



Extension
UtahStateUniversity



HEALTH EXTENSION
Advocacy. Research. Teaching.

HEART Initiative

July 2021 - December 2022

extension.usu.edu/heart

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Visit our Directory for
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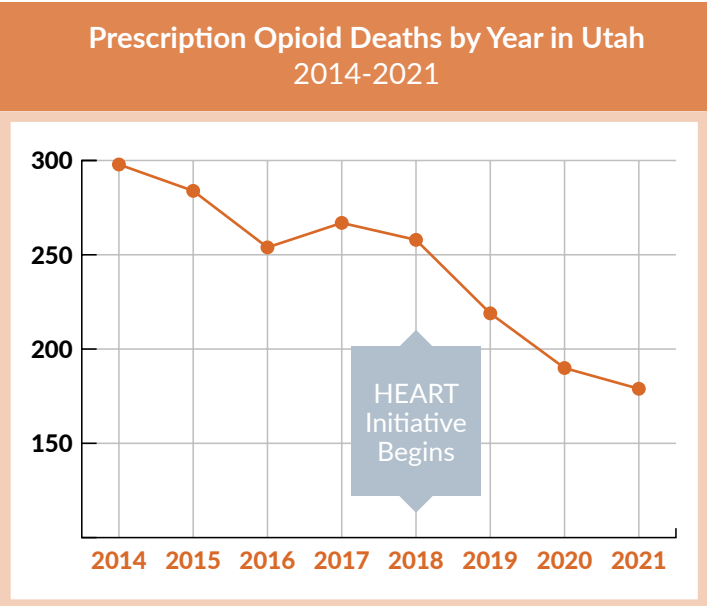
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The Opioid Overdose Epidemic in Utah

Opioid Use Disorder

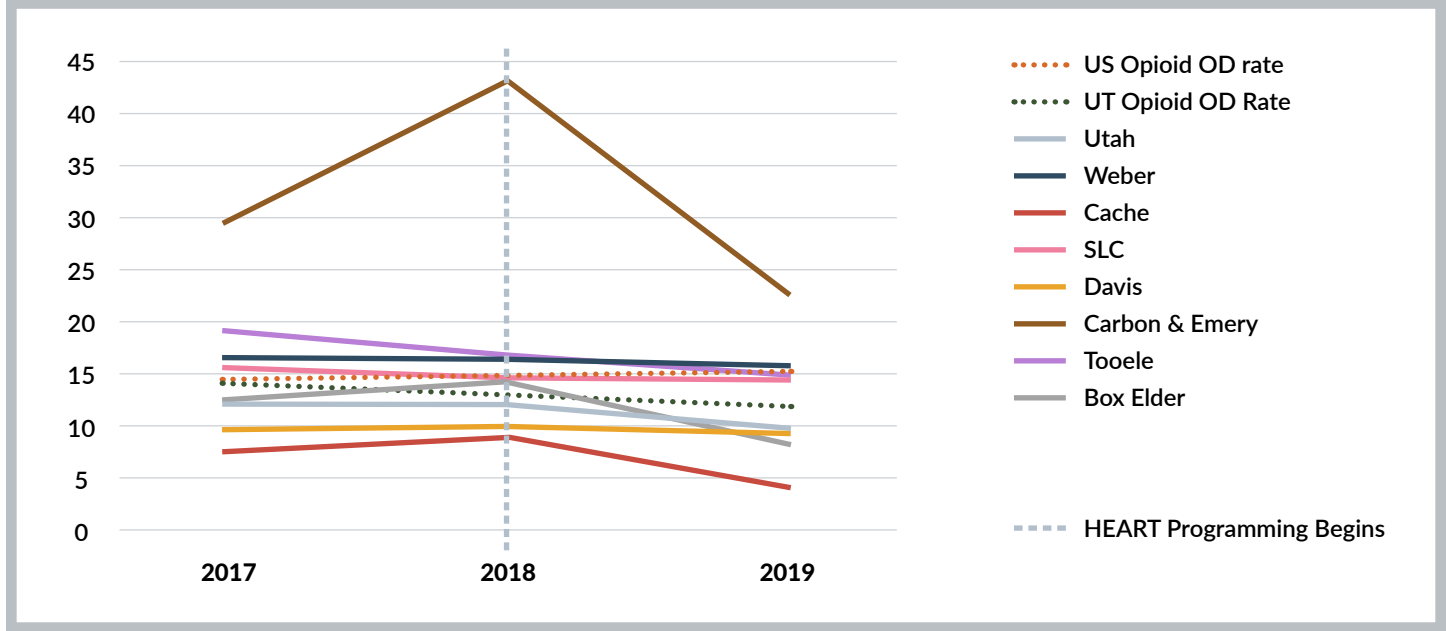
According to the Utah Department of Health (UDOH), **8 out of 10 adult overdose deaths each week were due to opioids in 2019 and 4 of those were specifically due to prescription opioids** (UDOH IBIS, 2021). In 2020, the COVID-19 pandemic created additional challenges, including increases in opioid-related deaths due to fentanyl. Deaths involving fentanyl more than doubled from 2019-2020 (Utah Drug Monitoring Initiative, 2021). **Yet, prescription opioids still remained the biggest culprit in overdose deaths, at almost 40% in 2020** (UDMI, 2021). The detrimental impacts of the opioid overdose epidemic require the prioritization and direction of resources to address the problem in each community.

~290 Americans died each day in 2021 from substance-related overdose and ¾ involved opioids (National Institute on Drug Abuse [NIDA], 2023).



Utah Department of Health. (2023). Health indicator report of drug overdose and poisoning incidents. Retrieved May 23, 2023, from <https://ibis.health.utah.gov/ibisph-view/indicator/view/PoiDth.Opi.html>

Crude Opioid Overdose Death Rates per 100,000 Population, 2017-2019 (IBIS)



Note: Crude death rate, Carbon and Emery data is aggregated to improve reliability of estimate due to small population size. Deaths Per 100,000 Population

Utah data was retrieved October 5, 2021, from the Utah Department of Health, Indicator-Based Information System for Public Health website: <http://ibis.health.utah.gov>. United States data was retrieved October 5, 2021, from the Centers for Disease Control and Prevention, Overdose Death Rates Involving Opioids, by Type, U.S. 1999-2019, website: <https://www.cdc.gov/drug-overdose/data/OD-deaths-2019.html>.

What is the HEART Initiative?

In July 2018, Utah State University Extension implemented a cutting-edge program with a multidisciplinary five faculty team focused on health and wellness, and to specifically address the opioid overdose epidemic in counties with high need. Due to early successes, in late 2021 the HEART Initiative expanded to include all interested faculty at USU Extension to recognize their substance use prevention efforts and bolster positive impacts in additional communities.

What Do We Do?

HEART brings unique academic resources into the community, partnering locally, regionally, and nationally to address the opioid overdose epidemic and other pressing public health issues. Additionally, HEART focuses on related health and wellness topics, including suicide prevention, substance use prevention, mental and emotional health education, and other topics depending on identified local needs.

How Do We Do It?

HEART partners with health departments, research experts, community coalitions, and other key stakeholders to coordinate on-the-ground efforts that advance evidence-based information, community-based solutions, and multi-sector partnerships based on a strategic plan that identifies four main categories.



Prevention
and Education



Stigma Reduction
& Harm Reduction



Strengthening
Community Ties



Resilience
Building

“By helping someone else it gets me out of my own problems and not only made me feel good but the other people were happy.”
- EveryDay Strong Participant

“We are proud of the impacts the HEART team is having in Utah communities and excited about the future and continuing these life-saving efforts.” -Kenneth L. White, Ph.D.

HEART'S Four Objectives



Prevention and Education



- Supporting education in schools in partnership with evidence-based programming.
- Collaborating on suicide prevention and education.
- Supporting drug-take back and safe use of prescription medication programs.
- Example: **Be Epic, Escape the Vape Program**



Stigma Reduction and Harm Reduction



- Collecting storytelling and narratives from persons in recovery, individuals actively using substances, and family members to change views on stereotypes and reduce stigma.
- Providing education to individuals, groups, the public, and key stakeholders. Supporting suicide prevention, education, and coping related to opioid and substance use.
- Providing education, information, and harm reduction skills to communities (e.g., supporting naloxone use and awareness, etc.).
- Providing stigma and harm reduction education to first responders to improve their ability to provide care to people with substance use and mental health disorders
- Training Certified Peer Support Specialists with lived experience to assist people with substance use disorders
- Examples: Bi-Annual Prescription Take Back Day Events; Naloxone Trainings; Neonatal Abstinence Syndrome Awareness Community Events



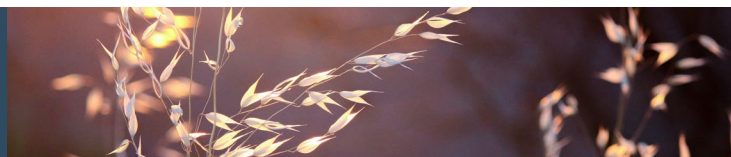
Strengthening Community Ties



- Connecting, establishing, and supporting coalition partnerships
- Engaging key stakeholders and community collaborators to ensure the community voice guides all HEART outputs and projects.
- Employing service mapping to address gaps in service provision and fostering community accessibility
- Examples: The Carbon & Emery Opioid & Substance Use Coalition; the Tooele Opioid Response Network; Box Elder Safe Community Coalition



Resilience Building



- Partnering to build emotional and physical resilience through strength-based programming, engendering a greater capacity to deal with struggles.
- Promoting and strengthening resilience through evidence-based practice.
- Examples: Living Well Self-Management Programs; PEACE (Pain Education and Community Empathy) Education and Support Groups

Statewide Program Highlights



2022 A Light to Remember

Four free, community events in Utah counties across the state (Tooele, Salt Lake, Carbon, Emery, and Duchesne Counties) provided an opportunity to honor and show community support for hope, healing, and recovery. Through multiple community partnerships, there were hundreds of people in attendance and lives impacted by luminary remembrance celebrations for those lost to overdose. In addition, Naloxone trainings for temporary emergency overdose reversal occurred, resources were available, and communities came together for support.



242
Individuals Trained on
Narcan Education



184
Narcan Kits
Distributed

"I am more comfortable using naloxone (Narcan) in an overdose emergency."
- Recovery Day 2022 Participant

"This is one of the best coalition collaboratives that we have had the privilege to join." - Carbon & Emery Opioid & Substance Use Coalition Member

Living Well Self-Management Programs

The Stanford-based Living Well Self-Management Programs were developed to teach participants evidence-based strategies to help them manage their chronic conditions and chronic pain. USU extension faculty trained to facilitate these classes increased from one in 2020 to six in 2022.



2 programs



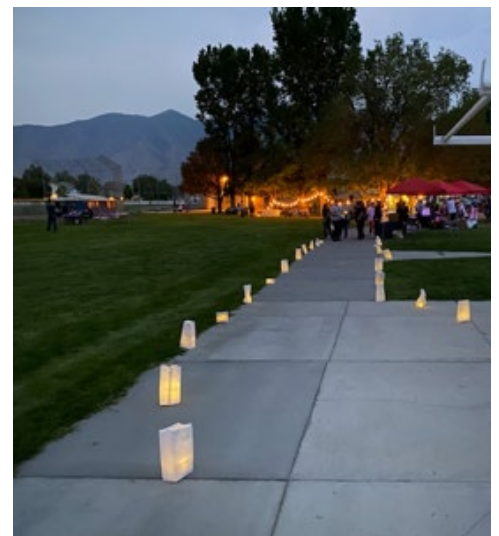
6-week series



9 participants

Participants who completed a post program evaluation reported:

- Improved **skills**
- Increased **confidence** in managing their condition
- Improved **outlook** on life and engagements in activities of daily living.



"I feel more confident I can manage my pain."
- Living Well With Chronic Pain Participant

"You are saving lives, thank you."
-Level Up Summer Program Participant

HEART'S Online Presence

Social Media

HEART shares news, upcoming events, happenings in the community, and helpful health and wellness information related to the HEART team via Facebook, Instagram, and Twitter. These social media pages were created at the end of March 2019, and HEART maintains a strong presence on each platform. A YouTube playlist was added in 2021 which features HEART Bunch videos and other educational content about a variety of HEART-related topics. Through these platforms, HEART hopes to engage with the community in a positive way and contribute helpful insights and resources.

TWITTER
USUHeart
@usuHEART

INSTAGRAM
USU Extension HEART
@usuextension_heart

FACEBOOK
USU Extension - HEART
@usuHEART

YOUTUBE
USU HEART
@USUHEART

	TWITTER	FACEBOOK	INSTAGRAM
REACH	114,104	13,441	20,997
NEW PAGE LIKES	211	16	128
POST ENGAGEMENTS	3,698	261	1,537
TOTAL	118,013	13,718	22,662

Heart Beat Newsletter

The HEART Beat

HEALTH EXTENSION
Advocacy, Research, Teaching

Extension
UtahStateUniversity.

Join Our Mailing List!

Want more information on our upcoming events? Sign up to receive our monthly newsletter!

Email Address

Subscribe

The monthly HEART Beat Newsletter promotes health and wellness, focusing on the opioid overdose epidemic and emphasizes community awareness of resources, events, and emerging issues.

Website

UtahStateUniversity | HEART Extension

Impacts News Community Events Resources Research Directory SIGN UP

HEART

What is the HEART Initiative?

The Health Extension: Advocacy, Research, and Teaching Initiative, also known as HEART is a new pilot initiative through Utah State University Extension. This cutting-edge, 4-year pilot program is aligned with National Cooperative Extension's recently instituted essential focus area in health and wellness. HEART serves as a model of how Extension can join community partners to better address the health and wellness needs in our state. HEART brings unique academic resources into the community, partnering locally and nationally to address the opioid epidemic and other pressing public health issues.

Stigma Reduction and Harm Reduction | Strengthening Community Ties | Prevention and Education | Resilience Building

HEART Team Research

HEALTH EXTENSION
Advocacy, Research, Teaching

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The HEART website provides resources and information to the communities in which we serve. The website includes relevant information that promotes health and wellness and shares the impacts of the HEART initiative, news, upcoming events, community engagement opportunities, current research, and additional resources supporting the opioid overdose epidemic and other pressing public health issues.

July 2021-December 2022 Successes


55
Total Publications
Authored


52
Scholarly
Presentations Offered


25
Total Awards
Received


\$4,301,182
in Grant Funding
Acquired


205
Collaborative
Partners


71
Virtual Programs
Taught


176
In-Person
Programs Taught


247
Total Programs
Taught


533
Lessons
Taught


14
Events
Held


999
Naloxone Kits
Distributed

"I wanted to tell you that your presentation for opioids was the best regarding stigma that I've ever seen."
-Opioid Education Dinner Series, 2022 Participant

 **Person-First Language**
Shows Respect, Removes Blame, and Recognizes Alternative Perspectives

addict/addiction/dirty	a person with substance use disorder
former addict/getting clean	a person in recovery
clean/sober	substance free
drug abuser	a person with a substance use disorder/ a person with opioid use disorder
opioid replacement/opioid management	medication-assisted treatment
treatment is the goal	treatment is one path to recovery
relapse	recurrence/return to substance use

Learn more: extension.usu.edu/heart

Best of State



The HEART Initiative and Mental Health Initiative were co-recipients of the Best of State Award in 2022 for Mental Health Education.

Note: The accomplishments and totals listed are conservative numbers reflected by the 5 HEART faculty who contributed data to this reporting period. Impacts of the expanded HEART Initiative continue to grow and will be reflected throughout Utah in the communities in which we serve.