MENTAL HEALTH AWARENESS THIS MONTH

Month
Mental Health Month
Borderline Personality Disorder Awareness Month

Week
National Mental Health Counseling Week (May 6-12)
National Prevention Week (May 11-17)

Yard Sale
Benefits to support Child Development & Autism Awareness
Porter-Leath & University of Memphis (PLUM) Early Childhood Academy at Orange Mound
2869 Park Avenue
Memphis, TN 38114

Vendor and Donations Opportunity
Contact: Sonja Randall
Sonja.randall@memphis.edu
$25 per table/space
Register here: https://forms.gle/257PB4mycbZ8Af6R4a

Saturday, May 14
7a-12p
Would you like to reserve a table/space to sell items?

Would you like to sell your own product or do you have a food truck?
Reserve a vendor space and keep your funds!
NATIONAL MENTAL HEALTH COUNSELING WEEK (MAY 6-12).
Despite mental health becoming a less taboo topic of conversation, there continues to be many stereotypes about individuals suffering with mental illnesses. The National Mental Health Counseling Week aims to stop the stigma about mental health struggles. Approximately one in four people worldwide suffer with mental illness at at least one point and time in their lifetime. Take part in breaking the stigma this month by learning more about mental illness, talking with friends and family about mental health issues, or talking with a therapist.

WORLD MATERNAL MENTAL HEALTH DAY (MAY 6).
Perinatal mood and anxiety disorders are common among women after giving birth. The World Maternal Mental Health Day seeks to spread more information regarding the development of illnesses amongst mothers, and to drive social change around mental health access for mothers. To get involved, talk with the mothers in your life about mental health and encourage those struggling to seek out mental health resources.

NATIONAL CHILDREN’S MENTAL HEALTH AWARENESS DAY (MAY 9).
Positive mental health and mental health awareness are essential aspects in the child development process. Social emotional learning is now being taught in many schools, but that alone is not enough. Parents and their children are encouraged to have open conversations regarding mental health and making healthy choices regarding one’s emotional health. National Children’s Mental Health Awareness Day aims to encourage parents and adults to learn more about children’s mental health and how to support children who experience mental health struggles.
iIMPACT Summit, 2022

On April 7th the iIMPACT Summit was held at the University of Memphis University Center. The title of this year’s summit was *Building personal and Community Resilience* and was intended for practitioners in the fields of social work, education, counseling, and public health. Speakers included academic professionals from the University of Memphis as well as practitioners from the Memphis Community who discussed research, programs, and ways to solve problems that trouble the Memphis community.

The keynote speaker for the event was Regan Williams, MD who is the Medical Director Trauma and the Associate Chief of Staff at LeBonheur Children’s Hospital. During her presentation, she discussed anecdotes of instances where she was called into the hospital for children who had received gunshot wounds and the impact this has on her as a professional, and the community as a whole. She discussed the frequency of gunshot wounds inflicted on children and methods of prevention.

Dr. Jerry Watson, LCSW and Assistant Professor at the School of Social Work at the University of Memphis and Co-Manager of the Men Healing Men and Communities Network led a presentation on Treating Post-Incarceration Trauma. During his presentation, he discussed the historical impact of incarceration in the United States and how these practices are continued today. Group members discussed the trauma and stress that occurs post-incarceration, systematic oppression, and other difficulties that occur and how these play a role in recidivism rates.

Dr. Susan Elswick EdD, LCSW, RPT-S presented on the University of Memphis SMART Center and the importance of Tele-health services and best practices in working with both children and adolescents. During her discussion she touched on the services offered at the SMART Center, individuals who may benefit from these services in the Memphis Community, and different tools and resources practitioners can utilize in their tele-health services such as online "play rooms", games, and even virtual sand trays.
The LIFE Project, a project associated with the CAYD at the University of Memphis, provides a wide variety of services and opportunities for families living below the poverty line in the Memphis area. Funded by the Urban Child Institute (UCI) the LIFE Project has reached over 273 enrolled caregivers and over 1,200 children in Memphis through the use of peer mentoring, tele-health, and case management services. Additionally, the program hosts "Barbershop Talks" as well as "Solution Tanks" to discuss with member pressing issues in their communities such as youth gun violence and the COVID-19 pandemic. Additionally, the program provided specific services centered around Adverse Childhood Experiences (ACES) which include experiencing traumatic events that negatively impact and individual such as witnessing physical violence, losing a close friend or family member, and more.
According to the final report on the project, "LIFE Family Support Navigators assist enrollees in a range and variety of ways including: working with clients to secure insurance, monitoring treatment compliance, helping enrollees find housing, assisting with educational attainment, referring to counseling, helping resolve disputes with MLGW, assisting enrollees finding rent and utility assistance, and providing IEP support.". Peer mentoring services were provided by trained Health Navigators who hosted Mentor Circles that focuses on acting as community advocates.

In addition to direct services provided by the program to participants the LIFE staff provided training on assessments and data driven case management to its partners.

While quantifying the outcome of the project was difficult due to the wide variety of services provided, participants showed improvements in their level of empowerment from the first to the second follow-up measure. LIFE staff and the staff of the CAYD hope to continue providing and expanding these services provided to the Memphis Community in coming years.

To learn more about the LIFE Project and the Center for the Advancement of Youth Development, contact Associate Director, Christy Peterson at cpetrsn2@memphis.edu
Get Involved in ICHC and iIMPACT Projects

DSEP IN ACTION!

Want to learn more about the Dove Self-esteem project?

JOIN DR. SUSAN ELSWICK AND LISA WALL, TWO NATIONAL CADRE MEMBERS FOR THE DOVE SELF-ESTEEM PROJECT (DSEP), AS THEY DISCUSS THE DSEP CURRICULUM AND HOW THEY UTILIZE THE CONTENT.

Click HERE to listen.

Want more Information and to know how you can get Involved?

IF YOU ARE A U.S. RESIDENT AND 13 YEARS OF AGE OR OLDER, SCAN THE CODE TO RECEIVE INFORMATION FROM CAIRN GUIDANCE ABOUT THE DOVE SELF-ESTEEM PROJECT AND CONFIDENT ME! CURRICULUM.

Scan Me!

Click on the links below to learn more about ICHC and iIMPACT Projects

iIMPACT

ICHC
iIMPACT Projects
Institute for Interdisciplinary Memphis Partnerships to Advance Community Transformation (iIMPACT)

UofM Autism Treatment, Training and Research Clinic
College of Education and School of Communication Sciences and Disorders Initiative
Applied Behavior Analysis (ABA) Program
Dr. Thouraya Al Nasser BCBA-D, LBA
Director of the Autism Clinic – UMBRELLA
tlnasser@memphis.edu
umbrella@memphis.edu

The Literacy Landscape Project
College of Education
Dr. Carolyn Kaldon
cransfrd@memphis.edu

The BRAiN Center
Counseling Educational Psychology and Research (CEPR)
Dr Kiersten Hawes -BRAIN Center Program Coordinator
kahawes@memphis.edu
thebraincentermemphis@gmail.com

Men Healing Men
College of Social Work
Dr. Gregory Washington
gwshngt1@memphis.edu

LIFE Project: Lifelong Initiative for Family Empowerment (Life)
College of Social Work
Dr. Gregory Washington
gwshngt1@memphis.edu

Trauma Healing Club
College of Social Work
Dr. Susan Elswick
selswick@memphis.edu
Dr. Gregory Washington
gwshngt1@memphis.edu

Pregnant Moms’ Empowerment Program (PMEP)
Department of Psychology
pmeppmemphis@gmail.com
(901) 257-9848

School Mental Health Access to Resources through Teletherapy (SMART) Research, Training and Treatment Center
Christy Peterson – Program Coordinator
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Coordinated Effort to Enhance Development (CEED)
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Medical Legal Partnership (MLP)
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Institute for Health Law & Policy Lab (iHELP)
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https://www.memphis.edu/iimpact/