



Meet the HEART Team!

Health Extension: Advocacy, Research and Teaching (HEART) is partnering locally and nationally to address the opioid crisis and other pressing public health issues. The Health & Wellness faculty team covers nine counties where opioid use disorder has had some of the most devastating effects as well as state-wide efforts.



Team Members:

- Reshma Arrington, MPH - Salt Lake County.
- Kandice Atismé, MPH, MHA - Davis and Weber Counties.
- Timothy Keady, MS - Cache and Box Elder Counties.
- Dr. Maren Voss - Utah and Tooele Counties.
- Dr. Ashley Yaughner - HEART Coordinator, Emery and Carbon Counties.
- Dr. Mateja Savoie Roskos, MPH, RD - HEART Evaluator, Logan.

Learn more about the HEART initiative [here](#).

Did You Know?



The Utah Department of Health has proposed changes to the Utah Syringe Exchange Administrative Rule. The public period for this amendment is open from now until March 4, 2019. View the rule, see amendments and changes, and/or comment [here](#).

Community Highlights

Botvin Life Skills

At the Winter Summit, hosted by the Utah Department of Human services, HEART team members Ashley Yaugher and Reshma Arrington learned about a new program called Botvin Life Skills Training. Botvin Life Skills Training is being implemented into Utah school districts to enhance health classes (grades 7-10) on social skills, personal self-management skills and drug resistance skills.



Botvin Life Skills was surveyed on over 30,000 students and 10,000 teachers showing promising positive data on the evidence of their program. Students love it because it's relevant. Teachers love it because they need drug resistance curriculum. Parents love it because their kids need it, too. That's the key to this whole conversation: students need more drug resistance curriculum. Children face many decisions on a daily basis; preparing them with the right information in school can help them make decisions with full confidence and knowledge.

Upcoming Events



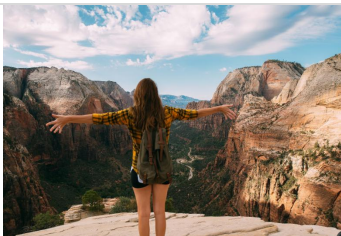
Opioid Recovery Summit: Roads to Recovery

March 5, 2019, USU Eastern, Price, Utah. Learn more [here](#).



Bear River Prevention Conference: Our Community and Opioids

March 7, 2019, USU Brigham City Campus, Brigham City, Utah. Learn more [here](#).



Carbon and Emery County Opioid and Substance Use Coalition Meetings

First Monday of the month from 11 a.m. - noon
USU Eastern Student Center, Price, Utah.



SAVE THE DATE! Rural Opioid Summit

USU Eastern, Price, Utah.
July 18-19, 2019