An aerial photograph of a rocky coastline. The water is a vibrant turquoise color, with white foam from waves breaking against the shore. The rocks are light-colored and layered, creating a jagged edge. The sky is a pale, hazy blue.

A Journey to Stillness: The NADA Protocol as a Map for Healing and Connection

Presented by April Shumate, Program
Manager of Recovery Services CHCNRV

Invitation to Stillness

I invite you to take a moment for yourself.

- Breathing Exercise
- Relax in your chair and close your eyes if comfortable doing so
- Take a deep breath in...hold for 4.
- Exhale slowly...count of 8.
- Repeat one more time
- Allow your shoulders to drop. Feel the stillness. Open your eyes.





A Nation in Crisis

- Addiction-related deaths exceeded 100,000 in 2023.
- 2024 brought a decrease—but still more than 80,000 lives lost.
- Imagine a low-cost solution... requiring only 45 minutes of stillness.



Who I am and Why This Matters

Program Manager for Recovery Services

I oversee the daily operations of our Office-Based Addiction Treatment Program with the CHCNRV, providing therapy and guidance to those battling addiction.

My Goal: To find a sustainable, cost-effective tool that brings genuine relief to the individuals we serve.



Chapter 1: Born from Crisis

- The South Bronx, 1970s
 - Addiction was at its peak
 - A need to calm the storm
 - The Birth of the NADA Protocol
 - Acupuncture for Stillness
 - Placing needles at specific ear points

Chapter 2: The Power of Stillness

How AcuDetox Works

Imagine a hurricane inside-anxiety, withdrawal, agitation.

- AcuDetox offers a 45-minute pause.
- Targets 5 specific points on the ear
- Signals to the nervous system, “You are safe”
- Allows patients to manage emotions rather than react to them
- Builds the foundation for long-term resilience



The NADA protocol targets five auricular points to aid in detox, emotional regulation, and overall recovery.

1 SYMPATHETIC

Relaxes muscles and calms nervous system

2 SHEN MEN

Eases anxiety and calms the mind, reduces cravings and insomnia

3 KIDNEY

Supports physical healing and reduces fear and fatigue

4 LIVER

Helps with anger and irritability, depression, and detox

5 LUNGS

Supports breathing, grief processing, and immune health

Chapter 3: Creating a Safe Harbor

How we brought this tool to our patients at CHCNRV:

Education

- We created a clear, accessible brochure to explain the process and demystify the treatment for every patient.

Consistency

- We ensured that trained staff and a dedicated, quiet space were always available to build trust and routine.

Data Tracking

- Since the launch in September, we've provided 18 sessions to patients, with 12 of those provided to patients more than 3 times each.
- **All** patients reported a decrease in stress, anxiety, physical pain and the use of substances.
- **All** patients reported an increase in relaxation and calm.
- One patient reported the use of substances 5 out of 7 days at his first session and 3 of 7 his most recent session.

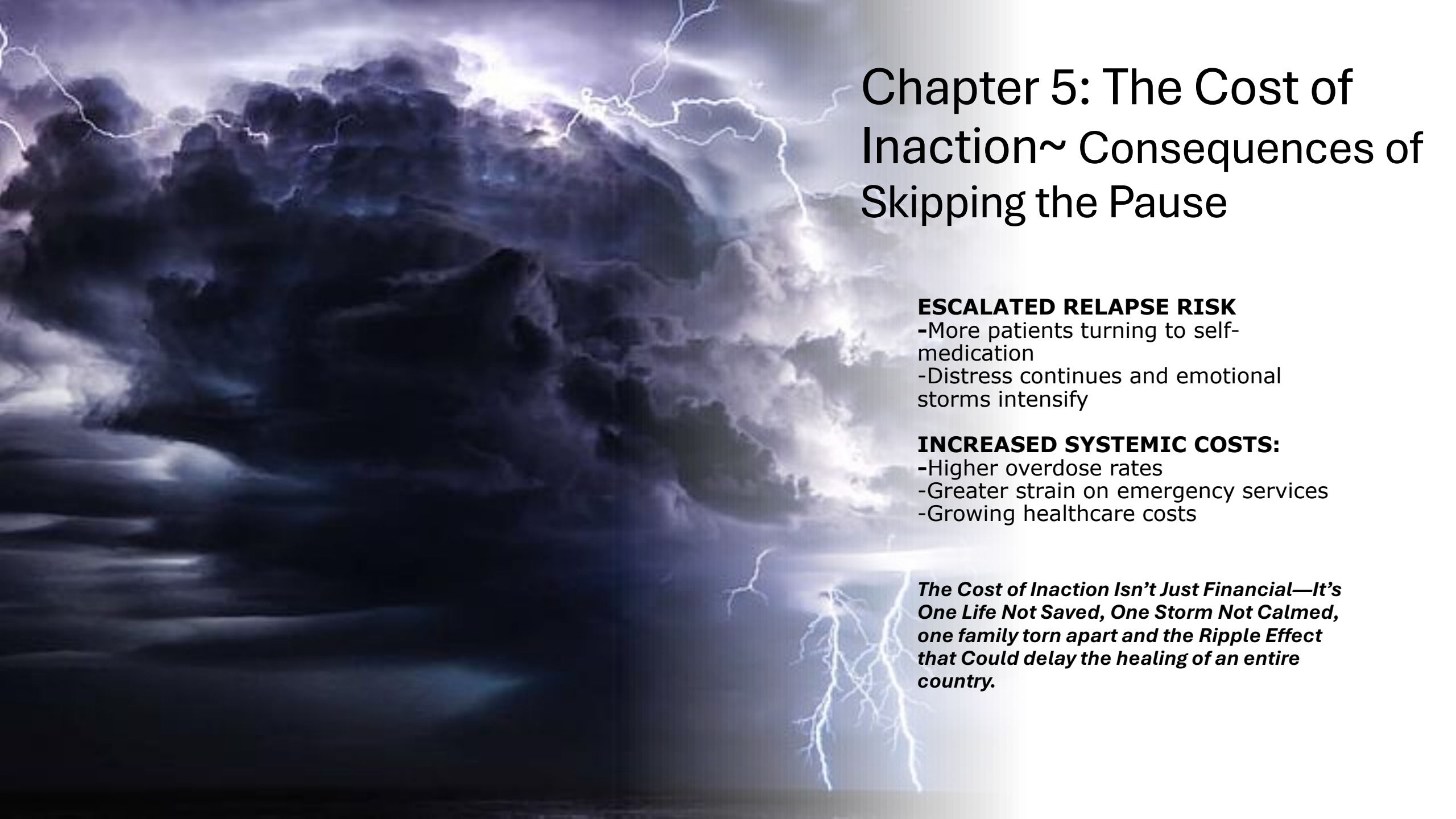
Chapter 4: The Impact of Stillness~ Patient Voices

"I've only had one minor migraine since the last session. Normally, they are much more frequent."

"I had a traumatic, near death experience 2 days ago and had chaotic thoughts at first but my racing thoughts calmed down fast. It really relaxed me and took my headache away. Thank you"

"I am relaxed now. My mental clarity is improved mental focus is better and my mind is light. The only drawback is it was too short."

"I feel centered and relaxed. My mind is better. My anxiety went from high to gone."



Chapter 5: The Cost of Inaction~ Consequences of Skipping the Pause

ESCALATED RELAPSE RISK

- More patients turning to self-medication
- Distress continues and emotional storms intensify

INCREASED SYSTEMIC COSTS:

- Higher overdose rates
- Greater strain on emergency services
- Growing healthcare costs

The Cost of Inaction Isn't Just Financial—It's One Life Not Saved, One Storm Not Calmed, one family torn apart and the Ripple Effect that Could delay the healing of an entire country.

Looking Beyond the Horizon



The Long-Term Vision

By introducing AcuDetox, we aren't just helping individuals find calm, we are building a future of connection.

- Healthier Individuals who contribute positively
- Stronger Communities built on shared healing.
- A Resilient Society with reduced collective trauma.

Let's Chart a New Course!

The journey toward recovery doesn't have to be fought alone. Let's chart a new course—one that offers peace, resilience, and healing.





Questions?

Thank you for
your time and
attention!

- Special thanks to my Coach Brian, my amazing OBAT team, Kayla Vaughn for being the star behind administering AcuDetox, and the patients for allowing us to be a part of their journey!