

MARCH 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.

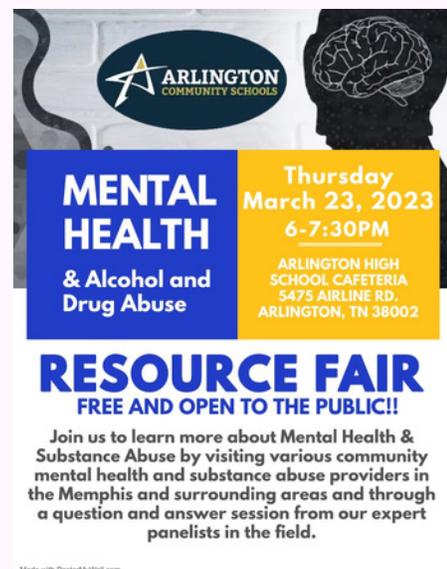
So, what are the benefits of a tele-suite?

- 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.



Upcoming Events for The SMART Center:

Later this month, the SMART Center employees will be attending the Arlington Community Schools Mental Health & Alcohol and Drug Abuse Resource Fair. The event will be held at Arlington High School on March 23, 2023 at 6:00 P.M. Come out to see us and learn more information from several community organizations!



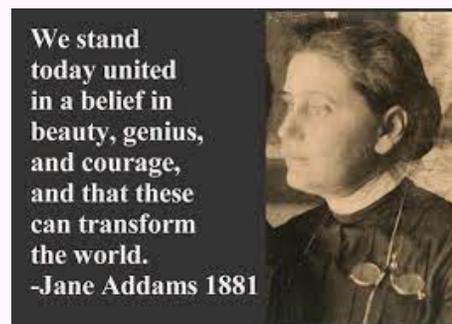
New Academic Resources:

The SMART Center has several great academic resources for your child or any child that is in your life. Already linked on our website, we have ReadingBear.org, a great site for learning phonics through informational videos for anyone struggling or wanting to advance their reading skills. There is also WatchKnowLearn.org, a website that does educational videos for a wide range of subjects for a wide range of grade levels as well. Finally, PebbleGo is a great website for additional help in science and social studies. They have really easy to follow modules for both subjects in a large range of topics. Go check out these sources now for any educational help needed.



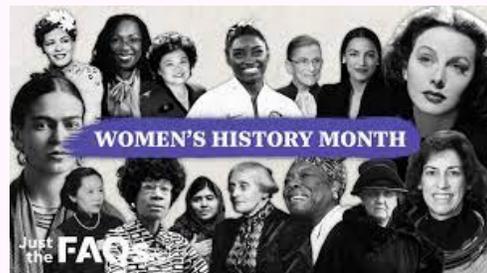
It's National Social Work Month!

This month is National Social Work Month, so take some time this month to recognize and appreciate some of the social workers that are out there doing what needs to be done for the community. Social workers are involved in all aspects of life. If there is an area that you can think of, there is probably a social worker doing their job, sometimes behind the scenes, as an advocate, and sometimes loud and proud as an activist. Social Workers have been a part of this country and this community for a very long time, and they are directly responsible for some of the great advancements this country has made. Take some time on March 21, World Social Work Day, to learn about these amazing people and what they did for us and this country!



It's Women's History Month

Women's History Month is a great time to learn about new things that you were previously unaware of. Women have made great advancements to society, and they have also worked diligently to create a space for themselves in the world. Take some time this women's history month to learn about some of the struggles that women have gone through, and continue to go through, in this country and all over the world. This celebration of women's history started just 40 years ago with a single week in March before growing to be a month-long remembrance of the women who have shaped our country. Understanding this month and the influential women who have done so much for the women of today is a great start to knowing more about the women around you and some of the hurdles that were jumped to get to where they are today.



Upcoming Events in March

- **Memphis Job Fair.** Wednesday, March 29, 2023, 10:00 A.M. Memphis Career Fairs. Free of charge to the public.
- **March 2023 Church Health replication Workshop.** Tuesday and Wednesday, March 28 at 9:00 A.M. -29 at 3:00 P.M., 2023. Hear how Church Health grew from a small clinic serving the working uninsured to a national leader in the faith and health movement.
- **Spring Market of Memphis.** Friday, March 31, 2023, at 9:00 A.M. Agricenter International, Memphis, TN. Starts at \$10.
- **A Framework for Understanding Economic Classes: Presented by Dr. Ruby Payne.** Tuesday, March 21, 2023. 8:30-3:30 P.M. Holiday Inn Memphis-University of Memphis, 3700 Central Avenue, Memphis, TN 38111. Emotional Poverty in All Demographics, Socioeconomic Diversity and Wealth Creation.
- **One Million Black Fathers March.** April 1, 2023 at 10:00 A.M. to April 3, 2023 at 10:00 P.M. Robert Church Park and Candle Light Ballroom, 2015 Park Ave, Memphis, TN 38114.
- **2023 Women's History Month Series: Breaking the Ceiling With Soul.** Stax Music Academy invites you to celebrate with us as we honor women killing it in male dominated fields. Wednesdays in March, 4:00-5:00 P.M. Stax Music Academy, 910 East McLemore Avenue, Memphis, TN 38106



Important March Dates Nationwide and In The Mid-South

Month: Women's History Month
American Red Cross Month
Gender Equality Month
National Developmental Disabilities Awareness Month
National Social Work Month

Week: Hearing Awareness Week (Mar. 1-7)
Read Across America Week (Mar. 2-8)
International Women's Week (Mar. 4-10)
National School Social Work Week (Mar. 5-11)

Day: International Women of Color Day (Mar. 1)
International Women's Day (Mar. 8)
St. Patrick's Day (Mar. 17)
World Social Work Day (Mar. 21)



"Providing Quality Care, Everywhere You Are."