

Substance Use Disorder:

A Rising Concern in Rural Utah Communities

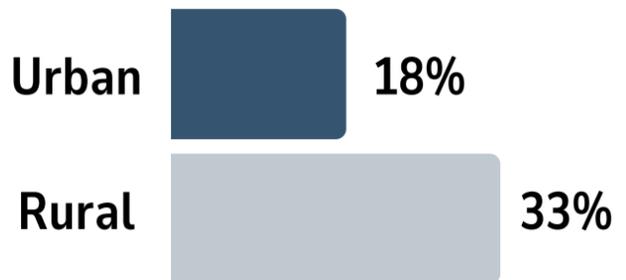
What the Data Shows

Rural communities in Utah express greater concern for both substance use disorder and barriers to treatment.

Concern about Substance Use Disorders



Concern about Access to Substance Use Disorder Treatment



"I always worry about substance [use disorder] in our community and how easily our youth can be influenced and affected by it."

– Tremonton Resident

What Can We Do?

Community Connection Matters!

Studies show that individuals experiencing social isolation are at increased risk for substance use disorders (Desai et al. 2024)



Participating in recreational and community activities is linked to better mental health and wellbeing

Recreation → Community Connection → Lower Risk of Substance Use Disorder

Desai R, Karim S, Freeborn J, Trivedi C, Husain K, Jain S. 2024. Conceptualizing the relationship between social isolation and substance abuse. Psychiatrist.com 26(5):23m03679.

Support Programs



SafeUT offers a crisis chat and tip line that provides real-time crisis intervention.



988 Lifeline is a free confidential service that gives individuals the option to call or text.



USARA provides peer support and service navigation to help individuals access treatment and stay on their recovery path.



Know Your Script offers tools and education to support safe prescription use through informed conversations and responsible medication practices.



FindTreatment.gov is a federal resource that helps individuals locate nearby substance use and mental health treatment services based on their needs and location.



For More Information See: <https://www.usu.edu/utah-wellbeing-project/>