



HEALTH EXTENSION  
Advocacy. Research. Teaching.

# HEART

## Health, Extension: Advocacy, Research, & Teaching

Annual Report 2020-2021

[EXTENSION.USU.EDU/HEART](https://extension.usu.edu/heart)



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## A special thank you to those who have since left HEART but were influential during the 2020-2021 year:

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### 2020-2021 Health & Wellness Coordinators

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Kaitlin Slade (*Cache & Box Elder*)  
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Visit our Directory for additional information:  
[extension.usu.edu/heart/directory](https://extension.usu.edu/heart/directory).

Your valuable time and efforts helped us make important impacts this past year!

# Letter From the Associate Vice President of USU Extension

Greetings,

The Utah State University Health Extension: Advocacy, Research, & Teaching (HEART) Initiative has completed its third year of a cutting-edge program, aligned with National Cooperative Extension's focus on health and wellness. The HEART Initiative focusing on four key pillars —prevention and education, stigma reduction and harm reduction, strengthening community ties, and resilience building —has proven to be successful in addressing the current opioid crisis and other pressing public health issues in our state.

Over the last year, the HEART Initiative has conducted several successful programs and events aimed at providing information and resources pertaining to the current opioid epidemic. Some new programs this year include training certified peer support specialists, the BE-EPICE & Grand youth program targeting e-cigarette and vape prevention, Resilience Riders, PROSPER, and many others. In addition, HEART Initiative members implemented 38 different wellness programs, authored three peer-reviewed journal articles, produced 14 peer-reviewed Extension fact sheets, and collectively received over \$6 million in state, federal, and internal funding for programming in the past year.

As you browse through the attached 2020-2021 report, you will learn about the HEART Initiative and how we are providing incredible resources to promote health and healing. Additionally, you will find information about a new HEART pillar that was introduced this year: resilience building. At Utah State University our mission of building knowledge and improving lives is paramount as is serving the state with identified needs such as opioid harm reduction. 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.

Best,



**Kenneth L. White, Ph.D.**

*Vice President of USU Extension*

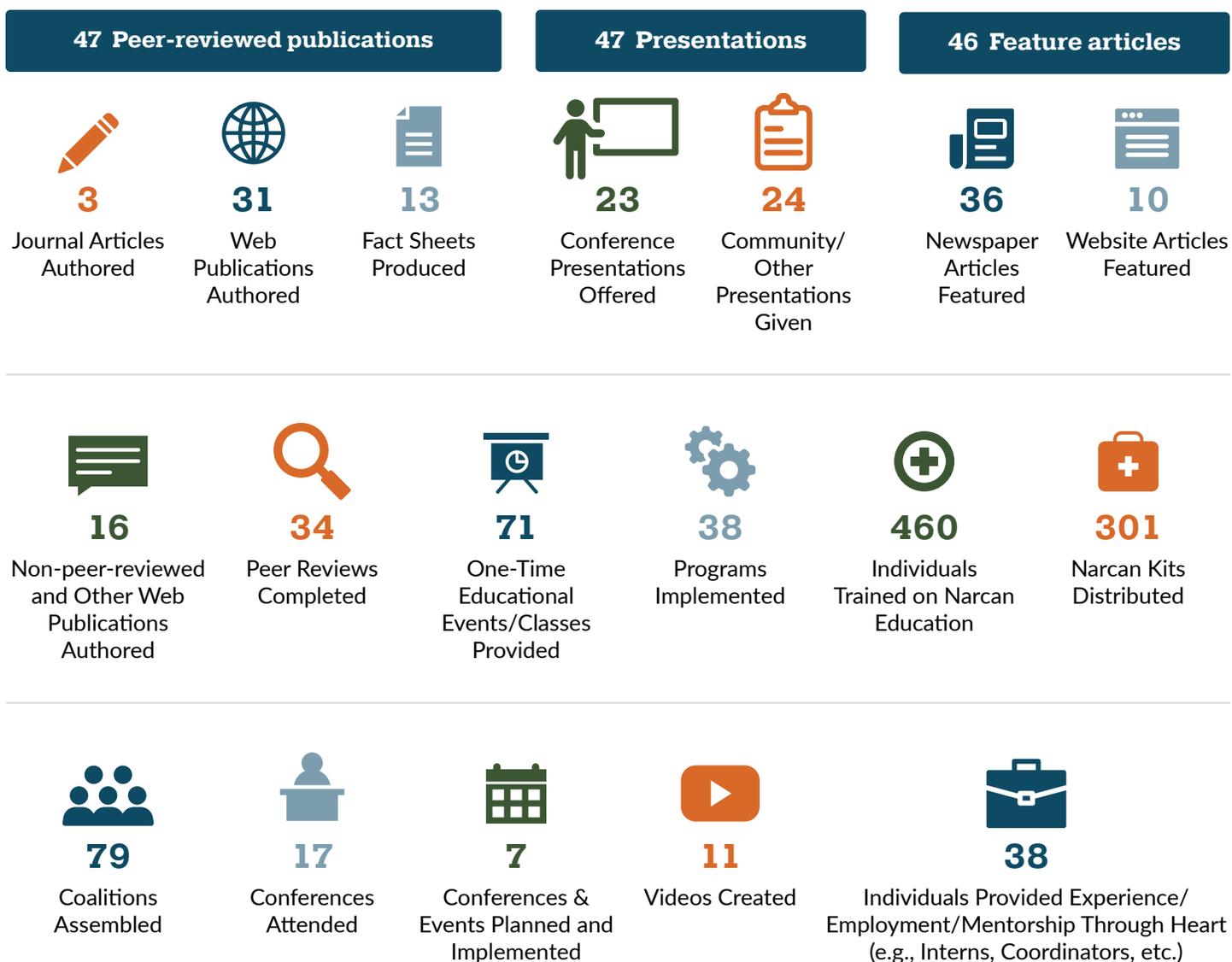
*Dean of the College of Agriculture and Applied Science*

# Letter From the Coordinator

Dear Friends,

Thank you for your support in making the third year of the Utah State University Health Extension: Advocacy, Research, & Teaching Initiative (HEART), a continued success. Our third year spanned from July 1, 2020 to June 30, 2021. The third year of this diverse, multidisciplinary team built upon and continued previous efforts to promote the health and wellness of Utahns. Particularly, efforts focused on addressing the current public health opioid and mental health crises in our nine counties and throughout the state, using a community guided, comprehensive approach. The team has done an amazing job creating impacts in our four identified areas of need: (1) prevention and education, (2) stigma and harm reduction, (3) strengthening community ties, and (4) resilience building.

This report provides an overview of selected HEART programming and provides our readers with a comprehensive overview of the HEART Initiative purpose, our targeted areas, as well as this year's outcomes and impacts. Some of the highlights from this year include:



74 Media outreach and features



2

Outreach Ads



14

Radio Ads



60

Other Publications and Mentions



\$598,456

State Funding Acquired



\$69,503

Internal/Extension Funding Acquired



\$5,640,926

Federal Funding Acquired



\$50,575

in-kind Donations/Scholarships Granted

Funding acquired: \$6,359,660



The HEART Initiative continues to be a key asset in addressing local health and wellness needs throughout Utah. Our focus on public health crises and the opioid epidemic has helped citizens across the state, including both rural and urban counties, that have been hit hard by these crises. HEART provided education, community programming, strengthened community ties, built resilience during the COVID-19 pandemic, and much more during this year. We thank you for being a part of our efforts and for your collaboration. We look forward to continuing to serve the health and wellness needs of the state with a focus on pressing public health issues, including continuing to reduce the opioid and mental health crises we are facing. We are eager to expand collaborative efforts across the state and bring additional programming, funding, and support to our communities in the coming years.

Sincerely,

*Ashley Yaughner*

**Ashley Yaughner, Ph.D.**

*Professional Practice Extension Assistant Professor of Health and Wellness*

*Health Extension: Advocacy, Research, & Teaching (HEART) Initiative Program Coordinator and Team Lead*

# About HEART

**The Health Extension: Advocacy, Research, & Teaching (HEART)** Initiative partners locally and nationally to address the opioid epidemic and other pressing public health issues. A team of five health and wellness faculty are housed in nine counties throughout the state of Utah where opioid use disorder (OUD) has had some of the most devastating effects. HEART seeks to coordinate on-the-ground efforts that advance evidence-based information, community-based solutions, and multi-sector partnerships.

## What is HEART?

In July 2018, Utah State University Extension implemented a cutting-edge program 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.

With available data, we can see that HEART is making a collaborative and collective impact in the state of Utah’s opioid epidemic. According to the CDC there was decrease of 11.1% in substance overdose deaths involving opioids between 2018-2019. The Utah Health Department shows 31 less deaths in 2019 compared to 2018.

### Changes in substance overdose death rates involving prescription opioids in Utah, 2018-2019

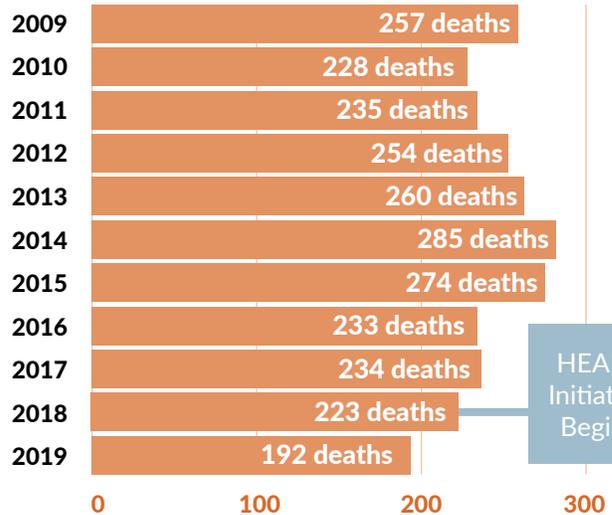
2018 Deaths: 306  
 2018 Rate: 10.5  
 2019 Deaths: 277  
 2019 Rate: 9.3

**-11.1%** Percent change in death rate from 2018 to 2019

**Reporting** Very Good to Excellent Reporting

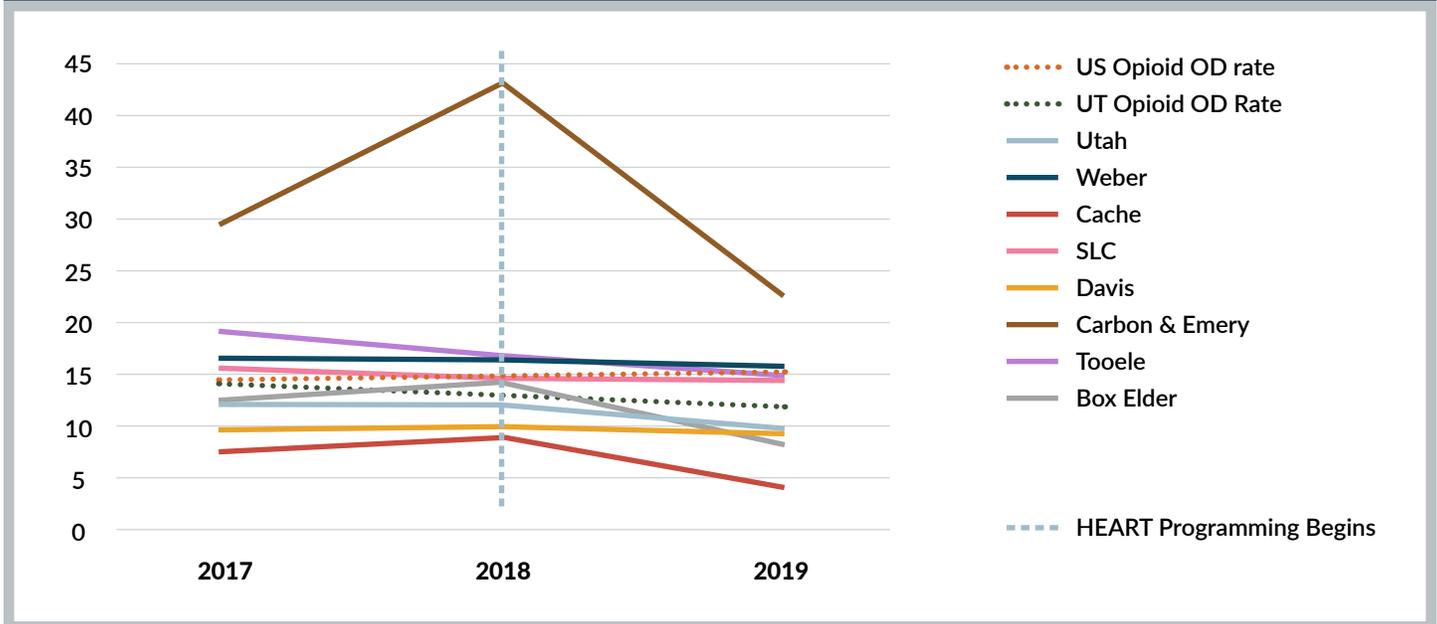
CDC Wonder. (2021). *Changes in drug overdose involving prescription opioids, Utah, 2018-2019*. Retrieved September 28, 2021

### Prescription Opioid Deaths by Year in Utah 2009-2019



Utah Department of Health. (2021). *Health indicator report of drug overdose and poisoning incidents*. Retrieved September 28, 2021, 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 does HEART do?

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

## Where is HEART located?

HEART serves all of Utah, and faculty are located in nine Utah counties where opioid use disorders have had some of the most devastating effects, including: Box Elder, Cache, Carbon, Davis, Emery, Salt Lake, Tooele, Utah, and Weber counties.

## Why focus on opioids, and why were these nine counties selected?

The opioid epidemic is a national crisis. Carbon and Emery counties have the highest rates of opioid overdose in Utah. Tooele, Weber, and Salt Lake counties have rates higher than the state and national rates. Utah, Box Elder, and Davis counties have rates higher than the national average.

## What are HEART's objectives?

HEART is partnering 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 identified four main categories.



### Prevention and Education



- Supporting evidence-based youth mentorship in partnership with 4-H.
- Supporting education in schools in partnership with evidence-based programming.
- Collaborating on suicide prevention and education.



### Stigma Reduction and Harm Reduction



- Collecting storytelling and narratives from persons in recovery, individuals actively using substances, and family members to share and spread awareness in hopes it can teach the public.
- Providing education to individuals, groups, public, and key stakeholders.
- Establishing mental health parity.
- Supporting suicide prevention, education, and coping related to opioid and substance use.
- Providing evidence-based programming in collaboration with other Extension professionals and key stakeholders.
- Providing education, information, and harm reduction skills to communities (e.g., supporting naloxone use and awareness, etc.).



### Strengthening Community Ties



- Connecting, establishing, and supporting coalition partnerships.
- Employing service mapping to address gaps in service provision and fostering community accessibility.
- Engaging key stakeholders and community collaborators to ensure the community voice guides all HEART outputs and projects.



### 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.

# Needs Assessment

HEART has continued their work in the nine previously identified counties in Utah where communities continue to be disproportionately affected by the opioid epidemic and thus have the greatest need for opioid prevention programming. To identify the needs and gaps, HEART faculty conducted needs assessments for each of these counties. An overview of each of these assessments is presented below. Opioid-related statistics are first presented for the state of Utah, then broken down by county where relevant county statistics and critical needs in resources and programming are identified.

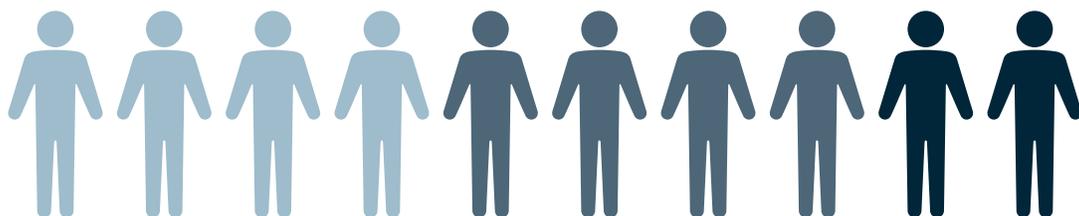


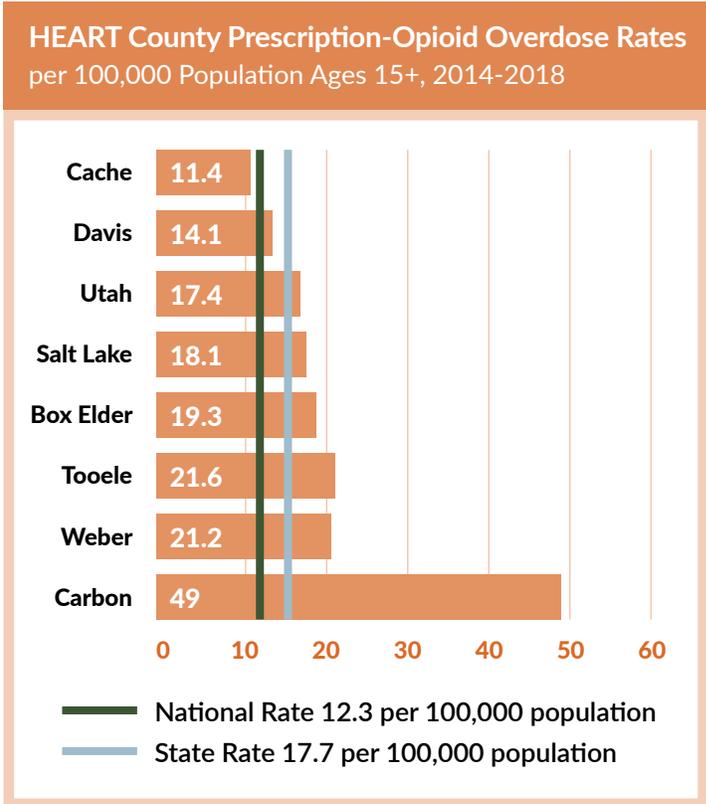
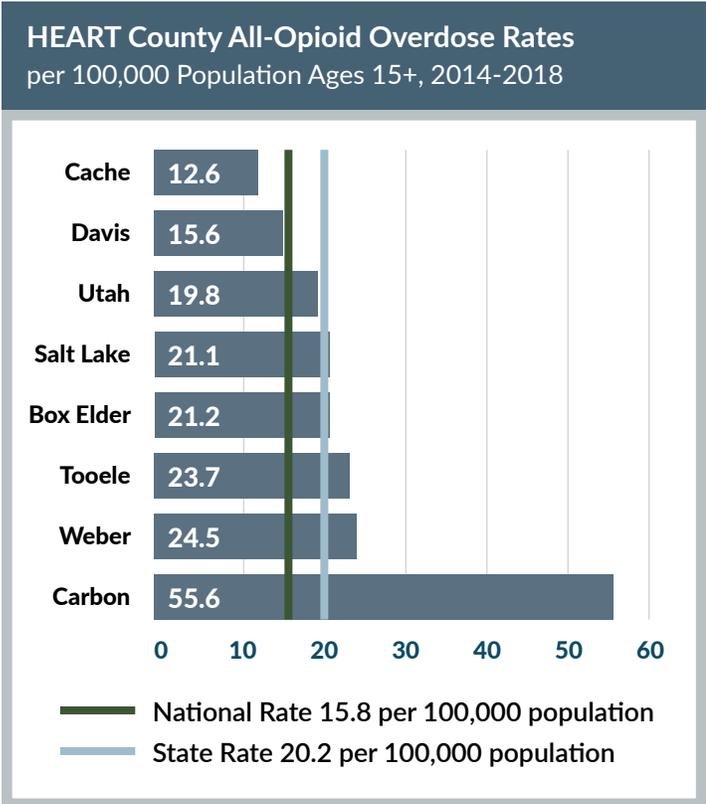
Dark green indicates where HEART faculty are located.

## State of Utah

The rates of opioid overdoses experienced in Utah have consistently been higher than the national average. 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 epidemic require the prioritization and direction of resources to address the problem in each community. The following data describe how the opioid epidemic has impacted the state of Utah.

**8 out of 10 overdose deaths are due to opioids,  
with 4 due to prescription opioids**

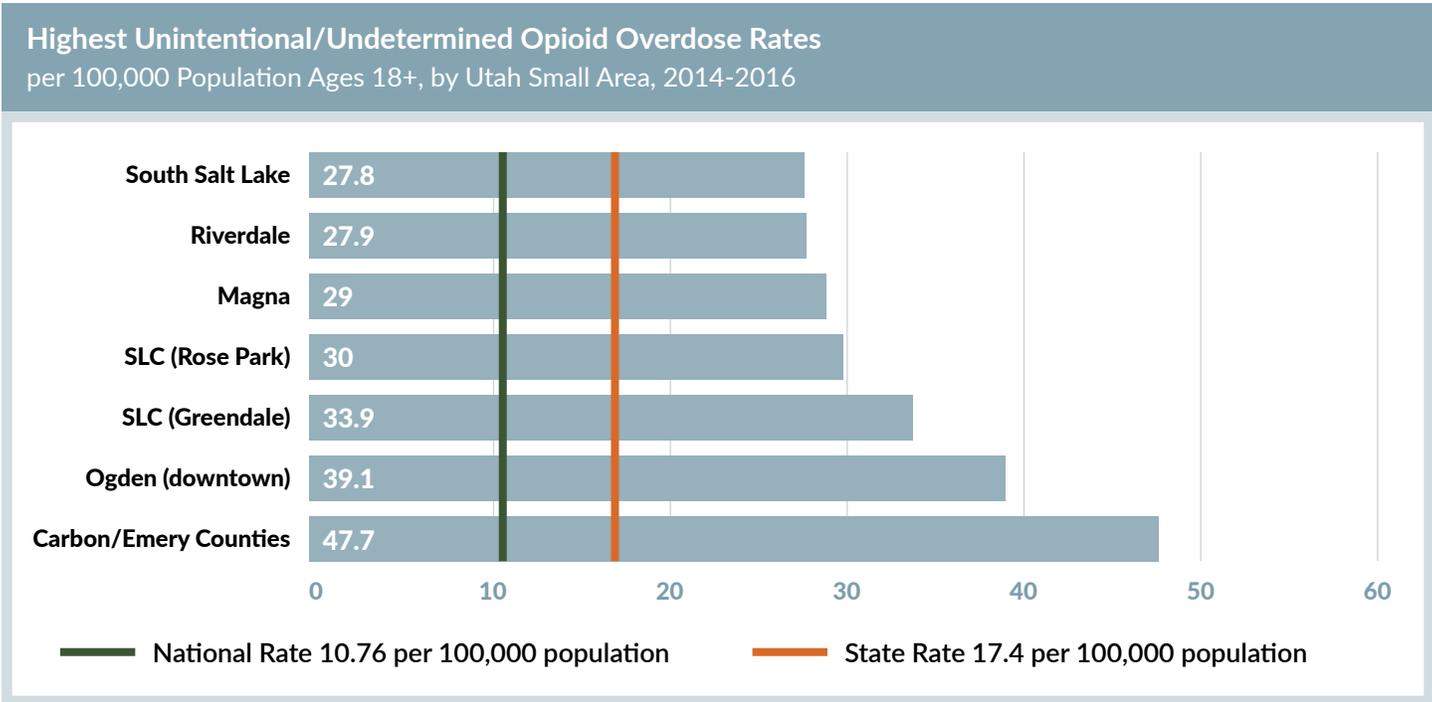




CDC Wonder. (2020, July 11). Opioid overdose data.

CDC Wonder. (2021, August 5). Opioid overdose data.

In a report on opioid overdose hotspots in the state of Utah, the Department of Health reported that several small areas located within HEART counties were “hotspots” experiencing opioid overdoses at a rate significantly higher than the state and nation between 2014-2016 (UDOH, 2019). Each of the seven small areas highlighted in the chart below are located in HEART focus counties: Carbon and Emery counties, Weber County (Downtown Ogden and Riverdale), and Salt Lake County (Glendale, Rose Park, Magna, and South Salt Lake).



UDOH. (2019). Opioid overdose data by Utah small area.

HEART efforts are guided by the needs of the communities served. In the first listening session conducted by HEART faculty in 2018 (HEART, 2018), the following resource needs were identified:

- **Inclusive programming**
  - Resources and programming efforts need to reach diverse individuals who are affected by the opioid epidemic (i.e., outreach for people who actively use drugs and their family members and youth).
- **Coordinated and appropriate approaches to programming**
  - Concerns of duplicate efforts throughout communities exist, highlighting the need to focus on collaboration to identify and address gaps and needs within communities.
- **Finding resources**
  - If resources are offered, they are difficult to navigate and find.

## Box Elder and Cache Counties

Box Elder County, Cache County, and Rich County make up the Bear River Health District of the Utah Department of Health. They all contain urban and rural communities. Box Elder County, while being affected by the opioid epidemic, is also disproportionately affected by the mental health crisis. Almost 25% of county residents report experiencing poor mental health, contributing to the elevated suicide rate of 30.1 per 100,000 population (UDOH, 2019).

**Table 1. Box Elder County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Box Elder	<b>22.8</b>	56,046	<b>93.1%</b>	<u>23.9%</u>	<u>\$62,233</u>	2.4%	<u>7.5%</u>
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

Note. *Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

Cache County is located on the northern edge of Utah and is considered an urban center with some rural communities. Cache County residents also report experiencing poor mental health and high levels of suicidality. In addition, more Cache County residents report living in poverty, with 14% of county residents lacking adequate access to food.

**Table 2. Cache Country Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate <sup>a</sup>	Poverty Rate
Cache	12.3	128,289	<b>93.1%</b>	<b>38.3%</b>	<u>\$59,038</u>	<u>2.0%</u>	<b>13.1%</b>
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

Note. *Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

In order to effectively address the unique and diverse needs of this region, the following needed resources were identified:

- Increase housing for community members in treatment and provide naloxone kits for substance use disorder (SUD) clients.
- Provide continued education about opioid prevention efforts, alternative pain management resources, treatment resources and decrease the associated stigma of SUD and OUD.
- Address SUD prevention, resources, treatment (pre and post), and stigma reduction in adult and adolescent populations. Mental health support and suicide prevention remain risk factors for the region.

## Carbon and Emery Counties

Carbon and Emery counties lead the state in opioid overdose deaths. They are located in rural Southeast Utah and are significantly underserved areas (USDA). Residents of both Carbon and Emery counties are living in poverty, have higher disability rates, and experience increased mental health difficulties (USDA, 2018).

**Table 3. Carbon County and Emery County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Carbon	<b>53.4</b>	20,463	<b>91.6%</b>	<u>17.1%</u>	<u>\$51,158</u>	3.6%	<b>16.4%</b>
Emery	<b>50</b>	10,012	<b>93.8%</b>	<u>16.3%</u>	<u>\$55,554</u>	3.8%	<b>10.9%</b>
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

*Note. Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

In order to assist the community in its fight against the opioid epidemic, the following resource needs were identified by community stakeholders:

- Provide continued education about opioids, prevention efforts, and alternative pain management techniques.
- Reduce barriers (stigma related to substance use disorder) and implement harm-reducing services (e.g., naloxone, syringe exchange services, etc.).
- Address lack of varied treatment options, inpatient options, transitional housing, or detox facilities (e.g., the nearest city with resources is approximately 60 miles away).

## Davis County

Davis County is located along the Wasatch Front region of northern Utah. It is considered a suburban community and is the smallest county in the state by size, of which only 35% is useable land. The Great Salt Lake is to the west of the county. Weber County is located against its northern border, Salt Lake County along the south, and the Wasatch Mountain Range runs along the eastern border. The county is the third largest in the state by population, and 33% of county residents are under the age of 18. It is the eighth highest ranking local health district and 12th highest ranking county in the state of Utah for opioid overdoses (Utah Department of Health, 2018).

**Table 4. Davis County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Davis	17.4	355,481	<b>95.6%</b>	<b>37.8%</b>	<b>\$83,310</b>	<u>2.4%</u>	<u>5.5%</u>
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

Note. *Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

Meetings and interviews with community stakeholders identified resource needs to assist the community in its fight against the opioid epidemic. Some of these needs included:

- Address the stigma surrounding harm reduction strategies, especially naloxone, to increase their use and availability. There is an insufficient number of trained persons to provide naloxone training as well as free kits to distribute.
- Address the lack of an accessible resource guide for first responders and family members.
- Provide coordinated and unified substance abuse resources to eliminate duplicated or unknown efforts.

## Salt Lake County

Salt Lake County is located in north and central Utah. The county borders the Great Salt Lake and the Rocky Mountains with Utah County to the south, Tooele County to the west, and Davis County to the north. The state capital is located within Salt Lake County. The estimated population is 1,160,437, making it the most populous county in the state.

**Table 5. Salt Lake County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Salt Lake	<b>23.2</b>	1,116,437	<b>90.8%</b>	<b>35.6%</b>	<b>\$74,865</b>	2.8%	9.0%
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

Note. *Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

The critical needs identified for the county to address the challenges caused by the opioid epidemic centered around staffing needs and resources for pain management as follows:

- Increase numbers of SUD professionals, including paraprofessionals who can be integrated into substance use disorder care teams.
- Expand service availability of pain education and management resources in nonclinical domains for substance misuse prevention.

## Tooele County

Tooele County is located in western Utah on Nevada’s east border, with the Great Salt Lake to the northeast, and the Salt Lake Valley to the east. Tooele County is primarily rural with 32.6% of the population under the age of 18. Despite comprehensive community prevention efforts, Tooele County rose from the fourth hardest hit by opioid overdose deaths in 2016 to the second worst among Utah counties by 2017 at 27 deaths per 100,000 compared to the state’s average of 23. Opioid-related emergency department visits have an incidence of 83.5 per 100,000 population, well over the statewide rate of 62.1 per 100,000 population.

**Table 6. Tooele County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor’s Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Tooele	<b>23.7</b>	72,259	<b>91.3%</b>	<u>24.2%</u>	<b>\$74,562</b>	2.9%	<u>5.3%</u>
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

*Note. Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

In order to address the crisis in Tooele County, the following needs were identified:

- Increase the number of prevention professionals working in the Tooele Local Substance Abuse Authority (LSAA) area immediately, particularly outside of Tooele City and build a coalition outside of Tooele City with outreach to the Skull Valley Indian Reservation and Dugway.
- Reduce stigma and provide community education regarding harm reduction best practices and offer additional educational and training opportunities to individuals, groups, public, and key stakeholders.

## Utah County

Utah County is located in the north-central part of the state, sharing borders with Salt Lake, Wasatch, Tooele, Juab, Sanpete, Carbon, and Duchesne counties (Utah State Government, 2020). At 2,003 square miles, it is larger than Salt Lake, Wasatch, Sanpete, and Carbon Counties, and far exceeds the population density of its neighbors, with the exception of Salt Lake County (U.S. Census, 2010). The county is urban with a population estimated to be 636,235, making it one of the state’s and nation’s fastest growing populations by county (U.S. Census, 2010).

**Table 7. Utah County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Utah	<b>21.2</b>	636,235	<b>94.6%</b>	<b>40.8%</b>	<b>\$74,665</b>	<u>2.3%</u>	9.7%
Utah (State)	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

Note. *Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

In order to effectively address the opioid epidemic in Utah County, the following needs were identified:

- Expand education classes on chronic pain management and injury prevention to underserved groups in the community.
- Provide programs to reduce stigma surrounding those with substance use disorder and its treatment.
- Promote resilience-building education within the community to build strength, self-confidence, and positive habits.

## Weber County

Weber County is located in northern Utah bordering Davis County on the southern edge, Box Elder, Cache, and Rich counties to the north, the Great Salt Lake to the west, and Morgan County to the east. Weber County is considered an urban center with some rural communities (11% of the population residing in rural areas) and is the second smallest county in the state by size. The population is estimated to be 251,761. Ogden City has the highest population in Weber County and houses 35.8% of residents, making it the highest population-dense city in the state.

**Table 8. Weber County Demographics**

Location	Opioid Overdose Rate	Population	High School Graduation Rate	Bachelor's Degree Attainment	Median Household Income	Unemployment Rate	Poverty Rate
Weber	<b>25.9</b>	260,213	90.3%	<u>23.8%</u>	<b>\$64,636</b>	<b>8.6%</b>	9.4%
Utah	22	3,205,958	92.3%	34%	\$71,621	2.7%	8.9%
United States	20.2	328,239,523	88%	32.1%	\$62,843	5.9%	10.5%

Note. *Italicized numbers are higher than state average and bolded numbers are higher than the national average. Underlined numbers are below the state/national average. Sources: Data for opioid overdose rates from USDA Opioid Misuse Tool 2015-2019, for demographic statistics from U.S. Census Bureau 2019 estimates, and for unemployment rate from U.S. Bureau of Labor Statistics as of May 2021.*

Meetings and interviews with community stakeholders identified resource needs to assist the community in its fight against the opioid epidemic. Some of these needs included the following:

- Address the insufficient access to medication assisted treatment (MAT) and the lack of naloxone availability and funding for distribution.
- Increase community education and understanding about opioids and prevention efforts while also reducing stigma towards those with substance use disorder (SUD).
- Coordinate and unify substance abuse resources to eliminate duplicated or unknown efforts.

## Utah’s Opioid Epidemic

The opioid epidemic is identified as a crisis of unaddressed suffering (National Institutes of Health ([NIH], 2021). Many Utahns live with acute and chronic pain; prescription opioids are used in the treatment or management of pain and its symptoms (NIH, 2021). Certain occupations can increase the likelihood of injury where treatment, such as opioids, may be needed. Accident-prone jobs, leading to increasing rates of injury, are higher than state and national rates in all nine HEART counties for at least one of the four categories listed by the USDA (see Table 1).

**Table 9. Injury-Prone Employment by Area**

Location	Construction	Mining & Natural Resources	Manufacturing	Trade, Transportation, & Utilities
Box Elder	<b>7.3%</b>	<b>2.1%</b>	<b>28.3%</b>	<b>19.7%</b>
Cache	4.7%	0.9%	<b>21.0%</b>	15.6%
Carbon	4.7%	<b>8.2%</b>	3.9%	<b>22.1%</b>
Davis	<b>7.9%</b>	0.4%	<b>10.0%</b>	18.0%
Emery	<b>11.3%</b>	<b>9.1%</b>	0.6%	<b>29.2%</b>
Salt Lake	5.4%	0.4%	8.1%	<b>20.3%</b>
Tooele	<b>5.3%</b>	1.2%	<b>10.1%</b>	<b>21.2%</b>
Utah	<b>9.4%</b>	0.6%	8.3%	18.0%
Weber	<b>5.9%</b>	0.5%	<b>13.7%</b>	17.6%
Utah (State)	6.6%	1.1%	9.1%	19.4%
United States	4.6%	1.4%	8.8%	19.1%

Note. *Italicized numbers are higher than state average. Bolded numbers are numbers higher than the state/national average. Source: Injury-Prone Employment by County, 2012-2018 data from USDA (n.d.).*

Treatment for substance and opioid use disorder is very effective. However, due to various factors such as stigma and a lack of knowledge, there is an overall shortage of resources available to those in need. In their 2017 “Utah Opioid Crisis Consequences and Resource Assessment” report, the Utah Department of Human Services, Division of Substance Abuse and Mental Health (DSAMH) assessed and reported on the available opioid resources in each county across the state of Utah. Their findings are below in Table 10, followed by the category definitions.

**Table 10. Opioid Resources per County**

Location	Opioid Treatment Providers	Buprenorphine Treatment Practitioners	Licensed Treatment Providers	Recovery Homes/Residences	Coalitions
Davis	2	16	25	2	2
Weber	1	10	21	1	4
Carbon & Emery	0	2	2	0	1
Cache	0	3	6	0	2
Box Elder	0	0	1	0	1
Tooele	0	3	6	0	3
Utah	3	24	50	14	3
Salt Lake	6	81	149	35	5

*Note. Opioid Resources per County, 2017 data from DSAMH (2017).*

- **Opioid Treatment Providers** - Provide medication assisted treatment (MAT) for those with an opioid use disorder.
- **Buprenorphine Treatment Practitioners** - Physicians authorized to treat opioid dependency with buprenorphine.
- **Licensed Treatment Providers** - Public and private organizations licensed to provide some level of substance use disorder treatment including day, outpatient, residential, and recovery support (serving youth and/or adults).
- **Recovery Homes/Residences** - Locations that provide nonclinical sober living for people in recovery.
- **Coalitions** - Groups made up of organizations and individuals that coordinate to prevent substance use disorders and improve their community’s health. While not all of these coalitions are currently focused on reducing opioid use and dependence, their presence signals potential capacity for mobilizing community efforts to address the issue down the road (Utah Department of Human Services, Division of Substance Abuse and Mental Health, 2017).

# HEART Comprehensive Programming

HEART provides a wide variety of programs to address opioid use across the state of Utah. The programs listed represent a few of the key programs HEART has implemented over the past year.



## Stigma Reduction and Harm Reduction

### Informing the National Narrative: Stories of Utah's Opioid Crisis - Statewide

Through Informing the National Narrative: Stories of Utah's Opioid Crisis, Utah County faculty hosted the Community Conversations event online with healthcare professionals who provide services to persons and families impacted by opioids and opioid use disorder. The event's goal was providing a safe space to discuss how stigma can impact a person's comfort and trust in receiving care, and professionals' ability to provide services.

Another community event that provided information to reduce stigma in SUD was the Informing the National Narrative: Stories of Utah's Opioid Crisis: Cache County and Box Elder County Community Conversation, held virtually. This event allowed a conversation between members of the community and those who have experienced an opioid crisis in their lives. Experiences shared included those who had an OUD and those who had a loved one or family member with a SUD. Providing this opportunity for people to share their stories was a great reminder that people close to us may be experiencing a crisis that we are not aware is occurring.

### Community Conversations

#### Tooele County



#### Emery County



#### Utah County



#### Davis County



#### Carbon County



#### Weber County



**Box Elder County and Cache County**

11 registered      7 attended

**Community Conversations – Additional Event Feedback**

"Great event, thank you! Virtual allows a person to attend even if in person attendance is available."

"Thank you for the opportunity to openly and safely discuss a very difficult topic for many."

"I was invited by a close relative to join the call. I was totally unaware of the format. It was much more introspective than I thought it would be and it caused me to reflect more deeply on how I can support and respond with more compassion to others in crisis. This event was not what I expected it to be, but was delightful and refreshing. I thought it worked quite well in the Zoom format and I think that our small group was able to create a very intimate, positive atmosphere that I found beneficial."

"It was very well facilitated and was very enjoyable. Very well put together and touched in important subjects."



Peer Support Specialist Workbook

**Certified Peer Support Specialist Training**

Working with recovery community organizations (ROCs), it became apparent that there was a need to make professional development training more accessible to individuals in recovery. Most areas of Utah are considered mental health workforce shortage areas by the Health Resources Services Administration (HRSA). A certified peer support specialist (CPSS) is a trained support specialist who is also an individual in long-term recovery. The DSAMH in Utah has identified multiple peer workforce benefits (collaborative treatment relationships, supports and links to resources, shared lived experience, personalized support, recovery planning experience, integrated health information, crisis management, valued communication, advocacy, and leadership modeling (Rydalch, 2020). Yet only 15-24% of mental health agencies utilize the valuable treatment services of the paraprofessional peer workforce (Videka et al., 2019).

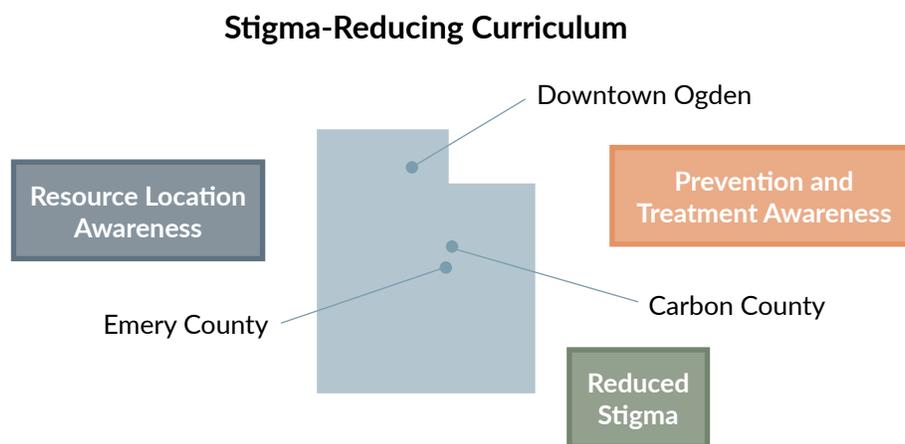
One need that was identified by recovery community members is that traveling for a 5-day training is often unaffordable and that a hybrid training

would allow rural and working adults in recovery more access to the training. In 2019, HEART faculty obtained USDA distance education opioid funding to create a hybrid, distance learning modification to the state certified CPSS training. In collaboration with the Academic and Instructional Services and the Social Work Departments at USU, a hybrid training received state approval. The first training launched in September 2020, and an additional \$2.3 million award from HRSA was received to provide CPSS trainings and apprenticeship opportunities to 365 individuals in Utah. In fiscal year 2021, 51 individuals became CPSSs using this funding. The training has been evaluated for effectiveness and published in Outcomes and Impacts Quarterly. Additionally, working with county funders in Salt Lake, HEART was able to obtain \$90,000 to support internship experiences for those recently trained as a CPSS. This workforce development programming increases the trained substance use treatment workforce and also supports individuals in recovery.

## OD2A Opioid Education Dinners

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.

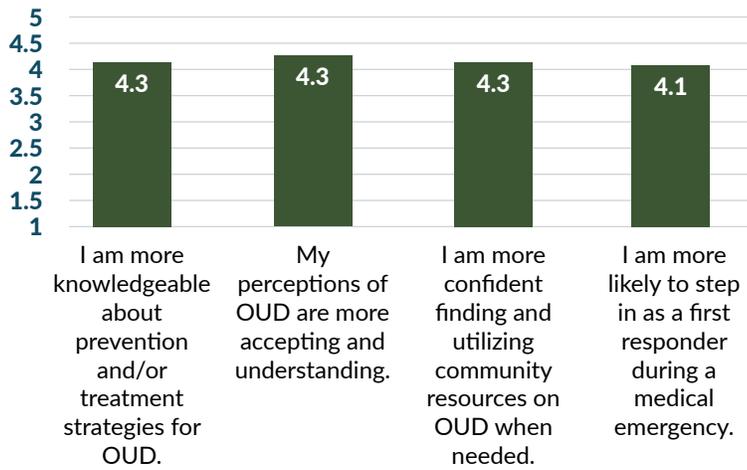
The OD2A grant allows the HEART Initiative faculty, Ashley Yaugher and Rachel Myrer, to partner with Shane Bench, Ph.D., USU Department of Psychology faculty, and two health and wellness coordinators (Chapel Taylor-Olsen and Hailey Judd) to reach Carbon and Emery counties, and downtown Ogden. These three areas have been identified as “hot spots” in the state due to the overdose death rate.



Between May 2021 and March 2022, the stigma reduction curriculum will be 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).

## Event 1- Carbon

### Carbon Opioid Education Dinner



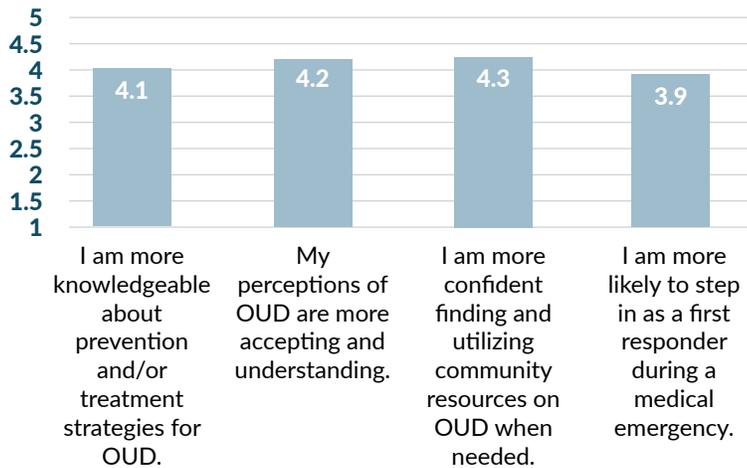
### Overall event satisfaction

Overall, how would you rate this presentation?



## Event 2 - Weber

### Weber Opioid Education Dinner



### Overall event satisfaction

Overall, how would you rate this presentation?



## Key Takeaways

"[There] are resources out there for people to get help."

"I enjoyed every part of the presentation. It was fun and informative."

"I started seeing myself in a different light."

"[I understand how] to act in times of opioid crisis."

"[I know where] I can find help on opioids and how to navigate the issue."

At each event, attendees were given a swag bag with additional information from our coalition partners, a slide book aligning with our curriculum, and the Substance Use and Recovery Resource Book tailored to their area. As part of the OD2A grant, the team also distributed additional Resource Books into the community to further promote resource location and recovery. So far, the team has distributed 481 copies to the community, in addition to the 100 copies distributed at each of the events.

300 Resource Books distributed for Carbon & Emery counties

181 Resource Books distributed for Weber County

In addition to advertising, a series of educational social media posts utilizing relevant content and evidence-based information were posted across all our social media platforms. Examples of the graphics we used are shown below.

**Community**  
**OPIOID EDUCATION DINNER**  
**Free Dinner Event**

**Thursday May 13, 2021 6:00-7:30**  
**Price, UT Webinar**  
Take-out from Juniper Pizza Cafe

Please join us for a conversation about the opioid crisis and how you can help!

Tickets are free for Carbon County community members 18 years and older and include dinner.

Space is limited so register today!

[www.usu-extension-heart.eventbrite.com](http://www.usu-extension-heart.eventbrite.com)

\*Surveys will be provided at the event for you to complete about the learning objectives and your experience. Your feedback will help us evaluate community attitudes toward substance use disorder. USU IRB protocol #13294. Contact the faculty investigator, Dr. Shane Bench, with questions or concerns. shane.bench@usu.edu.

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HEALTH EXTENSION Advocacy, Research, Teaching.  
CARBON & EMERY OPIOID & SUBSTANCE USE COALITION

**Community**  
**OPIOID EDUCATION DINNER**  
**Free Dinner Event**

**Thursday May 27, 2021 6:00-7:30**  
**Ogden, UT Webinar**  
Take-out from the Sonora Grill

Please join us for a conversation about the opioid crisis and how you can help!

Tickets are free for Weber County community members 18 years and older and include dinner.

Space is limited so register today!

[www.usu-extension-heart.eventbrite.com](http://www.usu-extension-heart.eventbrite.com)

\*Surveys will be provided at the event for you to complete about the learning objectives and your experience. Your feedback will help us evaluate community attitudes toward substance use disorder. USU IRB protocol #13504. Contact the faculty investigator, Dr. Shane Bench, with questions or concerns. shane.bench@usu.edu.

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HEALTH EXTENSION Advocacy, Research, Teaching.  
OGDEN CAN

These social media flyers were used on Facebook, Instagram, and Twitter to spread the word about the events. They were also used in paid Facebook boosts for the events.



These two graphics were part of an education series posted on social media platforms. The goal was to draw more interest to the events without overstating the audience with our advertising posts.

## Opioid Use Disorder Healthcare Provider Trainings

Several HEART faculty who work in Utah, Davis, and Weber counties, a USU Extension specialist, and three undergraduate research assistants have collaborated on developing a training on OUD for healthcare professionals. This consisted of developing and disseminating a questionnaire to gauge the target audience’s prior knowledge of the subject matter, interest, availability, and other training preferences. The results of the survey were used to produce a formative evaluation which informed the contents of the training. The presentation and the script have been developed, peer reviewed, and were piloted in San Juan and Utah counties in August 2021.

## Harm Reduction Curriculum

To encourage the awareness and reduction of stigma toward patients with SUD, the HEART faculty in Box Elder and Cache counties continue to work on an original harm reduction curriculum, developed with the assistance of SUD clinic partial hospitalization program (PHP) and intensive outpatient program (IOP) patients. Faculty facilitated this curriculum during 51 weekly harm reduction group sessions using telemedicine principles during COVID-19 restrictions. The educational components included naloxone (Narcan) trainings and how to reduce SUD stigma in their families, during treatment and recovery, and in the community. Behavioral healthcare providers were encouraged to support the stigma and harm reduction strategies provided to the clinic’s patients during all interactions.

COVID-19 has reaffirmed the importance of social connectedness in SUD treatment. The use of telemedicine has allowed this vulnerable population to receive continued care from USU Extension during this public health crisis. In collaboration with the treatment facilities’ therapists sessions to increase patiating client’s skills to reduce anxiety, depression, panic attacks, suicidal ideation, and other mental health concerns related to treatment have become an integral part of the weekly group.

Harm reduction group program sessions are provided by USU Extension HEART Faculty, USU Extension content experts, and community content experts to outpatient addiction treatment facilities as a community service. PHPs or day treatment and IOPs can request to participate in a 16-week harm reduction group program. USU Professional Practice Extension Assistant Professor Tim Keady leads these group program sessions.

Being part of many conversations in the SUD treatment/recovery and suicide prevention field, HEART has found that many have difficulty using the appropriate language, but we are seeing improvement. In some cases, the clients/patients resist the

"person first language." Some in treatment resist because they do not consider themselves worthy of the new terms. In our educational harm reduction activities, we are working hard to change their opinions and build their self-esteem.

## Naloxone Training Program

As part of outreach efforts in Box Elder and Cache counties, HEART faculty, Tim Keady, coordinates a naloxone training program. Educating and training at-risk and local community members to use naloxone in the event of an opioid overdose emergency reduces bias and stigma within the population. The bias and stigma associated with substance use is addressed in this programming with the recognition that people with a SUD have a chronic, treatable disease. This knowledge reduces self-stigma, affirms attitudes of recovery, empowers self-determination, and promotes healing and health. Saving lives as part of the USU Extension career is an amazing opportunity.

## Substance Use Disorder Treatment

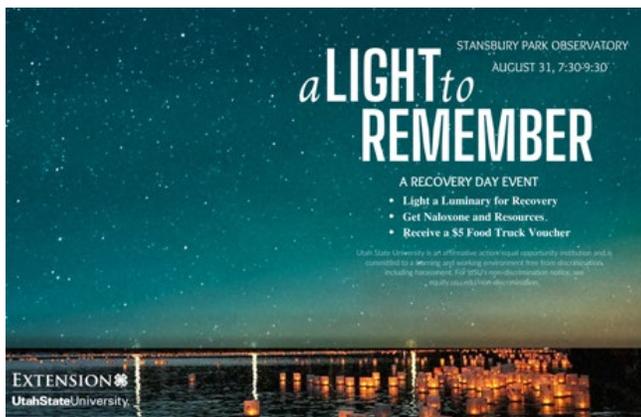
COVID-19 has reaffirmed the importance of social connectedness in SUD treatment. The use of telemedicine has allowed this vulnerable population to receive continued care from USU Extension during this public health crisis. In collaboration with the treatment facilities' therapists sessions to increase patient's skills to reduce anxiety, depression, panic attacks, suicidal ideation, and other mental health concerns related to treatment have become an integral part of the weekly group.

## Harm Reduction Groups

Harm reduction group program sessions are provided by USU Extension HEART Faculty, USU Extension content experts, and community content experts to outpatient addiction treatment facilities as a community service. PHPs or day treatment and IOPs can request to participate in a 16-week harm reduction group program. USU Professional Practice Extension Assistant Professor Tim Keady leads these group program sessions.

## A Light to Remember

A Light to Remember is an annual opioid awareness event, part of International Overdose Awareness Day as a tribute for loved ones lost to overdose. It's hosted in Davis County in August 2020 and Tooele County in September 2020. The Light to Remember featured local partners offering online classes and recovery support groups. The pond was decorated with lights and a memorial wall, along with a drive-through lantern dedication and live music. This event was made available for screening on the Recovery Rockstars' website and social media the following week.



*In Tooele, a lighted pathway guides attendees to recovery booths, naloxone training, and resource materials.*



These images are still shots from video reel taken while driving through the Wetland Discovery Point at the USU Kaysville location.



These images are still shots from video reel taken while driving through the Wetland Discovery Point at the USU Kaysville location.

## Participants

### Weber County



### Tooele County





# Strengthening Community Ties

## Box Elder and Cache Coalitions and Collaborations

As a member of the Northern Utah Substance Abuse Prevention Team (Chair), Suicide Prevention Coalitions (Cache and Box Elder), Cache Team Coalition (Hemp Research), and 25 other coalitions, Tim Keady has had the opportunity to provide community impacts in Box Elder, Cache County, and across Utah. The HEART Initiative Team is a well-respected partner in our local and greater Utah community and beyond. Tim's expertise is sought to collaborate and assist local health departments, healthcare providers, schools, 4-H, Extension faculty, and community members with research, grant applications, and providing evidence-based education and programming.

In Cache and Box Elder counties, subject areas of collaboration include: substance abuse education, prevention, and treatment, suicide prevention, harm reduction programming, adult and youth mental health awareness, physical health and wellness, employment assistance, family education, school prevention programming, and naloxone education and training. With the assistance of our community partners, an assessment of our towns identified these areas of greatest concern: SUD, bias and stigma, recovery housing, and suicide prevention.

## Carbon & Emery Opioid & Substance Use Coalition

The Carbon & Emery Opioid & Substance Use Coalition was created in November 2018. During the 2020–2021 year, coalition attendance increased to an average of 35 members at each meeting—with over 170 unique members due to the online access of meetings (resulting from COVID-19 restrictions). The coalition has created strong collaborative partnerships and developed local resource lists for services offered in our areas. The coalition has published 12 Little Cities of Hope articles in the local newspaper (from July 2020 - June 2021) to provide hope and educate the public on various topics such as MAT, suicide prevention, recovery stories, and emergency resources. This increases public awareness and education surrounding substance use services and opioid resources as well as reducing stigma among community members by making substance use disorder and treatment a commonplace part of community conversations.

The leadership of the Carbon & Emery Opioid & Substance Use Coalition conducts a yearly members survey in March to evaluate how members are feeling the coalition is working to serve their needs and the needs of the community as a whole and to discuss what could be improved going forward. Below are selected responses that were received.

## Feedback From Carbon & Emery Opioid & Substance Use Coalition Members March 2021 Survey

*"Of all the coalitions we all attend, I believe this one is top notch in all aspects."*

*"I appreciate all the willingness that our community and agencies receive from the Coalition."*

*"The experience has been great! This committee has come so far and the work Ashley has done is truly amazing!"*

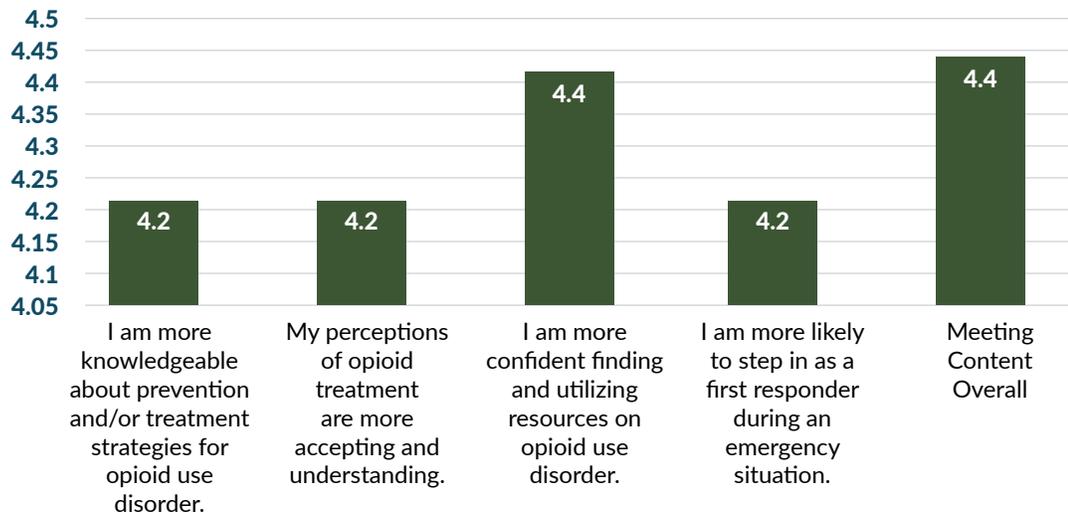
*"I enjoy the meetings and learning about events."*

*"Great ideas. Great networking."*

*"Thank you for [Zoom mtgs]. Please continue this way when everything goes back to 'normal!'"*

*"Everyone is caring and easy to meet with. They have a lot to offer our community."*

## Average Survey Responses for Coalition Members (n = 23)\*



\*Survey completed in March 2021

## National Prescription Take-Back Day

On April 24, the coalition participated with the Drug Enforcement Administration (DEA) National Prescription Drug Take-Back Day along with community partners, including the Carbon County Sheriff's Office, Emery County Sheriff's Office, USU Extension & HEART, Southeast Utah Health Department, StepOne Service, USARA, and others. The coalition worked with local partners to set up two take-back locations—one in Price at the Carbon County Sheriff's Office and one in Castle Dale at Stewart's Market—to make it as easy as possible for people in these rural communities to safely dispose of unneeded prescription medications. The coalition put together 200 swag bags with information on local resources for prescription



April 2021 Carbon & Emery Opioid & Substance Use Coalition sponsored Take-Back Day. Pictured (left to right): Cletus Steele – Sheriff's Department, Debbie Peet – Community Member, Debbie Marvidikis – Southeast Utah Health Department, Kathy Donathan – Southeast Utah Health Department, Emma Campbell – USU Extension HEART, and Mercedes Morgan – USARA.



Flyers were created for the two Take-Back day events held in April 2021.

drug disposal, substance use disorder treatment, and more. Coalition community partners provided materials for the swag bags that would promote their initiatives and we received contact flyers, antibacterial wipes, masks, safe medication disposal kits, magnets, educational materials, and quick reference sheets (on topics including suicide prevention, local resources, substance use, and more) to hand out. Between both sites, 65 pounds of medications were collected – 25 pounds in Emery and 40 pounds in Carbon. A total of 17 people dropped off medications.

The Northern Utah Substance Prevention Team (NUSAPT), consisting of HEART faculty in Cache and Box Elder counties, Brigham City Police, Logan City Police, Kent's Market employees, and the Bear River Health Department, collected over 159 pounds of unneeded medications at four drop-off locations in Box Elder and Cache counties. The Team provided over 150 bags of prevention swag bags to the community.



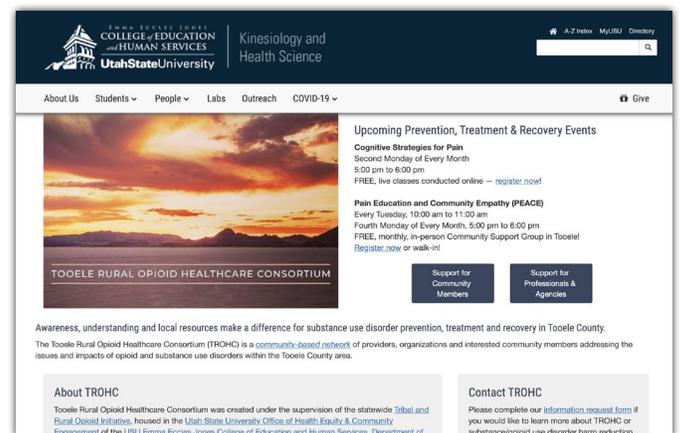
Members of the Logan City Police Department are shown waiting to collect the public's expired and unneeded prescription drugs.



This flyer was distributed in the community and shared through social media.

## Tooele Rural Opioid Healthcare Consortium (TROHC)

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 has 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 the Sober Tailgate Party at the local drive-in movie theater with 395 attendees, hosting a prevention fair prior to the movie that provided local agencies across 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 1200 naloxone kits to distribute to the county and jail residents in 2020 and 2021.



Trainings and events are listed on the Kinesiology and Health Science website.

## **Introducing the HEART Initiative in Utah County**

Utah County faculty provided three presentations on the HEART Initiative and work being done in Utah County to the Board of County Commissioners and Utah Valley Drug Prevention Coalition. It provided an opportunity to share the goals, current projects, and future efforts for Utah County residents and increased the visibility of the HEART Initiative. The presentations also resulted in media awareness via newspapers and KUER Utah Public Radio and new community collaborations.

## **Coalition Board Involvement**

The Utah County faculty is serving as the Vice-Chair for the Utah Valley Drug Prevention Coalition from 2020-2022. This role is involved on the Executive Board to help make plans and decisions for the Community Board, and the Policy Task Force to work with government liaisons on policy issues.



# Prevention and Education

## Injury Prevention to Master Gardeners

Utah County faculty provided three workshops to Master Gardener volunteers and horticulturalists in Davis and Salt Lake counties and Thanksgiving Point on adaptive gardening and injury prevention. The workshops discussed common gardening injuries and how to prevent or minimize injury and pain by using best practices for gardening, practicing proper posture and use of tools, and incorporating stretches into the gardening routine. Fifty-nine volunteers and employees attended.



*A class at Thanksgiving Point.*

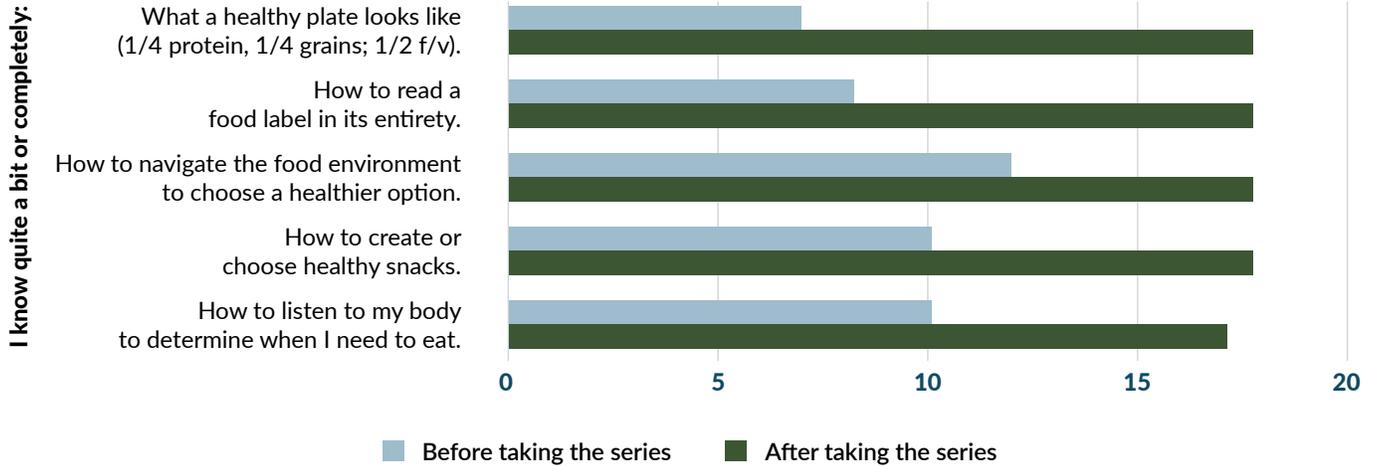


*Practicing proper tool use during Master Gardeners at Thanksgiving Point.*

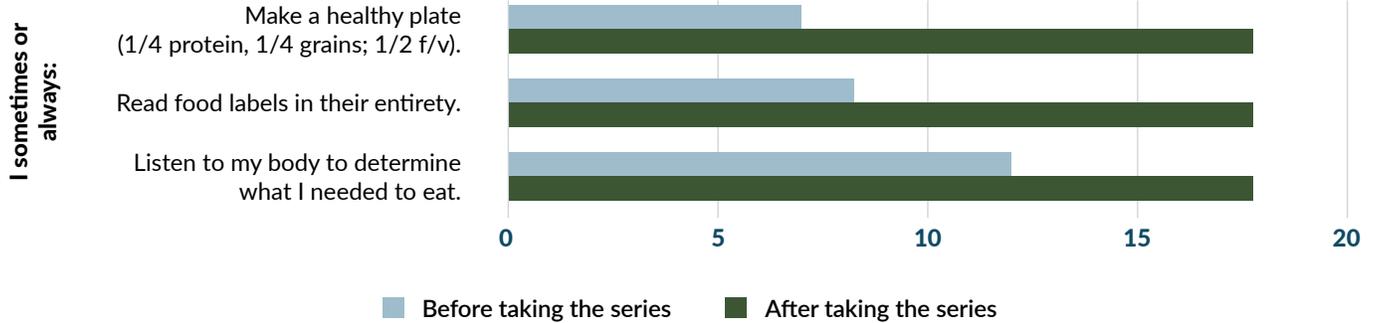
## MindMunch Nutrition Series

A Utah County health and wellness intern, under the direction of the county faculty, created the 4-week MindMunch Nutrition Series for first responders and city/county employees to address challenges in high-stress occupations. An informal needs assessment was conducted with various city human resources directors, and unhealthy eating and its impact on sleep, stress, and decision-making was shared as a top concern. The MindMunch Nutrition Series focused on nutrition concepts to increase knowledge, healthy behavior adoption and maintenance, and resource utilization. Each week built upon the previous week's lesson: Week 1 laid the foundation of nutrition with MyPlate and portion sizes; Week 2 introduced food labels and their components; Week 3 was dedicated to using visual and language cues to choose healthy choices when snacking and eating on the run; and Week 4 finished with setting SMART goals as an opportunity to continue using the information and resources learned to maintain healthy behaviors. After each session, an email was sent with the session's take-aways and Q&A's along with additional resources. Four sessions involved 35 participants, of which 57% responded (n = 20) to a retrospective pre/post survey to assess knowledge gain, behavior change, and intent to adopt healthy behaviors. The results follow.

## MindMunch Nutrition Series Knowledge Assessment Responses (N = 20)

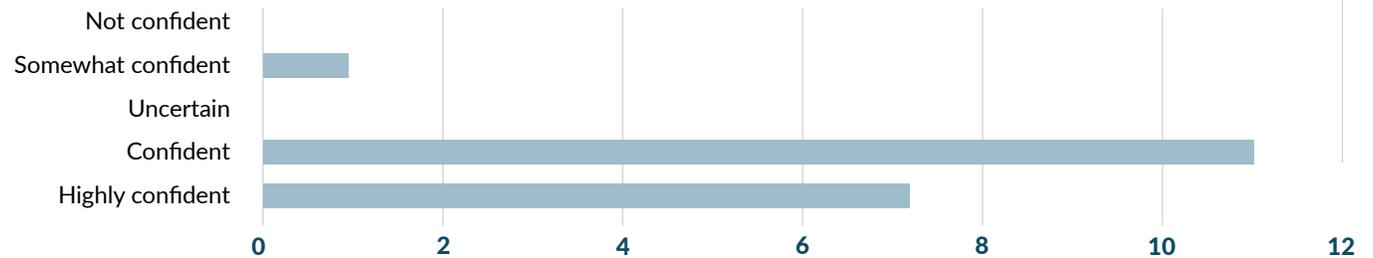


## MindMunch Nutrition Series Behavior Assessment Responses (N = 20)



## MindMunch Nutrition Series Confidence Assessment Responses (N = 20)

In the next three months, rate your confidence to use at least one of the tips discussed in the series?



Respondents were asked to write one to three strategies that they would try to incorporate or were doing already. Responses included: listening to their body when hungry, reading food labels, eating smaller portions and more often, prepping meals and snacks ahead of time, choosing healthier beverages, and communicating with others about eating and health goals.

**MIND MUNCH**  
Nutrition Foundations  
for First Responders

Join us for a **free** 4 week virtual series on nutrition concepts! Our classes equip you with information to help you succeed in your everyday life. Click on the link to register!

Wednesdays  
September 2nd-23rd. 12-1pm

TO REGISTER:  
<https://www.eventbrite.com/e/117310997351>

EXTENSION  
UtahStateUniversity  
HEALTH EXTENSION  
Advocacy, Research, Teaching

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MindMunch Nutrition Series.

**SMART GOALS**

SMART	QUESTION	EXAMPLE
<b>SPECIFIC</b>	What is my specific goal?	Lose 10 pounds in 3 months
<b>MEASUREABLE</b>	How will I measure whether I'm staying on track?	Weigh myself each week & record in a journal
<b>ACTION-ORIENTED</b>	What are my 3 action steps?	1. Healthier choices 3 days a week 2. Water over soda 3. Walk 2,000 steps
<b>REALISTIC/RELEVANT</b>	Why do I want to achieve this goal?	Exercising helps with my energy
<b>TIME-ORIENTED</b>	By when do I want to achieve my goal?	Goal date: December 23, 2020 with mini-dates of Oct. 23 & Nov. 23
<b>BARRIERS</b>	What are the potential barriers to achieving my goal?	My office likes to share sweets and it has always been a temptation
<b>REWARD</b>	What is my reward?	Buy a new outfit for the holidays.

References: 1) Sanchez, M. (2007). 8 Strategies for Achieving SMART Goals. Project Smart. Retrieved from <https://www.projectsmart.co.uk/8-strategies-for-achieving-smart-goals.php>. 2) Williamson, A., Hunt, A., Pope, J., & Toman, N. (2005). Recommendations of Dietitians for Overcoming Barriers to Dietary Adherence in Individuals with Diabetes. The Diabetes Educator, 29(2), 272-279. Retrieved from <https://journals.sagepub.com/doi/pdf/10.1177/014522170502900207>

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A resource shared with attendees that shows an example of a SMART goal.

**MindMunch: Nutrition Foundations**

Week 1

EXTENSION  
UtahStateUniversity  
HEALTH EXTENSION  
Advocacy, Research, Teaching

This snapshot shows the Week 1 topic for the MindMunch Nutrition Series.

## Living Well with Chronic Conditions Series

Utah County faculty and an Intermountain Healthcare employee co-taught a Living Well with Chronic Conditions 6-week series via phone (referred to as “toolkit” classes) to three participants. The self-management series provides participants with education, guidance, and resources for utilizing problem solving, action planning, communication, nutrition, and other strategies to help manage chronic conditions such as arthritis and fibromyalgia and the pain associated with these conditions.

## Tooele County: Pain Education

Alternatives to opioids for pain management was an area of need identified in the 2018 HEART listening report. HEART faculty have attempted to address this need through two innovative programming options. Several organizations in Utah teach a Stanford-based self-management curriculum for health conditions with grant funding from the Utah Department

of Health. Intermountain Healthcare is the only agency with master trainers for the Living Well with Chronic Pain (LWCP) program. HEART partnered with Intermountain Healthcare to offer expanded LWCP programming. In this partnership, we offered the first-ever online access version of the 6-week workshop, with 204 hours of pain education provided to 85 community participants.

### Participant Feedback

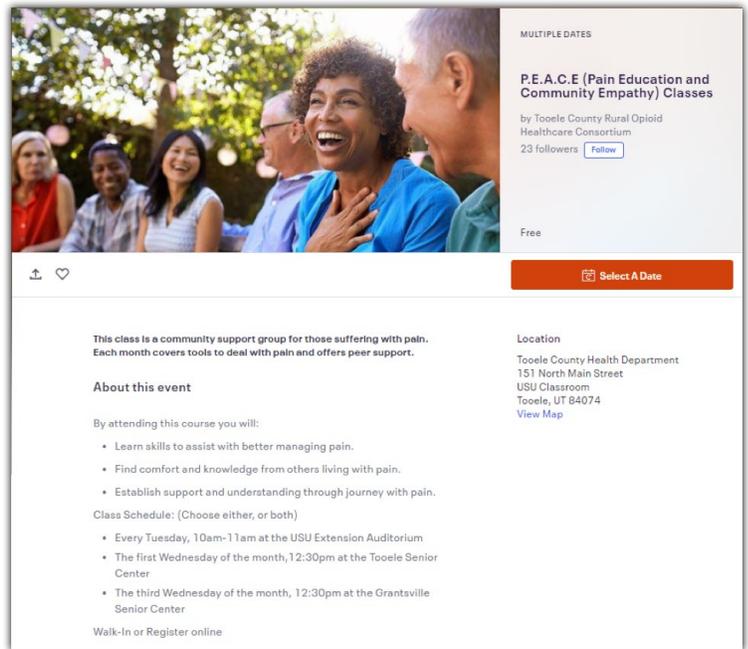
*"I want to take the class again, it was so great."*

*"Instructors were fabulous! Very understanding, and informative, and patient with us."*

*"I feel more confident that I can manage my pain."*

HEART faculty also partnered with Rocky Mountain Power Corporation to develop a simple-to-implement version of pain management education called the Pain Education and Community Empathy support group course.

This community support group course was piloted in Tooele County in 2021. It was taught weekly in the county jails to residents and at two local senior centers, averaging 18 participants weekly.



Example of event post on the EventBrite.com website.

### Sober Tailgate Parties

Two sober tailgate parties were held in Tooele and Salt Lake counties, sponsored by the Substance Abuse and Mental Health Services Administration's (SAMHSA) stipends for Communities Talk events to prevent underage drinking. Both events were held at a local movie venue. In Tooele, the event was held at the drive-in movie theater. A prevention health fair was held prior to the event and marketed extensively on social media in Tooele. Fifteen community partners shared health messages on topics such as nutrition, childhood development, and family support resources, along with the prevention messages on reducing underage drinking. Children's games and craft activities, along with line dancing hosted by 4-H made it a family friendly event that attracted over 400 community residents.

In Salt Lake County, the Sober Tailgate Party was able to partner with Parents Empowered, a group in Utah that shares the message of preventing underage drinking, along with the Riverton City Parks and Recreation Department. During a Riverton City "Friday Fun Night," USU Extension hosted a booth that educated community members on underage drinking prevention. More than 150 children, 50 teens, and 110 parents and adults visited the booth where we distributed flyers, played games that taught about brain development, awarded prizes with prevention messaging, and gave out bottled water with labels with links to the prevention messaging websites. Throughout this "Friday Fun Night" hosted by USU Extension, shoutouts about our organization were given over the speaker system and attendees were invited to visit our booth to learn more about preventing underage drinking.



Sober Tailgate Party Social Media Post

One health promotion intern worked with Parents Empowered prior to the event to create a professional-grade public service announcement (PSA) video. This PSA was premiered on a big screen

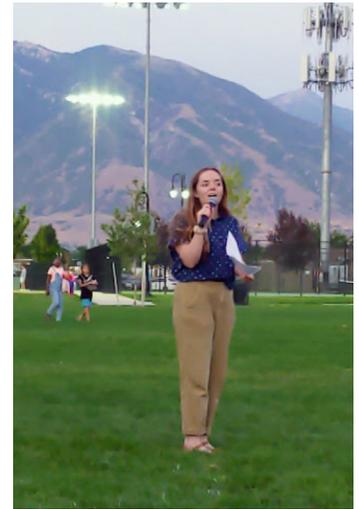
before the outdoor movie began. The intern addressed a crowd larger than 250 people about the rates of underage drinking in Utah, and how to talk with their families about prevention. The PSA video touching on the same topic was well received after her address. The collaboration, creation of a PSA with a focus on preventing underage drinking, and the community reception and involvement made this an amazing event.



Families gather to watch *Parents Empowered* PSA premier.



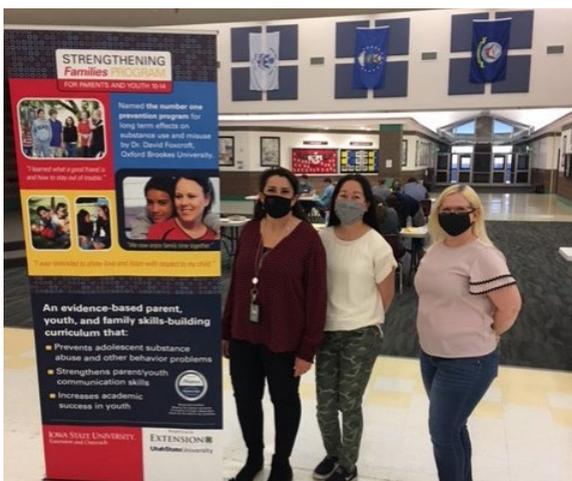
Families gather to learn about preventing underage drinking.



Amelia Van Komen presenting statistics on Utah's underage drinking problem and safe family friendly tips for talking about prevention prior to movie.

## Parent Conversations

Parent Conversations, part of the Bear River Department of Health's \$100,000 grant, awarded funds to the NUSAPT Coalition to assist parents and youth in preventing tobacco and other substance use. Every Monday since March 2021, a conversation takes place online related to topics selected by our group and the parents. HEART faculty presented on exercise and substance use disorder and provided evidence-based research related to substance use in children and adults. Parent Conversations held approximately 16 online conversations, with participation ranging from 25-40 participants per presentation.



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.

## PROSPER

Iowa State University Extension (ISUE) provided a PROSPER (PROmoting School-community-university Partnerships to Enhance Resilience) grant to USU Extension 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, the Strengthening Families Program (SFP) 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.

## Strengthening Families Program (SFP) 10-14

SFP 10-14 was successful due to the partnerships created within the community. Box Elder School District administrators, ACYI school administrators, counselors, teachers, and staff all recruited and supported the program. The weekly two-hour, free program began with a catered meal (one hour before) and provided childcare for children under the age of 10. The expectation was to have five to eight families participate in one 7-week section of the program. When it was offered, 51 families expressed a desire to participate. Due to this number, we decided to offer three sections of SFP 10-14 over 7 weekly sessions. The success of the program has inspired the Bear River Department of Health to fund continuation of this program in additional locations in the 2021-2022 school year.



*A meal was provided by Iron Gate.*

## Out-of-the-Box Education

The Utah Division of Human Services, Substance Abuse and Mental Health and the Commission of Accreditation of Rehabilitation Facilities (CARF) recognized the work of USU Extension for excellence in harm reduction group programming in a SUD treatment facility (Clear Recovery of Cache Valley). The inspector and accrediting agent congratulated the facility for out-of-the-box education for their clients. Clear Recovery was one of the only sites inspected in Utah this year with a harm reduction program for their PHP and IOP clients.

## BE-EPICE & Grand

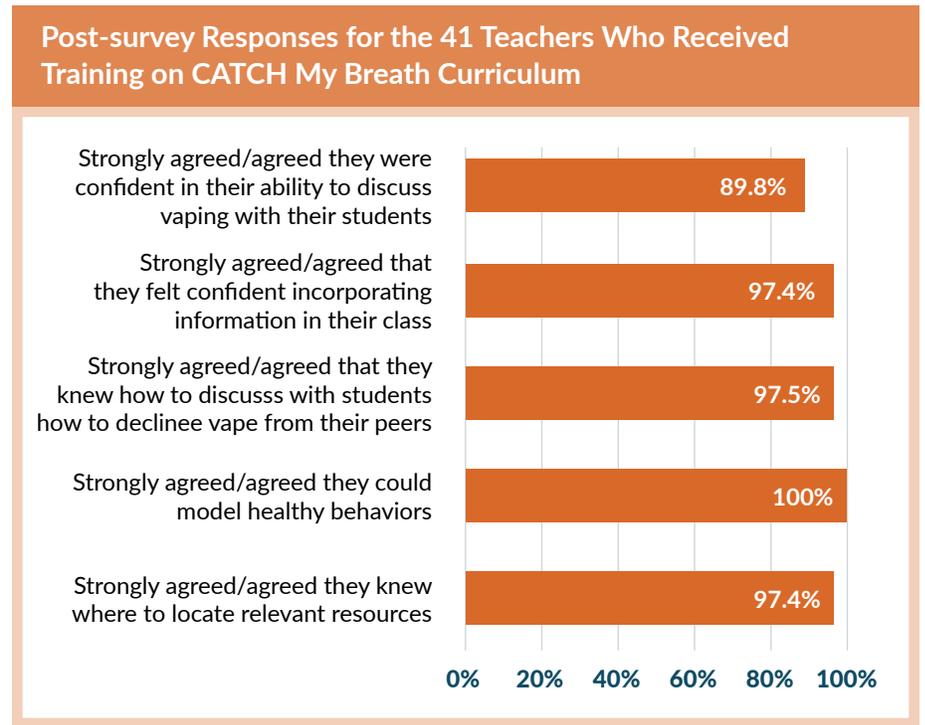
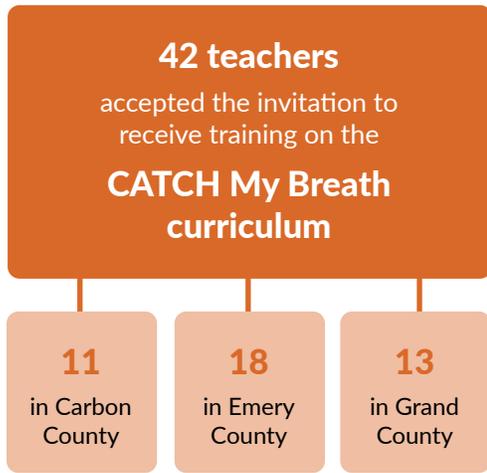
In October 2020, HEART and USU Extension faculty collaborators (Ashley Yaughner, Ph.D.; Cris Meier, Ph.D.; and Christina Pay, M.S.) received \$96,700.00 to implement an evidence-based e-cigarette and vape prevention program targeting youth in Southeast Utah communities. Funding was provided by the Southeast Utah Health Department (SEUHD) via the E-Cigarette, Marijuana, & Other Drugs Prevention Grant. With this awarded funding, the Broad Extension of E-cigarette Prevention in Carbon, Emery, and Grand (BE-EPICE & Grand) youth program was able to implement an evidence-based program for parents, youth, and teachers for e-cigarette and vape prevention.

The BE-EPICE & Grand program used the CATCH My Breath curriculum, an evidence-based program that provides students in grades 5-12 the skills needed to decline tobacco products. This curriculum is the first and currently only nicotine vaping prevention program shown to be effective in peer review study in the United States (CATCH, 2020; Kelder et al., 2020). The curriculum includes four 35 to 40-minute sessions specifically designed for youth in grades 5 through 12. The program teaches students factual information, skills to recognize pressures, and improves teen's overall ability to decline tobacco products.

The BE-EPICE & Grand program was accomplished with four objectives serving Carbon, Emery, and Grand counties, including: (1) providing teachers with evidence-based vape prevention curriculum trainings; (2) conducting modified evidence-based after-school programs with youth; (3) providing parents with evidence based vape prevention webinars, and; and (4) disseminating an evidence-based prevention social media campaign and factual information online with a website. The program hired two part-time health and wellness coordinators: Jenna Hawks serving Grand County and Jordyn Oman serving Carbon and Emery counties. These local coordinators were strategically placed to bring about community-level change through multiple levels of prevention with guidance from the USU Extension faculty grant team leadership.

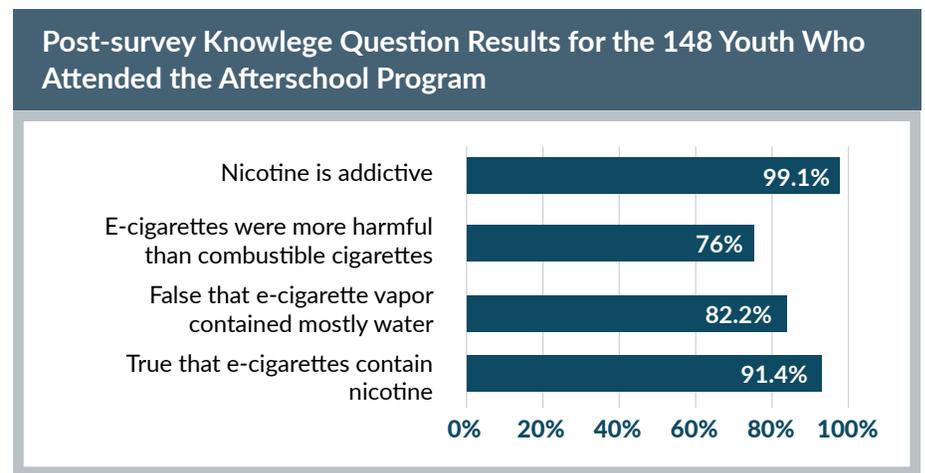
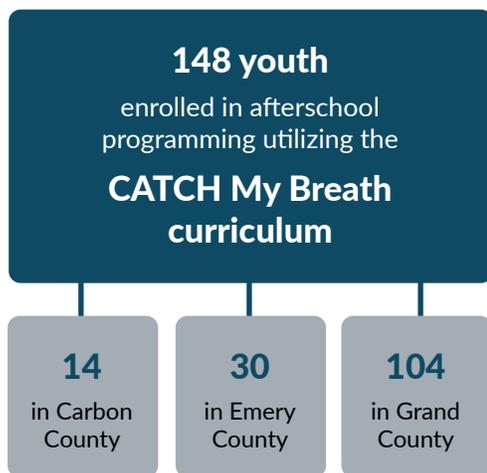
The BE-EPICE & Grand program's four objectives reached many teachers, parents, and youth, demonstrating the following large impacts in just under nine months.

**Teacher vape prevention curriculum trainings:** Each school between the three counties were contacted about the opportunity to train any and all teachers interested in the CATCH My Breath curriculum. Post-survey responses showed teachers agreed and strongly agreed with objectives (**orange graph**). These results found significant changes to teachers' knowledge, confidence, and perceptions related to e-cigarettes and vaping.



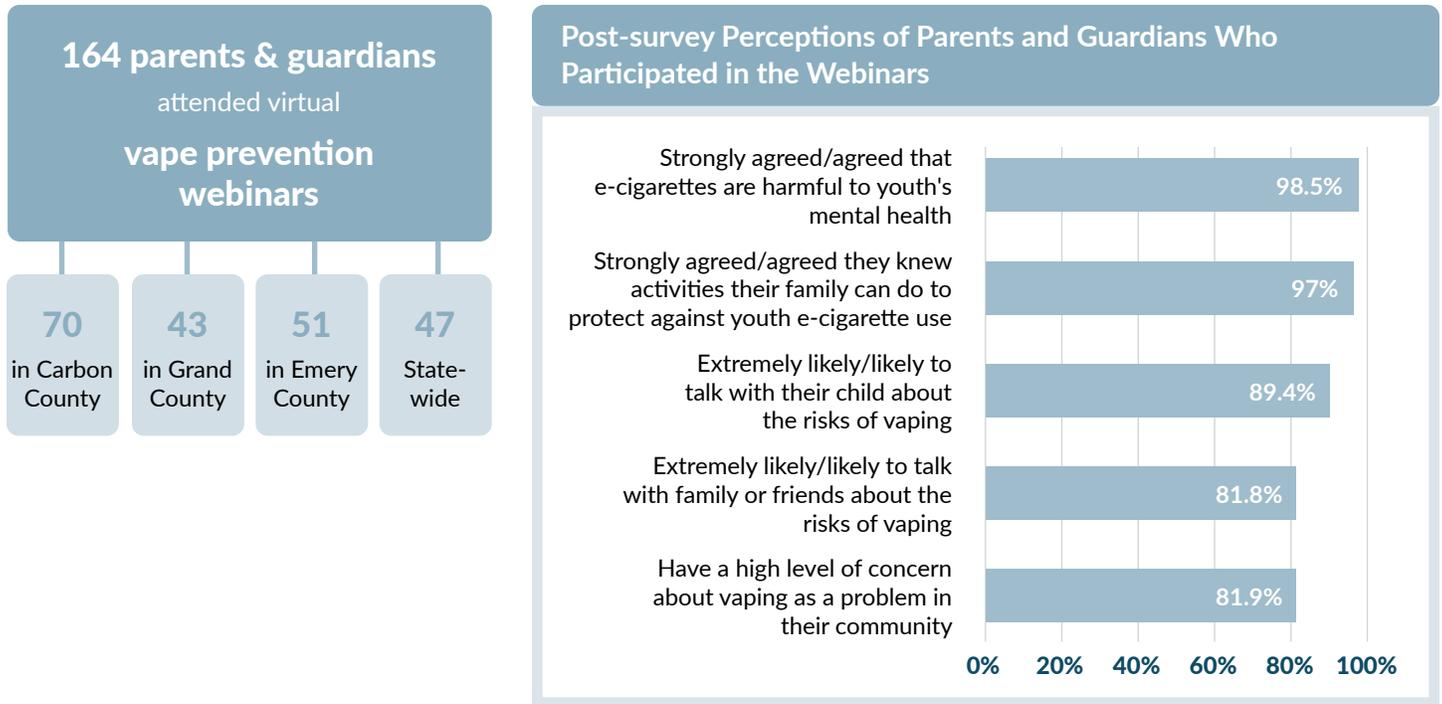
**Youth enrolled in afterschool vape prevention programs:** BE-EPICE & Grand provided the opportunity for students to receive the modified evidence-based curriculum in an after-school youth program environment. The program trained two groups of youth for each county.

Results found significant changes to youth perceptions of e-cigarettes and vaping. When asked a series of knowledge questions about e-cigarettes, most participants' post-survey showed improved knowledge in key areas (**blue graph**).



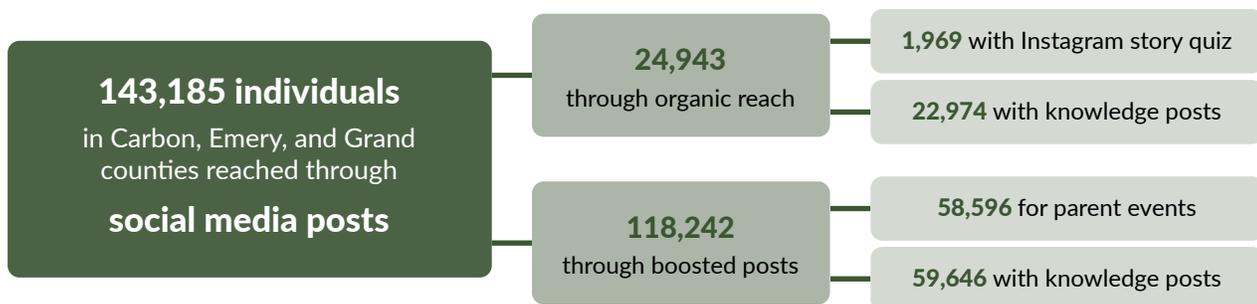
**Parent education vape prevention webinars:** To reach parents and guardians who had youth in grades 5 to 12, a webinar was provided with meals in the target counties.

Participants had significant improvements in all knowledge and perception questions with the exception of one; namely, there was no significant difference in pre- and post-survey responses about harmfulness of e-cigarettes to youth mental health (light blue graph).



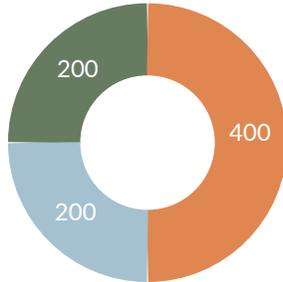
**Social media and website reach/impacts:**

**Social media.** The fourth component of this project aimed to reach community members through a social media campaign in the target communities. The team created 10 evidence-based social media posts on protective and risk factors associated with e-cigarette use based on current research. These were posted once a week for the duration of 2.5 months between February 3 and April 7 of 2021 on Facebook, Instagram, and Twitter using the USU Extension HEART social media pages. The posts reached 143,185 people between January 1 and April 30 on social media platforms (including boosts and other social media reach). All posts and stories were uploaded on the Carbon, Emery, and Grand counties USU Extension social media platforms as well (green graph).

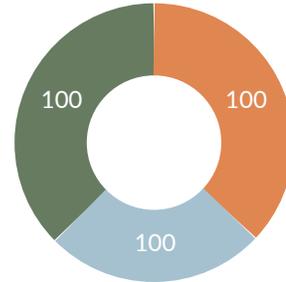


**Website.** The BE-EPICE & Grand project team compiled current evidence-based information on e-cigarette prevention and provided various avenues for community members to learn additional information via our website, fact sheets, social media posts, and educational webinars. Additionally, comprehensive local resource books for substance use treatment and recovery were created, updated, and stored on the website along with abbreviated two pagers with youth vape prevention and other local resources for youth. The website will remain live and will contain the aforementioned resources as well as a recording of the statewide webinar for parents and guardians throughout Utah. Additionally, resource booklets and guides were distributed to the counties (pie graphs below).

**800 local resource guides** distributed at webinars, and to local key stakeholders and community members.



**300 two-page flyers** distributed at webinars, and to local key stakeholders and community members.



- Grand County
- Carbon County
- Emery County



Be Epic Social Media Post Examples

### Be Epic, Escape the Vape Website Home Page

[extension.usu.edu/be-epic](http://extension.usu.edu/be-epic)



### Be Epic, Escape the Vape Logo

The grant worked with USU Extension’s marketing team to create a website and logo as seen below. The social media’s campaign was titled, “Be Epic, Escape the Vape,” with the tagline, “E-Cigarette Prevention in Rural Communities.”



**BE EPIC**  
**ESCAPE the VAPE**

E-Cigarette Prevention  
in Rural Communities

## Flyers

Each in-person youth and teacher training event held, and each parent webinar, had a flyer to advertise for the event. By utilizing this form of advertising, the BE-EPICE & Grand team increased participation and interaction at each event at each event. Below are three examples.



Be Epic Flyer Examples

## Program Feedback

After reading *The Truths Behind Vaping: Information for Youth and Teens* fact sheet one student from a Grand County high school said, "It didn't feel like reading five pages. It went by quickly and I personally absorbed a lot of information without getting bored, which I usually do with these things."

A teacher from a Carbon County high school commented, "I literally just had the opportunity come up to talk about the dangers of E-cigs to a student. He had said 'I don't smoke, or at least, I mean I just vape.' I told him that is smoking and I showed him the chart. It was awesome to be armed with so much info! Thanks for putting it together!"

After participating in the Grand County parent webinar one parent reported back saying, "[My daughter] says that she got asked several times the first week of school and she still gets asked weekly to go vape. Wow!! They [my two high school kids] commented that they didn't realize all the chemicals in vaping. So I was glad you presented that information. We've had a great discussion!!"

One parent from Carbon County stated, "Thank you for keeping us informed. Well worth my time!" after attending the parent webinar. While others were equally as grateful making comments in the chat feature such as, 'Great info!' or 'Thank you! Learned some new things!' and 'Thank you. Very informative!'"

## Student-made Posters

As part of the Be Epic Afterschool Program, students in grades 5-6 get to design their very own e-cigarette prevention poster. This Grand County student used the line, "Stay in Shape, Don't Vape" with a representative picture of a heart flexing its muscles to represent the smart choice of being vape-free. To top it all off, this fifth grade student chose to draw an e-cigarette device with a large "X" through the center of it to emphasize the point.





# Resilience Building

## Salt Lake County Employee Enrichment Series

The Family and Consumer Sciences faculty in Salt Lake County invited county faculty and state specialists to present to Salt Lake County employees as part of a weekly Employee Enrichment Series. The series focuses on work-related resources and guidance to help employees improve work performance, especially as they worked remotely due to COVID-19 restrictions. The HEART faculty provided individual and team presentations, which are discussed below:

Utah County faculty provided a workshop on controlling stressors in the workplace. Participants learned about different types of stressors, how to examine their level of control over them, and strategies and tools for responding to them. Twenty-seven employees attended, of which 11 completed a survey. Results show that an average of eight respondents somewhat or strongly agreed that they developed a better understanding of the material, found the information to be helpful in their work and personal life, and would make positive changes as a result of what they learned.

The HEART team was invited to present a 4-session series on developing resilience in the workplace, drawing from the six competencies from the PERMA® Theory of Well-Being: Self-Awareness, Self-Regulation, Mental Agility, Strengths of Character, Connection, and Optimism. Each competency was connected to its importance in developing resiliency in the workplace, and practical strategies were discussed. Forty unique participants attended the series, with a total of 24 responding to four surveys. Results showed that an average of 21 respondents somewhat or strongly agreed that they developed a better understanding of the material, found the information helpful in their work and personal life, and would make positive changes as a result of what they learned.

### Participant Feedback

*"Thanks for an awesome series!"*

*"Excellent presentation!"*

*"Really enjoyed this! I like the idea of re-framing, which I will use!"*

### Changes Participants Will Implement

*"Remember to do a body scan."*

*"Practicing self awareness."*

*"[Remember] how effective optimism can be."*

*"Ask myself when I respond [if] that was optimistic or pessimistic? And try to laugh everyday."*

*"I really liked the part about being grateful for something which initially could be perceived as negative. Finding the silver lining so to speak."*

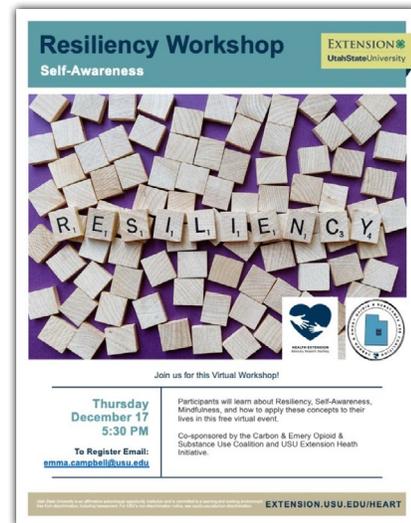
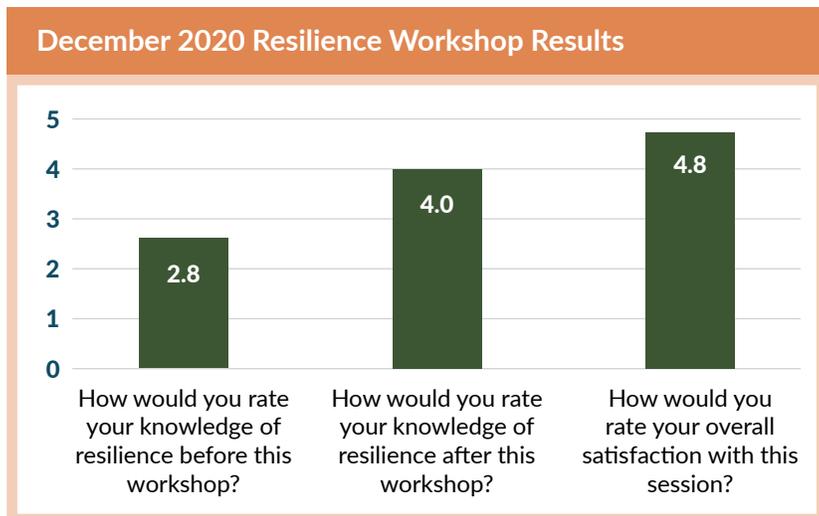
## Carbon and Emery Community Resiliency Workshops

Education on resilience, self-awareness, self-care, and mindfulness techniques was needed in the Carbon and Emery communities. HEART faculty with the local health and wellness intern and coordinator, in collaboration with the Carbon & Emery Opioid & Substance Use Coalition hosted a resiliency workshop on resilience building, self-awareness, and mindfulness on December 17, 2020. The webinar materials were also used for the Southeastern Utah Association of Local Governments (SEUALG) CIRCLES program on February 10, 2021, and updated with additional self-care content for use with the local Utah Support Advocates for Recovery Awareness (USARA) on April 14, 2021.

The resilience curriculum was presented to 19 total community members. Attendees reported increased knowledge of resiliency at the December webinar. Specifically, 5/6 survey respondents rated their knowledge of resiliency as low to average prior to the presentation; 5/6 survey respondents rated their knowledge of resiliency as high or very high following the presentation. All respondents expressed satisfaction with the presentation.

- Resilience workshop webinar on December 17, 2020: 6 attendees
- CIRCLES community use program on February 10, 2021: 7 attendees
- USARA self-care webinar on April 14, 2021: 6 attendees

### Data From the December 2020 Resilience Workshop (6 attendees)



Resilience Workshop Flyer

### Community Key Take-aways From the Resiliency Workshop

*"I especially liked the meditation that we did and would love to have a webinar where we do several different types of meditation like hearing, and sensing in other ways. I am so thankful for all I learned today."*

*"I plan to practice self-care by being grateful all the progress I have made."*

Sample slides show content from the resilience workshop presented to community members with collaboration between the HEART faculty and staff as well as the Carbon & Emery Opioid & Substance Use Coalition.



**PERMA**  
The Building Blocks of Well-being

- Positive Emotion**  
Increasing positive emotions about the past, present, and future.
- Engagement**  
Using skills fully toward doing something that is personally gratifying.
- Relationships**  
Connecting to and feeling support from others.
- Meaning**  
Sense of personal meaning through belonging to something bigger.
- Accomplishment**  
Sense of accomplishment for its own sake.

How to become  
**Self-Aware**

- 01 Walking**  
Being in nature and moving our bodies.
- 02 Journaling**  
Writing what we are thinking or experiencing without judgment.
- 03 Constructive Feedback**  
Getting constructive feedback from others on our strengths and weaknesses.
- 04 Mindfulness**  
Paying attention to our thoughts and learning to manage them.

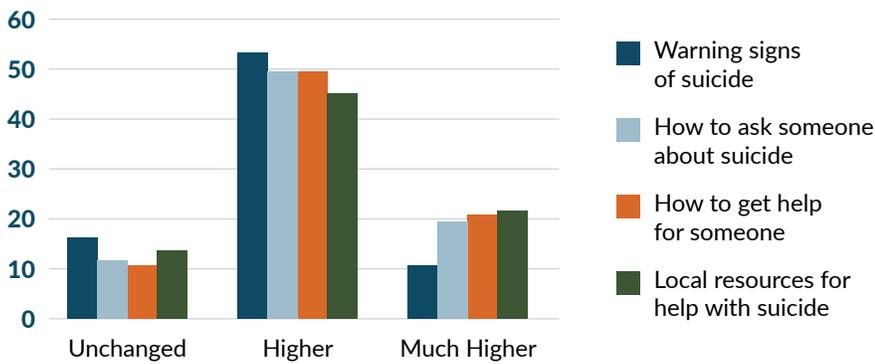
## Mental Health Education and Suicide Prevention

There is a saying that prevention, is prevention, is prevention. This means that mental health and substance use prevention are inter-related. By preventing mental health decline, we also prevent other negative outcomes like substance misuse, family problems, or criminal behavior. The same principles that support mental health will also improve other societal issues. Mental health education and suicide prevention are high-need priorities expressed in Tooele, Utah, and Salt Lake counties. In this area of major programming, partnerships with local coalitions on suicide prevention and mental health awareness have been key to building programming to address the need.

## Question, Persuade, Refer (QPR)

QPR is an evidence-based suicide gatekeeper training that provides information and skills to community members who are then able to provide early intervention to reduce suicidal crises. It is conducted as a 1.5-2-hour training. In Tooele County, HEART faculty Maren Wright Voss taught QPR in the county high schools and in other community settings. In Salt Lake County, she taught QPR at professional development workshops and was among the first nationally to bring a virtual, online teaching format of QPR to county residents. In the past year, HEART facilitated QPR to 233 individuals.

**Q3 - Compared to before the workshop, how would you rate your knowledge of suicide in the following areas now?**



Knowledge of suicide warning signs (high or somewhat high) increased from 32% to 72% post training. The likelihood of asking someone if they are suicidal (likely or very likely) increased from 23% to 80% post training.

**Working Minds**

Working minds is a mental health awareness training for human resource professionals to improve mental health programs in the workplace. HEART faculty Maren Wright Voss worked with state leaders to bring these mental health programs into the workplace, serving 60 workforce professionals to improve their mental health climate in their organizations, with broad impact. HEART faculty facilitated a discussion of the need for Working Minds and similar safety programs in the construction industry as part of 24-7 safety protocols at the Salt Lake Suicide Prevention Coalition meeting in May 2021.



**Resilient Riders**

Faculty in Davis and Weber counties developed the Resilient Riders program to address the priority health needs defined by the 2016-2020 Community Health Improvement Plan developed by the Weber-Morgan Health Department.

The program was aimed at elementary school children in Weber County. Participants earned prizes for every 120 minutes they spent riding their bikes over an 8-week period. Participants were also provided with book recommendations and other resources focused on overcoming obstacles and developing resilience. Of participants, 149 completed the pre-evaluation at sign-up, although more children are participating in the program. The impact of the program on physical activity, perceived resilience, and screen time will be assessed at the conclusion of the program.

The faculty developed the program in partnership with the Weber County Library system who provided background knowledge on the target population, space for kick-off events, promotional materials, prizes, and other expertise. The Weber-Morgan Health Department provided 30 free helmets to Resilient Riders participants who previously did not have a properly fitted helmet. They also provided injury prevention education at the three kick-off events. The Ogden Bicycle Collective provided free bicycle safety checks for participants at the three kick-off events.



Sadie Wilde (program coordinator), McKenna Smith (intern), Rachel Myrer (HEART faculty), and Sarah Robinson (intern) at the Resilient Riders kick-off event at the Southwest Branch Library.



Library and Ogden Bicycle Collective booths at the Resilient Riders kick-off event in Huntsville.



Resilient Riders Flyer

## The Confidence Project

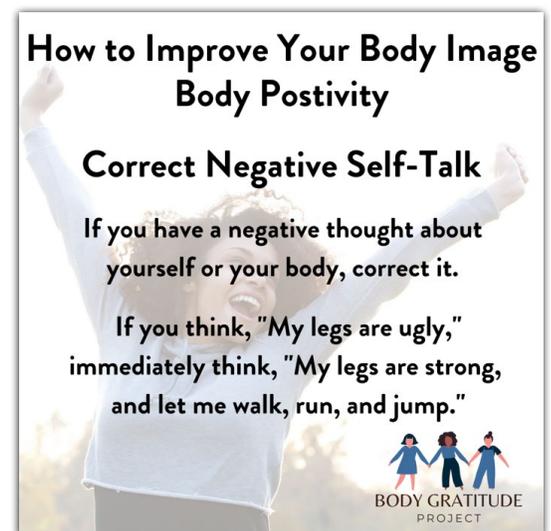
The faculty in Davis and Weber counties served as a member of the Confidence Project team in collaboration with five other Extension faculty members. Contributions included developing a 6-session 4-H curriculum on confidence and co-authoring an Extension grant for \$15,000 in order to support the Confidence Project efforts. The Confidence Project Team piloted the curriculum at the 4-day Bear Lake Adventure Camp for 4-H youth across the state. The faculty served as the camp evaluator and produced an evaluation report designed to improve the curriculum with quantitative and qualitative data.

## Body Gratitude Project

The principal investigator (PI) faculty in Davis and Weber counties and her co-investigators received \$18,803 in Extension grant funding for the Body Gratitude Project. The project is focused on promoting positive body image and healthy habits for adult women in Utah using a weight-neutral approach.

The project was developed as an upstream approach targeted at preventing substance use disorders, suicidal ideation, disordered eating, depression, anxiety, and other priority health topics. In the Davis County and Weber Community Health Improvement Plans (CHIP), common BD comorbidities including suicide, behavioral health issues, and substance abuse were prioritized.

The project kicked off in May, with focus on developing a social media strategy and website, hiring a program coordinator, and producing fact sheets, blogs, and social media posts.



Social Media Post Example

## Resiliency and Mental Health

In Box Elder and Cache counties, resilience building programming includes individual educational interventions, classroom presentations, harm reduction groups, and workshops. The assistance of the local community was very important in identifying areas and populations of need. Presentations on resiliency and mental health were provided for community members (youth and adults), USU faculty, USU students, coalitions, and patients in SUD treatment.

The Bear River Health Department, the Boys and Girls Club of Northern Utah, Cache Valley Recovery, Clear Recovery of Cache Valley, USU Wellness, the University of Utah Nursing School, and Caring Connections Program are examples of organizations participating. Increasing access to resiliency education was very important during the pandemic. Providing opportunities for virtual interpersonal interaction became a focus of our educational outreach and our coalitions.

## Youth Resilience Programs

### Tooele County 4H Mentoring

Because substance use patterns begin early in life and addiction is hard to treat, building resilience for at-risk populations is key. For youth with multiple risk factors, mentoring is a proven method to build protective factors and minimize the risk factors that lead to problem behavior. A strong, pro-social relationship with a trusted mentor builds attachment to community and individual resilience.

HEART faculty helped acquire \$154,000 in funding for a 4-H Health Rocks! mentoring club and an additional \$32,000 in funding for a COVID-friendly online mentoring program called Prevention Pals which used the Health Rocks! curriculum. The program is designed to introduce youth to new ideas, experiences, and support that can be life changing. The 4-H Health Rocks! Club is dedicated to helping youth live healthier, happier lives. The club consists of high school mentors and middle school youth meeting together each week to foster friendships, work on projects, and explore health through different activities. Over the course of the year, 40 youth participated in 37 weeks of programming and four family night out events, building strong relationships with their mentors and gaining pro-social supports.



COVID Club Connections: Decorating homemade cakes from kits delivered to 4-H members.



Mentors build relationships on Glow Jar Day.



When club days fall on school breaks, it leads to fun with friends at 4-H.



During this day of service, 4-H members made Christmas ornaments for the Tooele Senior Center.

## 4-H Classic Resilience Workshop

In Utah County, faculty and a health and wellness intern provided a resilience workshop at a statewide 4-H Classic event, which provides 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 Cs (Ginsburg, 2011) and how the concepts learned in the activity reinforced the 7 Cs in themselves and in how they mentor other youth to help them develop resilience.



Working together, youth clean stains from carpet samples.



Youth used safe cleaning solutions to make homemade cleaners.

A variety of food samples created “stains” to be cleaned.



## 4-H Resilience Building Club

HEART faculty and health and wellness intern, Emma Campbell, in collaboration with Carbon County 4-H, created and held a Resilience Building Club for youth. This club was held in fall 2020 and spring 2021, with a total of eight 1-hour club sessions. The resilience club focused on the 7 Cs of Resilience; competence, confidence, connection, character, contribution, coping, and control (Ginsburg, 2011). Each club session highlighted one of the 7 Cs and taught a resilience technique to the youth 4-H club members. Club members were also given a gratitude journal to help facilitate awareness of the positive things in their lives.

Fall 2020  
Resilience Club



members participated

Spring 2021  
Resilience Club



members participated

Other Club  
Involvement



members participated

Total



youth reached

## Youth Key Take-aways From the 4-H Club

The club members all identified someone they can trust and rely on after our club meeting on Connections.

"My Grandma is someone I trust."

"My mom makes me feel good about myself."

"My brother makes me smile."

All club members responded that they wanted to learn more about control, and after our control-focused session, one club member stated, "I feel like I can have better control over my emotions now."

Multiple club members said that they now feel more confident in themselves.



**"I CAN DO IT" CLUB**  
Is being offered again!  
**Building Resilience**

Starts March 1st  
Ends April 27th  
Every 1st, 3rd & 4th Monday  
Time: 3 pm - 4 pm

Age: 10-14  
This club has limited space!  
Sign up on [4h.zsuite.org](http://4h.zsuite.org)

Address:  
4-H Classroom  
751 E 100 N #1700, Price, UT  
84501

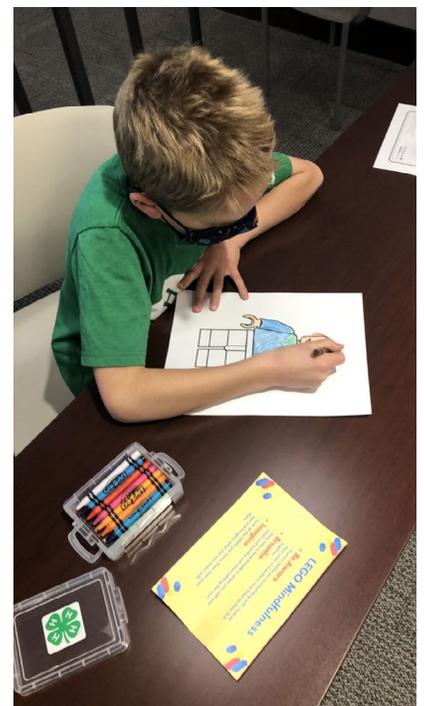
**EXTENSION**  
UtahStateUniversity. HEALTH EXTENSION

Resilience Club Flyer

The Resilience Club contribution activity. The club members wrote letters and created Christmas ornaments for the residents of Heirloom Inn - Assisted Living Facility.



A Resilience Club member making a mindfulness glitter jar.



A 4-H member during the LEGO Mindfulness & Resilience Club.

# Other Community Trainings and Events

The HEART team provided numerous additional valuable trainings, outreach, and services in communities across the state. Below is a select list of events HEART faculty hosted or assisted with in 2020-2021.

## Cache and Box Elder Counties

- Reducing Bias and Stigma in Substance Use Disorders with Naloxone Education
- Red Ribbon Week: Health and Wellness in CHS: Best Practices and Success
- Mental Health and Suicide Prevention Walk
- Cache Valley Recovery Open House and Naloxone Training
- Cache HS – Red Ribbon Day Presentation
- U of U Suicide Prevention Program with Dr. Supiano
- Clear Recovery of Cache Valley (CRCV) - Naloxone Training Prof Staff
- CRCV - Naloxone Training – Harm Reduction Group
- Cache Valley Recovery – Naloxone Training
- CRCV - Naloxone Training – Harm Reduction Group
- Cache Valley Recovery – Naloxone Training
- Wendover Opioid Summit
- SLC Employee Enrichment Series – Resiliency
- Physical and Emotional Resiliency - USU Wellness Expo
- National Health Outreach Conference: Reducing Bias and Stigma in SUD with Naloxone Education
- Cache County Employee Wellness Classes
  - Mental and Physical Resilience
  - Exercise and Ergonomics at Work
- Parent Conversations
  - Exercise for Children and Parents



# Carbon and Emery Counties

## Eat Dinner as a Family Night – CARE Coalition

- Certificates were provided to local elementary schools.

## National Extension Family & Consumer Science National Conference Planning & Wellness Committee Chair

- Hundreds of online attendees at various wellness sessions and Extension faculty/staff across the country were in attendance.

## Getting It Together: Body, Mind, and Spirit Self-Care in Tough Times Webinar in partnership with the Utah Women & Leadership Project– September 2020



## Price Peer Advisory Committee (PAC) Meetings supported and attended



## Youth Leadership Prevention Conference – Co-chair of planning committee (postponed due to COVID-19)

“I am going to incorporate the breathing into a session with my staff.”

“I have LOVED this so much and I thank you so much for doing this.”

“Thank you. [This] is so helpful especially right now in my life. I actually feel so good and have tears running down my cheeks”

“This has been such a beautiful gift. Thank you for sharing your expertise, positivity and wonderful spirit.”

“Thank you so much Ashley for all you did to help make this possible. It was a wonderful experience and I’m grateful to have had the opportunity to learn and share space with everyone who attended. I look forward to future workshops and appreciate the efforts of all who collaborated to make this event happen. Have a wonderful day.”

## Get Healthy Utah Board

## Utah Public Health Association Board

## Four Corners Community Behavioral Health Board

## Utah Rural Opioid Healthcare Consortium and activities

- Marketing Campaign for Carbon and Emery planning committee - coming early 2022!

## Davis and Weber Counties

### Community Opioid Education Dinner for Weber/ Downtown Ogden

 32 participants

Participated in 14 coalitions and HEART faculty elected as a board member on the communications unit for the Utah Public Health Association (UPHA) in May 2021

### Local coalition contributions include:

- Collaborating on the Substance Misuse Strategic Plan for Davis County as a member of the Substance Misuse Prevention Workgroup.
- Contributing to the 2022 E-Cigarette, Marijuana, & Other Dug Prevention Grant application as a member of the Fremont 5 CTC coalition which was recently funded for \$90,000.
- Collaborating with Ogden CAN and UCO-OP on efforts to reduce opioid use disorder stigma.

## Salt Lake and Tooele Counties

### Stress Management Training: Daybreak

 28 participants

### Stress Management Training: Opioid Summit

 17 participants

### Every Day Strong: Daybreak

 12 participants

### Time Management: Opioid Summit

 12 participants

### Tooele Save Family Dinner Night

 1026 participants

## Utah County

Panel discussion: Providing Extension Programming in Correctional Facilities – USU Extension faculty

6 participants

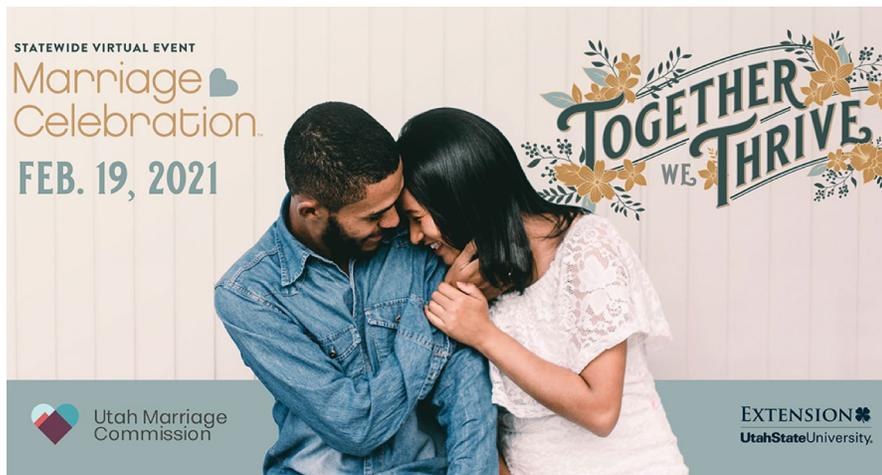
Utah's Opioid Crisis – Court Appointed Special Advocates® In-service training

22 participants

Interviewer training: Utah Valley Drug Prevention Coalition Community Board

35 participants

## Marriage Celebration



USU Extension, including HEART faculty, in conjunction with the Utah Marriage Commission presented a virtual “date night” celebrating marriage, featuring workshops on topics such as intimacy, communication, and staying connected.

Participants had access to the workshop from the night of the Marriage Celebration (February 19) through the end of March. Below is a chart of the pre-recorded workshops from HEART faculty presenters and the number of views achieved during this timeframe.

Topic	Presenters	Total views 2.19.21 - 3.31.21
When the Going Gets Good	Ashley Yaughner & Chapel Taylor-Olsen	87
Supporting Loved Ones with Mental Health Concerns	Ashley Yaughner & Tim Keady	65
Communicating About Pain: Keys to Supporting Loved Ones Through Health Challenges	Maren Wright Voss & Gabriele Murza	38

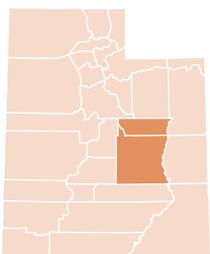
# Coalitions, Collaborations, and Partnerships

The HEART team collaborates with public health professionals and community members from across the state. Each HEART faculty member is actively involved in local, regional, and national coalitions that aim to reduce opioid misuse and that support other related public health initiatives. HEART faculty actively participate in the coalitions listed below.



## Cache and Box Elder Counties

- Bear River Safe Communities Coalition
- Bear River Opioid Response Task Force
- Brigham City Suicide Coalition
- Box Elder Safe Communities Coalition
- Northern Box Elder Suicide Coalition
- Northern Utah Substance Abuse Prevention Team
- Parents Empowered Committee
- Suicide Coalition of Box Elder
- Utah Public Health Opioid Response Team
- Veterans Administration OEF-OIF Partnership
- NUSAPT – Co-Chair – Chair
- Bear River Health Department
- UCO-OP Steering Committee
- Cache TEAM (Tribal Education Agricultural Management) Coalition
- BESCC – Box Elder Safe Communities Coalition
- Logan Advisory Board - Boys & Girls Club of Northern Utah
- Utah Action for Healthy Kids Coalition
- Veterans Administration OEF-OIF Partnership
- Community Garden Group
- Cache Suicide Prevention Coalition
- Cache Interagency Council
- Get Healthy Utah
- Tremonton Suicide Prevention Coalition (USU)
- Cache TEAM Coalition
- Northern Box Elder County Suicide Prevention Coalition
- UCO-OP
- Live On – Utah Suicide Prevention Campaign Evaluation Technical Advisory Committee
- Task Force Member, Utah Public Health Opioid Response – UDOH
- Parents Empowered Committee, Logan, Utah



## Carbon and Emery Counties

- Carbon & Emery Opioid & Substance Use Coalition
- Carbon Addiction, Reduction, & Elimination (CARE) Prevention Coalition
- Coal Country Strike Team
- Emery County Addiction & Reduction (E-CAR) Coalition
- Faith Based Coalition (addiction and

- recovery focused)
- HOPE Squad of Carbon, Emery, & Grand Counties
- MAS/ICC Community Meetings
- Utah Coal Country Strike Team
- Utah Rural Opioid Healthcare Consortium (UROHC)
- Veterans Outreach Committee
- Carbon County Opioid Education Dinner
- Carbon & Emery Opioid & Substance Use Coalition
- Carbon Medical Center
- Coal County Strike Team
- Eastern Utah Women's Health
- Emery County Addiction Reduction (ECAR) Coalition
- Four Corners Community Behavioral Health
- One Voice Recovery
- Southeast Utah Health District
- Utah Department of Health
- Utah Division of Substance Abuse and Mental Health
- Utah Support Advocates for Recovery Awareness
- Utah Rural Opioid Healthcare Consortium (UROHC)
- University of Utah
- SLC Veteran's Administration (VA)
- Rural Health Association of Utah (RHAU)



## Davis and Weber Counties

- Clearfield-Syracuse Communities That Care Coalition
- Centerville Cares Coalition
- Davis Hospital and Medical Center Controlled Substances Committee
- Davis HELPS Prevention Coalition
- Davis County Human Services Directors Group
- Davis County Opioid Workgroup
- Diamond Tree Recovery
- Ogden Civic Action Network
- OgdenCAN Opioid Taskforce
- Weber-Morgan Health Department
- Weber Human Services
- Davis Behavioral Health
- Davis4Health
- Weber Communities That Care Coalition
- Fremont Communities That Care Coalition
- Roy Communities That Care Coalition
- Ogden Civic Action Network Health Subcommittee
- Ogden Civic Action Network Opioid Taskforce
- Weber County Prevention Advisory Council
- Weber County Coalition of Resources
- Weber County Opioid Education Dinner
- Bonneville Communities That Care Coalition
- Bountiful/Centerville Communities That Care Coalition
- Layton/Northridge Communities That Care Coalition
- North Davis Communities That Care Coalition
- Northern Utah Communities That Care Coalition
- Woods Cross/West Bountiful/North Salt Lake Communities That Care Coalition
- Ogden Civic Action Network (OCAN)
- Substance Misuse Prevention Workgroup (Davis County)
- Utah Health Improvement Plan



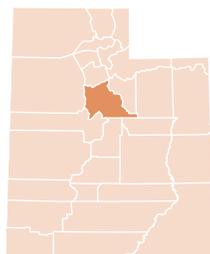
## Salt Lake County

- Salt Lake County Opioid Task Force
- Utah State Opioid Task Force
- Utah Syringe Exchange Network
- Salt Lake County Suicide Prevention Coalition
- Opioid Crisis Response Group
- Utah Support Advocates for Recovery Awareness
- Utah Division of Substance Abuse and Mental Health
- Salt Lake County Health Department
- Young People in Recovery (Draper and Salt Lake Chapters)
- Addicted We Stand
- One Voice Recovery
- University of Utah School of Law
- Timpanogos Law Center
- Disability Law Center



## Tooele County

- Tooele Rural Opioid Healthcare Consortium
- Tooele Interagency Prevention Professionals coalition
- Wendover Prevention Coalition
- Program of Addiction Research, Clinical Care, Knowledge, and Advocacy (PARCKA)
- 4-H National Council
- Mental Health and Wellness Champion Group
- National Opioid Crisis Response Workgroup
- Opioid Crisis Response Group
- Tooele County Health Department: Community Health Improvement Plan, Reducing Substance Misuse Workgroup
- Tooele County School District
- Valley Behavioral Health
- VA SLC Primary Care (PC) Pain Education and Opioid Monitoring Program (POP)



## Utah County

- Utah Valley Drug Prevention Coalition
- VA SLC Primary Care (PC) Pain Education and Opioid Monitoring Program (POP)
- Utah County Local Substance Abuse Authority
- Valley Behavioral Health
- United Way of Utah County
- Intermountain Healthcare
- Utah County Health Department
- Brigham Young University
- Saratoga Springs Police Department
- BYU Department of Public Health
- National Alliance on Mental Illness (NAMI) of Utah County
- Utah County Art Board
- Court Appointed Special Advocates for Children (CASA)
- Utah County Partners for Families and Children



## State

- Utah Coalition for Opioid Overdose Prevention (UCO-OP)
- Utah Suicide Prevention Campaign
- Utah Chapter of the Society of Public Health Education (USOPHE) & Utah Public Health Association (UPHA)
- Utah Prevention Coalition Association (UPCA)
- Opioid Crisis Response Workgroup: Utah State UCO-OP and Tooele/Utah County workgroups
- Program of Addiction Research, Clinical Care, Knowledge, and Advocacy (PARCKA)
- Utah Coalition for Opioid Overdose Prevention--Data and Evaluation Work Group
- Living Well Utah Coalition
- Utah Suicide Prevention Coalition
- Tribal Rural Opioid Initiative
- Utah Coalition for Opioid Overdose Prevention (UCO-OP)
- DEA 360
- Utah Department of Health
- Utah Public Health Association (UPHA)
- Utah Action for Healthy Kids - participated



## National

- 4-H National Council Mental Health and Wellness Champion Group
- Society for the Study of Occupation Third Decade Initiative Workgroup
- Two Board Memberships for Debunked and NEXT-Up Advisory Board



*A class at the Wendover Opioid Conference.*

# Social Media



## Background

HEART has accounts on social media platforms including Twitter, Facebook, and Instagram. All social media pages were created at the end of March 2019. Since then, HEART has established a strong presence on each platform.

## Purpose

The purpose of the social media program is to share news, upcoming events, happenings in the community, and helpful health and wellness information related to the HEART team via Facebook, Instagram, and Twitter. Through these platforms, HEART hopes to engage with the community in a positive way and contribute helpful insights and resources.

## Goal

The goal of having a social media presence is to increase visibility and familiarity of the HEART initiative, educate and engage with community members, build relationships, and promote awareness of the opioid epidemic and other public health issues.

## Evaluation

During the year from July 1, 2020 – June 30, 2021, the social media program measured the total number of people reached and the volume of messages sent within each social media platform.



**TWITTER**

USUHeart (@usuHEART)

### Twitter Analytics

Quarter	Tweets	Impressions	Profile Visits	New Followers	Mentions
July - September	60	5326	41	4	17
October - December	37	6327	15	3	20
January - March	49	5754	233	9	12
April - June	65	5935	154	5	11
<b>TOTALS</b>	<b>211</b>	<b>23,342</b>	<b>443</b>	<b>21</b>	<b>60</b>

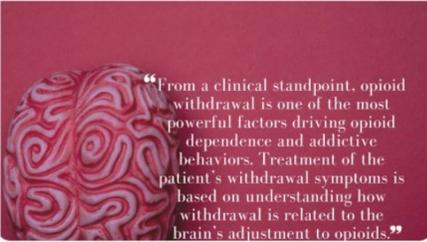
Refer to the glossary on page 61 for a complete list of definitions.

### Sample Tweets

**USUHeart** @usuHEART · Jun 14

Understanding how the [#brain](#) adjusts to [#opioids](#) allows for better [#treatment](#) and [#recovery](#). Dr. Kosten and Dr. George share about the biochemical changes the brain undergoes during [#opioiduse](#). Learn more at [ncbi.nlm.nih.gov/pmc/articles/P...](https://ncbi.nlm.nih.gov/pmc/articles/P...)

[#OUD](#) [#opioiduseidorder](#)



1 retweet 3 likes

#### INSIGHTS

Impressions: **164**  
Total Engagements: **7**

**USUHeart** @usuHEART · May 28

The use of opioids or meth, as well as vaping, and smoking, increases the risks of serious complications from COVID-19.



1 retweet 2 likes

NIDA. 2020. August 6. Coronavirus (COVID-19) and Drug Use: What's the Connection? Retrieved from <https://nida.drugabuse.gov/blog/post/coronavirus-covid-19-and-drug-use-what-s-connection> on 2021 March 23

#### INSIGHTS

Impressions: **210**  
Total Engagements: **12**

### INSIGHTS

Impressions: **646**  
Media Views: **13**  
Total Engagements: **1**

**USUHeart** @usuHEART · Apr 5

[#Recovery](#) is a journey, not a race. Keep moving forward!

Find [#treatment](#) options and support at [FindTreatment.gov](https://www.findtreatment.gov) or by calling 1-800-662-4357.

[#opioiduseidorder](#) [#substanceuseidorder](#) [#opioid](#) [#substance](#) [#opioidepidemic](#)



0:01 | 13 Views

1 like

## Facebook Analytics

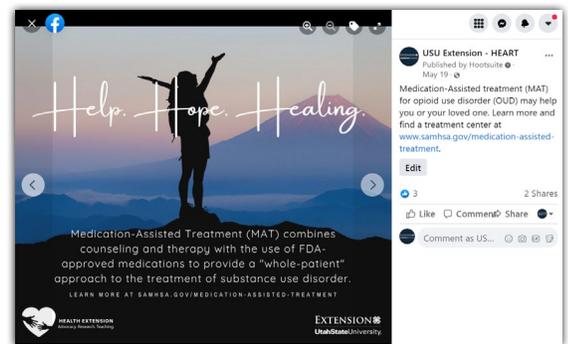
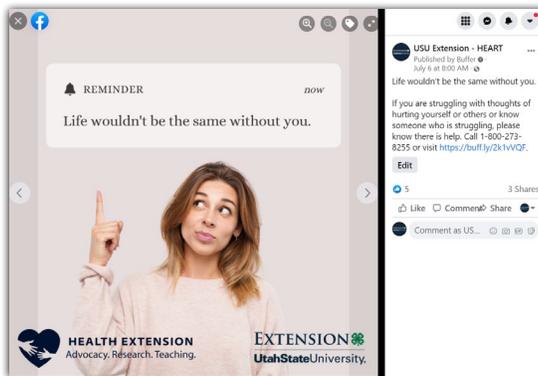
Quarter	Page Views	Page Previews	New Page Likes	Post Reach	Post Engagements	Page Followers	Posts
July - September	235	9	18	5,481	488	18	79
October - December	463	4	23	7,737	507	20	57
January - March	529	0	71	35,829	2,528	97	85
April - June	154	6	30	37,549	776	25	74
<b>TOTALS</b>	<b>1,381</b>	<b>19</b>	<b>142</b>	<b>82,596</b>	<b>4,299</b>	<b>160</b>	<b>295</b>

Refer to the glossary on page 61 for a complete list of definitions.

## Sample Facebook Posts

### INSIGHTS

Reach: **211**  
 Likes: **5**  
 Loves: **3**  
 Comments: **1**  
 Shares: **3**  
 Link Clicks: **0**

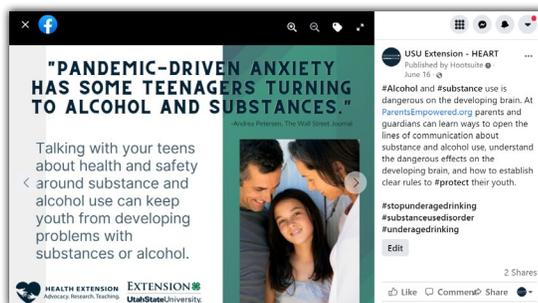


### INSIGHTS

Reach: **140**  
 Likes: **3**  
 Loves: **1**  
 Comments: **0**  
 Shares: **2**  
 Link Clicks: **0**

### INSIGHTS

Reach: **169**  
 Likes: **1**  
 Loves: **0**  
 Comments: **0**  
 Shares: **2**  
 Link Clicks: **0**





# INSTAGRAM

USU Extension HEART (usuextension\_heart)

## Instagram Analytics

Quarter	Likes	Post Reach	Post Impressions	Interactions (Profile Visits)	Posts	Stories <sup>a</sup>
July - September	350	1,254	1,457	9.67	58	0
October - December	298	725	858	7	40	0
January - March	230	1,124	2,853	27	50	16
April - June	424	1,769	7,507	81	68	0
<b>TOTALS</b>	<b>1,302</b>	<b>4,871.66</b>	<b>12,674</b>	<b>124.33</b>	<b>216</b>	<b>16</b>

Notes. Some Instagram data was deleted, indicated by the dashes in the table. Future reporting will include all quarterly data for "post reach," "post impressions," and "interactions."

<sup>a</sup>Story views are only available for 48 hours after the post. This data was not recorded and is therefore not reported here. Future reporting will include "stories views."

Refer to the glossary on page 61 for a complete list of definitions.

## Sample Instagram Posts

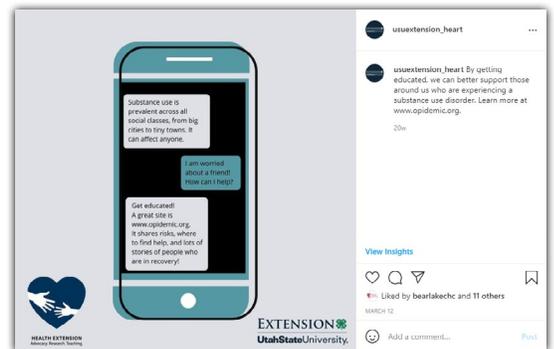
### INSIGHTS

- Likes: **9**
- Comments: **0**
- Share: **4**
- Profile Visits: **0**
- Reach: **71**
- Interactions: **0**
- Impressions: **77**



### INSIGHTS

- Likes: **12**
- Comments: **0**
- Share: **2**
- Profile Visits: **1**
- Reach: **106**
- Interactions: **1**
- Impressions: **118**



### INSIGHTS

- Likes: **5**
- Comments: **1**
- Share: **1**
- Profile Visits: **0**
- Reach: **106**
- Interactions: **0**
- Impressions: **111**

## HEART Contributions to Health and Wellness Extension Social Media

HEART Team Health and Wellness Month Impacts						
Facebook Post	People Reached	Likes/ Reactions	Post Clicks	Shares		HEART Faculty
Youth Substance Prevention	3294	41	15	13		Ashley
Substance Misuse Prevention	3100	22	12	5		Tim

Instagram	Likes	Accounts Reached	Impressions	Saves	Comments	
Youth Substance Prevention	47	1400	1473	1	0	Ashley

Twitter	Impressions	Engagements	Engagement Rate			
Youth Substance Prevention	407	7	1.70%			Ashley

Emails	Sends	Opens	Clicks	Unsubscribes		
Substance Misuse Prevention	5105	1913	47	10		Rachel

HEART Team Health and Wellness Month Impacts					
Facebook Post	People Reached	Likes/Reactions	Post Clicks	Shares	HEART Faculty
Avoid Complacency	3235	23	10	6	Ashley

# Glossary

<b>Abstract Views</b>	The number of times the abstract of an artifact has been viewed.
<b>Average Time on Page</b>	The average amount of time users spent viewing a specified page or screen or set of pages or screens.
<b>Clicks Per Unique Opens</b>	The percentage of recipients that registered as an open who also clicked a link in your campaign.
<b>Click Rate</b>	The percentage of successfully delivered campaigns that registered a click.
<b>Downloads</b>	The number of times an artifact has been downloaded.
<b>Impressions</b>	The times a user is served a Tweet in timeline or search results.
<b>Interactions (Profile Visits)</b>	<b>Interactions:</b> A measure of the actions people take when they engage with your post. <b>Profile visits:</b> The number of times your profile was viewed.
<b>Mentions</b>	The number of times your @username was mentioned in Tweets.
<b>New Followers</b>	The number of new followers you gained.
<b>New Page Likes</b>	The number of new people who have liked your page.
<b>Open Rate</b>	The percentage of successfully delivered campaigns that registered as an open.
<b>Opened</b>	The number of recipients that opened this campaign any number of times.
<b>Page (Google Analytics)</b>	The pages visited, listed by URI. The URI is the portion of a page's URL following the domain name; for example, the URI portion of www.example.com/contact.html is /contact.html.
<b>Page Views</b>	The number of times your page has been viewed.
<b>Page Previews</b>	The number of times people hovered over your page name or profile picture to see a preview of your page content.
<b>Page Followers</b>	The number of times people have followed your page.
<b>Posts</b>	The number of posts.
<b>Post Engagements</b>	The number of times people have engaged with your posts through likes, comments, shares and more.
<b>Post Impressions</b>	The total number of times your post has been seen.
<b>Post Reach</b>	1. The number of people who had any posts from your page on their screen. 2. The number of unique accounts that have seen your post.
<b>Profile Visits</b>	The number of times users visited your profile page.
<b>Recipients</b>	The number of contacts the campaign was sent to.
<b>Story Views</b>	The number of unique accounts that viewed your Instagram story.
<b>Total Opens</b>	The total number of times the campaign was opened by recipients. This count includes multiple opens from individual recipients.
<b>Total Clicks</b>	The total number of times tracked links were clicked by recipients. This count includes multiple clicks from individual recipients.
<b>Unique Page Views</b>	Unique page views is the number of sessions during which the specified page was viewed at least once. A unique page view is counted for each page URL + page Title combination.

# The HEART Beat Newsletter

## Background

The HEART Beat Newsletter was created in February of 2019. Twelve issues were sent from July 1, 2020–June 30, 2021. The newsletter was distributed monthly, sent to a list of partners, stakeholders, and community members that have subscribed to receive it directly to their inboxes.

## Purpose

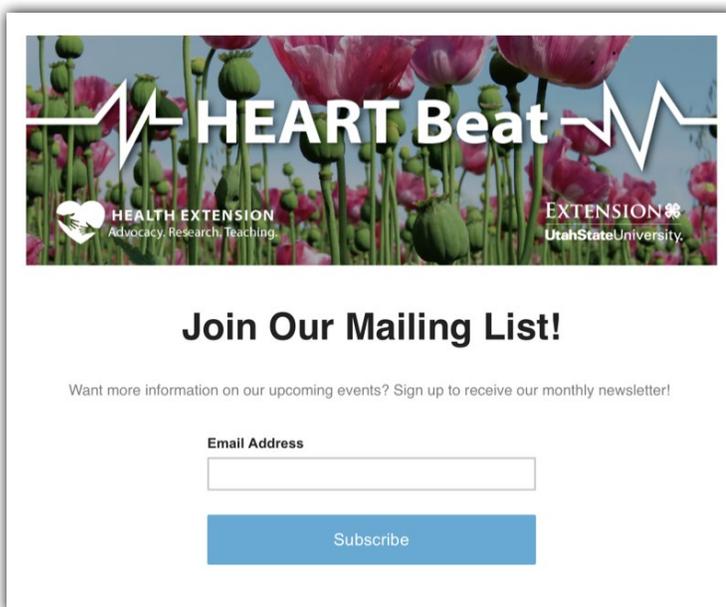
This newsletter helps the HEART team relay relevant information regarding community resources, partnership and funding opportunities, current and future programs, and happenings around the state of Utah in regard to the opioid epidemic and other pressing public health issues to letter recipients.

## Goal

The HEART Beat Newsletter aims to promote health and wellness, focusing on the opioid epidemic and emphasizes the four main objectives of the HEART Initiative: stigma and harm reduction, strengthening community ties, prevention and education, and resilience building.

## Subscriber Information

Anyone can subscribe to the HEART Beat Newsletter by submitting their email through the mailing list landing page (shown below). The landing page has been shared on each of HEART’s social media platforms (Twitter, Instagram, and Facebook) and is included in several HEART team members' email signatures. The HEART Beat Newsletter landing page is currently linked on our website, as are the current and previous newsletter issues.



## Evaluation

The HEART Beat Newsletter was evaluated during the year July 1, 2020 – June 30, 2021 by measuring the total number of people reached, the volume of messages sent, and the success of each campaign based on the number of times it was opened and the number of times a link was clicked.

# HEART Newsletter Feedback

Our open feedback survey yielded one response and all feedback provided by the reader indicated an overall positive impact being made by the HEART Beat Newsletter. The respondent reads the newsletter each month when it is published and feels it provides useful contacts and networks, education and updates on current opioid crisis issues, information on upcoming events and networks pertaining to opioid use resources, and direction to resources to help loved ones who are experiencing opioid use disorder.

## Newsletter Analytics

Quarter	Recipients	Open Rate	Opened	Click Rate	Clicked	Total Clicks	Clicks Per Unique Opens	Total Opens
July - September	166.33	22%	35.67	4%	6.67	8.67	20%	107.00
October - December	174.67	28%	47.00	22%	2.67	5.67	6%	126.67
January - March	176.00	35%	58.67	4%	6.33	8.33	11%	134.67
April - June	170.00	32%	177.67	3%	5.67	13.33	10%	206.67
Average	171.75	29%	79.75	8%	5.33	9.00	12%	143.75

## Newsletter Samples

### Did You Know?

#### It Is Okay to Feel Alone

Yes, you read that right: It is okay to feel alone at times. In fact, feeling lonely is a normal, human feeling. According to PsychAlive, "as a tribal species, our brains adapted to rely on social connections as a means to survive." However, today we often do not express our feelings of loneliness because we may think society would view such feelings negatively ([PsychAlive, 2018](#)).

According to former U.S. Surgeon General, Viveck Murthy, loneliness is a feeling that not only impacts a person's mental health, but also their physical health ([Shah et al., 2020](#)). He explains that loneliness can affect more than just mood. It can impact overall health by playing a role in illness, chronic pain, and addiction. He states in an interview on "Health Shots" by NPR, "I found that people who struggle with loneliness, that that's associated with an increased risk of heart disease, dementia, depression, anxiety, sleep disturbances and even premature death" ([Martin, 2020](#)). He says there are **three ways to help improve your feelings of loneliness**.

1. You can open up to a trusted person, and express your feelings of loneliness; they may have had those same feelings too.
2. You can find a community -- a group of people with similar interests, (e.g., via Facebook, Zoom, Instagram, or socially responsible in-person settings, among others).
3. Think of ways you can help someone else: Is there an act of service to lift someone? It can be good for you as well as the other person you help or express gratitude to.



Did You Know? - July 2020

### Community Highlight

#### USU Faculty are Collaborating to Bring Employment Training Opportunities to People Who are Incarcerated

In June 2020, four USU faculty in the Home & Community Department representing HEART, Family and Consumer Sciences, and Community Resource and Economic Development were awarded a grant from USU's Rural Online Initiative (ROI) to modify and pilot their Master Remote Work Professional Certification Course to individuals who are incarcerated in Utah's correctional facilities.

ROI's mission is to prepare Utah's rural workforce by providing education, training, and other services to help prepare individuals to work remotely as an employee, freelancer, or entrepreneur ([ROI, 2020](#)). Their Master Remote Work Professional Certification Course is designed to equip participants with the tools and skills needed to transition into remote work ([ROI, 2020](#)). For individuals who are incarcerated, this program can help them develop skills to succeed in a field which can offer them more choices upon release.

By teaching remote work skills and providing support to gainful employment upon release, ROI is furthering its goal of connecting the unemployed and underemployed to essential jobs. We are excited to be a part of this effort, working with other USU faculty, to bring important and meaningful training opportunities to people who will benefit from these skills.



Community Highlight - October 2020

### HEART Team Highlights

#### HEART Awards in 2021

The HEART team won 20 state-level awards in the first quarter of 2021! Of those awards, 14 have gone on to be judged at the regional level, for advancement to the national level, by National Extension Association of Family and Consumer Sciences (NEAFCS) and Epsilon Sigma Phi (ESP). A few award highlights include receiving the first place Diversity Team Award and Innovative Program Team Award from the Utah Extension Association of Family and Consumer Sciences (UEAFCS). View the complete list of awards [here](#).

We are very grateful to all who supported and contributed to the receipt of these awards. Thank you!



Team Highlight - April 2021

# HEART Website

## Background

The HEART website was created in Winter 2018-2019. It is updated monthly with the HEART Beat Newsletter. All other categories on the website are updated on an as needed basis to keep information and upcoming events current.

## Purpose

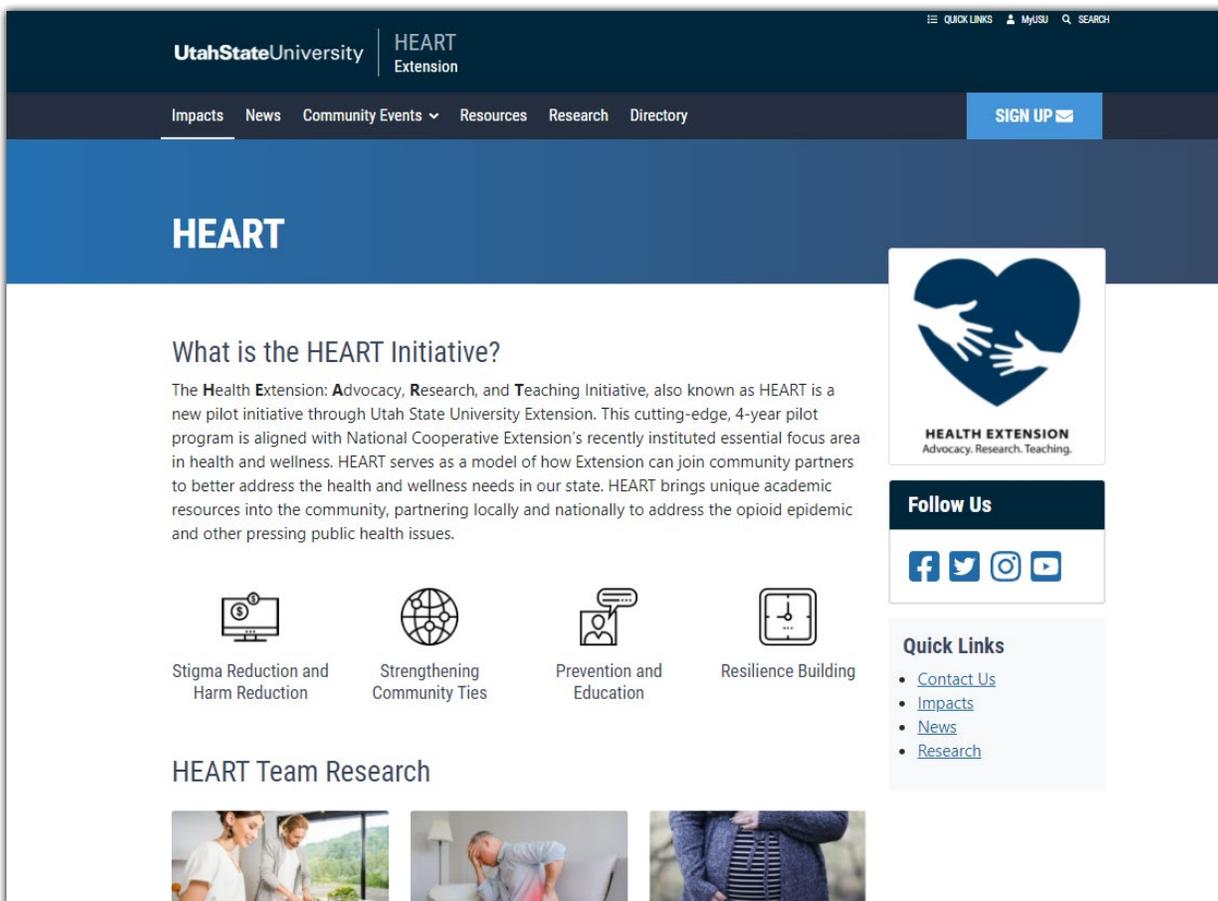
The purpose of the website is to support the HEART pillars by providing relevant information that promotes health and wellness and by sharing the impacts of the HEART initiative, news, upcoming events, community engagement, current research, and additional resources supporting the opioid epidemic and other pressing public health issues.

## Goal

The goal of the HEART website is to provide useful resources and information to our target audience as well as highlight important happenings pertaining to the HEART Initiative.

## Evaluation

The HEART website was evaluated during the year July 1, 2020–June 30, 2021. Reports show positive traffic related to users viewing resources on our website. Evaluation methods also provided insights into future improvements for the HEART website.



## Website Analytics

Page	Link	Page Views	Unique Page Views	Avg. Time on Page
<b>Extension HEART</b> /heart/index/	<a href="https://bit.ly/2PJcsVd">https://bit.ly/2PJcsVd</a>	2,535	1,856	1:22
<b>Stigma Reduction and Harm Reduction</b> /heart/stigma-reduction-and-harm-reduction	<a href="https://bit.ly/2DOYFtv">https://bit.ly/2DOYFtv</a>	160	132	:53
<b>Strengthening Community Ties</b> /heart/strengthening-community-ties	<a href="https://bit.ly/2PFTNcW">https://bit.ly/2PFTNcW</a>	98	87	1:28
<b>Prevention and Education</b> /heart/prevention-and-education	<a href="https://bit.ly/3gPssks">https://bit.ly/3gPssks</a>	160	130	1:23
<b>Resilience Building</b> /heart/resilience-building	<a href="https://bit.ly/2XR0eye">https://bit.ly/2XR0eye</a>	112	100	1:20
<b>Impacts</b> /heart/impacts	<a href="https://bit.ly/3111pkz">https://bit.ly/3111pkz</a>	417	326	3:05
<b>News</b> /heart/news/index	<a href="https://bit.ly/33RW1OO">https://bit.ly/33RW1OO</a>	295	242	2:24
<b>Stories of Utah's Opioid Crisis</b> /heart/opioid-stories	<a href="https://bit.ly/3iy92Ba">https://bit.ly/3iy92Ba</a>	271	219	3:34
<b>Carbon &amp; Emery Community Education Dinner Materials</b> /heart/community-education-dinner	<a href="https://bit.ly/30MDjG2">https://bit.ly/30MDjG2</a>	660	510	3:10
<b>Resources</b> /heart/resources	<a href="https://bit.ly/3fM1Sra">https://bit.ly/3fM1Sra</a>	908	730	3:12
<b>Research</b> /heart/research/index	<a href="https://bit.ly/30Nzh0g">https://bit.ly/30Nzh0g</a>	619	341	:56

### Definitions

As shown by the above data, "unique page views" shows how many individuals have visited the site. "Page views" indicates viewers came back for more information, so we can assume they found the website helpful. Average time provides insight into how much information viewers are getting from the site; this time length ranges from 1 minute to almost 3.5 minutes, which indicates people are staying on the page long enough to read the messages.

*Note. Refer to glossary on page 61 for a complete list of definitions.*

# HEART Fact Sheets

Below is a list of Extension fact sheets that have been published by HEART faculty. You can find Extension fact sheets on [extension.usu.edu/heart/research/index](https://extension.usu.edu/heart/research/index).

All factsheets are published on the HEART website and are reported using Google Analytics “page views” and “average time on page.” Six of the fact sheets are also housed in Digital Commons and are reported by “abstract views” and “downloads.”

## Analytics

Fact Sheet	Abstract Views	Downloads	Page Views	Unique Page Views	Avg. Time on Page
Cognitive Behavioral Therapies for Management of Chronic Pain	67	99	347	299	2:50
Pregnancy and Substance Abuse	33	42	3	2	:58
Reducing Stigma Towards Opioid Use Disorder Treatment	-	-	180	143	7:01
Public Health Violence Prevention: Supporting Law Enforcement	62	116	193	167	3:03
Youth Treatment for a Substance Use Disorder and Common Barriers	-	-	98	79	2:20
Substance Use Disorders and Youth: How Parents and Communities Can Be Involved	-	-	117	90	2:43
First Responder Mental Health	227	243	347	300	4:32
Exercise and Chronic Pain	48	49	26	18	:59
Diet, Nutrition, and Substance Use Disorder	154	229	425	373	4:16

Note. Refer to the glossary on page 61 for a complete list of definitions.

# HEART's Response to COVID-19

COVID-19 impacted the way individuals and families lived, worked, learned, and socialized in 2020. The shift to remote work and learning opportunities affected mental health and substance use disorders (SUD). In fact, 40% of U.S. adults reported struggling with mental health or substance use concerns (CDC, 2020). Of these adults, 11% had considered suicide, with self-reported caregivers (31%), young adults aged 18-24 (25.5%), and Hispanics (18.6%) reporting higher rates (CDC, 2020). USU HEART's quick response created relevant virtual resources and messages to address these mental health needs in order to help individuals develop resiliency building skills, expand upon coping skills, establish connections to local resources, and more.

HEART faculty specifically developed virtual education opportunities in conjunction with the USU Extension response for providing resources for COVID-19. With their unique background and expertise in SUD prevention, HEART faculty created three quick online courses on topics such as practicing mindfulness and managing stress. The HEART Team developed an online monthly video series, The HEART Bunch, that discussed relevant topics and solutions. Ten of these HEART Bunch videos have been published thus far on topics ranging from preventing burnout and connecting with coworkers to sleeping better and suicide prevention. Over 12 articles, fact sheets, and web publications were created on topics related to emergency preparedness, recovery resources, and remote work skills. In addition, a HEART faculty member was awarded a COVID-19 messaging grant for \$75,000 as project director along with other USU Extension faculty partners. The grant targeted Utah residents considered high-risk, including those with underlying health conditions, multicultural communities (including Latino residents and tribal communities), COVID-19 hot spot areas, caretakers, and family members of the elderly. The project focused on four action areas: (1) concentrating content on general COVID-19 guidelines, (2) health, (3) nutrition, and (4) mental health. Content was provided in English and Spanish with flyers also translated into Navajo.

The HEART Initiative videos and publications were viewed and shared numerous times in the first several months of publishing across social media platforms. Quick courses developed received over 420 views, 24 reactions, and 17 shares across social media. The monthly HEART Bunch videos accumulated over 950 views and 40 reactions. Other publications, including articles and fact sheets, reached over 1,000 people across the state. A county staff member provided feedback stating, "Thank you for the great HEART Bunch COVID and stress information, it is so needed at this time." These positive reactions highlight the importance of resources to enable individuals to expand their skills to cope, manage emotions, and create lasting resiliency. The COVID-19 messaging grant was successful in reaching its multiple target populations in its three-month timeframe. Creatives in the form of radio ads, social media ads, online banners, flyers, posters, magnets, and mailers reached 2.9 million people. Messaging was also shared via an e-billboard located on the local interstate, gathering an estimated 2.5 million additional impressions.

## How COVID-19 Influenced In-Person Programming

- Virtual SUD harm reduction group education programming became the norm.
- Virtual naloxone trainings were created and provided positive results.
- Restrictions limited in-person visits at facilities.
- New virtual educational and training methods were introduced and found to be effective.
- Programming and services were moved to a virtual format, which helped engage participants who were from different counties and states.

- During the summer months, appointments were cancelled and moved virtually. Eventually, when visitors were able to visit offices in person, appointments were made with social distancing guidelines. Smaller offices that did not have appropriately sized spaces were not able to accommodate in-person meetings.

## HEART Bunch and Other Related Videos (11 Videos)

Emerson, T., Murza, G., & Keady, T. (2021, March). *Talking vaccines: USU Extension faculty answer some of your COVID-19 vaccine questions*. YouTube. <https://www.youtube.com/watch?v=mTUAtnAOr0A>

Wright Voss, M., Murza, G., Keady, T., & Myrer, R. (2021, June). *Exercise for chronic pain management – Extension HEART team tips*. YouTube: [https://www.youtube.com/watch?v=LtM575l\\_QQo&list=PLMnDQoXFVBEaCD3PPnKovXadYY4VzAhwv&index=15](https://www.youtube.com/watch?v=LtM575l_QQo&list=PLMnDQoXFVBEaCD3PPnKovXadYY4VzAhwv&index=15)

Myrer, R., Yaughner, A. C., Murza, G., Wright Voss, M., Savoie-Roskos, M., & Keady, T. (2021, March). *HEART team overview – Extension HEART team tips*. YouTube. <https://www.youtube.com/watch?v=CuAcyLUWFKo>

Murza, G., Yaughner, A. C., Keady, T., Voss, M.W., Savoie-Roskos, M., & Myrer, R. (2021, February). *How to avoid using stigmatizing language – Extension HEART Team Tips*. YouTube. <https://www.youtube.com/watch?v=wRQEzJP8tMg&t=1s>

Yaughner, A. C., Keady, T., Murza, G., Wright Voss, M., & Myrer, R. (2021, January). *5 ways of supporting loved ones with mental health concerns – Extension HEART Team Tips*. YouTube. <https://www.youtube.com/watch?v=81pk-y6V1c4>

Wright Voss, M., Keady, T., Murza, G., Yaughner, A. C., & Savoie-Roskos, M. (2020, December). *Resilience in the new year – Extension HEART team tips*. YouTube. <https://youtu.be/OjOtpIXzu9U>

Wright Voss, M., Keady, T., Murza, G., Yaughner, A. C., & Savoie-Roskos, M. (2020, November). *Gratitude as a resiliency strategy – Extension HEART team tips*. YouTube. *Gratitude as a Resiliency Strategy*

Wright Voss, M., Keady, T., Murza, G., Yaughner, A. C., & Savoie-Roskos, M. (2020, October). *Talking about prescriptions – Extension HEART team tips*. YouTube. <https://youtu.be/8knLf7g6WGE>

Keady, T., Murza, G., Yaughner, A. C., Savoie-Roskos, M., & Wright Voss, M. (2020, September). *Suicide prevention – Extension HEART team tips*. YouTube. <https://youtu.be/p9ZfPupPMvO>

Yaughner, A. C., Keady, T., Murza, G., Atismé, K., & Wright Voss, M. (2020, August 20). *How to sleep better – Extension HEART team tips*. YouTube. <https://www.youtube.com/watch?v=-POBLoRqXQY&feature=youtu.be>

Murza, G., Yaughner, A. C., Savoie-Roskos, M., Atismé, K., Wright Voss, M., & Keady, T. (2020, July). *HEART team tips – how to prevent burnout*. YouTube. <https://youtu.be/-24UE9Ycj70>

# Publications

## Peer-Reviewed Journal Articles (3 Articles)

Sulzer, S., Prevedel, S., Barrett, T., Voss, M. W., Manning, C., & Madden, E. (in press). Professional education to reduce provider stigma toward harm reduction and pharmacotherapy. *Drugs: Education, Prevention, and Policy*.

Voss, M. W., Yaughner, A. C., Atismé, K., & Campbell, A. (2021, January). Opioid misuse viewed through person and place in the rural west. *Journal of Opioid Management*, 17(1). DOI: 10.5055/jom.2021.0000

Voss, M. W., Campbell, A., & Van Komen, A. (2021, June 30). Evaluation of a 40-hour hybrid peer support training model. *Outcomes & Impact Quarterly*, 1(2), Article 2. <https://digitalcommons.usu.edu/oiq/vol1/iss2/2/>

## Peer-Reviewed Book Chapter (1 Chapter)

Schinker, L., Yaughner, A. C., & Voss, M. W. (in press). Prevention strategies of opioid misuse. In Martha Zimmerman (Ed.), *Handbook of Evidence-Based Prevention of Behavioral Disorders in Integrated Care*. Springer.



## Peer-Reviewed Extension Fact Sheets (13 Fact Sheets)

Hawks, J., Oman, J., Judd, H., Yaughner, A. C., Meier, C., & Pay, C. (2021, January). *Vaping and youth: How parents can be involved* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/be-epic/research/vaping-and-youth-how-parents-can-be-involved>

Hawks, J., Oman, J., Judd, H., Yaughner, A. C., Meier, C., & Pay, C. (2021, February). *The truths behind vaping: Information for youth and teens* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/be-epic/research/the-truths-behind-vaping-information-for-youth-and-teens>

Oman, J., Hawks, J., Judd, H., Yaughner, A. C., Meier, C., & Pay, C. (2021, March). *Vape prevention: How teachers can help* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/be-epic/research/vape-prevention-how-teachers-can-help>

Savoie-Roskos, M., Yaughner, A., Condie, A., Murza, G., Voss, M. W., & Atisme, K. (2020, July). *Diet, nutrition, and substance use disorder* [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2121/](https://digitalcommons.usu.edu/extension_curall/2121/)

- Swensen, K., Conde, A., Yaughner, A. C., & Voss, M. W. (2020, August 11). *Cognitive behavioral therapies for chronic pain management* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/heart/research/cognitive-behavioral-therapies-for-chronic-pain-management>
- Swensen, K., Murza, G., Sulzer, S., & Voss, M. W. (2020, August). *Public health violence prevention: Supporting law enforcement* [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2123/](https://digitalcommons.usu.edu/extension_curall/2123/)
- Swensen, K., Keady, T., & Voss, M. W. (2020, August 28). *First responder mental health* [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2125/](https://digitalcommons.usu.edu/extension_curall/2125/)
- Swensen, K., Keady, T., Yaughner, A. C., Atismé, K., Parkhurst, E., Judd, H., & Voss, M. W. (January, 2021). *Community paramedicine: A new approach to health in rural communities* [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2162/](https://digitalcommons.usu.edu/extension_curall/2162/)
- Swensen, K., Williams Condie, A., Yaughner, A. C., & Voss, M. W. (August, 2020). *Cognitive behavioral therapies for chronic pain management* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/heart/research/cognitive-behavioral-therapies-for-chronic-pain-management>
- Taylor-Olsen, C., Judd, H., Yaughner, A. C., Bench, S. W., & Myrer, R. (March, 2021). *Reducing stigma toward opioid use disorder treatment* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/heart/research/reducing-stigma-towards-opioid-use-disorder-treatment>
- Voss, M. W., Savoie-Roskos, M. R., Coombs, C., Murza, G., Nelson, C., & Withers, E. (2021). *Exercise and chronic pain* [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2198/](https://digitalcommons.usu.edu/extension_curall/2198/)
- Withers, E., Savoie-Roskos, M., Samples, R., & Voss, M. W. (2021, March 4). *Nutrition and chronic pain* [Fact sheet]. Utah State University Extension. [https://digitalcommons.usu.edu/extension\\_curall/2172/](https://digitalcommons.usu.edu/extension_curall/2172/)
- Withers, E., Hamilton, E., Thompson, K., & Voss, M. W. (2021). *Substance misuse and pregnancy* [Fact sheet]. Utah State University Extension. <https://extension.usu.edu/heart/research/pregnancy-and-substance-use>

## Peer-Reviewed Web Publications (31 Publications)

- Campbell, E., & Yaughner, A. C. (July, 2020). *How to communicate during stressful times*. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/how-to-communicate-during-stressful-times>
- Campbell, E., & Yaughner, A. C. (August, 2020). *How to communicate the difficult things*. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/difficult-conversations>
- Campbell, E., Yaughner, A. C., & Killian, T. (November, 2020). *Self-compassion during the holidays*. Utah State University Extension – AWARE Mental Health Education. <https://aware.usu.edu/>
- Emerson, T., Murza, G., & Keady, T. (2021). *Talking vaccines: USU Extension faculty answer some of your COVID-19 vaccine questions*. Utah State University – Utah State Today. <https://www.usu.edu/today/story/talking-vaccines-usu-extension-faculty-answer-some-of-your-covid-19-vaccine-questions>
- Judd, H., Yaughner, A. C., Savoie-Roskos, M., & Murza, G. (2020). *The Utah State University Health Extension: Advocacy, Research, & Teaching Initiative's response to COVID-19*. Texas A&M AgriLife Extension – Land Grant Impacts. <https://landgrantimpacts.tamu.edu/impacts/search>

- Martinez, I., Murza, G., & Lewis, H. (2021, July 6). *Utah still working to combat opioid epidemic* [Evening news brief]. KUER. <https://www.kuer.org/podcast/news-briefs/2021-07-06/pm-news-brief-covid-19-vaccination-goal-granite-district-charges-unruly-flight-behavior>
- Martinez, I., Murza, G., Plumb, J., & Lewis, H. (2021). *Utah health advocates work to slow increase in opioid related deaths during the pandemic*. KUER Health, Science, Environment. <https://www.kuer.org/health-science-environment/2021-07-06/utah-health-advocates-work-to-slow-increase-in-opioid-related-deaths-during-the-pandemic>.
- Murza, G. (2021). *How to make (and not break) resolutions*. Utah State University Extension – Health and Wellness. <https://extension.usu.edu/healthwellness/physical/how-to-make-and-not-break-resolutions>
- Murza, G. (2021). *Resolve to be resilient*. Utah State University Extension – AWARE Mental Health Education. <https://extension.usu.edu/aware/articles/resolve-to-be-resilient-in-2021>
- Murza, G. (2021). *Thinking of joining a gym? Tips to get started*. Utah State University Extension – Health and Wellness. <https://extension.usu.edu/healthwellness/physical/Thinking-of-joining-a-gym-tips-to-get-started>
- Murza, G., Yaughner, A. C., Keady, T., Jewkes, M., & Parkhurst, E. (2020, November). *Ask an Expert: Thinking outside the box for 2020 Thanksgiving*. Utah State University Extension. [https://extension.usu.edu/news\\_sections/home\\_family\\_and\\_food/thinking-outside-the-box-for-2020-thanksgiving](https://extension.usu.edu/news_sections/home_family_and_food/thinking-outside-the-box-for-2020-thanksgiving)
- Reese, J., Jewkes, M. & Murza, G. (2020). *Ask an Expert: Tips for staying positive and healthy during the pandemic*. Utah State University – Utah State Today. <https://www.usu.edu/today/story/ask-an-expert---tips-for-staying-positive-and-healthy-during-the-pandemic>.
- Reese, J., Yaughner, A. C., Keady, T., Murza, G., Wright Voss, M., Morgan, M., & Taylor-Olsen, C. (2020, winter). *A tale of two crises: Opioid use disorder and COVID-19*. Utah State Magazine. <https://utahstatemagazine.usu.edu/health/a-tale-of-two-crises-opioid-use-disorder-and-covid-19/>
- Taylor-Olsen, C., & Yaughner, A. C. (September, 2020). *How to have fun and effective communication*. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/fun-and-effective-communication>
- Taylor-Olsen, C., & Yaughner, A. C. (December, 2020). *When the going gets good: Maintaining healthy relationships*. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships>
- Taylor-Olsen, C., & Yaughner, A. C. (2021, February). *Are you comfortable or complacent with your partner?* Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/are-you-comfortable-or-complacent-with-your-partner>
- Taylor-Olsen, C., & Yaughner, A. C. (2021, March). *How to support a loved one in recovery*. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/how-to-support-a-loved-one-in-recovery>
- Taylor-Olsen, C., & Yaughner, A. C. (2021, April). *Establishing boundaries: Essential or selfish?* Utah State University Extension – Relationships. <https://extension.usu.edu/relationships>
- Voss, M. W. (2020, May 7). *How can I acknowledge achievements when graduation ceremonies are canceled?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/graduation>
- Voss, M. W. (2020, May 28). *How can I manage the COVID-19 changes to my family and work schedules?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/familyandworkschedules>
- Voss, M. W. (2020, July 8). *Can I safely take my family on vacation during the COVID crisis?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/covid-safe-family-vacations>

- Voss, M. W. (2021, January 9). *Can relationships recover from the stress of 2020?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/can-relationships-recover-from-the-stress-of-2020>
- Voss, M. W. (2021, January 9). *Can I share my New Year's resolution with my spouse?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/can-i-share-a-new-years-resolution-with-my-spouse>
- Voss, M. W. (2021, March 9). *Why is it so hard to communicate about pain?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/why-is-it-so-hard-to-communicate-about-pain>
- Voss, M. W. (2021, May 18). *Can co-dependency be a problem without addiction?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/can-co-dependency-be-a-problem-without-addiction>
- Voss, M. W. (2021, June). *How can a couple recover from serious disagreements and past indiscretions?* [Blog]. Utah State University Extension – Relationships. <https://extension.usu.edu/relationships/faq/how-can-a-couple-recover-from-serious-disagreements-and-past-indiscretions>
- Voss, M. W. (2021, June 15). *Family friendly hikes to improve health and relationships* [Blog]. Utah State University Extension – Health and Wellness. <https://extension.usu.edu/healthwellness/physical/family-hikes>
- Voss, M. W. (2021, March 1). *How important is sleep to mental health?* [Blog]. Utah State University Extension – AWARE Mental Health Education. <https://extension.usu.edu/aware/articles/how-important-is-sleep-to-mental-health>
- Voss, M. W. (2020, December 31). *Is there a better way to make a new year's resolution?* [Blog]. Utah State University Extension – AWARE Mental Health Education. <https://extension.usu.edu/aware/articles/is-there-a-better-way-to-make-a-new-years-resolution>
- Voss, M. W., Keady, T., Campbell, E., & Yaughner, A. C. (September, 2020). *Suicide prevention in the time of COVID-19*. Utah State University Extension – AWARE Mental Health Education. Retrieve from <https://aware.usu.edu/>
- Yaughner, A. C., Keady, T., Parkhurst, E., Campbell, E., & Brown, H. (September, 2020). *How building resilience helps prevent substance use*. Utah State University Extension – AWARE Mental Health Education. <https://aware.usu.edu/>

## Other And Non-Peer-Reviewed Publications (16 Publications)

- Hamilton, E., & Voss, M. W. (2020, November 25). *Prevention strategies important for youth*. Tooele Transcript. <http://tooeleonline.com/obit-prevention-strategies-important-for-youth/>
- Meier, C., Murza, G., Miller, J., Pay, C., & Yaughner, A. (2021). *Evaluation findings of the Master Remote Work Professional Certificate pilot for use in Utah prisons and jails*. Utah State University Extension – Rural Online Initiative.
- Meier, C., Murza, G., Yaughner, A., & Pay, C. (2020). *Expert interviews of Utah prison/jail program implementation to inform the Master Work Professional Certificate course development*. Utah State University Extension – Rural Online Initiative.
- Murza, G. (2021, November 12). *Building resilience in the workplace – Connection* [Worksheet created for Employee Enrichment Series presentation]. Utah State University Extension.
- Murza, G. (2020, August 12). *Control of stressors* [Worksheet created for Employee Enrichment Series presentation]. Utah State University Extension.

- Murza, G. (2020, September 20). *Goal setting* [Worksheet created for MindMunch Nutrition Series]. Utah State University Extension.
- Samples, R., & Voss, M. W. (2021, March 18). *Improve the ways you communicate about chronic pain*. Tooele Transcript. <http://tooeleonline.com/obit-improve-the-ways-you-communicate-about-chronic-pain/>
- Voss, M. W. (2021, February 18). *Try this COVID-19 relationship primer*. Tooele Transcript. <http://tooeleonline.com/obit-try-this-covid-19-relationship-primer/>
- Voss, M. W. (2020, December 17). *Learn easier ways to talk about pain, health problems*. Tooele Transcript. <http://tooeleonline.com/obit-learn-easier-ways-to-talk-about-pain-health-problems/>
- Voss, M. W. (2020, October 15). *Addiction recovery training and support were focus of Tooele Recovery Day event*. Tooele Transcript. <http://tooeleonline.com/obit-addiction-recovery-training-and-support-were-focus-of-tooele-recovery-day-event/>
- Voss, M. W. (2020, September 24). *Millions of American lives have been transformed through recovery*. Tooele Transcript. <http://tooeleonline.com/obit-millions-of-american-lives-have-been-transformed-through-recovery/>
- Voss, M. W. (2020, September 17). *Tooele County Recovery Day held with drive-through event*. Tooele Transcript. <http://tooeleonline.com/tooele-county-recovery-day-held-with-drive-through-event-during-national-recovery-month/>
- Voss, M. W., Egli, B., & Peatross, J. [Eds.] (2020). *Certified peer support participant manual*. Utah State University Extension.
- Withers, E., & Voss, M. W. (2020, September 10). *How we talk about suicide is important*. Tooele Transcript. <http://tooeleonline.com/obit-how-we-talk-about-suicide-is-important/>
- Withers, E., & Voss, M. W. (2020, August 20). *Mentors are invaluable resource*. Tooele Transcript. <http://tooeleonline.com/obit-mentors-are-an-invaluable-resource/>
- Yaugher, A. C., Savoie-Roskos, M., Murza, G., Atismé, K., Keady, T., Wright Voss, M. (2020). *Health Extension: Advocacy, Research, & Teaching (HEART) impact report year 2*. Utah State University Extension. <https://extension.usu.edu/heart/impacts>

# State, Regional, and National HEART Presentations

## Conference Presentations (24 Presentations)

- Campbell, E., Williams Condie, A., & Yaugher, A. C. (2020, December). *Evidence-based community opioid education dinners* [Online webinar]. Utah State University Fall Undergraduate Student Research Symposium. <https://research.usu.edu/undergradresearch/fsrs/>
- Keady, T. (2021, July). *Naloxone training and education-saving lives training* [National virtual event training]. Tribal Rural Opioid Wellness Summit.
- Keady, T. (2021, July). *Naloxone training and education-saving lives* [National virtual event training]. Tribal Rural Opioid Wellness Summit.
- Keady, T. (2021, January). *Naloxone training and education*. Wendover Opioid Summit.
- Keady, T. (2020, July). *Reducing bias and stigma in substance use disorders with naloxone education* [National virtual event training]. Tribal Rural Opioid Wellness Summit.
- Keady, T. (2020, July). *Reducing Bias and Stigma in Substance Use Disorders with Naloxone Education* [National virtual event training]. Tribal Rural Opioid Wellness Summit.
- Meier, C., Murza, G., Yaugher, A. C., Pay, C., Miller, J. (2021, May 17–19). *Adapting the Master Remote Work Professional course for the incarcerated population: Pilot implementation lessons learned and outcomes* [Virtual, selected, refereed, professional lecture]. National Association of Community Development Extension Professionals Annual Meeting.
- Murza, G. (2020, September 14–16). *Morning wellness stretch session* [Virtual, invited, interactive video]. National Extension Association of Family and Consumer Sciences Conference, hosted in Utah.
- Murza, G. (2020, July 28–31). *The role of physical activity in recovery* [Virtual, selected, refereed, professional lecture]. Intertribal Opioid Wellness Summit.
- Murza, G., Jewkes, M., Wray, P., & Keady, T. (2021, April 21). *Sharing best practices for creating big impacts in a short timeframe: Lessons learned from the COVID messaging grant* [Virtual, selected, refereed, professional lecture]. Utah State University Extension Home and Community Department Summit.
- Murza, G. & Yaugher, A., Savoie Roskos, M., Wright Voss, M., Keady, T., & Myrer, R. (2021, May 17–19). *How multidisciplinary public health teams can impact the opioid crisis: Utah State University Extension's HEART Initiative* [Virtual, selected, refereed, professional lecture]. Utah Public Health Association Conference.
- Pay, C. (Leader), Dabb, M. (Panelist), Jenkins, C. (Panelist), Myrer, R. (Panelist), Timothy, E. (Panelist), & Schmutz, A. (Panelist) (2021, March 18). *How can we help women in Extension overcome imposter syndrome so they may confidently move forward in programming and assume leadership roles in Extension?* [Virtual presentation]. Utah State University Extension Annual Conference Virtual Issues Forum.
- Voss, M. W. (2021, February 23–24). *Considerations for addressing neonatal abstinence syndrome (NAS)* [Virtual presentation, invited panelist]. RCORP 2021 Western Regional Meeting.

Voss M. W. (2020, September 16). *Naxolone training*. Wendover Opioid Summit.

Voss, M. W., & Austin, M. (2020, June, canceled). *Peer support specialist training; A hybrid model to increase accessibility* [Accepted presentation]. Addiction and Policy Update, PARCKA, Salt Lake City, Utah.

Voss, M. W., Murza, G., Yaughner, A. C., Keady, T., & Savoie Roskos, M. (2021, February). *Pain and partners: How to communicate* [Virtual, statewide presentation]. 2021 Marriage Celebration: Together We Thrive.

Voss, M. W., Richards, L. G., Price, P., Terrill, A., Wadsworth, L., & Hung, M. (2021, May 18–21). *Lost work opportunity is linked to health outcomes in retirement*. Utah Public Health Association (UPHA) Public Health Conference, Utah.

Voss, M. W., Yaughner, A., Atisme', K., Keady, T., Savoi-Roskos, M., & Sulzer, S. (2021, May 3–7). *The problem of pain: Effective pain education programs*. National Health Outreach Conference, Kansas City, Missouri.

Wright Voss, M., & Murza, G. (2021, January). *Communicating about pain: Keys to supporting loved ones through health challenges* [Selected, refereed, professional presentation]. Utah Marriage Conference.

Yaughner, A. C. (2020, September). *Wellness activity: Mindfulness* [Virtual breakout/oral presentation]. National Extension Association of Family & Consumer Science 2020 Annual Conference.

Yaughner, A. C., Atismé, K., & Campbell, E. (2020, October). *Rural community education through collaborative coalition efforts* [Virtual, oral presentation]. 2020 Utah Society of Public Health Educators (USOPHE) Conference.

Yaughner, A. C., Keady, T., Murza, G., Voss, M. W., & Savoie Roskos, M. (2021, February). *Communicating and supporting your partner with MH and/or SUD* [Virtual, statewide, oral presentation]. 2021 Marriage Celebration: Together We Thrive.

Yaughner, A. C., Murza, G., Voss, M. W., Atismé, K., Keady, T., & Savoie Roskos, M. (2020, July). *Made with HEART: Resources and information for opioid harm reduction* [Virtual, oral presentation]. 2020 Intertribal Opioid Wellness Summit, Utah.

Yaughner, A. C. & Taylor-Olsen, C. (2021, February). *Positive relationships* [Virtual, statewide, oral presentation]. 2021 Marriage Celebration: Together We Thrive.

## Community And Other Presentations (25 Presentations)

Atismé, K., Yaughner, A. C., & Murza, G. (2020, August). *Stigma reduction for the opioid epidemic* [Online webinar]. National Extension Association of Family & Consumer Sciences (NEAFCS). <https://neafcs.memberclicks.net/webinar-archives>

Keady, T. (2021, June). *Mental and physical resilience*. Cache County Wellness Class.

Keady, T. (2021, June). *Ergonomics and exercise*. Cache County Wellness Class.

Keady, T. (2021, June). *Physical and emotional resiliency in 2021*. Utah State University Virtual Health and Wellness Expo 2021: Prioritize Your Wellness Anytime, Anywhere.

Keady, T. (2021, May). *Exercise for children and parents*. Parent Conversations.

Keady, T. (2021). *Reducing bias and stigma in substance use disorders with naloxone education* [Multiple trainings]. Cache Valley Recovery.

Keady, T. (2021). *Reducing bias and stigma in substance use disorders with naloxone education* [Multiple trainings]. Cache Valley Recovery.

Keady, T. (2020, October). *Health and wellness in CHS: Best practices and success* [Red ribbon week presentation]. Cache High School.

Murza, G. (2021, June). *7 C's of resilience for youth* [Invited presentation]. Utah State 4-H Classic.

Murza, G. (2021, June). *Adaptive gardening and minimizing injury with tools, techniques, and stretches* [Zoom webinar]. Salt Lake County Master Gardeners.

Murza, G., Higginbotham, B., Kendall, K., Wagner, K., Schmutz, A., & Meier, C. (2021, June). *Panel Discussion: Providing Extension Programs in Correctional Facilities* [Virtual panel discussion]. Utah State University Extension Professional Development Webinar.

Murza, G. (2021, June). *Minimizing injury in the garden with stretches and safe movements*. Utah State University Extension Professional Development Training, Thanksgiving Point, Utah.

Mura, G. (2021, June). *Minimizing injury in the garden with stretches and safe movements*. Dava County Master Gardeners.

Murza, G. & Jenkins, C. (2021). *USU Extension Home and Community and HEART Initiative in Utah County*. Utah County Board of County Commissioners Meeting. June 2021. Presentation invited.

Murza, G. (2021, June). *The HEART Initiative in Utah County* [Invited presentation]. Utah Valley Drug Prevention Coalition Board Meeting.

Murza, G. (2021, November). *Building resilience for workplace success series – connection* [Invited presentation]. Salt Lake County Employee Enrichment Series.

Murza, G. (2020, October). *Interviewer training* [Virtual, invited presentation]. Utah Valley Drug Prevention Coalition Meeting.

Murza, G. (2021, August). *Taking control of stressors* [Invited presentation]. Salt Lake County Employee Enrichment Series.

Murza, G. (2020, August). *The HEART Initiative in Utah County* [Invited presentation]. Utah County Board of County Commissioners Meeting.

Murza, G. & Alder, C. (2020, August). *Utah's opioid crisis*. [Virtual, invited presentation]. Court Appointed Special Advocates for Children (CASA) Inservice Training.

Taylor-Olsen, C., Judd, H., Yaughner, A. C., Bench, S. W., & Myrer, R. (May, 2021). *Carbon County Opioid Education Dinner*.

Taylor-Olsen, C., Judd, H., Yaughner, A. C., Bench, S. W., & Myrer, R. (May, 2021). *Weber County Opioid Education Dinner*.

Voss, M. W. (2020, September). *Naloxone training*. Wendover Opioid Summit, Wendover, Utah.

Yaughner, A. C., Atismé, K., Wright Voss, M., Savoie-Roskos, M., Murza, G., & Keady, T. (2020, August). *How multidisciplinary teams can impact the opioid crisis: A review with first year impacts* [Online webinar]. National Extension Association of Family & Consumer Sciences (NEAFCS). <https://neafcs.memberclicks.net/webinar-archives>

Yaughner, A. C., Atismé, K., & Bench, S. W. (2020, July). *VIPP Grant Activities* [Online webinar]. Utah Coalition for Opioid Overdose Prevention (UCO-OP).

## Media Outreach (2 Outreaches)

Martinez, I., Murza, G., & Lewis, H. (2021, July 6). *Utah still working to combat opioid epidemic* [Evening news brief]. KUER. <https://www.kuer.org/podcast/news-briefs/2021-07-06/pm-news-brief-covid-19-vaccination-goal-granite-district-charges-unruly-flight-behavior>

Martinez, I., Murza, G., Plumb, J., & Lewis, H. (2021). *Utah health advocates work to slow increase in opioid related deaths during the pandemic*. KUER Health, Science, Environment. <https://www.kuer.org/health-science-environment/2021-07-06/utah-health-advocates-work-to-slow-increase-in-opioid-related-deaths-during-the-pandemic>.

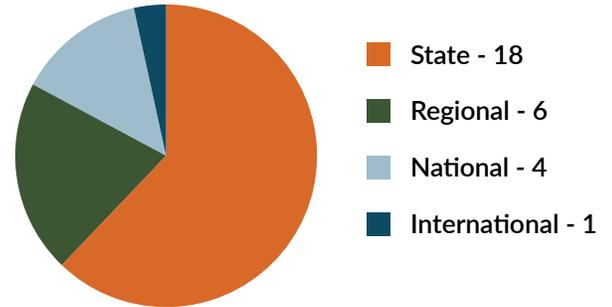
# HEART Team and Individual Awards

## International- (1 Award)

Team Awards: (1 Award)

- 2021** Platinum, 2021 Hermes Creative Awards (COVID Billboards), Association of Marketing and Communication Professionals

## Team and Individual Awards



## National- (4 Awards)

Team Awards: (4 Awards)

- 2021** 1st Place National: Florence Hall Award (HEART Initiative Addresses the Opioid Crisis), NEAFCS
- 2021** 3rd Place National: Communication Award – Written Media (A Tale of Two Crises: Opioid Use Disorder and COVID-19), NEAFCS
- 2021** Merit: 36th Annual Educational Advertising Awards (COVID Response Materials, COVID Billboards), EduADAWARDS
- 2021** Gold: 36th Annual Educational Advertising Award (USU Extension Marketing, HEART Annual Report), EduADAWARDS

## Regional Awards- (6 Awards)

Individual Awards: (1 Award)

- 2021** 2nd Place Western Region: Educational Curriculum Package Award, Ashley Yaughner, (Community Opioid Education Dinner), NEAFCS

Team Awards: (5 Awards)

- 2021** 1st Place Western Region: Florence Hall Award (HEART Initiative Addresses the Opioid Crisis), NEAFCS
- 2021** 1st Place Western Region: Communication Award – Written Media (A Tale of Two Crises: Opioid Use Disorder and COVID-19), NEAFCS

- 2021** 2nd Place Western Region: Marketing Package (HEART Initiative Health and Wellness Marketing), NEAFCS
- 2021** 2nd Place Western Region: Community Partnership (Community Health Partnership Expanding Pain Management and Health Education), NEAFCS
- 2021** 3rd Place Western Region: Innovation in Programming (USU Extension Expands COVID-19 Health Guidance Messaging to Slow the Spread), NEAFCS

## State- (18 Awards)

### Individual Awards: (1 Award)

- 2021** State-Level Winner: Rising Star Award, Ashley Yaugher, Utah Public Health Association (UPHA)

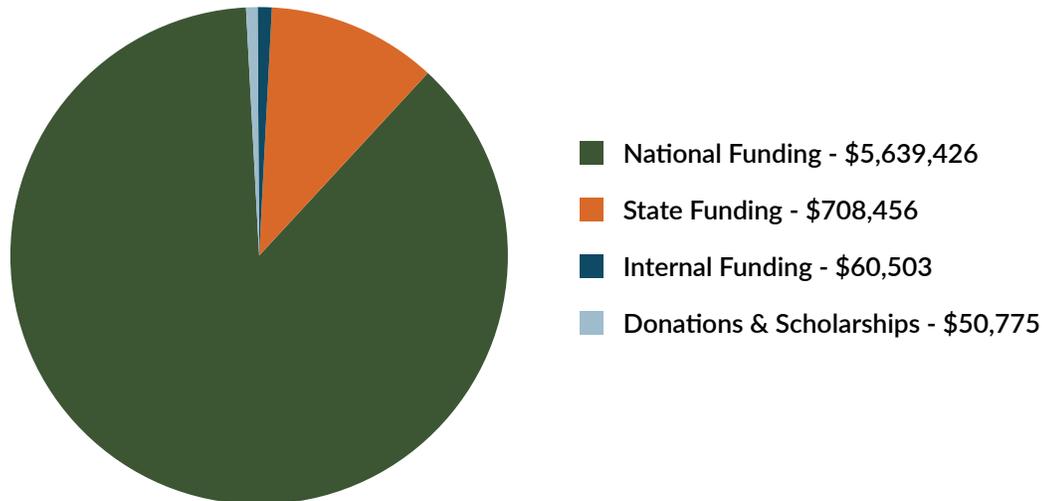
### Team Awards: (17 Awards)

- 2021** State-Level Winner: Public Health Hero Award – Organizations, Groups, and Projects (Utah State University Extension HEART Initiative), UPHA
- 2021** State-Level Winner: Florence Hall Award (HEART Initiative Addresses Opioid Crisis), National Extension Association of Family and Consumer Sciences (NEAFCS)
- 2021** State-Level Winner: Marketing Package Award (HEART Initiative Health & Wellness Marketing), NEAFCS
- 2021** State-Level Winner: Excellence in Teamwork Award (USU Extension Combine Efforts to Create and Disseminate COVID-19 Health Guidance), NEAFCS
- 2021** State-Level Winner: Innovation in Programming Award (Expansion of COVID-19 Health Guidance Messaging to Slow the Spread), NEAFCS
- 2021** State-Level Winner: Community Partnership Award (Community Health Partnership Expanding Pain Management and Health Education), NEAFCS
- 2021** State-Level Winner: Communications Award, Educational Publications Award (Reducing Opioid Risks by Meeting Public Need for Pain Management Education), NEAFCS
- 2021** State-Level Winner: Communications Award, Written Media Award (A Tale of Two Crises: Opioid Use Disorder and COVID-19), NEAFCS
- 2021** State-Level Winner: Communications Award, Newsletters Award (The HEART Beat Newsletter), NEAFCS
- 2021** State-Level Winner: Communications Award, Television/Video Award (USU's HEART Initiative Uses Multimedia to Address Mental Wellness Topics), NEAFCS

- 2021** 1st Place: Innovative Program Team Award (Salt Lake County Employee Enrichment Series), Utah Extension Association of Family & Consumer Science (UEAFCS)
- 2021** 1st Place: Diversity Team Award (COVID-19 Mitigation Initiative), UEAFCS
- 2021** 2nd Place: Innovative Program Team Award (COVID-19 Educational Campaign), UEAFCS
- 2021** 3rd Place: Diversity Team Award (Master Remote Work Professional Certificate for Correctional Facilities), UEAFCS
- 2021** 3rd Place: Innovative Program Team Award (Master Remote Work Professional Certificate for Correctional Facilities), UEAFCS
- 2021** Diversity Team Award, Team Lead (HEART Initiative), Epsilon Sigma Phi IOTA Chapter (ESP, Utah)
- 2021** Visionary Leadership, Team Member (COVID-19 Safety Messaging Campaign) ESP IOTA, Utah

# Contracts and Grants

Total Funding: \$6,409,160



## Funded Grants

### Internal (\$60,503.)

Atisme, K. (PI), Williams, R. (Co-PI), Yaughner, A. (Co-PI), Sulzer, S. (Supporting), Keady, T. (Supporting), Voss, M. (Supporting), Arrington, R. (Supporting), Larsen, S. (Supporting), Payant, A. (Supporting), Pumphrey, D. (Supporting), McDonald, C. (Supporting). (2019, April–2020, July). *Informing the national narrative: The stories of Utah's opioid crisis*. Utah State University Extension Grants Program 2019. \$26,700.

Myrer, R. (PI), Miyairi, M. (Co-PI), Dyckman, J. (Co-PI), Pay, C. (Co-PI), (2021, April–2022, December). *Body gratitude project*. Utah State University Extension. \$18,803.

Pay, C. (PI), Timothy, E. (Co-PI), Dabb, M. (Co-PI), Jenkins, C. (Co-PI), Myrer, R. (Co-PI), Schmutz, A. (Co-PI). (2021, April 1–2022, December 1). *Bear Lake outdoor confidence camp*. Utah State University Extension. \$15,000.

### State (\$708,456.)

Keady, T. (PI) Discovery Destination (2021). *Bear River Department of Health e-cigarette, marijuana, & other drug prevention grant*. UDH. \$100,000.

Keady, T. (PI), NUSAPT Coalition (2021). *Bear River Department of Health e-cigarette, marijuana, & other drug prevention grant*. UDH. \$25,000.

Keady, T. (PI), BESCC Coalition (2021). *Bear River Department of Health e-cigarette, marijuana, & other drug prevention grant*. UDH. \$15,000.

Murza, G. (PI), Jewkes, M. (Co-PI), Wille, C. (Co-PI), Lyman, C. (Co-PI), Parkhurst, E. (Co-PI), Wray, P. (Key personnel), Hunsaker, T. (Key personnel), Yaughner, A. (Supporting), Keady, T. (Supporting), Whitesides, M. (Supporting), & Hinkamp, D. (Supporting). (2020, September–December). *USU Extension expands COVID-19 health guidance messaging to slow the spread*. Utah Department of Heritage Arts. \$75,000.

Yaughner, A. C. (PI), Meier, C. (Co-PI, evaluator), & Pay, C. (Co-PI). (2020, October –2021, June). *Broad extension of e-cigarette prevention in Carbon, Emery & Grand (BE-EPICE & Grand) Youth Program*. Southeast Utah Health Department & Utah Association of Local Health Departments, Local. \$96,700.

Yaughner, A. C. (PI), Atismé, K. (Co-PI), & Bench, S.W. (Co-PI, evaluator). (2020, April–2022, August). *Decreasing opioid use disorder treatment stigma with data to action education*. State of Utah Department of Health Violence & Injury Prevention Program, State. \$252,334.79.

Voss, M. W. (PI). (2020, November– 2021, June). *E-cigarette, marijuana, and other drug prevention grant*. Tooele County Health Department. \$32,422.

Voss, M. W. (PI). (2020, July–2021, June). *Pain education and community empathy support group pilot*. Rocky Mountain Power Foundation. \$2,000.

## **National (\$5,639, 426.)**

MacArthur, S. (Co-PI), Keady, T. (Co-PI), Narine, L. K. (Co-PI), Jensen, C. E. (Supporting), & Wray, P. (Supporting). (2019–2021). *Opioid prevention for rural Utah youth through PROSPER*. National Institute of Food and Agriculture, \$324,841.

Sulzer, S. (PI), Prevedel, S. (Co-PI), Savoie Roskos, M. (Supporting), Keady, T. (Supporting), Yaughner, A. (Supporting), Arrington, R. (Supporting), Atisme, K. (Supporting), Voss, M. (Supporting), Clayborn, M. (Supporting), & Chappoose, M. (Supporting). (2018, September–2020, September). *Translating effective opioid harm reduction and wellness training to tribal and rural Utah*. Substance Abuse and Mental Health Services Administration, Federal. 1,094,338.

Sulzer, S. (PI), Keady, T. (Supporting), Savoie Roskos, M. (Supporting), Arrington, R. (Supporting), Voss, M. (Supporting), Yaughner, A. (Supporting), & Atisme, K. (Supporting). (2018, September–2020, August). *Rural health and safety education grant*. USDA National Institute of Food and Agriculture (NIFA), NIFA UTAW, Federal. \$320,267.

Sulzer, S. (PI), Prevedel, S. (Co-PI), Madden, E. F. (Co-PI), Keady, T. (Co-PI), & Williams, R. (Co-Principal), Barrett, T. (Co-PI). (2020, September–2022, August). *Bridging harm reduction and wellness for tribal and rural areas of the Intermountain West*. Substance Abuse and Mental Health Services Administration, Federal, \$1,099,997.

Voss, M. W. (PI), & Prevedel, S. (Co-PI). (2020, September–2023, September). *Rural communities opioid response–neonatal abstinence syndrome*. Department of Health and Human Services Health Resources & Services Administration (HRSA), National. \$499,983.

Voss, M. W. (PI), Tollefson, D (Co-I), Barrett, T. (Co-I). Collaborators: Yaughner, A.C., Prevedel, S., Atisme, K. (2020, September–2024, August). *Necessary education and eXperiential training for upcoming paraprofessionals (NEXT-UP), opioid-impacted family support program*. U.S. Department of Health and Human Services Health Resources & Services Administration (HRSA), National. \$2,300,000.

## Other (\$775)

Murza, G. (2021). NEAFCS 2021 Annual Session Presenter Diversity Scholarship. National Extension Association of Family and Consumer Sciences. \$250. Awarded.

Yaugher, A. C. (2021). NEAFCS 2021 Annual Session Award (\$425) & Scholarship (\$100). National Extension Association of Family and Consumer Sciences. \$525. Awarded.

## External Funding Acquired For Conferences

Non-grant (\$50,000.)

- Fundraisers for the following: 2020 Intertribal Opioid Wellness Summit and 2021 Intermountain Tribal & Rural Opioid Wellness Summit (virtual format sponsorships and in-kind donations).
- Sponsors included: Utah State University colleges, local businesses, medical centers, recovery centers, government agencies, and corporations.
- Approximately \$50,000.



**2021 Intermountain Tribal & Rural Opioid Wellness Summit**  
*Bridging Harm Reduction and Recovery in Rural Communities*  
 Tuesday, May 18 — Thursday, May 20, 2021 | 9:00 am — 3:00 pm Daily, via Zoom

TUESDAY, MAY 18	WEDNESDAY, MAY 19	THURSDAY, MAY 20
<p><b>9:00 am Opening Remarks</b> Sandra Salzer, PhD, Director, USU Office of Health Equity &amp; Community Engagement; Chris Meier, PhD, USU Assistant Professor of Social Work, Extension Community Resource &amp; Economic Development Specialist</p> <p><b>9:20 am Keynote: Utah Department of Human Services</b> Megan West, Opioid Grant Administrator VaRonika Little, State Opioid Treatment Authority, Opioid Grant Administrator</p> <p><b>10:00 am Special Presentation: "Is Your Community Recovery Ready?"</b> Shawn F. Dorius &amp; Cassandra Dorius, Public Science Collaborative, Iowa State University</p> <p><b>11:00 am Rural Recovery, Prevention &amp; Treatment Panel</b> Heidi Peterson Dutton, Utah Division of Substance Abuse &amp; Mental Health; Robin Hatch, Northeastern Counseling Center; Dr. Lauren Preat, Moab Regional Hospital</p> <p><b>12:00 pm Lunch Hour Activities (Choose One)</b> • Healing Trauma Art Workshop Session 1: The Butterfly's Journey, Danielle Arnold, UCASA • Simple Start with MyPlate: Rainbow Wraps Lunch, Cara Murray, Create Better Health Ambassador • Take a Walk/Goosechase Scavenger Hunt</p> <p><b>1:00 pm Breakout Session 1 (Choose One)</b> • Yin Yoga, Liz Elmore, MPH/Certified Yoga Instructor • Strategic Communication: Is that a thing? Dr. Alexander Patrick, Assistant Department Chair of Sociology, Glendale Community College • The Grief of Opioid Deaths, Dr. Kathleen Sapieno, Director of Caring Connections: A Hope &amp; Comfort in Grief Program, University of Utah College of Nursing</p> <p><b>2:00 pm Breakout Session 2 (Choose One)</b> • Naloxone Education and Training - Saving Lives, Tim Keady, USU Extension; Odalis Dial, Tribal &amp; Rural Opioid Initiative Resource Center • How Certified Peer Support is Making a Difference: Who They Are, What They Do, Why It Matters, and How to Get the Training, Maren Wright Voss, USU Professional Practice Extension Assistant Professor, Health &amp; Wellness</p>	<p><b>9:00 am Welcome &amp; Introductions</b> Suzanne Prevvedel, MEd, Director, TROI Resource Center; Katie Zaman, PhD, Program Coordinator, TROI</p> <p><b>9:05 am Keynote: Utah Rural Health Association</b> Kasey Shakespear, Senior Program Manager, Utah Rural Health Center at Southern Utah University; Bryan Jensen, CEO, StepOne Services; Greg Cook, CEO, Castleview Hospital; Bill Newell, Opioid Response Strategy/Rocky Mountain HIDTA Drug Intelligence Officer</p> <p><b>10:00 am Indigenous Prevention, Treatment &amp; Recovery Panel</b> Roger Clark, Palute Indian Tribe of Utah/FourPoints Health; Chris David, Palute Indian Tribe of Utah/FourPoints Health; Damon Polk, Red Circle Lodge; Scott Smid, Sacred Circle Healthcare; Ashanti Moritz, Warrior Spirit</p> <p><b>11:30 am End the Stigma: Sharing Stories of Opioid Use Disorder &amp; Harm Reduction in Utah</b> Katie Zaman, Comics Artist</p> <p><b>12:00 pm Lunch Hour Activities (Choose One)</b> • Healing Trauma Art Workshop Session 2: Personal Needs Flower, Danielle Arnold, UCASA • Simple Start with MyPlate: Rainbow Wraps Lunch, Cara Murray, Create Better Health Ambassador • Take a Walk/Goosechase Scavenger Hunt</p> <p><b>1:00 pm Breakout Session 1 (Choose One)</b> • Patient Empowerment, Mindy Vincent, LCSW, Founder &amp; Executive Director, Utah Harm Reduction Coalition • Enhancing Prenatal Care in Rural Utah Communities, University of Utah School of Medicine, PARCKA, Mitchell Carets, Jacob Boyles, ShopTeacher, Ary Bryan, Marcella Smid, MD, MA, MS Maternal-Fetal Medicine • Suicide Prevention in Rural Utah, Carol Ruedell, Crisis &amp; Suicide Prevention Programs Administrator, Utah Department of Human Services</p> <p><b>2:00 pm Breakout Session 2 (Choose One)</b> • Naloxone Education and Training - Saving Lives, Tim Keady, USU Extension; Odalis Dial, Tribal &amp; Rural Opioid Initiative Resource Center • Addict to Athlete, Coach Blu &amp; Marissa Robinson</p>	<p><b>9:00 am Welcome</b></p> <p><b>9:05 am Special Presentation: Debunked Podcast LIVE!</b> Don Lyons, SAMHSA Tribal Technical Assistance Center and Tom Williams, Access Utah Host, Utah Public Radio Debunking the myth: Indigenous and non-indigenous groups don't work together to solve social problems.</p> <p><b>10:00 am Mental Health, Incarceration &amp; Recovery</b> Erin Fawcett Madden, Assistant Professor, Wayne State University; Randy Williams, Folklorist &amp; Ethnographer; Travis Tucker, Duchesne County Sheriff; Donovan Bergstrom, Program Director, Office of Youth Services at the Division of Juvenile Justice Services; JoLynn Palmer, Probation Supervisor, Third District Juvenile Court; Vida Betts, Carbon County Adult Probation &amp; Parole; Steve Labrum, Uintah County Sheriff</p> <p><b>11:00 am Gender Equity Etiquette</b> Ray Bailey, Suicide Prevention Program Coordinator, Utah Division of Substance Abuse &amp; Mental Health</p> <p><b>12:00 pm Closing Remarks</b> Dr. Ken White, Vice President, Utah State University Extension; Dean, USU College of Agriculture &amp; Applied Sciences</p> <p><b>Our Peer Support Room, hosted by Utah Support Advocates for Recovery Awareness, is available daily from 10:00 am to 1:00 pm.</b></p> 

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# Special Thanks

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- County law enforcement in Davis, Weber, Cache, Box Elder, Utah, Salt Lake, Tooele, Carbon, and Emery counties
- Local medical providers and specialists in Davis, Weber, Cache, Box Elder, Utah, Salt Lake, Tooele, Carbon, and Emery counties.
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- DEA 360
- One Voice Recovery
- Utah Department of Health
  - Bear River Health Department
  - Davis County Health Department
  - Salt Lake County Health Department
  - Southeast Utah Health District
  - Tooele County Health Department
  - Utah County Health Department
  - Weber-Morgan Health Department
- Utah Department of Health Violence & Injury Prevention Program
- Utah Department of Substance Abuse and Mental Health (DSAMH)
  - Local Substance Abuse Authority: Bear River Mental Health, Four Corners Community Behavioral Health, Davis Behavioral Health, Salt Lake County Behavioral Health, Utah County Division of Substance Abuse, Valley Mental Health-Tooele, Wasatch Mental Health
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- Davis4Health
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