

FEBRUARY 2026

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY Madison Presley

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-4:00pm.



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

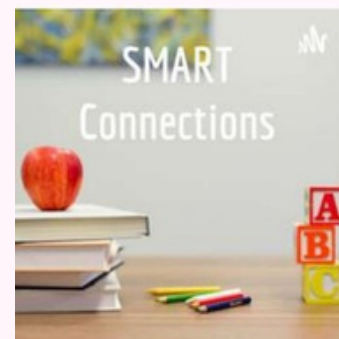
The SMART Center continues to host a “warm line” for the community that provides support, psychoeducation, and linkage to community services FREE of charge. The “warm line” is not intended for crisis support, but to assist families with identifying resources in the community. The “warm line” is in service 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

Art Therapy

Art therapy is a therapeutic approach that uses creative expression, such as drawing, painting, collage, or other art-making activities, to support emotional, mental, and social well-being. It can be especially beneficial for individuals who may find it difficult to express their thoughts or feelings through words alone. Through the creative process, individuals are able to explore emotions, reduce stress, and build self-awareness in a safe and supportive way. Art therapy emphasizes the process of creating rather than the final product, meaning no artistic skill or experience is required. This approach is used with people of all ages and abilities and can help promote emotional regulation, coping skills, and healing while encouraging self-expression and personal growth.



C E L E B R A T I N G

Black History Month

In February we celebrate Black History Month as a time to honor the achievements, resilience, and lasting contributions of Black individuals and communities of past and present. At the SMART Center, we recognize the importance of listening, learning, and reflecting on how Black leaders, educators, advocates, and individuals whose lived experiences and efforts continue to inspire progress. We invite our community to take this time to engage in meaningful conversations, uplift Black voices, and commit to building a more inclusive and equitable future for all.

IMPORTANT MENTAL HEALTH DATES FOR FEBRUARY

February 17: Random Acts of Kindness Day

Feb. 9-15: Children's Mental Health Week

Feb. 23- March 1: Eating Disorder Awareness Week

Boost Self-Esteem Month

Teen Dating Violence Awareness Month

NATIONAL
**EATING
DISORDERS**
AWARENESS WEEK



UPCOMING FEBRUARY MENTAL HEALTH EVENTS IN MEMPHIS

Anxiety & Stress Reset Workshop:

Wednesday, February 4th

12pm-1pm Online

Free event

Register here: https://www.eventbrite.com/e/anxiety-stress-reset-a-hypnosis-based-workshop-45-minutes-tickets-1982033017109?aff=ebdssbdestsearch&keep_tld=1

Galentine Fitness Event:

Friday, February 6th

6pm – 7pm

6152 Macon Rd

\$19.59 per ticket

Unmasking the Grief We Live with

Conference:

Saturday, February 7th

10am – 2pm at Higher Calling Ministries

3210 Getwell Rd

\$17.85 per ticket

Community Mental Health-The Black

Market:

Saturday, February 21st

10am - 12:30pm

1355 Lynnfield Rd suite 279

Free event

What's *Happening* at the SMART Center?



🎉 Meet the Interns! 🎉

"Hi everyone! My name is Madison Presley, and I am a graduate student in the Master of Social Work program at the University of Memphis, where I am also completing my School Social Work Certification. I earned my bachelor's degrees in social work and Spanish and am currently an intern at The SMART Center.

Through my internship, I primarily provide play-based therapeutic services in university campus schools, while also working with clients in the clinic setting. I have extensive experience working directly with individuals with special needs, supporting their growth and daily skills. I have also worked in school-based settings, including a dual-language kindergarten classroom, where I focused on supporting students' social-emotional development, communication, and inclusive learning. Following graduation, I plan to pursue my LMSW and work as a school social worker, advocating for elementary-aged students with special needs and helping their families navigate school and community resources. Outside of my professional work, I enjoy spending time with friends, exploring new shops, and collecting trinkets."

Let's cheer her on as she continues to make a difference!

