

Submitter: Whitsitt Goodson

On Behalf Of:

Committee: Senate Committee On Health Care

Measure, Appointment or Topic: HB2143

My name is Whitsitt Goodson. I'm a licensed acupuncturist employed by Working Class Acupuncture in Portland, as well as by POCA Technical Institute where I serve as a faculty member and clinical supervisor. I also serve on the board of directors of the Oregon Acupuncture Association. Finally, I work directly with patients providing 5NP once a week at CODA's residential detox facility in Gresham.

At CODA, I've experienced first hand how much 5NP helps people in recovery. Let me share some quotes from patients there:

"Every time I come to acupuncture, no matter how stressed out I am, I feel relaxed at the end."

"It's nice to have a little peace and quiet compared to the looney bin over there."

"This is like taking a vacation."

"I feel so calm."

"Tuesday is my favorite day of the week because of acupuncture."

"I think that was the best meditation I've ever had in my life."

"This is my favorite part of this program."

We all have stress. Some of us succumb to the pressures of life and reach for drugs to get by. 5NP shows us that it doesn't have to be this way. This simple, safe, cost effective intervention could help so many more people if we could only make it more accessible. We've already lost too many in our communities to addiction, trauma, and crisis.

Please pass HB 2143. We need more 5NP in Oregon.