

January 30, 2025

Written by Tiffany Marquez

Submitted to the House Committee On Behavioral Health and Health Care

Regarding HB 2143

To Chair Nosse, Vice Chairs, and Committee,

My name is Tiffany Marquez, I am 38 years old and have lived in Oregon my entire life. I have witnessed my community's suffering through the ever-increasing mental health, and addiction crisis as well as inaccessible healthcare and housing. Many lose their fight while those left continue to fall through the many gaps in the safety net that should be accessible and affordable healthcare. From our neighbors to our friends and family, to coworkers and everyone in-between. Many are suffering, and we need a solution that is accessible, effective, low cost to operate, easy to administer and can treat as many as possible. I believe the 5NP (5 Needle Protocol) will make a significant impact on closing some of these gaps in healthcare. 5NP is a simple and very effective protocol that uses 5 points in each ear; two points that support the nervous system and emotional regulation and three points supporting the body's detoxification organs, the lungs, liver, and kidneys.

My first experience with acupuncture was visiting my local community acupuncture clinic roughly a decade ago in pursuit of affordable support for my anxiety and depression and low back pain. I experienced not only a significant shift in my health, but I experienced such ease of accessibility and affordability that I had not experienced before. I grew up on the lower end of the socioeconomic scale with a chronically mentally and physically ill parent and for a time in my youth was their caregiver. I continuously saw them struggling and thought about how helpful it would have been for our small town had it had access to something like affordable community acupuncture clinic. Fast forward several years and after regular visits to acupuncture (did I mention I only paid around \$15/visit), in 2020 I applied at POCA Technical Institute to become a licensed acupuncturist. This impact of accessible healthcare was so positive for me and my health that I couldn't help but want to be a part of its growth, hoping to increase accessibility to as many as possible. As an intern I had the opportunity to give over 800 treatments, many of them including the 5NP protocol, in student clinic, during the Breast Friends' event held in Portland, Oregon for breast cancer patients, survivors and their supporters, during pop ups clinics at the local nursing college, as well as wellness fairs for unhoused and even in at my local community acupuncture clinic, where I interned as well. I say this all so you can see how many different

environments, groups of people, and capacities this protocol can work in and how much of an impact on people it has.

The 5NP protocol didn't start here though, it has a history that dates back to the 1970's in the South Bronx, pre-dating acupuncture licensure. It was used in the first acupuncture detox clinic called Lincoln Detox. This protocol helped its community members who were struggling with addiction and also needed supportive, accessible healthcare. Please see the link below for more information on this including a documentary about the founder of Lincoln Detox as well as a Podcast, both including its historical significance and the exponential positive impact it had then and still does now.

<https://dopeisdeath.com/>

I have attached another link below from a community acupuncture clinic here in Portland, Oregon, Working Class Acupuncture. It gives a short breakdown of 5NP and if you scroll to the bottom of the page there are links showing research on its effects in other states as well.

<https://www.workingclassacupuncture.org/about/partner-with-wca/5np/>

I urge anyone who has any reservations on passing this bill to visit the two links and see for yourself how significant the positive impact would be on our communities and how far it could reach even the most rural communities. We need a change in the narrative...accessible healthcare for ALL and we need it now. HB 2143 offers more Oregonians access to simple and effective treatment that requires little set-up, minimal supplies, is low cost and offers a wide range of benefits.

Please support HB 2143.

Thank you for your time.