

2023 Rural Opioid & Stimulant Wellness Summit

Schedule of Events & Speaker Directory



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TRIBAL & RURAL
OPIOID INITIATIVE

2023

Rural Opioid & Stimulant Wellness Summit



Schedule and Speaker Directory

Tuesday, October 24, 2023 (Pre-Conference Activities)

3:00 pm – 5:00 pm Registration Open

JLSC Main Entrance, USU Eastern

3:30 pm – 5:00 pm Pre-Conference Service Project and Ice Cream Social

Attendees will assemble wound care kits for distribution, ice cream available for first 150 attendees, and service project available to all who are interested.

Location: JLSC Multipurpose Room, USU Eastern

4:00 pm – 4:30 pm Narcan Training

Michelle Ward, Opioid Prevention Specialist
Southeast Utah Health Department

An overview of overdose prevention, including a summary of key signs and symptoms of opioid overdose and how to administer Narcan.

Location: JLSC Multipurpose Room, USU Eastern

4:30 pm – 5:00 pm Harm Reduction Training

Aaron Hunt, PhD, and Gabriela Murza, MS
Utah State University Extension

An overview of harm reduction techniques, strategies, and resources.

Location: JLSC Multipurpose Room, USU Eastern

Pre-conference and conference:

*Located at the Utah State University Eastern Jennifer Leavitt Student Center (JLSC)
451 East 400 North, Multipurpose Room, Price, UT 84501*

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Wednesday, October 25, 2023

8:00 pm – 4:45 pm Registration Open
JLSC Main Entrance, USU Eastern

8:00 am – 9:00 am Breakfast & Check-In

9:00 am – 9:30 am Welcome
Savannah Eley, StepOne Director
Ashley Yaughner, PhD, Utah State University Extension
Welcome attendees and discuss the upcoming summit activities, goals, and objectives. Including stigma reduction through learning together throughout the summit.

9:30 am – 10:30 am Keynote: Provider and Patient Perspectives Panel
Mandi Spens, PNP, Intermountain Healthcare
Cheryl Swapp, CHW, Intermountain Healthcare
Haven Halk, FNP, Carbon Medical Services
Baylie Cave, CPSS, Carbon Medical Services
Mersades Morgan, CPSS, Utah Support Advocates for Recovery Awareness

Introductions and connections with substance use disorder will be discussed, followed by Question and Answer of how provider support has been impactful in treatment and recovery for patients, how providers can best support patients and provide services in an empathetic way, and what the biggest factor in successful recovery is from each perspective, among other insights.

10:30 am - 11:00 am Resource Expo and Wellness Break

– continued –

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Wednesday, October 25, 2023 (continued)

- 11:00 am – 11:45 am** **Person-First Recovery Language and Stigma Reduction**
Dr. Ivory Tubbs, PhD, Technical Expert Lead
Western Interstate Commission for Higher Education
In this presentation, we will explore the importance of Person First Recovery Language and its powerful role in reducing the stigma associated with substance use disorder and mental health. We'll delve into the transformative impact of using language that prioritizes individuals over their conditions, emphasizing dignity and respect. Through real-world examples and practical strategies, we'll empower our audience to adopt Person First language as a catalyst for fostering empathy, inclusivity, and more compassionate communities.
- 11:45 am - 12:00 pm** **Wellness Break:** Mindfulness Practice
Jennifer Slack, USARA
- 12:00 pm – 1:00 pm** **Lunch and Open Mic**
Emcee: Aaron Hunt, PhD, USU Extension Specialist
An open microphone opportunity for community members or others to share experiences, ask questions, or reflect.
- 1:00 pm - 1:15 pm** **Wellness Break:** Tai Chi
Sadie Wilde, MPH, USU Extension
- 1:15 pm – 2:00 pm** **Importance of Harm Reduction and Successes**
Stef Grundy, BS, Programs Director, Utah Naloxone
Riley Drage, Senior Technical Trainer, Utah Naloxone
A review of the principles of harm reduction and discussion about successes within Utah Naloxone's setting.

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Wednesday, October 25, 2023 (continued)

2:00 pm – 2:45 pm Farm Stress: Recognizing the Risk and Providing Resources for the Farmers and Ranchers in Our Communities

Linda S. Edelman, RN, PhD, University of Utah College of Nursing
Farming and ranching are stressful. Weather, the economy, and injuries are just a few of the uncertainties farmers and ranchers face daily. These uncertainties increase the risk of depression, anxiety, and substance use disorder. In this presentation, we will discuss farm stress risk factors and resources.

2:45 pm – 3:00 pm Wellness Break: Tribal Centered Wellness Activity

Valentina Sireech, MFA, USU Extension Tribal & Rural Opioid Initiative

3:00 pm – 3:45 pm Drug Trends, Diversion Efforts, and Prevention

Dustin Gillespie, Assistant Special Agent in Charge
Cameron Bolman, Diversion Group Supervisor
United States Drug Enforcement Agency

***Recording of presentation is prohibited by US DEA Policy.**

Information regarding general drug trafficking methodologies utilized by criminal organizations in Utah, and a conversation about the most significant drug threats to our local communities based on law enforcement intelligence and seizures. We will discuss drug trends, diversion efforts, and the Take Back program.

3:45 pm – 4:00 pm Wellness Break: Mindfulness

Damon Davis, USU Extension and VISTA Americorps for the
Carbon & Emery Opioid & Substance Use Coalition

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Wednesday, October 25, 2023 (continued)

4:00 pm – 4:45 pm Equine-Assisted Activities for Treatment and Recovery

Heather Black, PsyD, Salt Lake City Veteran's Affairs SAR RTP
Karl H. Hoopes, DVM, USU Extension

"There is something about the outside of a horse, that is good for the inside of a man." Utah State University has partnered with the Salt Lake City VA in providing successful equine experiences for veterans in substance use disorder recovery. The presentation will cover how to safely plan and deliver these kinds of equine experiences.

4:45 pm – 5:00 pm Transition to Carbon County Fairgrounds & Arena

660 South Fairgrounds Way, Price, UT 84501

5:00 pm – 6:00 pm Food Trucks

Must have meal ticket to receive meal from food trucks.

Location: Carbon County Fairgrounds

5:45 pm – 6:45 pm Equine-Assisted Services Demonstration

Makenna Pahlke, USU College of Agriculture and Applied Sciences
Karl H. Hoopes, DVM, USU Extension

Come learn all about how equine-assisted services promote mindfulness, reduce stress, and develop connection and community. You'll have an opportunity to get in the arena with our two miniature horses, Honey and Winnie, to get hands-on with equine-assisted services!

– End of Day 1 –

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Thursday, October 26, 2023

8:00 pm – 1:00 pm Registration Open
JLSC Main Entrance, USU Eastern

8:00 am – 9:00 am Breakfast & Check-In

9:00 am – 9:30 am Welcome
Larry Jensen, Carbon County Commissioner
Jordan Leonard, Emery County Commissioner
Welcome to Carbon and Emery Counties. Because of our high opioid overdose rates, we have met these challenges head on and have paved the way in many instances that others are now following. We have very qualified partners in our two counties that contribute to success.

9:30 am – 10:30 am Keynote: Pharmacology of Opioids and Stimulants
Pat Green, MD
Tooele Methadone Treatment & Bonneville Family Practice
Dr. Green will review the pharmacology of opioids and stimulants associated with substance use disorders, both prescribed for treatment and illicit. Current evidence-based treatments and emerging treatments for opioid and stimulant use disorders will be discussed.

10:30 am – 11:00 am Resource Expo and Wellness Break

– continued –

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Thursday, October 26, 2023 (continued)

- 11:00 am – 11:45 am Complementary Treatments for Addiction, Trauma, and Stress**
Elizabeth Howell, MD, University of Utah School of Medicine
Amy de la Garza, MD, University of Utah Department of Psychology
This presentation will summarize and demonstrate some complementary and integrative supports for people with substance use disorders, including the 5-Needle Protocol or Acudetox (5 ear acupuncture points) for detoxification, recovery support and prevention of return to use.
- 11:45 am – 12:00 pm Wellness Break: 5-Needle Protocol Ear Acudetox Demo**
Dr. Elizabeth Howell and Dr. Amy De La Garza, U of U Healthcare
Four Corners Community Behavioral Health Providers
- 12:00 pm – 1:00 pm Lunch and Importance and Successes of Peer Support**
USARA Certified Peer Support Specialists Panel: Marcie Gray, Mercedes Morgan, Crystal Randall, Ben Martinez, and Kris Henderson
Peers will discuss peer support as an invaluable resource for substance use disorder recovery, and will share stories of success during the lunchtime panel.
- 1:00 pm – 1:15 pm Wellness Break: Progressive Muscle Relaxation Exercise**
Carolshene Powell, CMHC
Four Corners Community Behavioral Health

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Thursday, October 26, 2023 (continued)

**1:15 pm – 2:00 pm Understanding ACE Scores and Their Impact on SUD:
The Crucial Role of Early Prevention**

Jennifer Liebert, RN, Program Manager

Utah Rural Opioids Healthcare Consortium (UROHC)

Extensive research has shown strong correlation between high Adverse Childhood Experiences (ACE) scores and the development of substance use disorder later in life. This relationship underscores the importance of addressing childhood trauma as a prevention strategy.

2:00 pm – 3:00 pm Endnote: Opioids and Stimulants in Utah

VaRonica Little, LCSW

Utah Department of Health and Human Services,
Office of Substance Use and Mental Health

An overview of the stimulant and opioid use disorder concerns in Utah, current data on overdoses, and interventions that have been put in place to support those in need throughout the state.

3:00 pm – 3:15 pm Closing Reflections

Joseph Ward, PhD

Dean, USU College of Humanities and Social Sciences

Reflections on the Summit and moving forward in Utah.

3:15 pm – 3:30 pm Opportunity Drawing

– End of Day 2 –



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Thank you to our sponsors, collaborators, volunteers, and attendees!
Without you, this experience would not have been possible.



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Empowering Youth by Preventing Risk



TOOELE COUNTY



Special thanks to all those involved in planning the Summit, including but not limited to the HEART Initiative, TROI, University of Utah, UROHC Consortium, RHAU at Southern Utah University, members of the Carbon & Emery Opioid & Substance Use Coalition, Odyssey House, Life Balance Recovery, StepOne Services at Castleview Hospital, Southeast Utah Health Department, Intermountain Healthcare, Utah Support Advocates for Recovery Awareness (USARA), RHI Hub, USU Extension Marketing, USU Eastern, Carbon County Fairgrounds, and both Carbon and Emery County Commission Chambers for your support!

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Dr. Aaron Hunt, MPH, PhD, is an Assistant Professor and Health & Wellness Specialist for Utah State University Extension working to improve outcomes for people impacted by substance use disorders. He earned his PhD in Public Health from the University of Nevada, Las Vegas. His current work is focused on addressing opioid use disorder in rural communities through increasing access to prevention, treatment, and recovery services. He is passionate about reducing stigma related to substance use and promoting the use of harm reduction activities with partners across the state.



Amy de la Garza is a double board-certified Family Medicine and Addiction Medicine physician who has dedicated most of her career to the treatment of individuals with behavioral health diagnoses including substance use disorder. She is an Institute for Functional Medicine Certified Practitioner. She is the owner of Heron Wellness in downtown Salt Lake City, treating patients and families experiencing a broad range of medical and psychiatric diagnoses. Her clinical experiences also include the care of patients in residential and outpatient substance use disorder treatment settings. Dr. de la Garza has worked in both clinical and research environments utilizing innovative approaches to behavioral health treatment including ketamine and psilocybin. She is trained in the 5-Needle Protocol, an ear acupuncture intervention which provides relief for individuals with addiction, trauma and stress.

Dr. de la Garza is the co-founder of Utah Acudetox which provides training and community treatment with the 5-Needle Protocol and the recipient of a SAMSHA grant to expand training and implementation of the protocol across the state of Utah. She is the president of the Utah Society of Addiction Medicine. Her clinical approach is focused on a whole-person, patient directed healing process using evidence-based allopathic medical interventions while simultaneously addressing modifiable lifestyle factors such as nutrition, movement, sleep, stress management and strengthening human connections that are imperative to the healing process. Her vision is the expansion of clinical interventions and research of integrative behavioral health treatment to patients and families that addresses the physical, emotional, and spiritual dimensions of wellness and recovery.

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Dr. Ashley Yaugher is a Professional Practice Extension Assistant Professor of Health & Wellness at Utah State University Extension. She is a Health Extension: Advocacy, Research & Teaching (HEART) Initiative faculty member and serves Carbon and Emery Counties; with a focus on the opioid overdose epidemic faced by these communities. Dr. Yaugher earned her MS and PhD in Clinical Psychology from Texas A&M University. Dr. Yaugher is currently the Project Director for several substance use prevention and stigma reduction grants; the founder and chair of the local Carbon & Emery Opioid & Substance Use Coalition; and is actively engaged in community-based programming and research. Her professional interests include collaboration; rural mental health; community outreach; mentorship; and Opioid Use Disorder prevention, treatment, and recovery.



Baylie Cave is one of the first Certified Peer Support Specialists (CPSS) to work at a federally qualified health care center (FQHC) in Utah. She has been with Carbon Medical Service for about three years and has worked assisting with Covid vaccines and tests, and is a nationally-certified Medical Assistant and Medical Administrative Assistant. Over the last year, Baylie has worked as a CPSS and has been able to help assist with housing, food, medical treatments, and many other tasks throughout her community. Baylie currently lives in Carbon County.



Benjamin "Ben" Martinez is a person in long-term recovery and has been since Christmas day 2014. Ben has been a Recovery Coach with his Certified Peer Support Specialist certification since 2016, and came on board with USARA in July of 2018. Starting his substance use disorder and his subsequent recovery relatively young in life, Ben hopes to inspire other young people (and people of all ages) to find the joys, excitement, and full life that recovery offers. Ben is passionate about recovery and uses his story to help others see the potential in themselves to overcome their own barriers in life.

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Cameron Bolman has over 19 years' experience with the DEA as a Diversion Investigator in auditing, investigating, enforcing, and prosecuting violations of the Controlled Substances Act. Cameron has also had the privilege in serving the community for many years in helping to reduce unwanted and unused prescriptions in the home.



Cheryl Swapp is a Community Health Worker at the Sanpete County Jail, through an RCORP grant awarded to Intermountain Healthcare. Cheryl is responsible for helping to bridge the gap between individuals' incarceration and their return into their communities. As part of her daily routine, Cheryl meets with individuals who are incarcerated and together they set goals and create transition plans. After performing an assessment, she helps connect individuals with substance use disorders to counseling classes and long-term or short-term drug and alcohol rehabilitation. When released, she helps connect them with jobs, doctors, therapists, MAT, Medicaid, and helps them obtain any identifying documents. Cheryl works hard to help prepare these individuals for life outside of jail and is pivotal in promoting health equity and addressing health disparities in this population.



Crystal Randall began her recovery journey in February 2016. She is a proud graduate of Family and Adult Recovery Courts. She has a passion for women coming into recovery, especially mothers facing the barriers of getting their children back, and for them to know that it is possible and that they don't have to do it alone. Crystal was a peer mentor for the Southwest Behavioral Health Center and Recovery Courts for two years before joining USARA as a Peer Recovery Coach in July 2019.

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Dustin Gillespie is an Assistant Special Agent in Charge with the Drug Enforcement Administration (DEA). His duties involve the supervision of the Salt Lake City District Office, and he is responsible for overseeing DEA's operations in Utah. ASAC Gillespie has served as a Special Agent with the DEA for 17 years, with tours of duty in Arizona, Virginia, and Texas.



Elizabeth F. Howell, MD, MS, has worked in the addictions field since 1983 in public, private and academic settings. She is Professor of Psychiatry (Clinical) at the University of Utah School of Medicine in Salt Lake City, Utah. She has an inpatient and outpatient clinical practice at the Huntsman Mental Health Institute (formerly University Neuropsychiatric Institute) and University of Utah Health. Dr. Howell is Board certified in Psychiatry and Addiction Psychiatry by the American Board of Psychiatry and Neurology, and in Addiction Medicine by the American Board of Preventive Medicine. She is a Distinguished Fellow of the American Society of Addiction Medicine (ASAM) and a Distinguished Life Fellow of the American Psychiatric Association (APA). She developed and is training director for the Addiction Psychiatry and Addiction Medicine ACGME-accredited fellowship programs at the University of Utah Spencer Fox Eccles School of Medicine.

Dr. Howell has been involved in addiction policy and advocacy at the state and national level for many years. She has been actively involved in the American Society of Addiction Medicine (ASAM) since the mid 1980's, was President of ASAM from 2005-2007 and was recognized with the ASAM Annual Award in 2012. She was President of the Utah Medical Association (2017-2018). She received BS and MS degrees in Zoology from the University of Georgia and MD from the Medical University of South Carolina, Charleston, SC, where she completed a Pediatrics internship, a General Psychiatry residency, and a psychiatry research fellowship and was Chief Resident in Psychiatry.

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Gabriela Murza received a BS in Psychology and a MS in Health Education and Behavior from the University of Florida. She serves as USU Extension Health and Wellness faculty with the Health Extension: Advocacy, Research, and Teaching (HEART) Initiative, which addresses the opioid overdose crisis and other public health issues through education, collaboration, stigma and harm reduction, and resilience development. Gabi's work focuses on the role healthy eating, physical activity, resiliency skills, and other healthy behaviors play in decreasing injury and chronic pain, and how developing and utilizing those skills can be essential in substance use recovery.



Haven Halk is a Family Nurse Practitioner who moved to Utah from Colorado to work at Carbon Medical Service. She has been with CMSA for over five years as a primary care provider and treating substance use disorders. Additionally, she is certified as a Therapeutic Pain Specialist and is trained in Pain Reprocessing Therapy. She evaluates and treats chronic pain conditions, including chronic pain, with an evidence-based approaches focusing on the biopsychosocial model of care, Pain Neuroscience Education, Pain Reprocessing Therapy and teaching self-management techniques. She offers one-on-one Persistent Pain Education sessions.



Heather Black, PsyD, is a Clinical Psychologist and current Program Manager of the Salt Lake City Veteran's Affairs Substance Abuse Residential Rehabilitation Program (SARRTP). Heather obtained her undergraduate degree at Cal Poly San Luis Obispo and completed her graduate work at UCLA and Azusa Pacific University. Her life before psychology included working in reality television for MTV and traveling around the world as a photojournalist in active conflict regions. For the past decade, she has served high acuity Veterans in the 15-bed residential substance use disorder treatment program, offering dual diagnosis treatment focuses on assisting Veterans with stabilization and early recovery from severe substance use disorders.

Heather's areas of expertise include interventions treating co-occurring mental health conditions to include PTSD, utilizing evidence-based practices, including CBT-SUD, DBT, ACT- D, IPT-D and MI/MET for SUD, as well as trauma focused interventions PE, CBT and STAIR. In 2020 she became a certified provider of the EAGALA Model, a client-centered, solution-oriented approach to equine assisted psychotherapy that supports interpersonal connections and intrapersonal growth in partnership with clinical team. Additional contributions to the equine community include facilitating hospital-wide integration of the Equine Program and contributing to the gathering and interpretation of clinical data related to both residential and outpatient equine assisted activities, with an outcome of several publications.

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Dr. Ivory Tubbs is a dedicated clinical expert with a passion for improving the lives of individuals in rural communities affected by substance use disorders (SUD) and opioid use disorders (OUD). Dr. Tubbs also has extensive experience in program development and evaluation, working to make a significant impact in combatting the SUD/OUD epidemic. As a Technical Expert Lead with (WICHE) the Western Interstate Commission for Higher Education, Dr. Tubbs provides technical support to the Health Resources & Services Administration's (HRSA) Rural Communities Opioid Response Program (RCORP). His expertise extends to multi-sector consortiums in rural communities, assisting grantees in planning and implementing their work plans aimed at addressing SUD and OUD.

As an Executive Director of Social Services and later as a Counseling Program Director, Dr. Tubbs demonstrated strong leadership skills by establishing a Rural Center of Excellence for Recovery Housing. His commitment to client care and team development resulted in enhanced program effectiveness. Dr. Tubbs also served as a Psychological Assessor, where he administered diagnostic evaluations and created treatment plans for patients with psychological, behavioral, and co-occurring disorders. He also worked as a Senior Public Health Investigator with the City of Houston, Bureau of Epidemiology conducting psychosocial assessments within the HIV/AIDS community for the Centers for Disease Control. Dr. Tubbs also added to his knowledge base by joining the University of Texas School of Health Sciences, Psychiatric Center working with acute and non-acute psychosis patients as well as patients in the forensic psychology unit for the Houston Police Department.



Jennifer Liebert is a Registered Nurse with a Masters in Nursing Education. Her professional focus centers on the addiction field. She is dedicated to helping those battling addiction find their path to recovery and healing. Jennifer is particularly interested in exploring the relationship between Adverse Childhood Experiences (ACE) scores and addiction, aiming to uncover the intricate factors that contribute to this issue. She believes that understanding ACE scores and their impact can lead to more effective interventions and support for those in need. Her ultimate goal is to contribute to a healthier, more resilient society through knowledge and compassion.

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Jordan Leonard is one of the Program Coordinators for the Rural Online Initiative and an Emery County Commissioner. He has a Bachelor's degree in Sales & Marketing through the Technical Sales program from Weber State University. Jordan's professional career began when he was 25 as Golf Course Manager for Millsite Golf Course in Ferron. He left the course after ten years to become the Emery County Economic Development Director. Jordan's passion is to help small business and youth programs expand and succeed. He assisted several businesses and individuals with grants, incentives, programs, and trainings. Jordan has enjoyed his time helping people on an individual basis improve their lives.



Joseph P. Ward, PhD, is the dean of the College of Humanities and Social Sciences. Prior to joining Utah State University in 2016, he was a professor and chair of history at the University of Mississippi. A specialist in the society and culture of England during the sixteenth and seventeenth centuries, Ward has published more than a dozen journal articles and book chapters. He is an author or editor of eight books, including *Culture, Faith, and Philanthropy: Londoners and Provincial Reform in Early Modern England* and (with Robert O. Bucholz) *London: A Social and Cultural History 1550-1750*. Ward has been the recipient of a number of grants and fellowships, including an open education resources course development grant from the University of Mississippi.



Karl H. Hoopes, DVM, grew up on a small dairy farm in Afton, Wyoming. Horses were part of everyday life, and race horses became a hobby that continues through running quarter horses today. Karl attended University of Wyoming for undergraduate and Colorado State University for Doctor of Veterinary Medicine, graduating in 2003. He moved to Cache Valley in 2003, went to work for Valley Veterinary Services in Richmond, Utah, became an owner/partner in Valley Vet, and has enjoyed practicing there for 12 years. Karl began working at USU in August of 2015 as the Equine Extension Specialist. His areas of focus include equine health and an equine trail ride program called Ride Utah! that focuses on taking military personnel and their families on trail rides across beautiful Utah. There truly is "something about the outside of a horse that is good for the inside of a man."

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Kris Henderson is a person in long term recovery. He provides support to individuals seeking Recovery from substance use disorders, and is passionate about helping others find a new direction in life.



Larry Jensen is a native of Price. He married LaRae Keller 45 years ago, has 9 children and 33 grandchildren. Larry retired from 38 years as a contractor and is currently serving his second term as Carbon County Commissioner.



Linda S. Edelman RN, PhD, is a professor at the University of Utah College of Nursing. She grew up on a farm in Northeast Kansas and was a Veterinary Technician and Animal Science major until she fell in love with science. She earned her BS in Biology at Kansas State University and a MPhil in Immunology at the University of Utah, followed by a BSN in Nursing. She was the Clinical Research Coordinator for the University of Utah Burn Center for many years during which her commitment to improving the care of older adults in rural areas grew. After completing her PhD at the University of Utah, Dr. Edelman joined the College of Nursing as a faculty member researching access to care for rural older adults. Today she leads the Utah Geriatric Education Consortium and is the program director, with co-director Kasey Shakespeare, for the Utah Rural Opioid Healthcare (UROHC) Consortium Collaborative Care Model, a HRSA funded behavioral health grant providing resources and training for communities and health care clinics in Carbon, Emery and Wayne counties.

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Makenna Pahlke grew up in Las Vegas, Nevada and graduated from USU in 2020 with a BS in Equine Science and Management and then in 2023 with a MS in Agricultural Extension and Education. She currently holds 4 professional certifications related to horseback riding instruction and equine-assisted services and has served over 600 individuals over five years with Utah State University through groundwork, equine-facilitated psychotherapy, therapeutic and adaptive riding, recreational trail riding, and other community-based equine programs. She is passionate about developing the human-equine bond and educating others, including herself, on the science behind how equine-assisted services benefit everyone.



Mandi Spens is a Licensed Psychiatric Nurse Practitioner seeing patients for various addictions, medication for addiction treatment (MAT), and mental health disorders. Mandi's licensures include: Advance Practice Registered Nurse License, Medication Assisted Treatment Certified X-Waivered, APRN Controlled Substance License Clinical Coach, and Critical Conversation Course. Mandi received her BSN from Weber State University and her MSN, PNP from the University of Southern Alabama. She currently sees patients in Logan, both in clinic and at Logan Regional Hospital.



Marcie Gray, a licensed Substance Use Disorder Counselor has worked with people in treatment and recovery since 2003. She has been in long term recovery since 2002 and is blessed with a clear passion for recovery and desire to help others find and navigate their own recovery path. She finds immense joy in empowering others to celebrate their own recovery. Marcie is a leader that uses her passion and skills for understanding to be an empathetic ear for others.

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Mersades Morgan is a woman in long-term recovery, since 2016. Mersades has been a Certified Peer Support Specialist since 2020 working with USARA in Carbon & Emery Counties, and has worked in the Recovery industry since 2018. She has been recovering loudly throughout Utah and has had the opportunity to implement recovery services in rural Utah, where services were not previously available to those in need of resources and support. Mersades takes pride in educating the community, law enforcement and those in recovery that we are people first, and we all have the ability to recover.



Michelle Ward is the Opioid Prevention Specialist at Southeast Utah Health Department. She is very passionate about helping people who suffer from Substance Use Disorder recover as she is in long-term recovery from an alcohol use disorder. Michelle is part of the UCO-OP Steering Committee, the UHROHC consortium committee, and the local CEOSU Coalition. Michelle leads Southeast's Harm Reduction Program and is part of the SSP, USEN Utah Syringe Network, and CTC coalition. Michelle has certifications in HIV/HCV Counseling and Testing, Medical Assistant, Harm Reduction Specialist, CPR, and First Aid. She is dedicated to educating Carbon, Emery, and Grand Counties on the dangers of opioid use and helping individuals find treatment and pathways to recovery.



Patrick Green's professional career as a medical doctor has focused on providing preventive care, acute and chronic disease management and the treatment of adults with substance use disorders. Dr. Green is board certified as a family physician. He began practicing in 2009 after completing his family medicine residency at St. Mark's Hospital in Salt Lake City, Utah. He has spent the last 12 years practicing medicine in a semi-rural clinic which he owns and operates. Dr. Green is driven to provide exceptional, evidence-based and affordable care to patients of all ages with compassion in a medical home setting, regardless of demographics or disease type. As such, he has been ahead of the curve in offering integrated services with mental health professionals located within his practice. He started providing treatment for substance use disorders in an underserved county which lacked access to such treatment, and continues to participate in a public-private consortium to advance substance use disorder treatment in his community.

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Riley Drage is a crucial member and successful leader in our community's efforts to address substance use disorder as well as a champion for recovery, harm reduction and mental health. Riley has years of experience in the realm of substance use disorder support and knows how to effectively assist individuals working toward positive change. Riley has acted as a liaison and bridge-builder between communities with common interests and often hard to reach populations. With Riley's experience, he understands the importance of building relationships with community partners and individuals participating in the services programs to have the biggest impact on better health outcomes. He works at Utah Naloxone as a senior technical trainer.



Savannah Eley is the Service Coordinator for StepOne Service at Castlevue Hospital and Ashley Regional Medical Center. She has worked in the field of substance use for five years and was an integral part of launching the detox program at Castlevue three years ago. Savannah advocates for recovery and loves to bring new service lines to her community and other communities who need support. Savannah loves being able to help people who suffer from a substance use disorder and to educate the community on Substance Use Disorder and the stigma that surrounds it. Savannah is also a person living in long term recovery from Substance Use Disorder.



Price, Utah native, ceramic artist, and dog parent, **Stef Grundy** is the Programs Manager for Utah Naloxone. Stef received their BS in Health, Society and Policy from the University of Utah. They have functioned in various roles within medical administration management for 12+ years. As a person in long term recovery, Stef is passionate about their work in harm reduction and SUD.



VaRonica Little, LCSW, began working in the field of substance use disorder and mental health 20 years ago and has worked with a variety of populations and in multiple non-profit and public service settings. She has a Master's Degree in Social Work from the University of Utah with a focus in trauma and addiction. In 2017, VaRonica was hired at the Utah Office of Substance Use and Mental Health to oversee SAMHSA federal grant funds related to the opioid overdose crisis and hold the role of the State Opioid Treatment Authority.