To: Chair Nosse and all the members of the House Committee On Behavioral Health and Health Care
Re: Support HB 2143
Date: Jan. 30, 2025

Latino Network was founded in 1996 by advocates for the needs of the growing Latinx community in Multnomah County. Since then, these grassroots beginnings have evolved into a continuum of services that support Latinx individuals, families, and communities. Our programs currently focus on education, advocacy & leadership, health & wellness, economic justice, youth empowerment & violence prevention, and arts & culture, engaging nearly 11,000 community members throughout Multnomah, Clackamas, and Washington Counties in the last year. We are the leading culturally-specific provider for Latinx youth, parent, and family services in the Portland area with the goal of serving the nearly 19% of Oregon's population who identify as Latinx or Hispanic.

Latino Network currently provides direct services to youth and families in Senate Districts 13-15 and 19-25 and House Districts 25, 26, 28, 29, 37, 40 and 42-50.

Developed in the 70's in response to a heroin crisis in a poor and disenfranchised black community in the Bronx, the Five Needle Protocol (5NP), or the NADA (National Acupuncture Detoxification Association) Protocol, is a treatment that involves stimulating 5 acupuncture points on the outer ear using needles or ear seeds. Often called "acudetox," the same treatment protocol was effectively used after 911 to provide relief from trauma for firefighters, other first-responders, and survivors, for example. The calming effect is almost always immediate.

Benefits include, relief from stress and emotional trauma reduced cravings for drugs and alcohol. 5NPis accessible to all: people of color who have been disenfranchised or stigmatized by our current medical system; people who have experienced high levels of trauma; people who struggle with anxiety, depression, substance abuse; people with diverse cultural backgrounds.

Please support HB 2143, and vote yes to approve this needed policy change.

For questions: Mercedes Elizalde | Director of Advocacy | mercedes@latnet.org