

FEBRUARY 2021

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY JULIA MCMANUS AND ANNA SANDERLIN

The University of Memphis School of Social Work SMART Research, Training and Treatment Center aims to provide evidence-based interventions for school-based mental health programming, increase access for school-based behavioral health programming in underserved areas, provide training on best practices in tele-behavioral health, develop opportunities to research the use of technology in practice, and provide direct services to the states most vulnerable populations.

HOURS OF OPERATION

We are a 100% tele-behavioral health clinic. We provide remote services to children, youth, and their families/ caregiver in the Mid-South area and across Tennessee. Our current operation hours are Monday-Friday 9:00am-7:00pm and some Saturday's 10:00am-3:00pm.

MEDIA FOR THE SMART CENTER

Website:

<https://www.memphis.edu/smartcenter/>

Instagram:

@uofm_thesmartcenter

Twitter:

@uofmsmartcenter

CONTACT

901.678.1636

smartcenter@memphis.edu



New SMART Center logo!

THE WARM LINE

CONTACT: 901.678.1636

The SMART Center also hosts a "warm line" for the community that provides support, psychoeducation, and linkage to community services FREE of charge. The "warm line" is not intended for crisis support, but to assist families with identifying resources in the community. The "warm line" is in service Monday-Friday 9:00am-4:00pm CST.



PODCASTS

SMART CONNECTIONS

At the SMART Center, our two undergraduate students Julia McManus and Anna Sanderlin, have made two podcasts that focus on Positive Psychology and Mood Charts. Positive Psychology is the scientific study of the strengths that enable individuals and communities to thrive. Positive psychology focuses on the positive events and influences in life, including positive experiences (like happiness, joy, inspiration, and love) and positive states and traits (like gratitude, resilience, and compassion). A mood chart is a daily chart that involves checking your mood and noting any external factors that may be related to your mood. They are often used to focus on recording mood, feelings of happiness, events related to moods, and daily activities such as sleep and diet.

READING BEAR PROGRAM

DR. WALTER HENLEY

The SMART Center has partnered with Walt Henley, PhD. at the University of Memphis to offer facilitated academic support as needed by Warm Line Managers. The partnership is based on the utilization of two website, one of those being the Reading Bear Program. Reading Bear is a collection of free, well-made, multimedia phonics presentations. Your child can learn to read with Reading bear, which is a project of WatchKnowLearn.org. It is the first free program online to teach beginning readers vocabulary and concepts while systematically introducing all the main phonetic patterns of written English, all using innovative rich media. There are 50 presentations, covering even more phonics principles and illustrating over 1,200 vocabulary items.

Listen to our podcasts on our website for more information at <https://www.memphis.edu/smartcenter/>





SMART CENTER SPOTLIGHT

DR. GREGORY WASHINGTON AND THE CAYD

Gregory Washington, LCSW, Ph. D. is the Director of the Center for the Advancement and Youth Development (CAYD). Dr. Washington is a Licensed Clinical Social Worker that works as a community clinical practitioner and has practiced as a individual, family, and group therapist. His research interests include culturally-centered empowerment methods and the risk and protective factors associated with youth development. His center, the CAYD, promotes the advancement of youth development by building the capacity of youth-serving organizations through collaborating to design, evaluate, and implement culturally responsive and effective interventions. The goal is sustainable interventions to improve the life outcomes of youth and families.

LIFELONG INITIATIVE FOR FAMILY EMPOWERMENT (LIFE)

[HTTPS://MEMPHIS.EDU/CAYD/](https://memphis.edu/cayd/)

LIFE's primary mission is supporting stability, education, and healthcare in the places where families live and learn. The Life project aims to enhance, create, and nurture linkages that promote the well-being of children between the ages of 0 to 8 in zip codes 38106, 38126, 38109, and 38111. LIFE primary goals are to increase family access to empowering resources that include culturally sensitive healthcare resources, trained peer mentors, parenting respite care, employment services, and resources for secure housing. Contact Christy Peterson at 901-678-1615 or cpetrsn2@memphis.edu. Located in Building #29 Rm 215 on the Park Avenue Campus.

SMART CENTER CLINICIAN HIGHLIGHTS

SHELBY COOK



Shelby Cook, LMSW, LSSW, is a master's level clinician for the SMART Center. Shelby received her bachelor's degree in Psychology at the University of Mississippi and her master's degree in Social Work at the University of Memphis. Prior to graduate school, Shelby worked in a community mental health agency as a liaison for psychiatric services. During her graduate studies, she specialized in school social work and advanced practice with children, youth, and families. Her graduate-level internships included working in the preschool and middle school settings through Behavior Services of the Midsouth and at Kindred Place, formerly known as the Exchange Club Family Center. Through these experiences, Shelby developed her skills in cognitive behavioral therapy, play therapy, psychoeducation, person-centered therapy, motivational interviewing, trauma-focused interventions, and functional behavioral assessments and interventions. She is currently licensed as a Licensed Master's Social Worker and a Licensed School Social Worker in TN. Shelby is currently working towards licensure as a Licensed Clinical Social Worker and as a Registered Play Therapist.

It's National Play Therapy Month!

What is Play Therapy?

Play therapy is a form of therapy that is primarily used for children. This is due to the fact that many children are unable to process their own emotions or articulate problem to parents or other adults. It can look like ordinary playtime, however, a trained therapist can use that playtime to observe and gain insights into a child's problems. The therapist can then help the child explore emotions and deal with unresolved trauma. Through play, children can learn new coping mechanisms and how to redirect inappropriate behaviors. Play therapy is practiced by a variety of licensed mental health professionals, such as social workers, physical therapists, occupational therapists, psychologists, and psychiatrists.

Benefits of Play Therapy

According to the professional organization Play Therapy International, up to 71% of children referred to play therapy may experience positive change. There are many beneficial aspects of Play Therapy. Those benefits are taking more responsibility for certain behaviors, developing coping strategies and creative problem solving skills, self-respect, empathy and respect for others, alleviation of anxiety, learning to fully experience and express feelings, developing stronger social skills, and having stronger family relationships. Play therapy can also encourage the use of language and improve fine and gross motor skills in children. Play Therapy is also great because it can be used alone or alongside other therapies.

National Play Therapy Week (Feb. 6-12)

Sun. Feb. 6: Self-Care Sunday! Do something playful today to fill your cup!

Mon. Feb. 7: Make Something Monday! Let out your creative side today!

Tues. Feb. 8: T-Shirt Tuesday! Wear your favorite play therapy t-shirt or make one to wear!

Wed. Feb 9: Wacky Wednesday! Wear something wacky today, all in good fun!

Thurs. Feb. 10: Throwback Thursday! Wear something purple to honor Dr. Violet Oaklander!

Fri. Feb. 11: Fun Friday! Use creative play to honor diversity across cultures: Listen to songs in different languages for relaxation or play breaks!

Sat. Feb. 12: Silly Sock Saturday! We can take our shoes off in play therapy, so let's show our fun side with some seriously silly socks!



It's Black History Month!



Learning about the history of systemic racism during Black History Month* - and all year - in the mental health system and movement and how it harms Black communities in the US and around the world is key for creating a mentally healthier world.

We must remember and honor the ancestors who fought hard for people of color to have access to fair treatment and equality - including health care.

Dr. Solomon Carter Fuller, who was a pioneering African-American psychiatrist, made significant contributions to the study of Alzheimer's disease. Also, Dr. Paul Cornely whose professional work focused on the development of public health initiatives aimed at reducing healthcare disparities among the chronically underserved.

Mamie Phipps Clark was the first African-American woman to earn a doctorate degree in psychology from Columbia University. Her groundbreaking research on the impact of race on child development helped end segregation, and was influential in desegregation efforts including the Brown vs. Board of Education in 1954.

These people, plus many more, have paved the way for people of color to receive adequate physical and emotional health care.

Bebe Moore Campbell

Bebe Moore Campbell was an American author, journalist, teacher, and mental health advocate who worked tirelessly to shed light on the mental health needs of the Black community and other underrepresented communities. She founded NAMI-Inglewood in a predominantly Black neighborhood to create a space that was safe for Black people to talk about mental health concerns. Throughout her time as an advocate, Campbell made her way to DC. On June 2, 2008, Congress formally recognized Bebe Moore Campbell National Minority Mental Health Awareness Month to bring awareness to the unique struggles that underrepresented groups face regarding mental illness in the US.

"The more you know of your history, the more liberated you are." -Maya Angelou



The US mint shipped coins with Maya Angelou's likeness on the American quarter, a 25-cent piece. She is the first Black woman to appear on a US coin.





IMPORTANT FEBRUARY DATES NATIONWIDE AND IN THE MID-SOUTH

MONTH: INTERNATIONAL BOOST SELF-ESTEEM MONTH
TEEN DATING VIOLENCE AWARENESS MONTH
BLACK HISTORY MONTH

WEEK: NATIONAL SCHOOL COUNSELING WEEK (FEB. 3-7)
RANDOM ACTS OF KINDNESS WEEK (FEB. 16-23)
NATIONAL EATING DISORDERS AWARENESS WEEK (FEB. 23-FEB. 29)

DAY: NATIONAL FREEDOM DAY (FEB. 1)
WORLD CANCER DAY (FEB. 4)
SAFER INTERNET DAY (FEB. 11)
NATIONAL RANDOM ACTS OF KINDNESS DAY (FEB. 17)



"Be the change you wish to see in the world."