

APRIL 2023

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 practiirect 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 AND MEDIA

SMART CONNECTIONS

The SMART Connections podcast has many helpful podcast episodes to listen to for a wide range of topics. If you are struggling with parenting tips, anxiety, depression, or just want some resources for different aspects of your life, then we have an episode for you. The SMART Connections podcast is run by the University of Memphis SMART Center Warm Line and MSW staff.

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

The SMART Center also recently completed a video detailing our process and what it means to be a part of the SMART Center. You can check it out on our website, as well. You can also access it through this link: livememphis-my.sharepoint.com/personal/pmcdnn1_memphis_edu/_layouts/15/stream.aspx?id=%2Fpersonal%2Fpmcdnn1_memphis_edu%2FDocuments%2FAttachment%2FSMART_Video_New_2%2Emov&ct=1679407763140&or=OWA-NT&cid=cebbc401-4ce7-5ab8-6cbf-82e718420b75&ga=1



SMART CENTER SPOTLIGHTS

KEEPING YOU UPDATED

We have officially launched our ICHC MomentUM campaign, and we need YOUR HELP with getting the word out. Here is a little more information about why we are raising funds:

OUR GOAL with this Campaign: The Interprofessional Community Health Clinic (ICHC) works to enhance the physical, mental, emotional and behavioral health of the urban core and greater Memphis community by serving as campus and community leaders in interprofessional education, practice and scholarship. Increasing needs within the community necessitate expanding the ICHC to improve access to behavioral health programming. Funding is needed to support the expansion of services and to properly equip the clinic to conduct this important work.

How You Can Help: Your support eliminates barriers to our services. Financial assistance to supplement the costs of behavioral health services brings them more within reach of families in need. Reducing the expense of behavioral health assessments and protocol needed in this field also makes vital services more accessible. Your donation will help ensure that no one is turned away based on their inability to pay and will allow the clinic to function optimally with the necessary protocol and equipment.



WHAT'S HAPPENING AT THE SMART CENTER?

Tele-Suite Locations

The SMART Center employees have been working diligently in the community to create spaces for secure, confidential therapy sessions. These sessions are taking place in several spaces within the community, and we have recently expanded out in the Youth and Family Resource Center, South Memphis Alliance, The Refugee Empowerment Program, and Frayser Community Schools. The SMART Center is also currently working to expand that list to a full ten telesuite locations in the next coming weeks. These telesuites are already making a difference in the outreach that the organization can do, but it is also providing one-on-one therapy session with trained clinicians from the SMART Center.

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.



April is Stress Awareness Month!

April is stress awareness month, so take time this month to really analyze the things in your life that cause you stress.

This could be a job, a friendship, or even just normal everyday activities. A great way to spend this stress awareness month is by finding the tricks and remedies that work for you! Whether that be doing yoga and practicing mindfulness, or going for walks and changing up your schedule, find what makes you happy this month and lessen your stress!

South City Digital Inclusion Project:

In partnership with Start Co., Knowledge Quest, Code Crew, Urban Strategies and the Women's Foundation of Greater Memphis, the University of Memphis Center for the Advancement of Youth Development and the Department of City and Regional Planning presents the next face-to-face South City Digital Inclusion Project. This event is described in the flyers and is being hosted by the Memphis-Shelby County Schools South City Resources Center at Booker T. Washington High School on **April 12th from 5:00 pm-7:00 pm. This is a family friendly event, the whole family is welcome.**

The purpose of the SCDIP is to bridge the digital divide - a problem that has been exacerbated by the impact of the Covid-19 pandemic. Services and resources include:

- Provision of **broadband internet**
- Provision of "**digital connection**" training, resources, and mentoring for adults and youth
- Provision of advanced "**digital education**" training for youth



SOUTH CITY DIGITAL INCLUSION EVENT

SCDIP will be helping families from 38106 and 38126 areas to:

- increase their knowledge of technology and the digital world
- gain access to internet services
- receive gift cards for completing digital assessments
- Free refreshments to all participants!!

If you have questions, please contact Dr. Gregory Washington at gwashnt1@memphis.edu.

If you are currently enrolled in the program, please contact your Digital Mentor! Please contact Taylor at tchrcha1@memphis.edu if you cannot remember if you have a mentor or who your mentor is.

When: April 12, 2023
When: 5:00-7:00 PM
Where: South City Resource Center,
located on the back Booker T. Washington High School (entrance is off Georgia Ave.)
715 S. Lauderdale
Memphis, TN 38126
SCAN QR CODE TO REGISTER

Center for Advancement of Youth Development

Follow us on Facebook:
<https://www.facebook.com/profile.php?id=5000603566028>



EVENTO DE INCLUSION DIGITAL DE SOUTH CITY

EN ESTE EVENTO LAS FAMILIAS DE LOS CODIGOS DE AREA 38106 Y 38126 RECIBIRAN AYUDA PARA:

- Aumentar el conocimiento sobre tecnología y el mundo digital
- Obtener acceso al servicio de internet
- Recibir tarjetas de regalo al completar evaluaciones digitales

Si tiene preguntas comuníquese con el Dr. Gregory Washington al correo: gwashnt1@memphis.edu.

CUANDO?
April 12, 2023
desde las 5:00 pm hasta las 7:00 pm

DONDE?
Centro de recursos de South City
715 S. Lauderdale, Memphis, TN, 38126

CON PATROCINIO DE:

MU, Knowledge Quest, and the University of Memphis.

Síguenos en Facebook:
South City Digital Inclusion

World Autism Awareness Day!

World Autism Awareness Day is observed on April 2nd every year. The United Nations declared it an international holiday in 2008 to highlight the need to help improve the quality of life of those with autism so they can lead full and meaningful lives as an integral part of society. Autism is a lifelong neurological condition that manifests during early childhood, irrespective of gender, race or socio-economic status. The term Autism Spectrum refers to a range of characteristics. Appropriate support, accommodation and acceptance of this neurological variation allow those on the Spectrum to enjoy equal opportunity, and full and effective participation in society. Autism is mainly characterized by its unique social interactions, non-standard ways of learning, keen interests in specific subjects, inclination to routines, challenges in typical communications and particular ways of processing sensory information. The rate of autism in all regions of the world is high and the lack of understanding has a tremendous impact on the individuals, their families and communities. The stigmatization and discrimination associated with neurological differences remain substantial obstacles to diagnosis and therapies.



Upcoming Events in April

- **"Come Meet a Black person" Anti-Racism Virtual Series.** Sunday, April 9, 2023. 2-4pm. Online at [eventbrite.com](https://www.eventbrite.com)
- **ASIST Training in Memphis,** Tennessee Suicide Prevention Network. April 10, 2023, 8:30am - April 11, 2023, 4:30pm. Hope Church Memphis, 8500 Walnut Grove Rd, Room #224, Memphis, TN 38018
- **Memphis Career Fair.** Monday, April 17, 2023. 9:30am-12:30pm. Hilton, 160 Union Ave, Memphis, TN 38103. Connect with Memphis Employers.
- **Shelby County Alcohol, Tobacco, and Other Drugs Conference.** Friday, April 21, 2023, 8:30am-4:30pm. Michael D. Rose Theater Lecture Hall, 470 University, Memphis, TN 38111.
- **Memphis Real Men, Real Talk.** Discussing Black Men's Mental Wellness in 2023. Thursday, April 27, 2023, 6-8pm. Shop Open Barbershop, 3512 Ramill Rd, Memphis, TN 38128.
- **Black Women in Cybersecurity Initiative.** Thursday, April 27, 2023. 5-6pm. Location online at [eventbrite.com](https://www.eventbrite.com)



Important April Dates Nationwide and In The Mid-South

Month: National Month of Hope
National Literature Month
National Minority Health Month
National Volunteer Month
Stress Awareness Month

Week: Medication Safety Week (April 1-7)
National Blue Ribbon Week (April 2-8)
National Volunteer Week (April 16-22)
National Library Week (April 23-29)

Day: World Autism Acceptance and Awareness Day (April 2)
World Health Day (April 7)
Adult Autism Awareness Day (April 18)
World Day for Safety and Health at Work (April 28)
World Healing Day (April 29)



"Providing Quality Care, Everywhere You Are."