




# Utah Coalition for Opioid Overdose Prevention (UCO-OP) Utah Health Improvement Plan

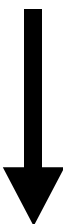
## Outcome Goals

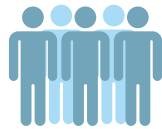
What you  and your agency  can do to help:

 **high risk  
prescribing  
by 20%**




- Utilize non-opioid methods to manage pain such as [chronic pain self-management program](#), physical therapy, exercise, cognitive behavioral therapy, or a combination of acetaminophen and ibuprofen.
- Know what an opioid is, what the risks are when taking them, and the signs of an overdose. Visit [www.opidemic.org](http://www.opidemic.org) for more information.
- Promote uptake of the [Utah Clinical Guidelines on Prescribing Opioids for Treatment of Pain](#).
- Check the [Controlled Substance Database](#).
- Support [opioid education and training for prescribers](#).
- Connect patients with self-management workshops for pain at [www.LivingWell.utah.gov](http://www.LivingWell.utah.gov).

 **prescription  
and illicit opioid  
overdoses  
by 10%**




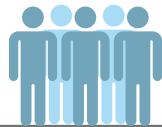
- Dispose of expired, unused, or unwanted medications at a [local drop box](#).
- [Safely use opioids](#) and know the [risks of opioids](#).
- Educate patients on the [common opioids and their risks](#).
- Co-prescribe [naloxone](#).

 **access to  
naloxone  
by 10%**



- Get naloxone through an [Overdose Outreach Provider](#).
- [Locate a pharmacy](#) that is ready to dispense naloxone.
- Participate in [Utah's Standing Order](#) for naloxone.
- Become an [Overdose Outreach Provider](#) and provide opioid education and naloxone dissemination.
- Participate in [Talk to Your Pharmacist Month](#).

 **linkages to  
treatment and  
recovery services  
by 10%**



- Use [syringe exchange services](#).
- Know what [treatment and recovery resources](#) are available.
- Connect patients with [treatment and recovery resources](#).
- Enroll as a Utah Syringe Exchange Program.

**A Healthier Tomorrow, Together**

For more information and links to resources, visit: [www.utphpartners.org](http://www.utphpartners.org).