

FEBRUARY 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

Our SMART Connections podcast, run by our BA and MSW interns, has a few new episodes to check out this month. One of those episodes is an in-depth resource into Adults with Autism and resources surrounding that topic.

One additional project that the SMART Connections podcast has taken on is translating all of our episodes into Spanish. Our BA interns Laura and Madison have started this project and the first two Spanish episodes are already available on our website.

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: https://livememphis-my.sharepoint.com/:v/g/person/pmcdnn1_memphis_edu/Eew5J3uSn0xPmkZt5CByJAYBWMvNsYuGC-tUnpCj4UY58Q



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

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-suite locations will be in various areas around Shelby County. These locations include schools, such as Westside Middle in Frayser Schools, The Youth and Family Resource Center, and South Memphis Alliance. We will have more tele-suites to come soon, as well.

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 our new tele-suite locations will be located inside of the South Memphis Alliance, or SMA. The South Memphis Alliance opened its doors in 200 to help organize neighborhood associations in the urban communities of South Memphis. Over time, they have expanded their services to serve youth in foster care and families in need. Despite their growth, they hold fast to their core belief that civic engagement is the bedrock of strong communities and that strong communities promote stable families. Their mission is to improve the health, knowledge, and stability of families, young people, and communities through social services, mentoring, and advocacy.



SMART CENTER CLINICIAN HIGHLIGHTS

BETHANY MCPHERSON

Bethany McPherson is a first-year student in the Master of Social Work Program at the University of Memphis, graduating in Spring of 2024. Bethany previously graduated with a Bachelor of Science in Psychology from West Virginia University in Spring 2022. Her contributions to the SMART Center include working the Warm Line, pointing clients towards helpful resources, posting on our social media, and creating various psychoeducational resources available to the community.



This past month, the SMART Center attended a new event, part of a speaker series included with the Fatherhood Exhibit at the new Porter Leath Facility.

FIRST 8 YEARS Speaker Series

This series brings local, regional, and national experts together to discuss important themes, research, and cutting-edge early childhood topics, and provide unique context on their place in the Memphis community.

SAVE THE DATE | JAN. 26TH, 1-3 P.M.

**Keynote Speaker:
Dr. Clinton Boyd, Jr.**

- Executive Director of Fathers, Families, & Healthy Communities (FFHC)
- Works directly with African American fathers to build communities of support & advance practices/policies that value them as assets
- Scholar activist & co-author of several articles, book chapters, and policy reports on his work with African American fathers.
- Researcher at the University of Chicago focused on strengthening father engagement in early childhood, positive youth development, workforce readiness, and Responsible Fatherhood programs
- Former researcher on race/ethnicity, inequality, family policy & parenting in African American families at Duke University. Also taught courses on African & African American studies and Global Inequality

FEATURE TOPIC: Dr. Boyd, Jr. will discuss strategies for engaging fathers and valuing them as assets to their children, families, and communities.

Registration & Local Panelists Coming Soon!

"Black Fathers' & Their Children" A Photo Exhibit
Photos taken and/or Retouched by Guy Hendee, Jr.

What are we doing?

- We are presenting images of Black fathers' and their children in their true and positive light, debunking negative myths and stereotypes all too often attached to Black fathers'.
- We are telling our own stories by creating safe spaces to view the exhibit to share our real fatherhood experiences.
- We are promoting family-centered solutions to support Black fathers.
- We are engaging Black fathers, families, community members, agencies, and stakeholders to plan and implement culturally sensitive fatherhood programs.

"Pamoja" Together the stage is set...for fathers & families, agencies & stakeholders to engage program participants and community members in the planning and implementation of culturally sensitive fatherhood programming. Let's get the resources needed.

If you are interested in the exhibit and opportunities to build practice-informed fatherhood programs...
Contact Dr. Jerry Watson, jwatson@memphis.edu Or 601.953.8515

This is a CAYD, University of Memphis project.



It's Black History Month!

February is Black History Month, so I challenge you to do what you can to learn more about the history that is all around you. Memphis is a city that is full of history, especially Black History, so use this time and the resources right here in the city to learn more each day about Black History and what that really means. Find something that you personally can do to empower black lives and spend some time thinking about others and their situations. This is a great time to reflect and learn more about others and yourself. While I challenge everyone to learn more and keep yourself informed everyday, Black History Month is a great way to start and get to know more about the history behind this great month.



Upcoming Events in February

- **Racism is a Public Health Issue.** February 15, 2023, 12:00-1:30 PM, presented online. Presented by Benaias Esayees. \$23 Registration.
<https://www.csw.utk.edu/continuing-education-webinar-with-benaias-esayees/>
- **Strategies and Talking Points for Disability Day on the Hill 2023.** February 16, 2023, 6:30-8:30 PM, Presented online. Presented by Autism Tennessee and Brian Keller of the Council on Developmental Disabilities.
<https://autismtennessee.wildapricot.org/event-5135266?CalendarViewType=1&SelectedDate=2/2/2023>
- **Women and Business Seminar 2023.** February 16, 2023, 3:30-5:00 PM. Memphis Botanic Garden. \$25 Registration. Presented by the Daily Memphian.
- **Memphis Career Fair.** February 16, 2023, 9:30-12:30 AM, presented by Nationwide Career Fairs. Holiday Inn Downtown Hotel. Free to Attend.
- **Let's Talk...Conversations on Race, Equity, and Belonging.** February 16, 2023, 5:00-6:30 PM, presented by Chantelle Fitzgerald, online.
<https://www.eventbrite.com/e/lets-talk-conversations-on-race-equity-belonging-tickets-446153496117?aff=ebdssbcitybrowse>
- **We The Medicine-Healing Our Inner Child 2023, Guided Meditation.** February 18, 2023, 12:00-1:00 PM. Presented online. https://www.eventbrite.com/e/we-the-medicine-healing-our-inner-child-2023-guided-meditation-tickets-385150855577?aff=ebdssbcitybrowse&keep_tld=1



Important February Dates Nationwide and In The Mid-South

Month: Black History Month
Ethnic Equality Month
Human Relations Month
International Boost Self Esteem Month

Week: Women's Heart Week
National School Counseling Week
African Heritage and Health Week
International Week of Black Women in the Arts
National Apprenticeship Week
Love Teaching Week

Day: National Women Physicians Day (Feb. 3)
Autism Sunday (Feb. 12)
Valentine's Day (Feb. 14)
National Black Literacy Day (Feb. 14)



"Providing Quality Care, Everywhere You Are."