

April 22, 2025  
Regarding HB 2143

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

My name is Micaela Foley, and I represent the People's Organization of Community Acupuncture as an experienced trainer of the 5 Needle Auricular Acupuncture Protocol, and POCA Technical Institute as a current student. I am writing to express my strong support for Bill HB 2143. This important bill seeks to expand access to the 5 Needle Auricular Acupuncture Protocol (5NP) in Oregon, a vital step toward addressing our state's widespread addiction issues, behavioral health challenges, and community need for connection safely and effectively.

Initially developed in the 1970s by community organizers as a response to addiction crises, 5NP has since proven its effectiveness in many other areas of mental and physical well being, notably aiding first responders post-disaster after 9/11, Hurricane Katrina, and Hurricane Maria, and showing significant benefits in treating trauma, toxic stress, and behavioral health issues.

Due to 5NP's simplicity, safety, and cost-effectiveness, it is especially suitable for addressing trauma and stigmatization issues. Because it does not require extensive verbal or written communication to administer, 5NP treatment can be given across language barriers and with respect to cultural differences. 5NP is endorsed by Indian Health Services (IHS), the Federal Healthcare program for Native Americans and Alaska Natives as a best practice for treatment and recovery.

The Substance Abuse and Mental Health Services Administration (SAMHSA) recognizes 5NP as an effective therapy (Treatment Protocol #45) for alcohol and drug withdrawal, further highlighting its benefits and safety. Its inclusion within a broader behavioral health framework promises to fill critical gaps in our current system, offering a compassionate care solution for those in need.

I've been a POCA trainer of 5NP for 3 years, and have personally trained over 200 people in this extremely effective and safe protocol. I've worked with a wide variety of populations, from staff of prominent Boston hospitals like Mass General to the Inuit community in remote Nunavut, Canada. Each training produces skilled providers of 5NP with unique but strikingly similar visions – to care for those they encounter, to connect with their communities, and to help to lighten the load of stress, addiction, pain, and isolation and to widen the window of resilience for

their patients, coworkers, neighbors, and friends.

Training for 5NP is accessible through reputable organizations, emphasizing education on trauma, trauma-informed care, clean procedural techniques, universal precautions, and addiction. The protocol's ease of administration and dissemination holds the potential for widespread application, offering a low-cost, effective intervention for behavioral health challenges, particularly in underserved areas.

I urge you to support Bill HB2143, recognizing its capacity to transform community health care in Oregon by making the 5NP accessible to all Oregonians. Your support will significantly contribute to enhancing the well-being of our community.

Thank you for your time and consideration of this important matter. Your commitment to the health and safety of Oregonians is deeply appreciated.

Signed,  
Micaela Foley