

JANUARY 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 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.



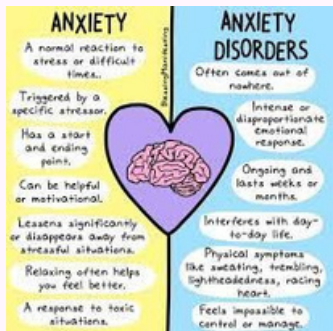
PODCASTS

SMART CONNECTIONS

Our SMART Connections podcast, run by our BA and MSW interns, has a few new episodes to check out this month. There is an episode on Seasonal Depression that explains what it is and what things can be done when you are experiencing it. The second episode up on our website is about Anxiety Disorders. Anxiety disorders can be very common, and they can also be exacerbated by stressful situations. The holiday season has just ended and can be a very stressful time for many, as well as the new year, and this podcast episode goes into what these different anxiety disorders are, as well as ways to cope with them.

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>



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-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 the SMART Center is working to put up is at Cordova Middle School. Cordova Middle School's mission is to provide a safe and challenging climate that enables all learners to experience high quality instruction by fostering collaborative interactions with each other and among all teachers who use research based instructional strategies to ensure all learners are College and Career Ready. Cordova Middle School strives to be a premier optional school within Shelby County that attracts a diverse student population of high level learners who are adequately developed to become college and career ready through instruction by highly effective teachers who exude an efficacious spirit resulting in their school being the key to pride, academics, and well-rounded students.



SMART CENTER CLINICIAN HIGHLIGHTS

MAX VINYARD

Max Vinyard is a senior at the University of Memphis majoring in Social Work with a minor in French. Max plans to graduate May of 2023. This summer, he will begin graduate school where he intends to continue studying social work and eventually become a licensed clinical social worker (LCSW). Max would also like to become a registered play therapist (RPT) and work with children and adolescents with a focus on mental health.



January 1-7 is Celebration of Life Week!

The beginning of January this year is Celebration of Life Week, and while that is true for that week, there are things that can be done to celebrate life throughout the entire month and continuing on in your life. Celebrating life, but especially your life and the lives of those around you makes for a great way to appreciate the little things and allow yourself to find happiness in even the simple things in your life.

Maybe you enjoy a specific type of coffee, or you love your dog, whatever it is that you have to celebrate, find time to be grateful for it and allow yourself to celebrate all of the little things this week and this month.



January 15-21 is Hunt For Happiness Week!

During this week, I encourage everyone to find something that makes you happy and do it. This time of year can be very stressful: School is starting back, the holidays have just ended so people are worried about money, and this time of year typically breeds seasonal depression in people. Taking the time to find something that makes you happy and allowing yourself to experience it can go a long way in making yourself feel better and finding a drive during this hard time. Allow yourself a little bit of happiness and go see a friend, buy yourself your favorite meal, or even just take time to enjoy a book. Whatever makes you happy, do it and let yourself enjoy that little bit of self care!

International Mind-Body Wellness Day

January 3rd is International Mind-Body Wellness Day, so this month, we are going to give some tips and tricks for being mindful and paying attention to what your body and mind are in need of.

One of the ways to be intentional with your wellness is to practice mindfulness. Mindfulness is a type of meditation in which you focus on being intensely aware of what you're sensing and feeling in the moment, without interpretation or judgment. Practicing mindfulness involves breathing methods, guided imagery, and other practices to relax the body and mind and help reduce stress.

Meditation has also been studied in many clinical trials and the overall evidence supports the effectiveness of meditation for various conditions.

Those conditions include stress, anxiety, pain, depression, insomnia, and high blood pressure. Meditation can help you experience thoughts and emotions with greater balance and acceptance and can improve attention, decrease job burnout, improve sleep, and improve diabetes control. Practicing mindfulness and meditation are great ways to pay attention to what your body needs while also allowing your mind to take a break and be relaxed from any stressors.

Mindfulness and Guided Meditations can be found all over the internet through YouTube and several other places.



Other ways to take care of your mind and body include asking for help, making sure to adequately fuel your body, knowing when to unplug from the internet and devices. Learning how to value yourself and take care of your body are great ways to get started and make a difference in your day to day life.



Upcoming Events in January

- **Let's Talk...Conversations on Race, Equity, & Belonging.** Thursday, Jan. 19, 2023. 5:00 PM - 6:30 PM. Register online at <https://www.eventbrite.com/e/lets-talk-conversations-on-race-equity-belonging-tickets-446153486087?aff=ebdssbcitybrowse>
- **We The Medicine, Guided Meditation.** Saturday, Jan. 21, 2023. 12:00 PM - 1:00 PM. Register online at https://www.eventbrite.com/e/we-the-medicine-healing-our-inner-child-2023-guided-meditation-tickets-385150815457?aff=ebdssbcitybrowse&keep_tld=1
- **Manifest Destiny Workshop 2023 by Billy Carson.** Sunday, Jan. 29, 2023. 1:00 PM - 7:00 PM. Register online at <https://www.eventbrite.com/e/manifest-destiny-workshop-2023-by-billy-carson-tickets-472204996857?aff=ebdssbcitybrowse>
- **Black Artists in Context: A Conversation with Carl E. Moore.** Saturday, Jan 21, 2023. 1:00 PM. Memphis Brooks Museum of Art. 1934 Poplar Avenue Memphis, TN 38104
- **Memphis Career Fair.** Tuesday, Jan. 31, 2023. 9:30 AM - 12:30 PM. Hyatt Avenue Memphis, TN 38103.



Important January Dates Nationwide and In The Mid-South

Month: Children Impacted By Parent's Cancer Month
National Blood Donor Month
National Braille Literacy Month
National Poverty in America Awareness Month

Week: Celebration of Life Week (Jan. 1-7)
Hunt for Happiness Week (Jan. 15-21)
No Name-Calling Week (Jan. 16-22)
National Storytelling Week (Jan. 30-5)

Day: New Year's Day (Jan. 1)
World Day of Peace (Jan. 1)
Motivation and Inspiration Day (Jan. 2)
International Mind-Body Wellness Day (Jan. 3)
National Human Trafficking Awareness Day (Jan. 11)



"Providing Quality Care, Everywhere You Are."