

INNOVATIVE ACUDETOX TREATMENT AT DAPL

DAPL provides a complimentary service in which Acudetox (Ear Acupuncture Detoxification Treatment) is offered to interested DAPL clients, this complementary therapy is specifically geared towards any form of addiction. Linda Gardner and Barbara Haig, two of DAPL's Adult Services team members completed training as Acudetox practitioners through NADA (National Acupuncture Detoxification Association) and hold their accreditation certificate and membership. This training was initiated by the DAPL staff, in response to the evolving drug trends in the area. The aim being to compliment other treatment options and enhance client choice. This may be particularly relevant to the increase in Cocaine users in Fife who currently have very little in the way of treatment options due to the nature of the drug.

Acudetox is based on a combination of ear acupuncture points which was first introduced by a Doctor offering drug treatment at Lincoln Hospital in New York. . This treatment has been shown to be clinically effective in treating symptoms of addictions, helping to reduce cravings and withdrawals; headaches, body aches, sweats, anxiety, sleep disturbances etc. It is believed the treatment helps turn back on the production system of the body's "feel good" chemicals such as dopamine and endorphins, which become depleted / switched off by the more chronic use of drugs/alcohol. Acudetox can be useful at any level of substance misuse including harm reduction as it does not require abstinence to be effective.

The procedure itself is very relaxing and has a calming effect on participants. It is provided in a small group setting and involves the gentle placement of 5 small sterile, single use disposable needles into specific acupuncture points on both ears. The clients then relax for up to 45 minutes with the points being stimulated by the needles then these are removed and a herbal detox or relaxation tea is offered. The sessions are on-going and on a weekly basis, effects of treatment being accumulative. Through evaluating participants response to treatment there is noticeably good attendance levels from the groups. Participants have responded by comments mostly on their increase in relaxation, mental clarity and focus, self-esteem and general well being.

Substance misuse and dependency are complex issues requiring responsive, creative approaches to treatment. DAPL has always been a dynamic project, encouraging new ideas which contribute to the choice and holistic treatment of its clients;