

April 22, 2025

Maureen Ballard

Regarding HB 2143

Chair Patterson, Vice Chair Hayden, and Members of the Committee.

My name is Maureen Ballard. I am an eight year resident of the State of Oregon, a mother, a teacher and an acupuncturist. I have worked at CODA, an addiction treatment center, as well as in various community acupuncture clinics. I have seen first hand the positive effects that acupuncture and 5NP in particular have on the success of aiding individuals through recovery from addiction. Not only do physical symptoms improve, but by training lay people to provide 5NP we stand to create the basic human infrastructure and deepen the context of care that is necessary to truly support individuals in facing the increasing challenges of our present circumstances. 5NP is a way to give lay people a simple means to support others without requiring extensive degrees and medical training, thereby releasing a workforce of care by legalizing a simple, non-invasive context in which we can regulate nervous systems and be present with each other.

As such, I'm testifying and writing to you in support of Oregon House Bill 2143.

This truly is a "do no harm" form of treatment, that is:

1. Easily learned by lay individuals
2. Broadly accessible
3. Administered in a wide ranging type of environments

This treatment can be used for treating alcoholism, substance abuse, trauma & chemical dependency. This method is a simple, direct, impactful way to support people in an era when support is increasingly hard to access.

I sincerely urge you to vote in favor of HB 2143.

Thank you.