



HEART

Health Extension: Advocacy, Research, & Teaching

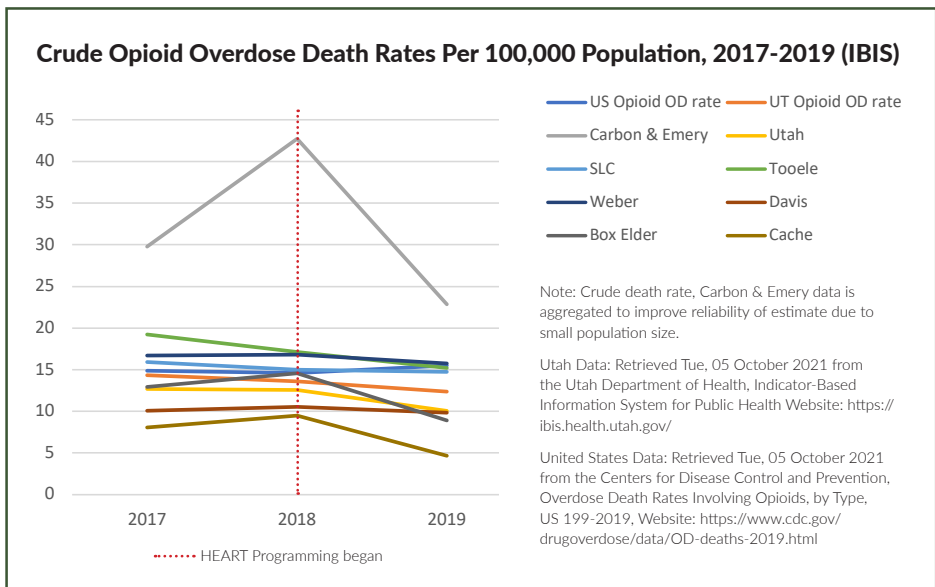
extension.usu.edu/heart

Health Extension: Advocacy, Research, & Teaching (HEART) brings unique academic resources into the community to address the opioid epidemic and other pressing public health issues. Five faculty address opioid use disorders throughout Utah and within the nine counties suffering the most devastating effects. In the first three years, July 1, 2018-June 30, 2021, HEART has partnered nationally and locally with health agencies, 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.

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.



Where is HEART located?

HEART serves all of Utah, with experts reaching the nine counties most affected by opioid use disorders.



Sadie Wilde, BS
Davis & Weber counties
Sadie.Wilde@usu.edu
(435) 919-1324



Tim Keady, MS, CHES®
Box Elder & Cache counties
Tim.Keady@usu.edu
(435) 752-6263



Gabriela Murza, MS, MCHES®
Utah County
Gabriela.Murza@usu.edu
(385) 268-6543



Maren Wright Voss, ScD
Tooele & Salt Lake counties
Maren.Voss@usu.edu
(801) 851-8464



Mateja Savoie-Roskos
PhD, MPH, RD
HEART Evaluator
USU Logan Campus
Mateja.Savoie@usu.edu
(435) 797-5777



Ashley Yaugher, PhD
HEART Coordinator
Carbon & Emery counties
Ashley.Yaugher@usu.edu
(435) 636-3276

What are HEART's objectives?

HEART partners with the community, targeting objectives based on a strategic plan that identified the four main categories listed below, offering evidence-based information and programming in each category to better inform the public and key stakeholders about pressing issues related to health and wellness.

1. 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

2. Stigma Reduction and Harm Reduction

- Collecting stories and narratives from persons in recovery, active users, and family members to share and spread awareness to help teach the public
- Providing education to individuals, groups, public, and key stakeholders
- 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 Narcan use and awareness, etc.)

3. Strengthening Community Ties

- Connecting, establishing, and supporting coalition partnerships
- 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

4. 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

What has HEART contributed?

In the first three years (2018-2021), significant impacts have been made to offer community-guided, comprehensive programming in nine counties and throughout the state.

Below are some of the HEART Initiative's impacts:



73

Newspaper Article
Features



46

Website and 6
Radio Ad Features



66

Programs
Implemented



148

One-time
Educational Events
Participated in



23

Journal Articles
Authored



27

Extension Fact
Sheets Produced



\$7,053,181

Collective Federal
Funding*



\$736,386

Collective State
Funding*



\$221,262

Internal/Extension/
Donation Funding*



1,156

Narcan Kits
Distributed



196

Coalitions
Participated In



293

Conference or
Other Professional
Presentations

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

Follow us on Social Media



@usuheart



@usuextension_heart



@usuheart



USU HEART

How to collaborate with us:

We are available and excited to collaborate with individuals, agencies, key stakeholders, and communities across the state to promote Utah's overall health and wellness.

Please contact your nearest HEART Initiative faculty to meet and discuss partnering on projects, community efforts, policy, funding opportunities, and more. We look forward to working with you!

Learn more at extension.usu.edu/heart

Utah State University is an affirmative action/equal opportunity institution and is committed to a learning and working environment free from discrimination. For USU's non-discrimination notice, see equity.usu.edu/non-discrimination.



Extension
UtahStateUniversity

