

MARCH 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



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. The first was an interview between Dr. Gregory Washington and Dr. Theresa Okwumabua. The two discussed where they were from, how they got their start in the work that they do, and Dr. Okwumabua told all about her Rites of Passage work with young people. This interview was truly inspiring and deserves a listen! For more information about Dr. Washington go to www.memphis.edu/cayd/about/director.php. The next podcast episode included an interview with Dr. Susan Elswick, and she told all about her background and education, the SMART Center, why she started it, and the vision for the future of the program.

Listen to our podcasts on our website for more information at <https://www.memphis.edu/smartcenter/> and <https://anchor.fm/susan-elswick>



WHAT'S HAPPENING AT THE SMART CENTER?

CHECKING UP ON PAST AND FUTURE PROJECTS!

The SMART Center interns have been working hard in the last few months on various projects. The Calming Corners that they presented to the Campus Middle and Elementary Schools are being regularly used and the kids are loving having a space to go to when their emotions are running high, and they need to calm themselves down. In our seventh podcast episode, Dr. Susan Elswick talks about the future plans for the SMART Center, including supporting the services of 10 regional tele-suites across the community. These tele-suites will break down barriers to mental and behavioral health services in the community. The SMART Center originally only served ages 5-18, but through the work of Dr. Elswick and partners, the Center is hoping to expand further into young adult, adult, and family services. The SMART Center has trained over 2,000 clinicians in tele-health best practices, as well as consulting the community on the benefits of tele-health services. The SMART Center is hoping to expand out of Shelby County and into the 21 counties of West Tennessee within the next year. Another project that the SMART Center is hoping to implement is availability to Warm Line services by clicking a button on a public kiosk at the bus stop or other places throughout the community.

SMART CENTER SPOTLIGHT

PM READY EVENT

This past month, one of our SMART Center bachelor's level interns, Anna Sanderlin, attended the PM Ready event at the University of Memphis South Campus. She set up a table to give out information about the SMART Center and its services to the families that are involved in Project Memphis. Project Memphis is an organization located on the University of Memphis South Campus, and it is associated with TEIS, or Tennessee Early Intervention System. This project is a resource agency that assists families and children that are under the age of five. Project Memphis is partnered with many organizations that are working together to provide resources and services to families and children that are in need. The PM Ready event that our intern attended was an opportunity to meet some of the PM Ready families and to meet other service provider vendors.



SMART CENTER CLINICIAN HIGHLIGHTS

AMY BOHANNAN & DR. MELISSA HIRSCHI



Amy is an intern in the Clinical Mental Health Counseling program. She is Board Certified Behavior Analyst (BCBA) and has been working in the field of ABA working with children, adolescents, and adults with a variety of learning, behavioral, and developmental disabilities since 1998. In her free time, she enjoys spending time with her two boys, photography, biking, and gardening.



Dr. Melissa Hirschi is Assistant Professor of Social Work at the University of Memphis. She received her MSW from Boston University in 2007 and her joint sociology and social work PhD from Boston University in 2017. She is a Licensed Clinical Social Worker (LCSW) and has extensive practice experience working with members of disadvantaged and marginalized communities such as formerly homeless and incarcerated women, individuals living with mental illness, first responders, providing health clinic social work services to individuals and families, and as a clinical caseworker with the Division of Child and Family Services in Utah.

National Social Work Month!



THE TIME IS RIGHT
FOR SOCIAL WORK

What Makes a Social Work Key Figure?

History's most notable social workers aren't only revered because of their individual efforts, but their ability to inspire movements that persist long after they are gone. With that in mind, the following list is dedicated to five key social workers from history who created opportunities for change where there were few to none.

1. Jane Addams (1860 – 1935)

Considered by many to be the founder of modern social work itself, it was her tireless efforts for women, child laborers, the poor, the uneducated, immigrants, and the other under-served audiences within her surrounding community that earned her a permanent spot in social work history. She is most often credited with founding the first settlement home in the USA, known as Chicago's Hull House, in 1889. She created and contributed to several initiatives designed to bring equality to these groups, such as 1916's Federal Child Labor Law. She joined hands with lobbyists, spoke publicly, marched and offered support for the Women's Suffrage Movement, the anti-war (WWI) movement, urban sanitation reform, etc.



2. Alfred Neumann (1910 -2002)

One of the most timely and substantial contributions ever offered to the devastated families of persecuted Jews during and after the holocaust came in the form of Alfred Neumann and his organization, the Jewish Family and Children's Service of Colorado. Neumann was a key figure in their "demogration department," which refers to a group that housed, protected, and advocated for fleeing Jewish families.

3. Frances Feldman (1912-2008)

Frances Feldman devoted her career to studying the human experience from an occupational lens and making much-needed changes based on her findings. She was able to expose widespread discrimination against cancer survivors during the 1970s with an objective study that incited a permanent policy change. According to her findings, workplaces subjected cancer survivors to poor working conditions. As a result, many states changed their legislation to require fair working conditions for this demographic. Possibly her greatest accolade was the creation of credit counseling, an enterprise that now maintains roughly 300 branches across the US.



4. Ida B. Wells (1862-1931)

Ida B. Wells became a bridge for newly freed African Americans throughout the south who, despite emancipation, continued to face many great injustices on personal and institutional levels. Wells became very active in racial issues throughout the south. She is credited as the first person to ever document the lynching of African Americans and also presented her anti-lynching campaign to President McKinley in hope of sparking reform. Later in life, Wells was instrumental in creating the National Association of Colored Women, the NAACP, the Alpha Suffrage Club.

5. Mahatma Gandhi (1869-1948)

The very well-known protestor, lawyer, and nationalist have been given several other titles, but "social worker" is generally not among them. Considering the stand he took for Indian nationalism and civil rights, however, and his efforts for the poor and disenfranchised, his merit as a social worker is doubtless as well.



It's Women's History Month!

Women's History Month is a time to reflect on the courage of women in past generations and to celebrate how their efforts and bravery afforded women the opportunities and freedoms they have today.

This Month's Theme: Women Providing Healing, Promoting Hope

This year's Women's History Month theme is a tribute to the ceaseless work of caregivers and frontline workers during this ongoing pandemic, and it is also a recognition of the thousands of ways that women throughout history and across cultures have provided healing and hope.

Women have long advocated for compassionate treatments and new directions in public health and in women's mental and physical health. Women have also historically led the way in mending divisions, healing wounds, and finding peaceful solutions. This timeless work, in so many ways and in addition to so many other tasks, has helped countless individuals in our communities recover and follow their dreams. The 2022 theme proudly honors those who, in both public and private life, provide healing and promote hope for the betterment of all.

"From the first settlers who came to our shores, from the first American Indian families who befriended them, men and women have worked together to build this nation. Too often the women were unsung and sometimes their contributions went unnoticed. But the achievements, leadership, courage, strength and love of the women who built America was as vital as that of the men whose names we know so well." -Jimmy Carter, 1980

Important Women in Social Work Throughout History



Mary Ellen Richmond (1861-1928):

Mary Ellen Richmond was one of the first social workers to push for the professionalization and standardization of social work. She is credited with creating the first statement of principles for direct social work practice and is most famous for her speech at the 1897 National Conference of Charities and Correction, where she implored schools to train social workers, calling for standardization in the social work field. Her book *Social Diagnosis* was one of the first social work books to incorporate scientific principles from law, medicine, psychology, psychiatry and history.



Jeannette Rankin (1880-1973):

A graduate of what is now the Columbia School of Social Work, Jeannette Rankin was the first woman elected to the U.S. Congress. In addition, she was an advocate of women's suffrage and a lifelong pacifist. Her first act as a congresswoman was to introduce a suffrage amendment on the House floor; the amendment was passed about a year later. She was also the only member of Congress to vote against entering World Wars I and II.



Barbara Mikulski (1936-):

Senator Mikulski was the first Democratic woman to serve in both the U.S. House of Representatives and U.S. Senate, the first woman to win a statewide election in Maryland, and the longest serving woman in the history of Congress. She began her career as a social worker after graduating from the University of Maryland with an M.S.W. She worked with at-risk children in Baltimore and famously prevented construction of a 16-lane highway that may have prevented development of the harbor area and would have cut through the first black home ownership neighborhood. Mikulski is unofficially known as the "Dean of the Senate Women" and is arguably one of the most influential women in the country.



IMPORTANT MARCH DATES NATIONWIDE AND IN THE MID-SOUTH

MONTH: NATIONAL SOCIAL WORK MONTH
WOMEN'S HISTORY MONTH
SELF HARM AWARENESS MONTH
NATIONAL DEVELOPMENTAL DISABILITIES AWARENESS MONTH

WEEK: SLEEP AWARENESS WEEK (MAR. 1-7)
NATIONAL YOUTH VIOLENCE PREVENTION WEEK (MAR. 30-APR. 3)
WORLD AUTISM AWARENESS WEEK (MAR. 30- APR. 5)

DAY: SELF-INJURY AWARENESS DAY (MAR. 1)
ZERO DISCRIMINATION DAY (MAR.1)
INTERNATIONAL WOMEN'S DAY (MAR. 8)
WORLD DOWN SYNDROME DAY (MAR. 21)
INTERNATIONAL DAY FOR THE ELIMINATION OF RACIAL DISCRIMINATION (MAR. 21)
WORLD BIPOLAR DAY (MAR. 30)



"Providing Quality Care, Everywhere You Are."