



HEALTH EXTENSION
Advocacy. Research. Teaching.

HEART

Health Extension: Advocacy, Research, & Teaching

2019-2020

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HEALTH EXTENSION
Advocacy. Research. Teaching.

Prevention and Education	Stigma Reduction	Strengthening Community Ties	Harm Reduction

The HEART Initiative has completed its second year of a cutting-edge, 4-year pilot program which serves as a model of how Utah State University Extension partners with local entities to better address the health and wellness needs in our state.

The HEART team continued their efforts in bringing unique academic resources into communities, partnering locally and nationally to address the opioid crisis and other pressing public health issues. HEART is a partner with health departments, research experts, community coalitions, and other key stakeholders to coordinate on-the-ground efforts that advance information, solutions, and partnerships. HEART is based on a strategic plan of four pillars: Prevention and Education, Stigma Reduction, Strengthening Community Ties, and Harm Reduction. Below you will find examples of HEART programs that are based on these pillars.

Sincerely, The USU Extension HEART team

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Prevention and Education



Image from Leap With HOPE Suicide Prevention Festival in February 2020; pictured are Carbon County 4-H Coordinator DeLayna Barr along with HEART Faculty member Ashley Yauger



total participants attended in total and received



hours of pain education and support

All respondents said they were

VERY SATISFIED

with the course

"Walking more, happier, helped my confidence level."

"This class has given me a push, I needed this."



Stigma Reduction

HEART faculty, in collaboration with faculty from the USU Department of Psychology, were awarded over \$250,000 by the Utah Department of Health's Overdose Data to Action (OD2A) grant to address stigma against opioid use disorder (OUD) treatment. Three areas (Carbon County, Emery County, and downtown Ogden) identified as state "hot spots" for overdose deaths are the focus of the program. Starting next year, the project will begin implementing and evaluating the evidence-based stigma reduction curriculum at eight free community events held throughout these areas.

The goal of the program is for community members to gain knowledge and awareness about opioid use disorder and available local resources that will promote empathy to reduce stigma associated with opioid use disorder and its treatment. HEART faculty are eager to continue to develop and provide this information to our communities, and we look forward to the many future impacts resulting from this project!



HEART poster presentation at the 2020 USU Extension Annual Conference

Americans often feel that the goal of pain management is 100% pain relief. This belief combined with prescribing practices may result in long-term use of opioids for pain management and may expose patients to increased health risks. Opioids may not be the best or most effective option for pain management for every person and health concern.

Using the evidence-based Living Well with Chronic Pain, a free community workshop series produced by Stanford researchers, HEART faculty conducted a workshop series in person and online. With topics on gentle exercise, action plans, healthcare community, and relaxation, among others, the workshop provides alternative pain management options to community members so that opioids are not their only source of pain relief.



Strengthening Community Ties



January 2020 Emery County Community Education Event, Castle Dale, UT

Served over



participants



Distributed over 1,400 copies of the compiled Recovery Resources Book

Exceeded **80%** goal of behavioral and psychological change in the **133** surveys returned

94% Strongly Agree/Agree

More knowledgeable about prevention and treatment strategies for opioid misuse.

92% Strongly Agree/Agree

More confident finding and using community resources on opioid misuse when needed.

87% Strongly Agree/Agree

More accepting and understanding perceptions of opioid treatment.

86% Strongly Agree/Agree

More likely to step in as a first responder during a medical emergency (Naloxone).



Harm Reduction

Harm reduction is a set of strategies and ideas to reduce the negative consequences of substance use, since completely abstaining isn't always realistic, and people who use substances have rights and deserve respect. It includes providing evidence-based programming in collaboration with other Extension professionals, key stakeholders, and community members in Narcan® training, medication-assisted treatment use, opioid and suicide prevention education, stigma awareness, and more.



Under the direction of project directors Sandra Sulzer, Ph.D., and Suzanne Prevedel of USU and USU Extension, HEART faculty partnered with the Tribal and Rural Opioid Initiative, other agencies, and community members to collaboratively plan, organize, present, and evaluate the 3-day Rural Opioid Health and Wellness Summit in July 2019. Many trainings and learning opportunities for community members and professionals were provided such as naloxone trainings, a legal panel, youth education, stigma reduction education, suicide prevention education, stories of recovery and hope, and much more. In 2020, an Intertribal Summit will be held and planned through collaboration with Lead Summit Organizer, Michelle Chapoose.

Number of event attendees



Event details



2 Harm Reduction Group Series in 2019-20



To better address communities' needs, HEART will combine Stigma Reduction and Harm Reduction into one pillar. Moving forward, Resilience Building will be the fourth pillar to focus and drive the work and programming of HEART. We are excited for the added benefits it will add to our communities.

Significant Accomplishments of the HEART Initiative in 2019-2020



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