

OCTOBER 2022

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY 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/ caregivers, as well as adults 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

Our SMART Connections Podcast, hosted by our BA interns and SMART Center employees has kept busy over the summer. Make sure to check out the episode on different Parenting Styles! Also, go back and check out some of our previous episodes. Some of our highlights include interviews with Dr. Gregory Washington and Dr. Okwumabua, interviews with Dr. Paige Pirkey about her HERO Project, and an interview that Dr. Elswick conducted with the Dove Self Esteem Project.

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



SMART CENTER SPOTLIGHTS

KEEPING YOU UPDATED

This month, there will be a series of trainings hosted by the U.S. Department of Education. This webinar series will focus on promoting promising practices, resources and understanding existing barriers to mental health services for students. The first training will be held on **Tuesday, October 4, 2022 at 4 PM**. It will focus on [Evidence in Action: How States and Districts can Promote Mental Health.](#)

The second training will be held on **Tuesday, October 11, 2022 at 4 PM**. It will focus on [The Importance of Trauma Informed Pedagogy and Student Identity in Mental Health.](#)

The third and final training will be held on **Tuesday, October 25, 2022 at 4 PM**. It will focus on [Reducing Stigma and Improving Access to Mental Health Services.](#)

The Parent Leadership Training Institute is a free program seeking to enable parents to become leading advocates for children. This program offers three phases of training to parents, and the application to this training can be found [here!](#) Parents are selected to participate with consideration to their ability to commit to the entire program and how their participation in the program will enhance diversity, learning and group cohesion.

WHAT'S HAPPENING AT THE SMART CENTER?

Tele-Suite Locations

Starting this fall, the University of Memphis SMART Center will be implementing several tele-suite locations around the city of Memphis and surrounding counties. A tele-suite is an area that is specifically designed to allow for internet and tele-behavioral health access. A tele-suite is run by a trained staff member, and it is set up to allow clients show up and use the services they need in a confidential and safe place. The SMART Center will be setting up 10 tele-suites around Memphis, and they will be training the staff that will house and run these tele-suites. These tele-suites in these 10 schools were supported by a collaboration among The Urban Child Institute (UCI), Memphis Shelby County Schools (MSCS), Shelby County Government Director of Education and Opportunity (Dr. Cedrick Gray), and Frayser Community Schools.

So, what are the benefits of a tele-suite?

- The tele-suites will allow members of the community greater access to mental health services that they might otherwise be separated or withdrawn from.
- These tele-suites allow clients to feel secure in knowing their confidentiality is safe, and they will also be secure in the knowledge that they are able to receive the services they want without any social repercussions.
- By using tele-suites, the SMART Center will also be able to impact more people. Due to the limitations that surround typical service delivery, this tele-behavioral model of service delivery allows for greater reach and wider spread outreach.
- Clients are able to receive the mental health services they need and deserve to have access to without many of the traditional struggles that befall people trying to receive these services.

So, where are these tele-suites located?

One of the tele-suite locations that we will be adding in the community is at Booker T. Washington High School. This school will actually house two of our tele-suite locations, so we will be able to further help the members of this school and community. Booker T. Washington High School has based a lot of their mission and message on the late Booker T. Washington and his words of wisdom. They put forth that is it "Character, not circumstances, that make the man". They also take from Mr. Washington that "education can be gotten from contact with great men and women." Booker T. Washington High School provides each student with an education in a safe, supportive environment that promotes self-discipline, motivation, and excellence.



SMART CENTER CLINICIAN HIGHLIGHTS

MADISON ANDERSON AND LAURA RODRIGUEZ

Madison Anderson is one of the SMART Center's newest additions. She is a Graduate Level Intern for the SMART Center. She graduated with her bachelor's degree in Social Work in May of 2022 from the University of Memphis, and she is now pursuing her master's degree in Social Work at the University of Memphis. After her graduation in May, Madison plans to work with adolescents as a school counselor.

Laura Rodriguez is also a new addition to the SMART Center's workforce. She is a bachelor's level intern who started at the SMART Center this semester. She is a junior studying Sociology and Spanish at the University of Memphis. She has an associate's degree in Sociology from Southwest Tennessee Community College. Laura plans to be certified in Medical Interpreting after her graduation next fall. She is one of the interpreters for the SMART Center, interpreting writing and conversations for the Spanish Speaking clients at the SMART Center.



National Family History and Emotional Wellness Month

October is a wonderful month out of the year. For many of us, this time of year means the start of cooler weather and more time spent with family and friends. For some people, however, this month brings about the start of a difficult time. There is more time spent with family, which for some is a blessing, while for others a hardship. This time of year also brings about many holidays and the difficulties that can surround that. So, for Family History and Emotional Wellness Month, I propose a few different scenarios.

- For Family History, perhaps spend a little more time getting to know your family history. Knowing more about your family can help some people come to terms with who their family is and the way things are. This activity might just make spending more time with family a little easier this holiday season. This activity could also make it a little easier if you are unable to spend the holidays with your family, for whatever reason. Doing this can bring you closer to them in a time when you cannot physically be close.
- For Emotional Wellness, try coming up with little ways to check in on yourself and the things that are worrying you this holiday season. One such thing might be the cost of the holidays and how expensive certain things can be. Take some time and check in with yourself about the expenses you have this season and try and see if there is a spot where you can cut back or save more than spend. Holiday expenses can be a big stressor for many people during this time of year, so do your best to manage that before it gets out of control this year.

National Depression Education and Awareness Month

October is National Depression Education and Awareness Month, so we want to call attention to some of the signs of depression to bring awareness to this topic and this phenomenon that affects so many, especially during the holiday season.

Signs of Depression:

- Anxiety, apathy, general discontent, hopelessness, loss of interest in activities, mood swings, or sadness
- Agitation, excessive crying, irritability, restlessness, or social isolation
- Early awakening, excess sleepiness, insomnia, or restless sleep
- Excessive hunger, fatigue, or loss of appetite
- Lack of concentration or slowness in activity

If you notice a friend or loved one displaying some of these characteristics, it might be worth mentioning or calling to attention. There are many ways to receive help for depression, and it is an extremely common problem during the holidays. Suffering from depression is nothing to be ashamed of and something can be done to help. You can reach out to the SMART Center at 901.678.1636 or at SMARTCenter@memphis.edu for assistance.

Upcoming Events in October

- **Lakeside Professional Conference "Enacting Justice Through The Exploration of Diversity, Bias, and Our Lived Narratives"** - Friday, October 7, 2022, 7:30 A.M. to 12 P.M. at Hope Church, South Hall, 8500 Walnut Grove Rd. Cordova, TN
- **Breaking Through The Taboo: A Conversation About Mental Illness** - Tuesday October 4, 2022, 6 P.M. to 7 P.M. at 9324 Dogwood Rd, Germantown, TN 38139
- **Conscious Life Design & Stress Release Program** - Friday October 7, 2022, at 11 A.M. Via Zoom. Details at eventbrite.com
- **Healing Anxiety/Depression Via Your Unique Energetic Blueprint** - Wednesday, October 12, 2022, at 1 P.M. to 2:30 P.M. Via Zoom. Details at eventbrite.com
- **Learn to Love Your Life** - Tuesday, November 1, 2022, 12 P.M. Via Zoom. Details at eventbrite.com
- **Opioid Summit: Help Us End The Opioid Epidemic! By The Memphis Area Prevention Coalition** - Friday, October 21, 2022, at 8:30 A.M. to 4:30 P.M. Michael D. Rose Theatre Lecture Hall, 505 Zach H Curlin St, Memphis, TN 38152
- **The African American Male Wellness Walk Memphis** - Saturday, October 22, 2022, 7:00 A.M. to 12:00 P.M. Fourth Bluff Park, North Front Street, Memphis, TN, 38103



Important October Dates Nationwide and In The Mid-South

Month: Global Diversity Awareness Month
National Depression Education and Awareness Month
Blindness Awareness Month
Breast Cancer Awareness Month
Dyslexia Awareness Month
Emotional Wellness Month
Family History Month

Week: National Baby Loss Awareness Week (Oct. 9-15)
National Anti Poverty Week (Oct. 16-22)
National Adoption and Parenting Week (Oct. 17-23)

Day: National Child Health Day (Oct. 3)
National Do Something Nice Day (Oct. 5)
National Depression Screening Day (Oct. 6)
World Mental Health Day (Oct. 10)



"Providing Quality Care, Everywhere You Are."