

Evidence-based practices are a way to ensure that consumers receive appropriate treatments with the potential for the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a method for SCCMHA to ensure the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

CS Approved— March 2020



SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Auricular Acupuncture: NADA Protocol

An Evidence-Based Practice

What is the NADA Protocol?

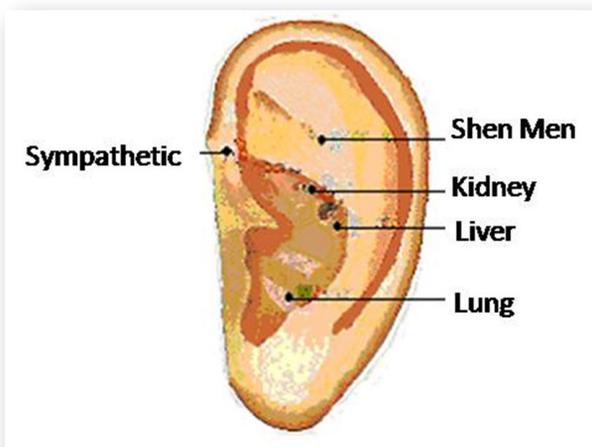
The NADA Protocol is a non-verbal approach to healing. NADA involves the gentle placement of up to five small, sterilized disposable needles into specific sites on each ear.

The recipients sit quietly in a group setting for 30-45 minutes allowing the treatment to take effect.

NADA ear acupuncture is an adjunct therapy which is clinically effective, cost-efficient, drug-free and compatible cross-culturally.

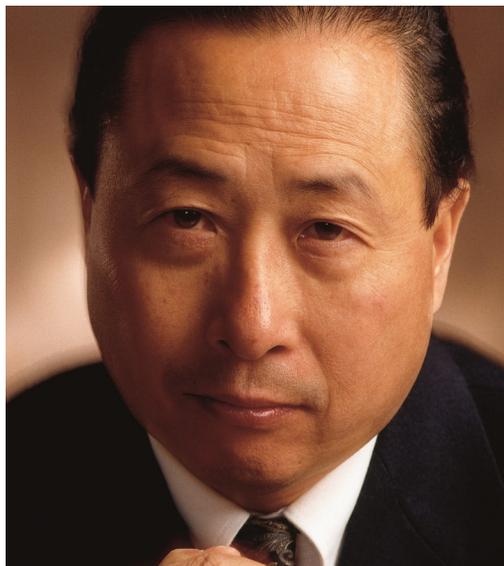
The combined application of acupuncture with counseling, education, medical support and self-help groups such as AA and NA enhance opportunities for success.

NADA is for adults with serious mental illness and/or co-occurring substance use disorder.



Benefits of NADA

- Reduced cravings for alcohol and drugs, including nicotine
- Minimized withdrawal symptoms
- Increased calmness, better sleep, and less agitation
- Relief from stress and emotional trauma
- An easier connection with counseling
- A discovery of inner quiet and strength



For More Information

Discuss NADA eligibility with your current treatment provider or contact Saginaw County Community Mental Health Authority's Centralized Access and Intake Unit (CAI) at (989) 797-3559.