

MAY 2022

# 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](mailto:smartcenter@memphis.edu)



# 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 created two new podcast episodes that are shared on our website. In the first podcast, Dr. Susan Elswick and Lisa Wall, both are national Cadre members for the Dove Self-Esteem Project (DSEP), discuss the DSEP curriculum and how they utilize the content, easy to use curriculum, and information within children they serve in public schools across the country. Podcast listeners will hear about this much needed curriculum and content, and will be able to access the free curriculum by completing a survey found in the QR code attached.
- The next podcast episode discusses Mental Health, since May is Mental Health Awareness Month. We discuss what Mental Health is, how it affects people, and what resources can help individuals struggling with mental health live fulfilling lives. Lastly, we also discuss ways in which Mental Health Awareness Month can be celebrated and promoted.

Listen to our podcasts on our website for more information at

<https://www.memphis.edu/smartcenter/> and <https://anchor.fm/susan-elswick>

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

## SMART CENTER SPOTLIGHTS

### CALMING CORNERS AND DOVE SELF ESTEEM PROJECT

- This month at the SMART Center, our Bachelor's level interns Anna Sanderlin and Julia McManus followed up on the Calming Corners Intervention Project that was started earlier this year. Calming Corners is an intervention that allows for social and emotional learning by allowing children the chance to calm down in a separate space and think about a situation more clearly. This tool can be implemented both at home and in the classroom, and the SMART Center helped put Calming Corners in classrooms in both the Campus Elementary and Campus Middle Schools. The posttest data from this study is still being analyzed, but anecdotal evidence from both the students and the teachers is positive and shows that the Calming Corners are a useful tool that can be accessed by both students and teachers when it is needed.
- The Dove Self Esteem Project has created a lesson plan for educators to use in their classrooms, and it is all about being inclusive and working to ensure that a child's self-esteem is being boosted. There are so many things that can negatively effect a child's self esteem, but the Dove Self Esteem Project is working to ensure that all students are able to understand and think critically about appearance ideals, appearance diversity and inclusion.



We're helping 40 million young people build self-esteem

# WHAT'S HAPPENING AT THE SMART CENTER?

## PLUM YARD SALE AND ARLINGTON HIGH SCHOOL TABLING EVENT

### 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



Inspired by Storytelling

**Vendor and Donations Opportunity**

Contact: Sonja Randall  
[Sonja.Randall@memphis.edu](mailto:Sonja.Randall@memphis.edu)

**\$25 per table/space**

**Register here:**  
<https://forms.gle/257PB4myobZ8AFoHA>

**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!

Volunteer support provided by OLE Futbol Club & UofM CDFS Dept.



**This month at the SMART Center, there have been quite a few things happening, as well as some things that are upcoming.**

On May 14th, there will be a Yard Sale to support Child Development and Autism Awareness. This event is open to anybody, and there is space available if you want to host a table for the event.

This past month, our SMART Center Coordinator, Christy Peterson, attended the Arlington Community Schools event about the effects of vaping and nicotine on mental health. This event is a part of our work to expand our referral network and provide services to a wider range of people.

Another new happening at the SMART Center is the expansion of our services into adults.

Previously, the SMART Center served only those aged 3-21, but new funding allows for branching out into a wider population. The SMART Center wants to help as many people as possible, and expanding our services allows for a wider population to be served.



## SMART CENTER CLINICIAN HIGHLIGHTS

### JULIA MCMANUS, WARM LINE FACILITATOR

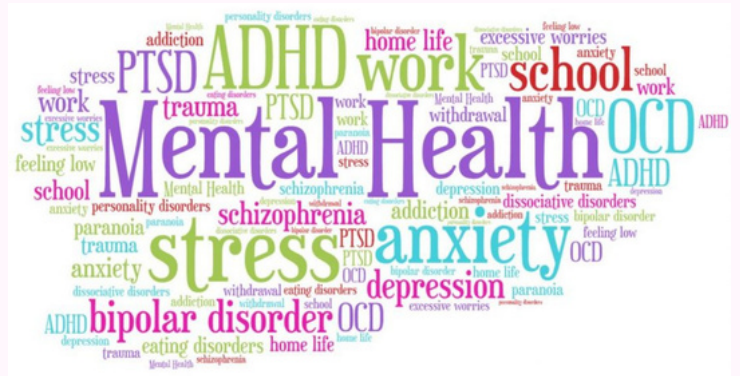
Julia will be graduating in May of 2022 with a major in Social Work and minor in Child Development. She started at the SMART Center in the Fall of 2021 and has worked as a Warm Line Facilitator during her time here. Julia has also been a part of the Calming Corners Research that the SMART Center has conducted at the Campus Elementary and Middle Schools. She has worked to produce products such as the monthly newsletters, the podcast episodes, and warm line data and research.

Julia will be returning to the University of Memphis to pursue her Master's degree in Social Work. She has plans to work as a social worker in a hospital, specializing in working with children.

# Mental Health Awareness Month

**Mental Health Awareness Month has been observed in May in the United States since 1949.**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behavior could be affected.



## Signs of a Mental Health Disorder

There is no physical test or scan that reliably indicates whether a person has developed a mental illness. However, people should look out for the following as possible signs of a mental health disorder:

- withdrawing from friends, family, and colleagues
- avoiding activities that they would normally enjoy
- sleeping too much or too little
- eating too much or too little
- feeling hopeless
- having consistently low energy
- using mood-altering substances, including alcohol and nicotine, more frequently
- displaying negative emotions
- being confused
- being unable to complete daily tasks, such as getting to work or cooking a meal
- having persistent thoughts or memories that reappear regularly
- thinking of causing physical harm to themselves or others
- hearing voices
- experiencing delusions

## Why is Mental Health Important?

Mental health is important because it can help you to:

- Cope with the stresses of life
- Be physically healthy
- Have good relationships
- Make meaningful contributions to your community
- Work productively
- Realize your full potential

## What Causes Mental Health Problems?

- childhood abuse, trauma, or neglect.
- social isolation or loneliness
- experiencing discrimination and stigma, including racism.
- social disadvantage, poverty or debt.
- bereavement (losing someone close to you)
- severe or long-term stress.
- having a long-term physical health condition

## Ways in which you can work on your positive mental health and wellness

Looking after mental health can preserve a person's ability to enjoy life. Doing this involves reaching a balance between life activities, responsibilities, and efforts to achieve psychological resilience. Ways to maintain positive mental health include: getting professional help if you need it, connecting with others, staying positive, getting physically active, helping others, getting enough sleep, and developing coping skills.

**To learn more about Mental Health, listen to the SMART Connections Podcast episode on the topic on our website.**

<https://www.memphis.edu/smartcenter/>  
<https://anchor.fm/susan-elswick>

# National Screen Free Week!

For this week, try spending a little less time on your devices, and a little more time outside or with friends and family. Here are some activities that you can do by yourself, or with friends for National Screen Free Week!

**Wed. May 4th:** Go for a walk. The Shelby Farms Greenline and Overton Park both offer great places to be outside without having to pay for anything!

**Thurs. May 5:** Go for a picnic! By yourself or with friends, spending time outside can have great benefits for your mental health!

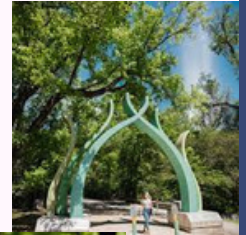
**Fri. May 6:** Play tourist in your own town! Memphis has some great attractions, and if there is one you haven't seen yet, plan to get out and see what the hype is!

**Sat. May 7:** Go to your local Farmer's Market! The downtown farmer's market is open every Saturday morning, and you can enjoy the fresh air while also supporting some local businesses!

**Sun. May 8:** Go stargazing! If you haven't spent time just looking up at the stars, then now is the perfect time. Kick back, relax, and look out into the universe!

**Mon. May 9:** Fly a Kite! May is a notoriously windy time of year and kite flying is not just for little kids. Take some time and learn how to fly a kite!

**Tues. May 10:** Go to the Memphis Zoo! Free for all Tennessee residents on Tuesdays, the Zoo is the perfect place to spend a little less time on your phone and a little more time with those you love or even by yourself.



**MEMPHIS  
FARMERS MARKET**



# National Mental Health Counseling Week!

For this week, remember that being kind to yourself and taking time to work through your mental health issues is the best way that you can be there for someone else. Self Care is one of the most important things we can do as people, and making sure you are mentally healthy is an important task!

**Fri. May 6th:** Remember that taking time for yourself is not selfish, it's important! Self-Care Friday to start off the week!

**Sat. May 7:** Seek help if you need it. If you feel like you can not handle life's struggles on your own, reach out and ask for help.

**Sun. May 8:** Reach out to a friend who might be struggling and just listen. Letting others know they are not alone is a great way to show support.

**Mon. May 9:** Try some deep breathing and mindfulness techniques. Doing so will allow you to be more connected to the situation while also allowing you the time to think about what is important.

**Tues. May 10:** Do some simple at home exercises. Moving around and getting your endorphins flowing is a great way to promote better mental health.

**Wed. May 11:** Read a good book. Any book you want. Getting out of your head for a little while and reading is a great way to have a little space from any situations you might be in.

**Thurs. May 12:** Look up some tools that will allow for greater understanding and knowledge around mental health, especially your own!

**If you need any Mental Health Resources, please contact the SMART Center at  
SMARTCenter@memphis.edu or call us at 901-678-1636.  
You can also contact the University of Memphis Counseling Center at 901-678-2068.**



## IMPORTANT MAY DATES NATIONWIDE AND IN THE MID-SOUTH

MONTH: MENTAL HEALTH MONTH  
NATIONAL FOSTER CARE MONTH  
NATIONAL MATERNAL DEPRESSION MONTH  
WOMEN'S HEALTH MONTH  
BORDERLINE PERSONALITY DISORDER MONTH

WEEK: SCREEN FREE WEEK (MAY 4-10)  
NATIONAL MENTAL HEALTH COUNSELING WEEK (MAY 6-12)  
NATIONAL WOMEN'S HEALTH WEEK (MAY 10-16)  
NATIONAL PREVENTION WEEK (MAY 11-17)

DAY: WORLD MATERNAL MENTAL HEALTH DAY (MAY 6)  
NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY (MAY 9)



***"Providing Quality Care, Everywhere You Are."***