

DECEMBER 2025

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY Debbie Trimble

The University of Memphis School of Social Work SMART Center Research, Training, and Treatment Center aims to provide evidence-based interventions for school-based behavioral health programming in underserved areas, provide training on best practice in tele-behavioral health, develop opportunities to research the use of technology in practice direct 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-6:00pm.

MEDIA FOR THE SMARTCENTER

Website:

<https://www.memphis.edu/smartcenter>

CONTACT:

901-678-1636

smartcenter@memphis.edu

Instagram:

@uofm_smartcenter



THE WARM LINE

CONTACT: 901-678-1636

The SMART Center continues to host 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 from 9:00am-4:00pm CST.



PODCAST 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>



Mental Health Fact

Mind Shifting Techniques

B Small changes to help shift your mindset!

- **333 Rule (Anxiety):** Name 3 objects, 3 sounds, move 3 body parts to ground yourself.
- **Alternate Nostril Breathing:** Inhale left, exhale right (or vice versa) for a few rounds to calm your nervous system.
- **Behavioral Activation (Chores):** Tackle tiny tasks (make the bed, wash dishes) to build momentum and break out of inaction.
- **Positive Journaling:** Write down 5 good things about yourself daily to counter inner critics.



Photo: Mark Casey on Unsplash

IMPORTANT MENTAL HEALTH DATES FOR DECEMBER

December 1st: World Aids Day

December 3rd: International Day of Persons with
Disabilities

December 10th: Human Rights Day

Season Affective Disorder Awareness Month

National Stress-Free Family Holiday Awareness Month



International
Day of
**Persons with
Disabilities**

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UPCOMING DECEMBER MENTAL HEALTH EVENTS IN MEMPHIS

Peer Support Groups, Tuesday, December 9th from 7 p.m.–8 p.m. at 6161 Summer Ave, Memphis, TN, Free event

Family Support Group, Tuesday, December 9th from 7 p.m.–8 p.m. at 6161 Summer Ave, Memphis, TN, Free event

Yin Yoga with Healing Mask, Sunday, December 21st at Urevbu Contemporay,
RSVP: <https://www.eventbrite.com/e/yin-yoga-with-healing-masks-tickets-1976428045488?aff=ebdssbdestsearch>
Free event

Let's Mediated New Year Eve, Wednesday, December 31st from 7:45 p.m.–8:45 p.m.,
Virtual
RSVP:
<https://www.eventbrite.com/e/memphis-lets-meditate-new-year-eve-celebrate-within-tickets-1975710578525?aff=ebdssbdestsearch>
Free event

What's *Happening* at the SMART Center?



🎉 Meet the Interns! 🎉

Hi y'all, my name is Bailey Hooper, and I am so excited to be at the SMART Center this year!

When I'm not writing a paper, you can usually find me cuddling with my Great Dane while watching Harry Potter movies, on my third cup of coffee of the day, or reading the latest fantasy novel.

I am passionate about my time at the SMART Center and the growth that will happen. Not only for me as a clinician but for my clients as well. Thank you for your vulnerability and trust as we navigate these life changes and emotions together. I can't wait to work with you!

What's *Happening* at the SMART Center?

Saying Goodbye & Wishing You the Best

As the Fall 2025 semester comes to a close, the SMART Center would like to extend our heartfelt thanks to the interns who are completing their time at the clinic. Your dedication, compassion, and hard work have made a meaningful impact on our clients and our team.

Congratulations!

We are proud to congratulate Jermya, our Bachelor of Social Work intern, on graduating magna cum laude and earning her School Social Work license. We wish her continued success as she begins this exciting next chapter.

We would also like to sincerely thank Millicent for her commitment and the excellent care she provided to clients throughout her time at the clinic. Her efforts have truly made a difference.

We extend our deepest appreciation to Taylor for two years of outstanding service as an intern at the clinic. Taylor has been with us since her bachelor's year and has been an integral part of the SMART Center. As she moves on to new opportunities, we wish her all the best in her future endeavors.

Lastly, we would also like to thank our clients for allowing us the opportunity to work with you and for trusting the SMART Center with your care. We look forward to continuing our work together in 2026.

Thank you all for being part of our community, and best wishes on what lies ahead!