

Auricular Acupuncture for Addiction Treatment, Mental Health and Post Traumatic Crisis Management

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The Recovery Center of Lincoln Hospital


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Director

- State licensed chemical dependency outpatient treatment program.
- 50% program visits are women of child bearing age.
- 12,000 visits by female patients per year.
- Largest program serving cocaine abusing women in the U.S.






Acupuncture Provides the Foundations for Long-term Psycho-social Recovery

- Relaxation
 - Autonomic Homeostasis (Control Withdrawal Symptoms)
 - Reduction of Craving
 - Mental Clearing
 - Treatment is More Effective in Group Setting
 - Effectiveness Increases Over Time (Bullock and NDRI Studies)
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Lincoln Hospital Acupuncture Detox Protocol

- Acupuncture
 - Counseling (including special groups)
 - Contingency Contracts
 - Narcotics Anonymous
 - Therapeutic Milieu
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NADA – Lincoln Hospital Protocol

3 – 5 ear acupuncture points provided in a
daily group setting

Sympathetic

Shen men

Lung

Liver

Kidney
















Acupuncture Detoxification Specialist (ADS)

- Many states, such as New York, have these requirements as addition to licensing laws.
 - ADS treatment must be done as part as state approved program or service for substance abuse problems.
(OASAS, DOH, OMH in NY state)
 - Each ADS practitioner must have completed a state approved 70 hour training program.
 - ADS clinicians must provide treatment under the general supervision of licensed acupuncture practitioner.
✓ (either licensed non-physician acupuncturist or certified physician-acupuncture)
 - ADS clinicians must use the ear acupuncture protocol developed at Lincoln Hospital and standardized by the National Acupuncture Detoxification Association (NADA).
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A. Acupuncture Is a Non-verbal Process.

- The treatment will be just as helpful if the patient lies to us.
 - The treatment will be just as helpful if the patient is ashamed to speak about certain issues.
 - The patient will be able to learn about themselves and process troublesome issues more gradually and comfortably.
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B. The Patient Can Be Engaged in Helpful Treatment Even Before They Are Able to Tolerate Intense or Personalized One to One Sessions.

- The process of transference can be delayed.
 - Needy, fearful patient can be engaged in treatment before they can tolerate a bonding relationship with staff.
 - Paranoid, antagonistic patients are able to accept help in spite of their lack of trust.
 - Patient with low self-esteem and a lack of hope can begin their treatment participation at a realistic level.
 - Patients who are also trauma victims will be able to participate in treatment even though they are fearful of interpersonal relationship.
 - Hence a much wider selection of patients can be introduced to substance abuse treatment.
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Retrospective Target Cities Data (Boston, MA)

Shwartz, et al, Jour Subs. Ab. Trtmt. 1999; 17-4, pp 305-12

- Readmission within 6 months of residential detox (6,907) pts compared to outpatient acupuncture detox (1,104 pts).
 - Acupuncture patients were less likely (0.71, 95% confidence) to be readmitted than the residential detox group.
 - Using a sub-sample with similar baseline data for each comparison group (0.61, 95% confidence).
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Hennepin Controlled Trial Study (1989) Criteria for Admission:

- Over 18 Years Old
- ≥ 10 Admission for Detox
- Prior Treatment Failure
- Unemployed for 6 Months
- No Prior Acupuncture Treatment
- Patients Live in Residence for 2 Months


Ref: Bullock et al, Lancet; June 24, 1989





Completion Rates In HENNEPIN Study

	<u>Treatment</u> <u>Group</u>	<u>Control</u>	<u>p Value</u>
Phase I (Daily Acupuncture for 2 Weeks)	37 (92%)	21 (52%)	0.001
Phase II (3 Times a Week for 4 Weeks)	26 (65%)	3 (7%)	0.001
Phase III (Twice a Week for 2 Weeks)	21 (52%)	1 (2.1%)	0.001





Detox Admission During Follow-up in Hennepin Study

	Number	Mean	P Value
One Month			
Treatment (36)	25	0.62	0.01
Control (31)	59	1.54	
Three Months			
Treatment (33)	24	0.59	0.05
Control (24)	65	1.57	
Six Months			
Treatment (29)	26	0.69	0.05
Control (24)	62	1.56	

● *(n)

● Ref: Bullock et al, Lancet; June 24, 1989






Yale Cocaine – Methadone Study

Avants, et al, Arch Intern Med 2000; 160:2305 – 2312

82 cocaine – dependent methadone – maintained patients were randomly assigned to 1 of 3 conditions.


- Ear acupuncture, NADA protocol.
 - Needle control insertion (at relatively sham locations).
 - Relaxation video sessions.
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Yale Cocaine – Methadone (Cont.)

Likelihood of 3 consecutive cocaine – free toxicologies in the final week of 8 week study.


Acupuncture	54% (7/13)
Needle Control (sham acup.)	24% (4/17)
Relaxation Control	9% (2/22)
	P = .01





Multisite Cocaine Study


Margolin, Kleber, et al, JAMA Jan 2, 2002; 287:1

- Tested the hypothesis that acupuncture as a stand alone treatment would be sufficient to treat cocaine addiction.
 - No one in the clinical field has ever suggested that acupuncture is a stand alone treatment for cocaine – indeed it would be against New York State law to set up such a program.
 - This study design was similar to a previous Yale study (Avants, et al Arch Int Med 2000) except that there were recruiting difficulties and patients were paid for participation.
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In-patient Retention


	Non-acupuncture	Acupuncture
Hennepin County (MN) 2 months program for alcoholics	2% complete	52% complete
Hooper (OR) Methamphetamine users 7 days detox program	5% complete	90% complete
Betty Ford (CA) 28 days program	One-third reduction in AMA drop-out rate among heroin addicts	
Kent-Sussex (DE) 2 weeks detox program (667 patients/year)	16.6 AMA drop-out/month	9.8 AMA drop-outs/month





Recidivism

	Year Before Acupuncture	After Acupuncture Use
Hooper Foundation (OR) (30 bed unit 7 days program)	25%	6%
Kent – Sussex Detox (DE) (yearly total 667 patients)	87%	18%






Birth Weight Outcomes

- Pregnant “Crack” Users at Lincoln Recovery

SISTERS Program (peer counselor augmented program)	3,225 gm (82 patients)
Lincoln Recovery Standard Protocol	2,975 gm (matched group)
Early Dropout Cohort	2,400 gm

78% pregnant intake patients are retained in the Lincoln Recovery program for at least 3-6 months and give birth to drug-free babies.





Lincoln Recovery Center was listed as

One of the Ten Most Innovative Programs for Pregnant Women

-Hospital and Community Partnerships

American Hospital Association, 1991






Criminal Justice Institutions


● Dartmoor Prison (UK)


	Treatment Group (75)	Non Treatment Group (115)
Intra prison charges	4	31
Positive for drugs	1	11

- Denver Country Jail – For those (hundreds of) patients who received more than 5 acupuncture treatments, no institutional charges for fighting have been filed.
 - Santa Barbara County Jail – Women who received acupuncture were 50% less likely to be arrested.
 - Oak Park Height (MN) Maximum security prison for sex offenders – Significant reduction in anger and violent intrusive sexual fantasies.
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Acupuncture is now available in 130 state prisons in England (2006)

- Correction officers provide most of the acupuncture treatment
 - More than 500 have been trained as part of a 5 year contract
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National Acupuncture Detoxification Association (NADA)

- NADA was formed in 1985 to represent all the clinicians who are using the Lincoln Hospital ear acupuncture protocol.
 - NADA held its 18th annual conference in Roanoke VA May 2007
 - Euro-NADA is holding its 12th annual conference in Helsinki Aug 2007
 - More than 30 countries have a “NADA” organization
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NADA Protocol – World Wide

<u>EUROPE</u> Country	Trainees	Programs	Prison
Austria	30	3	0
Denmark	500	50	0
Finland	600	100	0
France	10	2	0
Germany	1000+	200	5
Hungary	350	100	3
Ireland	250	20	1
Italy	1000+	125	3
Norway	30	5	1
Russia	540	5	0
Sweden	1000+	100	5
Switzerland	50	5	0
UK	1000+	70	130

NADA Protocol – World Wide (Cont.)

<u>ASIA</u> Country	Trainees	Programs	Prison
Australia	300	20	0
India	300	10	1
Israel	50	10	0
Nepal	40	1	0
Philippines	50	2	0
Thailand	200	15	0
Vietnam	50	5	0
<u>AMERICA</u> Country	Trainees	Programs	Prison
Canada	500	40	0
Mexico	50	3	0
Peru	50	3	0
US	7000	1000	10



Locations where Acupuncture is Being Used
Extensively for a Wide Range of Serious
Psychiatric Conditions for More than 5 Years

Bronx Psychiatric Center, Bronx, NY

Toronto Western Hospital, Toronto, ONT

Colorado Mental Health Institute, Pueblo, CO

Southeast, Inc., Columbus, OH

Central City Concern, Portland, OR


COPE, Tucson, AZ

State Psychiatric Hospital, Duren, Germany





Effects of Acupuncture in Queens Hospital MICA Program


- Bipolar patients
 - Are less overwhelmed
 - More in control
 - More regular in the use of medications
 - Manic episodes
 - Are less frequent
 - Are less related to triggers
 - One mute, isolated catatonic patient made a dramatic improvement and then reverted to mute status when the acupuncture was discontinued
 - Comments by Jo Rieben, MD January, 1999
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Acupuncture Mental Health Pilot Program

MHMR Unit, Waco, TX serving 6 counties

Phoenix Program (sheltered apartments for chronic patients who have more than 5 years previously in state hospitals)

- Outcomes:
 - Less hostile
 - More approachable
 - Cigarette smoking down 50%
 - Average hospital stay dropped from 27 days to 8 days per year.
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Lake Creek Program (residence for chronic mentally ill)

Acupuncture provided (3/92 - 8/94) 3 times per week by staff
the patients already knew

Clear changes were noted after 3 weeks of acupuncture

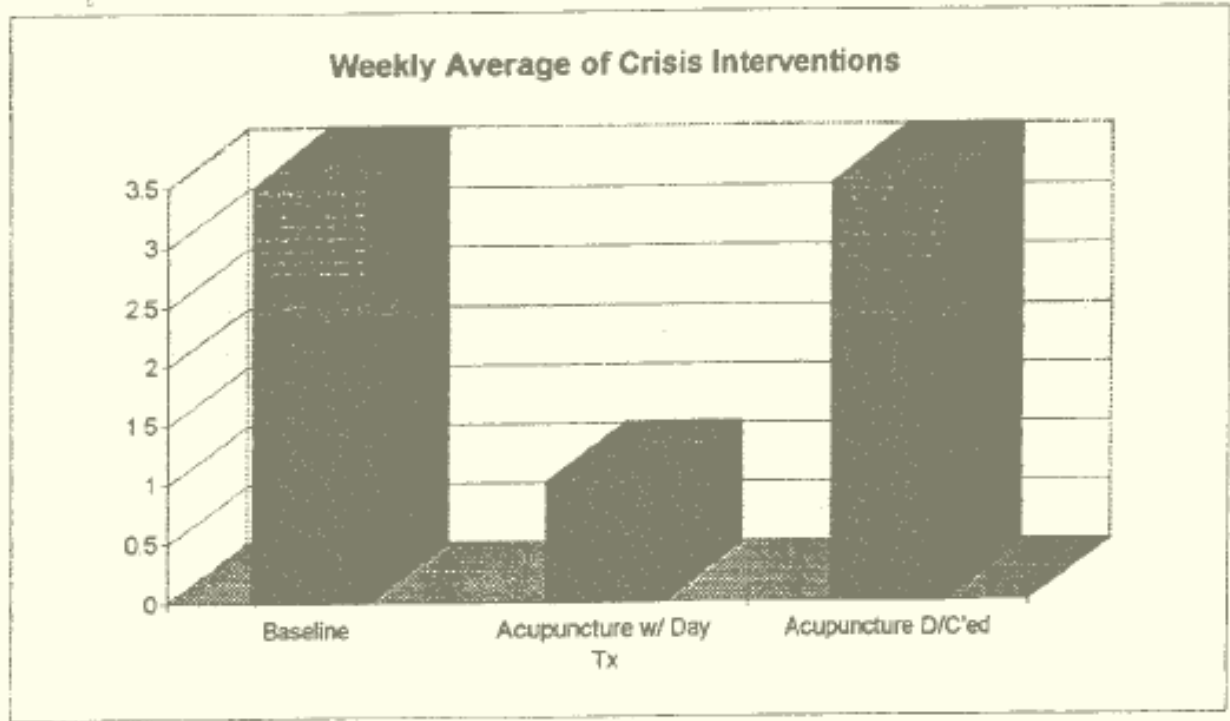
- Police and fire calls stopped
- Sleep decreased from 14 hours to 8 hours a night
- Community meetings lengthened to 2 hours with an emphasis on problem solving
- Exercise and gardening were requested
- Hospitalization for relapse stopped entirely for the total 2 ½ year period

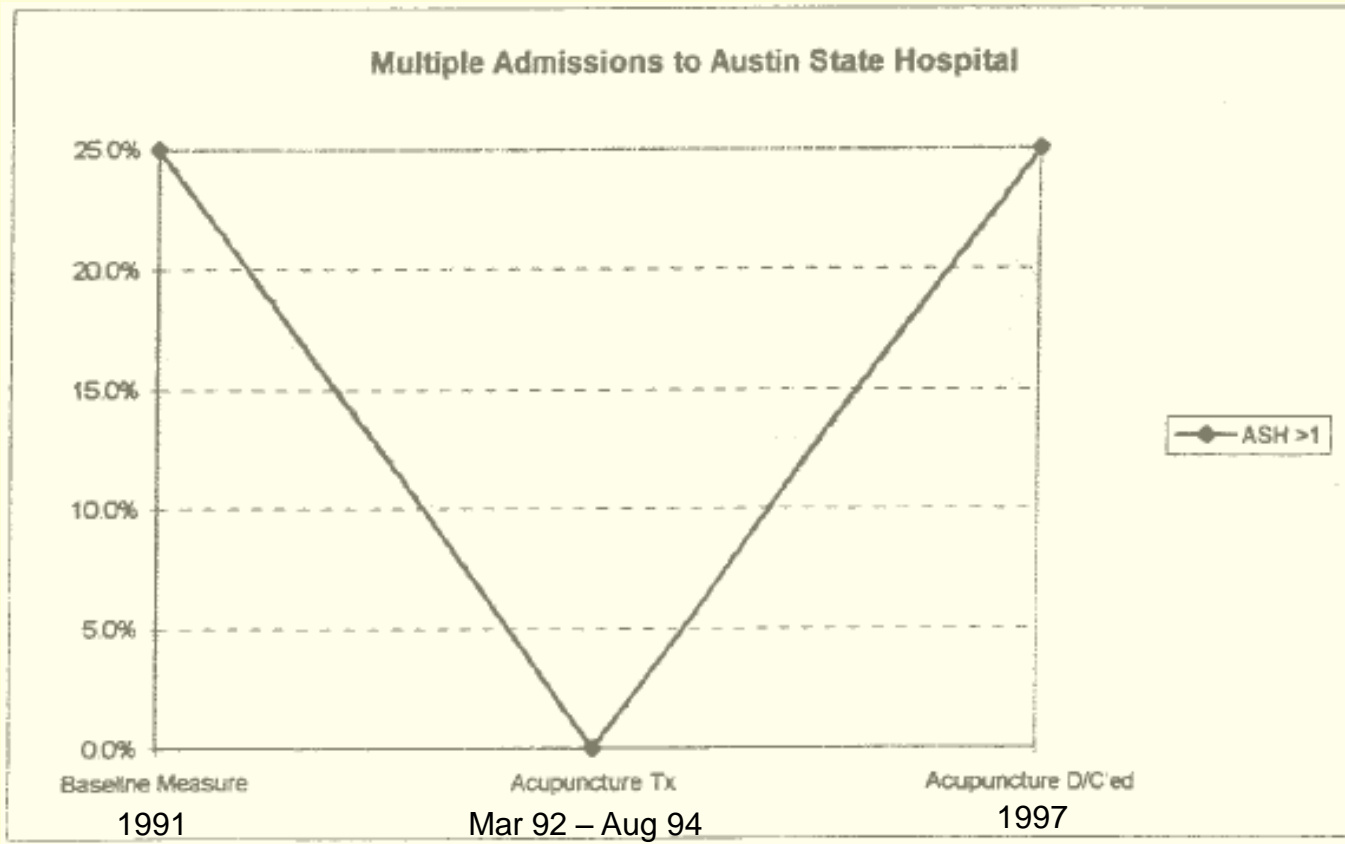
Data from Gloria Turley, PhD






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Use of the NADA Acupuncture Protocol to treat trauma survivors

- Eastern Honduras after the 1999 hurricane
 - Maria Delores Diaz
 - Lakota Sioux reservation (South Dakota) after a tornado in 2000
 - Marla Bull Bear
 - Lower Manhattan (St. Vincent's Hospital) after WTC attack
 - Joan Dolan
 - NYC Fire Dept (counseling service and individual firehouses)
 - Wendy Henry
 - Burmese refugees along the Thai border (NGO treatment program)
 - Kimberly Murdoch (started 2002)
 - Katrina survivors (2005) provision of thousands of treatments by many groups
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Stress Reduction Service

- Using 3-5 ear point acupuncture protocol (NADA protocol)

St. Vincents Hospital

Lower Manhattan

Set up Sept 13, 2001

For WTC Trauma Responders

[more than 1,000 visits in the first 2 weeks]

The following responses were given to program coordinator, Joan Dolan.





Before Treatment

“quite tense, lack of sleep, stiff shoulders”

“shaking, vomiting, extreme anxiety”


“depressed, I’m feeling a lot of uncertainty”

After Treatment

“the stress is numbing, the acupuncture helps me feel something”

“mind opening, very calming”

“my feeling is unexplainable, but very good”





Before Treatment

“fearful, extremely uncomfortable”

“very tense, grief stricken”

“agitated, afraid, angry, guilty”

“anxious and stiff in my body”


After Treatment

“wonderful, calming”

“great relief of sadness and fear”

“I cried and figured some things out”

“less anxious, warmer, more grounded”





Before Treatment

“very, very tense, sleeping disorder”

“headache for two weeks since the attack”

After Treatment

“very relaxing and helpful”

“I feel clearer and calmer. My headache is better but not quite completely gone”





Police and Fire Personnel

Before Treatment

“anger, stress, problem
concentrating”

“exhausted”

After Treatment

“excellent peaceful,
relaxing, feeling”

“I felt very cared for”





Family Members

Before Treatment

“angry, lost, panicky, tighter than tight”

“tense, tired, full of thoughts and concerns”

“crying, feeling powerless and hopeless”

“ready to burst into tears, not easy to ask for help”


After Treatment

“centered, calm, open”

“very calming, clear, relieved”

“gray cloud is clearing up”

“able to smile, feel more peaceful”





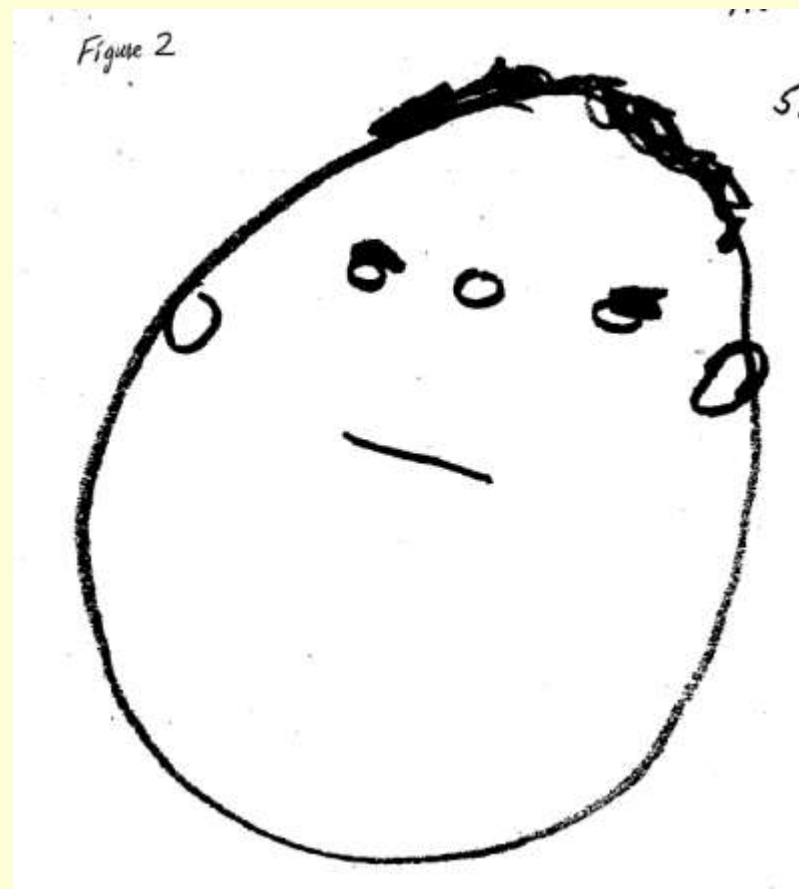
Remarkable Changes in a Girl with Down's Syndrome and Nystagmus


- Jim Dolan, who is an occupational therapist at a public school in Manhattan, reports using the Lincoln protocol on a 16 years old Down's Syndrome girl with nystagmus. The patient had great trouble sitting still and focusing because of her rapid eye movement. The patient was asked to draw a self-portrait (Fig. 1) several months before the beads were placed on her ears. Prior to treatment the patient was observed to be “mopey, not focusing, and keeping her head down on the desk.” Five days after the bead treatment the patient seemed to be focusing more clearly. She was asked to draw another self-portrait (Fig. 2).
 - The contrast of these two drawings is quite striking. It may be an accurate indication of a treatment-related effect on this girl's nystagmus.
 - Future studies are required to assess the usefulness of serial self-portraits as an evaluation tool, as well as the effectiveness of acupressure beads on children's neurological disorders.
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Before




After







Reed Academy – A Quality Site


Reed Academy is a widely acclaimed residential school for boys with serious behavioral health problems. Under the supervision of Dr. Ed Cohen, director of Reed Academy, and Mary “penny” Mortensen, LPN, the Reed school nurse, Christine Lee, RNCS, Lic. Ac., and Jamine Agoglia, conducted a 6 week pilot study using one gold magnetic bead placed in the posterior shenmen position on each ear. The project was suggested by Dr. Michael Smith of Lincoln Hospital (Bronx, NY) who has previous experience with this type of treatment. The beads provide an acupuncture-like effect. The following data summarizes the response of all 13 boys in the study. The name, age, diagnosis, test response, and clinical response are listed. Test response is based on a modified Conners test which has 12 items which were graded from 0 to 3 in order of severity. The first number represents the score at the beginning of the study as reported by teachers, nurse, parents and child care workers. The second number is the score recorded at the end of the 6 week period. Most of the boys are on several medications. Medications were not changed during the study.







James (age 15) ADD, PDD (21-6) – greatly reduced excess movement and impulsive behavior; improved concentration; better at relationships; “I no longer feel the high energy that made me move all the time”; James asked to continue wearing the beads after the study was completed and still wears them 1 year later; his mother has felt unable to handle her son at home for the past 6 years, now she feels confident to have her son return home.







Erick (age 13) ADHD, bipolar, Asperger, tricolomania (21-10) – less fidgeting; stopped pulling his hair almost immediately and retains a full head of hair, eyelashes, and eyebrows a year later.





Karl (age 14) ADHD, ODD (22-11) – definitely less fidgeting; parents note improvement. More cooperative on the weekends, able to work on craft projects using electric tools without fear by parents of intentional self injuries.





Julian (age 11) bipolar, excess control needs (17-7) – mother finds him more relaxed; communicates better; Julian felt like “beads were in control” and dropped out of the study after four weeks; nevertheless the improvement continued.

