

Healthy Happenings

Moab Regional Hospital Welcomes April Larsen as New Trauma Program Manager

Moab Regional Hospital is pleased to announce the appointment of April Larsen as the new Trauma Program Manager (TPM). With 18 years of nursing experience in various emergency rooms across the Intermountain West, April brings a wealth of knowledge and skill to our team. Since April 2011, she has served as a flight nurse in Page, Arizona, and Moab, providing emergency medical care in challenging environments.

Larsen has held significant roles, including Director of Clinical Operations for Classic Air Medical and flight nurse for Haiti Air Ambulance in Port-au-Prince, Haiti. Her passion for prehospital medicine is evident as she continues to work as an EMT in Utah. Larsen is excited to bring her expertise to Moab Regional Hospital as the Trauma Program Manager.

Dr. Deidre Flanagan, Trauma Director at Moab Regional Hospital, is enthusiastic about welcoming Larsen to the team, “April brings significant clinical and administrative experience to our team, and she will be a great asset.

She is clearly passionate about trauma care, particularly in the rural setting. There are exciting updates to the trauma program both at the local and state level, and I look forward to working with April to continue to improve our great trauma care here at MRH.”

What is a Level IV Trauma Center?

According to the American Trauma Society, a Level IV Trauma Center provides



April Larsen, Trauma Program Manager

advanced trauma life support before transferring patients to higher-level trauma centers. This includes advocating for trauma system development, enhancing emergency services, and improving care efficiency.

At Moab Regional Hospital, our trauma team diagnoses and stabilizes patients with severe injuries, performs emergency surgeries, and provides critical care when needed. Our facility includes 24-hour laboratory coverage and trauma-trained nurses and physicians.

Why is Level IV Trauma Certification Vital for our Community?

In remote rural areas, timely trauma care is crucial. As a Level IV Trauma Center, Moab Regional Hospital has the equipment and staff to respond to emergencies quickly, ensuring patients receive prompt medical care and improving survival chances.

Moab Regional Hospital, an independent nonprofit located in Moab, Utah, is a Critical Access Hospital and Level IV Trauma Center. With 17 beds, the hospital focuses on prioritizing patients, providing high-quality and affordable healthcare, and promoting community wellness.



Dr Deidre Flanagan, Trauma Director

Overcoming the Stigma of Alcohol Use Disorder: Moab Regional Recovery Center Offers a Path to Healing

Alcohol Use Disorder is a chronic condition characterized by an inability to control alcohol consumption despite its negative impact on a person's health, relationships, and daily life. While millions of people globally struggle with Alcohol Use Disorder, many suffer in silence due to the overwhelming sense of shame associated with their condition. This stigma often prevents individuals from seeking the help they desperately need, worsening the problem and leading to a cycle of isolation and despair.



Brett Heselpoth and a patient.

Shame and guilt are common emotions for those with Alcohol Use Disorder, stemming from societal judgment and internalized beliefs about their worth. These feelings can be paralyzing, making it difficult for individuals to reach out for support. Studies suggest that less than 10% of those with Alcohol Use Disorder receive treatment, highlighting the profound barriers to accessing care.

However, hope is available. Moab Regional Recovery Center is dedicated to breaking down these

barriers and providing comprehensive, effective treatment for those struggling with Alcohol Use Disorder and other substance use disorders. The Recovery Center offers a wide range of outpatient services designed to meet individuals wherever they are in their recovery journey, all in a safe and confidential environment.

The Recovery Center provides outpatient services that are comprehensive and individualized, designed to meet each person's unique needs. They include medically supervised drug and alcohol detox, which helps manage withdrawal symptoms safely, including FDA-approved medications, such as naltrexone or Vivitrol, which can profoundly reduce cravings for alcohol. Additionally, they offer recovery resource engagement, connecting individuals with the tools and support they need to sustain their sobriety. For those seeking long-term recovery, the Recovery Center provides tailored treatment programs addressing the full spectrum of substance use disorders, including mental health support, nutritional guidance, and life skills training, ensuring a holistic approach to recovery.

The Recovery Center's approach to treating Alcohol Use Disorder is deeply rooted in understanding and empathy. It recognizes that it is a medical condition, not a moral failing, and it is committed to helping individuals reclaim their lives free from the chains of addiction. By fostering an environment of acceptance and support, the center allows individuals to shed their shame and find the courage to pursue recovery, knowing they are not alone in their journey. At the Recovery Center, you will be met with a non-judgmental and empathetic approach, where your feelings and experiences are understood and respected.

If you or someone you know is struggling with Alcohol Use Disorder, Moab Regional Recovery Center offers a lifeline. Recovery is not just a possibility; it's a reality for many with the proper support. Here, you can find hope, healing, and a brighter future. The journey may be challenging, but it leads to a life free from the chains of addiction. Call 435-719-3970 for more information and take the first step towards a life of recovery and freedom. Remember, you are not alone in this journey.



MOAB REGIONAL HOSPITAL

RECOVERY CENTER



Thank you for making this a safe place, never passing judgment, and always caring.



The Recovery Center treats addictions to alcohol, tobacco, marijuana, opioids, and more! We offer therapy, recovery groups, outpatient detox, and medications like Suboxone, Vivitrol, and methadone to ease cravings and withdrawal.

435-719-3970