

## **Clinical Advantages That Can Lead to Reduced Costs**

### **For Programs:**

- Low cost of service delivery, if performed by behavioral health staff as part of their job.
- Retention and completion of addiction tx programs increased by 30-50%.
  - The longer retained in a program, the higher the rates of success.
  - Cheaper to admit one person who completes the program than to treat several who do not. This is cheaper and most effective when administered in groups.
- Reduction of medication requests during and after detox.
- Excellent relapse prevention tool; barrier-free access means is an available bridge when stressful times occur, or for those who have relapsed, minimizing the impact of to be expected relapses.
- Reduction of anger, aggression and conflict. This is especially true in jail settings.
- Calmer treatment sites. Lower staff turnover and sick leave.

### **Impact on Clients that result in cost savings:**

- Clients more easily internalize chemical dependency, HIV and Hep C information and education—more willingness to engage in treatment and other needed health services.
- Depression, anxiety, insomnia and chronic pain reduction leading to increased capacity to cope, restoring hope, and ability to maintain a responsible life.
- Take steps to deal more adequately with chronic health problems. For ex: some studies show acupuncture treatment bringing more energy, more endurance during exercise, and faster recovery time, reduction of high blood pressure and promising results in stabilizing blood sugar.
- Longer rates of abstinence after program completion.

### **For those suffering from chronic mental illness/addiction:**

- Stabilization of chronically mentally ill/chemically dependent leading to fewer hospitalizations.
- If consistently available, reduced doses of necessary medication.
- Reduced side effects of necessary medications result in higher compliance with medication. Medication compliance yields more stability and fewer crises, utilizing less assistance from public resources. More stable families result in less foster care.

“Since 2005 I have had the opportunity to see for myself the effects of Acudetox method of acupuncture on first responders in Louisiana. Doing CISM and outreach to first responders after disasters is incredibly difficult to do, but with acupuncture I have seen first responders be still and quiet for a short period to relax for a change. During this we have an open window of opportunity to get first responders back on track with their objectives they are assigned to do. We found better sleep and less frustration as a result of acupuncture with first responders. In a real true effort I would love to see the acupuncturist model on a national basis to outreach to first responders. I see less suicides, divorce rates, addictive disorders and abuse as a result of working together.”

**Danny Adams, First Responder Peer Counselor Coordinator for the State of Louisiana, post-hurricanes and Gulf Oil Spill**

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