

NOVEMBER 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.



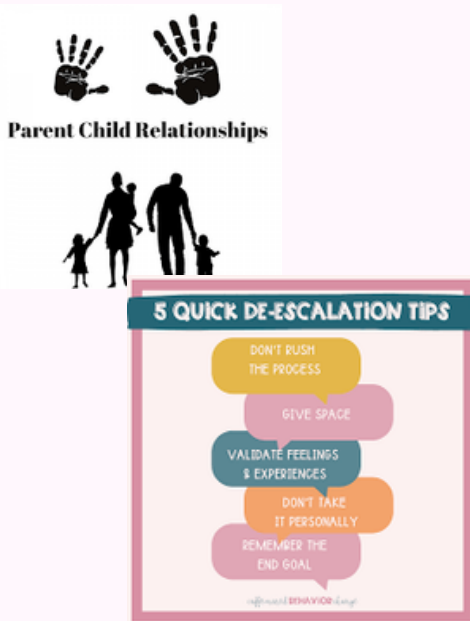
## PODCASTS

### SMART CONNECTIONS

Our SMART Connections Podcast, run by our BA interns, has posted several new episodes recently. The first episode is on Verbal De-escalation. Our BA intern Kyle goes through what verbal de-escalation is and how to go about implementing it in times of great stress. The second episode done this month was on Parent/Child Relationships. This episode is a follow up on a previous episode on Parenting Styles, and it goes into different ways that Parent/Child Relationships can be secure or insecure.

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, and one that will be set up and ready to go within the next couple of weeks, will be located at Westside Middle School in the Frayser Community Schools district. Westside Middle School is a neighborhood school that prepares students for success in college, career, and their community by providing a rigorous academic program with embedded supports and an emphasis on discipline, character, and service. Their vision is that students will have a vision for their future- of the possibilities that are available to them as a result of their academic diligence- and will use this vision to guide their choices.



## SMART CENTER CLINICIAN HIGHLIGHTS MADISON BRIMHALL

Madison Brimhall is currently a senior at the University of Memphis pursuing a major in Spanish and a minor in Social Work. She is expected to graduate this December with a Bachelor's degree.

After graduation, Madison intends to continue working with the SMART Center and build connections to further her education. She is eager to be working with the SMART Center and to be able to help the community in a wonderful, smart way.



On Friday, November 11, from 11:30-1:30 P.M. the Men Healing Men and Communities Network will be putting on an event called Community Drumming and Healthy Youth Development Discussion. This event will provide the drums for the community, and it will also be a great chance to speak to others in the community. Please contact Dr. Gregory Washington with any questions or for more information at [gwshngt1@memphis.edu](mailto:gwshngt1@memphis.edu).

## November 7th-13th is World Kindness Week!

Here are some ideas about how to be kind both to yourself and those around you this week and every week!

**Monday, Nov 7:** Today, find some time to tell a loved one how much they mean to you. This time of year can be stressful, and it can be very helpful to hear from loved ones about their impact in your life.

**Tuesday, Nov 8:** For this second day of World Kindness Week, you could learn how to say "hello" in a different language. By doing this, you are showing others that they matter and you have taken the time to learn something about them and their culture.

**Wednesday, Nov 9:** On this third day of World Kindness Week, you could lend a favorite book to a friend. By doing this, you are sharing a part of yourself, while also showing your trust in your friend.

**Thursday, Nov 10:** For this day, you can volunteer some of your time at a local shelter or charity. By doing this, you are allowing yourself to be a part of something bigger than yourself while also giving back to your community.

**Friday, Nov 11:** One activity that you could do on this day is tell someone or multiple people when you think positively about them. By doing this, you are intentionally communicating with others something that will brighten their day.

**Saturday, Nov 12:** One way that you can be kind to others and yourself is by setting a good example. For example, if you are left with a hard choice, making the right decision is both a good thing for yourself but it also sets a good example for others.

**Sunday, Nov 13:** A final way to show kindness during this week is to find time to be kind to yourself. Many people often do not take enough time for themselves and are left feeling burnt out and exhausted. It is more kind to take the rest now, than be unable to accomplish your goals in the future.

## National Gratitude Month

November is National Gratitude Month, so here are some options for how to show people that you are grateful for them this month.

- Share with them something that they did that meant a lot to you and had a lasting impact.
- Reach out to important figures in your life and let them know that they were vital to your growth into who you are.
- Find ways to give back to family and friends. Make them a small gift, or bake them a treat, some little way of letting them know that they are important to you.
- Write a letter of gratitude to those who deserve it in your life. This can be short and sweet or a long note detailing their impact.

## National Stress Awareness Day

While November is a great month to show gratitude to your loved ones and kindness to others, it is also a time of great stress for some people.

Some people do not have much family to spend the start of this holiday season with, or they could be unable to visit their families. For whatever reason they have, this month can be very stressful for some. If necessary, the SMART Center can provide resources to those in need during this stressful time. No one should have to suffer alone this holiday season.

You can call the SMART Center at 901.678.1636 or email us at SMARTCenter@memphis.edu.

## Upcoming Events in November

- **Hope Center November Community Event.** Saturday, November 19 at 1:00 P.M. This event will be held at the Horn Lake Intermediate School at 6585 Horn Lake Road, Horn Lake, MS 38637.
- **15th Annual Multicultural Breakfast.** Friday, November 11 at 7:30 A.M. This event will be held at the Guest House at Graceland at 3600 Elvis Presley Boulevard, Memphis, TN 38116. This event is being put on by Advancing DEI: Leading through Mentorship.
- **Reharvest Memphis.** Thursday, November 17 from 5:30-8:30 P.M. This event will be held at Grind City Brewing Co. at 76 Waterworks Avenue, Memphis, TN, 38107. This event is being put on by Clean Memphis, and it is a culinary experience used to rethink food waste in Memphis.
- **Tech Tuesday November.** Tuesday, November 8 from 11:30-1:00 P.M. This event will be held at Ducks Unlimited at One Waterfowl Way, Memphis, TN 38120. This event is centered around digital transformation focusing on applications in AI and machine learning.
- **Shine a Light.** Friday, November 4 from 6:00-8:30 P.M. This event will be held at Highland Church of Christ at 400 Houston Levee Road, Cordova, TN 38018. This event is an evening focused on raising awareness and support for parents and families whose children have critical or chronic illnesses or special needs.



## Important November Dates Nationwide and In The Mid-South

**Month:** Family Stories Month  
National Adoption Month  
National Children's Month  
National Family Caregivers Month  
National Family Literacy Month  
National Gratitude Month

**Week:** World Communication Week (Nov. 1-7)  
World Kindness Week (Nov. 7-13)  
National Hunger and Homeless Awareness Week (Nov. 12-18)  
Anti-Bullying Week (Nov. 14-20)

**Day:** National Family Literacy Day (Nov. 1)  
National Stress Awareness Day (Nov. 2)  
Daylight Savings Ends (Nov. 6)  
World Kindness Day (Nov. 13)



**"Providing Quality Care, Everywhere You Are."**