



# HEART

## Health Extension: Advocacy, Research, & Teaching

HEALTH EXTENSION  
Advocacy. Research. Teaching.

2020-2021

[extension.usu.edu/heart](http://extension.usu.edu/heart)



**The HEART Initiative, which has completed its third year, 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.**

<b>Prevention and Education</b>	<b>Stigma Reduction &amp; Harm Reduction</b>	<b>Strengthening Community Ties</b>	<b>Resilience Building</b>

The HEART team continued their efforts to bring unique academic resources into communities, partnering locally and nationally to address the opioid crisis and other pressing public health issues. HEART partners 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 & Harm Reduction, Strengthening Community Ties, and Resilience Building. 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

Utah State University Extension received a PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience) Grant from Iowa State University Extension (ISUE) to strengthen families using evidence-based programs to reduce risky youth behaviors and enhance positive youth development. A USU Extension, community, health department, and school partnership was formed. As part of the grant, SFP (Strengthening Families Program) 10-14 was presented in Brigham City's Adele C. Young Intermediate School. Over 20 weeks, a team of ISUE trained facilitators provided 21 sessions with 92 parents and youth (32 families), and 13 community members participating in the unexpectedly successful program during COVID-19.

92

parents and youth

32

families

13

community members



PROSPER SFP 10-14 facilitators from left to right; Tamra Larsen ACYI Counselor, Megan Bushnell Principal of Discovery Elementary, and Jenny Schulze Director of the Northern Utah Boys and Girls Club.



# Stigma Reduction & Harm Reduction

The Opioid Education Dinners provide knowledge, understanding, and awareness of resources in local areas to share. This improves treatment access, creating an improved social climate, which is supportive of people with OUD, and improving the social safety net for everyone in these communities.

Between May 2021 and Feb 2022, the stigma reduction curriculum is being presented at eight free community events throughout these identified "hot spot" communities. Through our key local collaboration partners, HEART will reach those experiencing OUD, family, friends, and community members. Two events were held in May 2021, with Carbon County residents (38 attendees) and Weber County residents (32 attendees).



481 total resource books distributed

70

participants attended



Images reflect flyers posted on Facebook, Twitter, and Instagram to promote the Opioid Education Dinners in Weber and Carbon counties.

## Overall ratings include:

My perceptions of OUD are more accepting and understanding.	4.29/5 (Carbon) 4.17/5 (Weber)
I am more confident finding and utilizing community resources on OUD.	4.26/5 (Carbon) 4.28/5 (Weber)

**"I started seeing myself in a different light."**

– Opioid Education Dinner attendee



# Strengthening Community Ties



Sunset at the Sober Tailgate Party



**\$500,000**  
Funding Granted

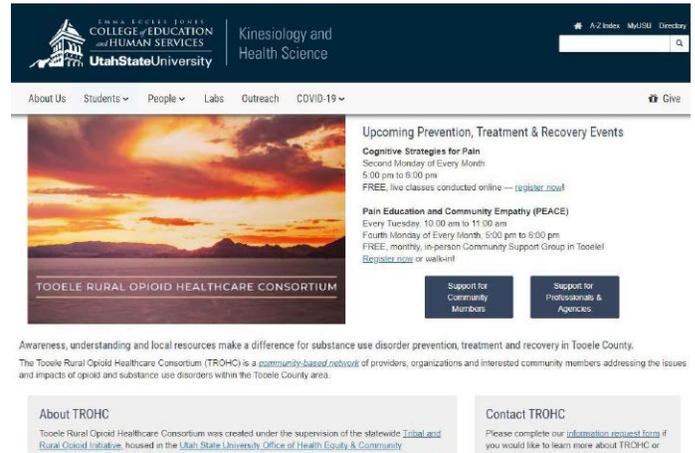


**1,200**  
Naloxone Kits



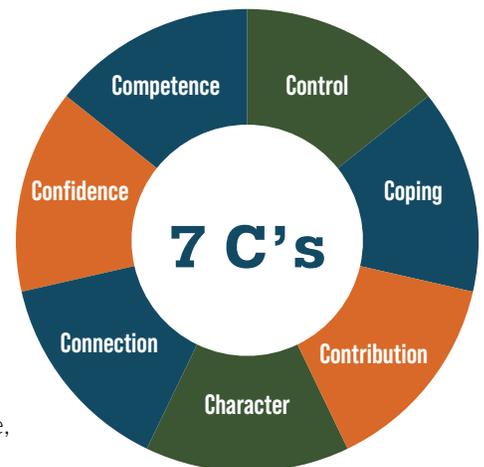
**395**  
Attendees at the  
Sober Tailgate Party

Working closely with the Tooele community has resulted in numerous impacts that only happen through collaboration. HEART faculty founded the Tooele Rural Opioid Healthcare Consortium (TROHC) and with that collaborative approach, brought an additional half million dollars in funding to the county since last year. Under the new HRSA grant and the prior million-dollar HRSA grant, the TROHC has built a website to provide community education, created social media campaigns, conducted professional and community member trainings, and hosted multiple community recovery events. The Light to Remember event in September 2020 increased attendance from prior years by over 200%. TROHC helped sponsor a Sober Tailgate party at the local drive-in movie theater with 395 attendees, and hosted a prevention fair prior to the movie that provided local agencies across to the county a chance to share their resources and prevention programming. The TROHC has been instrumental in bringing naloxone kits to jail residents, a population with 10x the risk of overdose when they leave incarceration. The TROHC obtained 1,200 naloxone kits to distribute to the county and jail residents in 2020 and 2021.



# Resilience Building

In Utah County, faculty and a health/wellness intern provided a resilience workshop at a statewide 4-H Classic event which provided professional development to youth and adults enrolled in the Utah 4-H Youth Development Program. 4-H Classic workshops provide skill development and activity ideas that can be utilized with other youth in clubs and mentoring programs. The concept of resilience was taught using an "Adulting" activity, which involved groups working together to clean stains from carpet and wood flooring using specific recipes made with safe products (i.e., dish soap, salt, baking soda). The youth had to work together to choose the correct cleaning recipe, create it correctly, and clean the items in a limited amount of time. It was followed by a discussion about resilience using the 7 C's (Ginsburg, 2011) and how the concepts learned in the activity reinforced the 7 C's in themselves and in how they mentor other youth to help them develop resilience.



Of those who attended: 100% reported successfully completing the activity.



75% reported that they could take the resilience concepts and apply them in conversations with youth.

To better address community needs, HEART combined the Stigma Reduction and Harm Reduction pillars. Resilience Building the fourth pillar that focuses and drives the work and programming of HEART. We are excited for the added benefits that this brings to our communities.

## Significant Accomplishments of the HEART Initiative in 2020-2021



*\*HEART funding totals include collaborative efforts and funding sources; level of involvement can vary in the grant dollars reported.*

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