



HEART

Health Extension: Advocacy, Research, & Teaching

HEALTH EXTENSION
Advocacy. Research. Teaching.

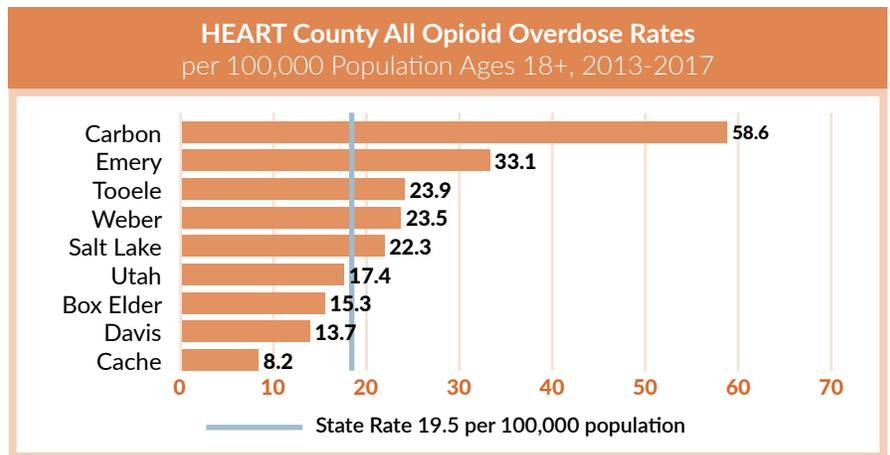
extension.usu.edu/heart

Health Extension: Advocacy, Research, & Teaching (HEART) is partnering locally and nationally to address the opioid crisis and other pressing public health issues. The Health & Wellness faculty team serves the state of Utah. Five faculty address opioid use disorder throughout Utah and within the nine counties suffering its most devastating effects. HEART is partnering 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.



Utah Department of Health (2019, March 4). Opioid Overdose by County Data.



Where is HEART located?

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



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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 fact sheets 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 storytelling and narratives from persons in recovery, active users, and family members to share and spread awareness in hopes it can 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 our first year (July 2018-July 2019), HEART made significant impacts to offer community-guided, comprehensive programming in nine counties and throughout the state.

Based on the four identified areas of need, some of our first year highlights include:



29

newspaper articles produced



13

HEART news items on websites highlighted



18

opioid programs implemented



37

one-time educational events (i.e., health fairs, seminars, etc.) offered



16

peer-reviewed journal articles produced



10

peer-reviewed fact sheets produced



11

external publications authored



\$3.3 million+ through partnerships and faculty funding donated



\$70,700 in internal funding acquired



426

Narcan kits distributed



45

USU network community coalitions added



82

conferences and professional events attended/supported

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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 team member 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

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