

JANUARY 2021

# The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



## THE SMART CENTER

BY JULIA MCMANUS AND 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 practice, and provide 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/ caregiver 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](mailto:smartcenter@memphis.edu)



New SMART Center logo!

## 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

At the SMART Center, our two undergraduate students Julia McManus and Anna Sanderlin, have made two podcasts that focus on ACEs, or Adverse Childhood Experiences, and Calming Corners. ACEs are potentially traumatic events that occur in childhood and have a lifelong effect on health and opportunity, as well as an impact on future violence, victimization, and perpetration. Calming Corners are a designated safe space for a child to go to when their emotions are running high and they need to regain control of the situation. They promote mindfulness, breathing, and reflection in a healthy space and in a healthy way.

Listen to our podcasts on our website for more information at <https://www.memphis.edu/smartcenter/>



## CALMING CORNERS

### UOFM ELEMENTARY AND MIDDLE SCHOOL

The SMART Center has implemented and trained the University Campus Elementary and Middle school classrooms on Calming Corners. These spaces are a safe space for the students and are equipped with comforting objects and soothing materials that can promote mindfulness, breathing, and reflection. One classroom at the Elementary School was trained in December and all of the 6th grade class was trained in January. The SMART Center will continue to check-in with the schools to track the progress and success within the Calming Corners each month and accumulate the data at the end of the year.





## RESOURCES ON OUR WEBSITE

[HTTPS://WWW.MEMPHIS.EDU/SMARTCENTER/](https://www.memphis.edu/smartcenter/)

- Acts of Kindness calendars for each month
- Connection Activity calendars for each month
- Calming Prompt Cards
- Social Story Kit Resource
- Emotion Thermometer
- SMART Connections Podcast



## SMART CENTER SPOTLIGHT

ICHC

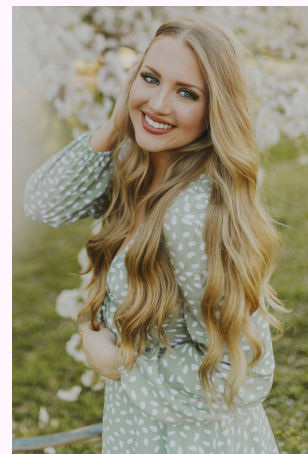
- The ICHC, partnered with the SMART Center and others, is committed to building a team that reaches across disciplines to serve the community, enhance physical and mental health, and increase scholarship and research. The ICHC Mission is to provide access to efficient, effective, interdisciplinary person- and community- centered service, and promote interprofessional scholarship that advances knowledge and best practice in physical, mental and behavioral health.



## SMART CENTER CLINICIAN HIGHLIGHTS

ANNA SANDERLIN AND JULIA MCMANUS

- The SMART Center's newest Bachelor's level intern, starting in Spring of 2022, is Anna Sanderlin. She is a senior Social Work and Education double major, with a minor in Applied Behavior Analysis. Anna will be graduating in August of 2022. After graduating with her bachelor's degree, Anna plans to continue on with her studies and work towards a master's degree in Social Work.



Julia McManus is a Bachelor's level intern that started working with the SMART Center in Fall of 2021. She is a senior Social Work major, with a minor in Child Development. Julia will be graduating in May of 2022. After graduating with her bachelor's degree, Julia plans to continue on with her studies and work towards a master's degree in Social Work.



## IMPORTANT JANUARY DATES NATIONWIDE AND IN THE MID-SOUTH

MONTH: MENTAL WELLNESS MONTH  
NATIONAL BRAILLE LITERACY MONTH  
WEEK: NO NAME CALLING WEEK (JAN. 20-24)

World Braille Day (Jan. 4)  
Human Trafficking Awareness Day (Jan. 11)  
National Hugging Day (Jan. 21)

Learn to Love Your Life - Memphis (Jan. 27)  
by Catherine Harman  
Virtual via Zoom

<https://www.eventbrite.com/e/learn-to-love-your-life-memphis-tickets-241360554917?utm-campaign=social&utm-content=attendeeshare&utm-medium=discovery&utm-term=listing&utm-source=cp&aff=escb>



***"Together we can make a difference"***