

JANUARY 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

Create Monthly Bulletin Boards

- **Mood Tracker**: Create a mood tracker bulletin board where individuals can anonymously record their daily moods or emotions using color-coded cards. This visual representation can foster self-awareness and destigmatize discussions about mental health.
- **Positive Affirmations**: Design a bulletin board featuring uplifting quotes, affirmations, and messages of encouragement related to mental health and self-care. Encourage individuals to contribute their own affirmations to inspire others.
- **Myth vs. Fact**: Display common myths and misconceptions about mental health alongside factual information to debunk stigma and promote understanding. Use infographics, illustrations, or interactive quizzes to engage viewers.
- **Resource Corner**: Create a resource corner with brochures, flyers, and information sheets about local mental health services, support groups, hotlines, and online resources. Empower individuals to seek help and support when needed.
- **Gratitude Wall**: Set up a gratitude wall where individuals can write and share what they're grateful for. Cultivating gratitude can promote mental well-being and shift focus towards positive aspects of life.

IMPORTANT MENTAL HEALTH DATES FOR JANUARY

January 4th: World Braille Day

January 23: Maternal Health Awareness Day

Stalking Awareness Month

Mental Wellness Month

Substance Use Disorder Treatment Month



UPCOMING JANUARY MENTAL HEALTH EVENTS IN MEMPHIS

**Friends for All Health Fair (Walk-In
Testing):**

Tuesday, January 27th to end of week
9:30am – 3pm at Friends For All
1548 Poplar Ave
Free event

Less Stress Success Series:

Wednesday, January 28th
3pm – 4pm at University of Memphis
Library (2nd floor commons)
3720 Alumni Ave
Free Event, occurs weekly

Memphis Youth Empowerment Event:

Saturday, January 31st
12pm - 3pm at Renasant Convention Center
255 North Main St
Free event

Hustle & Flow HIIT Workout Class:

Saturday, January 31st
9am – 10am at Tom Lee Park
357 Riverside Dr
Free event

What's *Happening* at the SMART Center?



Meet the Interns!

"Hello everyone, I am Brooke Lillard, a second-year master's student studying School of Social Work. I am from Nashville, TN, but currently live in Memphis, TN. I received my bachelor's degree in sociology with a minor in psychology from Lane College in Jackson, TN. When I have free time, I sometimes go thrifting or hang out with friends. I am thrilled to work at the SMART Center. I love working with people and serving the community."

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