

SEPTEMBER 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 Center SMART Connections Podcast has partnered with the University of Tennessee-Knoxville and the Tennessee Department of Mental Health and Substance Abuse Services to present the Pathways to Behavioral Health Careers Project. This project will include different videos and podcasts interviewing different people in behavioral health careers across the state of Tennessee. These interviews are designed to show middle and high school students different career paths in behavioral and mental health, and give them an idea about how they might also go into that career or start on that educational journey.

You can check out any of these podcast episodes on our website at www.memphis.edu/smartcenter or at our podcast website on Anchor.com.

For any other media and podcasts that the SMART Center has done with the Talk the Path Podcast, please visit our website.



SMART CENTER SPOTLIGHTS

KEEPING YOU UPDATED

The University of Memphis SMART Center, in conjunction with the University of Tennessee-Knoxville and the Tennessee Department of Mental Health and Substance Abuse Services, is presenting the Pathways to Behavioral Health Careers Project. The goals of the Pathways Project are to provide education and information on the various career opportunities in the field of behavioral health through presentations, increase interest in students in the field of behavioral health, provide opportunities for guidance with information regarding college/university programming that result in degrees for professions in the field of behavioral health, and connect students with students in behavioral health programs and professionals in the field for further research. This podcast will feature students and professionals in the field to give a clear picture of the daily duties of these roles and how they help support their communities.



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. 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. The SMART Center has recently installed all 10 telesuite locations throughout the city of Memphis, and they are ready to help the SMART Center reach more people and allow for a greater service delivery than before. These Telesuites are located at the South Memphis Alliance, the Youth and Family Resource Center, the Refugee Empowerment Program, Bridges, Choices, Boys and Girls Club, Frayser Community Schools, Booker T. Washington High School, Manassas High School, and Cordova Middle School.

New Resources and Content From Partners

South Central Telehealth Resource Center:

- Region Legislative/Regulatory updates
<https://learntelehealth.org/2023/07/billing-telehealth-updates-for-the-south-central-region-q2-2023/>
- Region Billing Update Guide <https://learntelehealth.org/2023/07/billing-telehealth-updates-for-the-south-central-region-q2-2023/>

Association of American Medical Colleges

- Digital Health Equity Report
<https://learntelehealth.org/2023/09/aamc-report-features-uams-leadership/>

NCTRC's Digital Navigation Toolkit

- <https://telehealthresourcecenter.org/resources/toolkits/digital-health-navigation-toolkit/>

National Suicide Prevention Month

In September, we celebrate National Suicide Prevention Month, as well as World Suicide Prevention Day. Suicide is the leading cause of death in the United States, and the number of people who think about committing suicide is even higher than the number who go through with it. Suicide affects people of all ages, but some groups have higher suicide rates than others. Suicide rates vary by race and ethnicity, age, where someone lives, etc. The overarching impact of suicide is wide spread. Suicide can cause serious emotional, physical, and economic impacts in the communities that they take place in.

While suicide is the leading cause of death, it is also one of the most preventable occurrences. **There are many things that can go into preventing suicide, and here are a few:**

- Economic Supports
- Strengthening Access and Delivery of Suicide Care
- Create Protective Environments
- Promote Connectedness
- Teach Coping and Problem-Solving Skills
- Identify and Support People at Risk
- Lessen Harms and Prevent Future Risk

There are many signs of suicide that people can be on the lookout for.

- Previous Suicide Attempts
- Acquiring a Gun or Stockpiling Pills
- Co-occurring Depression, moodiness, or hopelessness
- Putting Personal Affairs in Order
- Giving Away Prized Possessions
- Sudden Interest or Disinterest in Religion
- Drug or Alcohol Use, or relapse After a Period of Recovery
- Unexplained Anger, Aggression, and Irritability

So, What Can I Do About It?

If you know the signs, and you know what you are looking for, then what can you do about it after you find out? Well, there is a practice called Question, Persuade, Refer, or QPR for short. QPR is not intended to be a form of counseling or treatment, but rather to offer hope through positive actions. Bringing up subjects such as suicide can be difficult and feel like a daunting or incredibly personal task, but talking about it and finding ways to give hope to the people considering suicide can go a long way in bringing down suicide rates and increasing hope for the future in these individuals. When discussing this topic, it is important to have resources handy to give to the person you are talking with. These can be things such as phone numbers, counselor's names, and any other information that you feel may help. I encourage everyone to do more research into QPR and find out different ways you can help someone in need.

Just remember, if you need services from the SMART Center, you can call us at 901.678.1636 or email us at smartcenter@memphis.edu.

You can also reach the Suicide and Crisis Lifeline at 988 or chat at 988lifeline.org.

Labor Day

September Celebrates Labor Day so Let's Talk about Signs of Burnout and Mental Exhaustion

Labor day is a federal holiday that is celebrated every year in November. This year Labor Day falls on September 5th, so let's talk about some important factors that affect many of us that are currently in the workforce and in need of a little assistance.

One thing that greatly affects many people in the workforce today is burnout, or mental exhaustion. Burnout is a form of exhaustion that is caused by constantly feeling swamped by the things you have to do and the responsibilities that you hold in your life. It is usually a result of excessive and prolonged emotional, physical, and mental stress. This phenomenon can affect anyone, but it is especially apparent in high stress jobs and careers. Burnout, or mental exhaustion, happens when you're overwhelmed, emotionally drained, and unable to keep up with life's incessant demands.

Burnout can affect your **mental and physical health**, so don't go thinking it's all in your head.

Here are some signs and symptoms that you may be experiencing if you are experiencing burnout:

- Exhaustion/Lack of Sleep and General Fatigue
- Alienation From Activities
- Reduced Performance/Lack of Creativity and Purpose
- Anxiety

The signs and symptoms of burnout can look a lot like the signs and symptoms of depression, so it is important to look out for yourself, as well as your friends and family and ensure everyone is staying healthy and taking care of themselves. If you see some of these symptoms in yourself or in others, here are some resources that can help:

- University of Memphis Counseling Center, 901.678.2068
- University of Memphis Relaxation Zone and Oasis Room, relaxationzone@memphis.edu
- The SMART Center, 901.678.1636 smartcenter@memphis.edu

SMART Center Clinician Spotlight



My name is Arreon Young. I graduated from the University of Memphis last year and returned to pursue my master's in clinical social work. I hope to have my own practice where I can access clients and provide therapy for those having a hard time managing on their own. My goal is to heal in any way that I am capable of.

Upcoming Events in September

- Signature Speaker Series, Wednesday September 27, 11:30am-1:00pm. Chickasaw Country Club, 3395 Galloway Ave, Memphis, TN 38122
- REAL Ladies Conference, designed to encourage and equip women of all ages. September 29, 7pm- September 30, 2pm. 10545 Collierville Road, Collierville, TN, 38017



Important September Dates Nationwide and In The Mid-South

Month: National Suicide Prevention Month
Self Improvement Month
Hispanic Heritage Month
World Alzheimer's Month

Week: National Nutrition Week
International Week of the Deaf

Day: Labor Day
International Day of Charity
International Literacy Day
World Suicide Prevention Day
International Day of Democracy
World Alzheimer's Day



"Providing Quality Care, Everywhere You Are."