

# A NETWORK OF ACUPUNCTURE **DETOXIFICATION CLINICS** providing addiction recovery support

## **OBJECTIVE**

Develop a **cross-sectoral network of local clinics** providing free **acupuncture treatment** tailored to the needs of marginalized people experiencing or at risk of addiction, as part of a continuity of care addressing various aspects of each individual's journey.

## **PROTOCOL**

Relying primarily on the NADA (National Acupuncture Detoxification Association) protocol, these AcuDetox clinics will focus on **improving the quality and life and overall well-being** of people in highly vulnerable situations who use or are at risk of using drugs or who need detoxification, sobriety maintenance or relapse prevention support.

The NADA protocol helps curb cravings; alleviate symptoms of withdrawal; reduce impulsivity; manage stress, fear, anxiety, depression and physical discomfort; and improve sleep, mood, mental acuity, vitality, concentration, self-confidence and resilience.

The ultimate goal of this initiative is to **foster treatment adherence for individuals undergoing various therapies** provided by partner centres.

## — **PHASE 1**

Set up multiple NADA Acu-Detox clinics in partner organizations in Montreal and evaluate the results.

## — **PHASE 2**

Expand the network of NADA AcuDetox clinics across the province; implement a pilot project and evaluate the results.

**A JOINT PROJECT  
SPEARHEADED BY:**

**DANS LA RUE**



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# What is the NADA protocol?

The NADA protocol was developed in the 1970s at a detoxification clinic in Lincoln Hospital in South Bronx, New York. The protocol is built around **ear acupuncture and a free group-based clinical treatment model**.

When used to manage addiction and mental health issues, the NADA protocol involves **placing five needles at specific points of each ear**.

The NADA approach is simple, effective, safe and inexpensive. The program is easy to set up and has tremendous potential for positive outcomes. Partner organizations will hold daily or weekly AcuDetox clinics

as a complement to other programs and services.

Integrating NADA into the array of support services provided to people living with addiction has been proven to increase adherence to various therapies, thus making it possible for a greater number of people to **successfully complete their recovery program** and delivering better outcomes in terms of relapse prevention. <sup>1</sup>

Benefits reported by patients include a reduction in withdrawal symptoms and cravings, and improved sleep, making this a **very useful treatment tool**. NADA is used

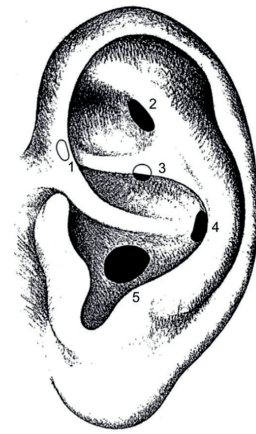


Illustration from NADA acu-detox training

by thousands of programs in the U.S. and elsewhere as part of treatment for addiction, harm reduction, mental health or trauma and post-traumatic stress management. <sup>2</sup>

The goal of this innovative project is to **introduce a new approach to dealing with addiction and mental health problems in Quebec** and to set up a continuum of local, **readily available** acupuncture services across various points of people's life trajectories.



Drawing by Maude Bouchard-Fortier

<sup>1</sup> Eun Jin Lee (2022). Effects of auriculotherapy on addiction: a systematic review, *Journal of Addictive Diseases*, 40:3, 415-427, doi : 10.1080/10550887.2021.2016011.

<sup>2</sup> Kwak HY, Leem J, Seung HB, Kwon CY, Jeong HS, Kim SH (2023). Acupuncture Therapy for Military Veterans Suffering from Posttraumatic Stress Disorder and Related Symptoms: A Scoping Review of Clinical Studies. *Healthcare* (Basel). 14 novembre 2023; 11(22) : 2957. doi : 10.3390/healthcare11222957.