained community members, ensuring that help is available where it is most needed—without long wait times, expensive equipment, or complex infrastructure.

In school, I also learned that this protocol has been utilized around the world in response to cataclysmic events—from war zones to natural disasters—because of its ability to bring calm, resilience, and healing to those in distress. In New York City for example, it was utilized by holistic and grass roots organizers to provide relief in communities affected by disaster (such as after 9/11 and Hurricane Sandy). The protocol's impact extends beyond addiction treatment; it addresses toxic stress, which we now understand as a root cause of illness that spans and proliferates in socioeconomic and racial backgrounds.

By passing HB 2143, Oregon can expand access to this vital tool, empowering community leaders and community members to provide care to each other (and beyond) in a way that is immediate, inclusive, and cost-effective. 5NP is often provided at no-cost to communities who would rarely pursue nor could ever afford private room acupuncture treatments, therefore 5NP stands as no threat as "competition" to licensed acupuncture providers. This bill represents a crucial step toward making healing available to many more people especially those who might otherwise go without. I urge you to support HB 2143 and help bring this simple yet powerful practice to more people in need.

Thank you for your time and consideration.

Sincerely,  
Arielle Avenia  
POCA Technical Institute student and 3rd year intern