

NOVEMBER 2025

# The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



## THE SMART CENTER

BY TAYLOR HURST

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 8:00am-6:00pm.

## MEDIA FOR THE SMARTCENTER

Website:

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

**CONTACT:**

901-678-1636

[smartcenter@memphis.edu](mailto: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

### Hypnotherapy: Relax, Focus, Reset

Hypnotherapy is a guided therapeutic technique in which a trained professional helps you enter a relaxed, focused state of mind, often called a trance. In this state, your attention is heightened, and your mind becomes more open to suggestions that promote positive change, such as reducing anxiety, managing stress, or breaking unhelpful habits. Studies show that hypnotherapy can effectively lower stress, ease anxiety, and improve emotional regulation.

To try a version at home, find a quiet space and a short guided hypnosis audio. Close your eyes, focus on your breathing, and follow the guidance, noticing how your body relaxes and your thoughts settle.



# IMPORTANT MENTAL HEALTH DATES FOR NOVEMBER

Early Childhood Mental Health Awareness Month

Alzheimer's Awareness Month

Transgender Awareness Week (13th-19th)

International Stress Awareness Day (first Wednesday in November)

International Survivors of Suicide Loss Day (Saturday before Thanksgiving)

National Kindness Day (13th)

International Men's Day (Nov. 19)



## **UPCOMING NOVEMBER MENTAL HEALTH EVENTS IN MEMPHIS**

**DCM Fitness Group (Mental Health & Social Connection Focus)** — Tuesday, November 11, 2025 from 5:00–7:00 p.m., at 1000 S. Cooper St., Memphis, TN 38104. Hosted by Disability Connection MidSouth

**Harvest, Tea, ‘n’ Harmony – An Afternoon of Art** — Orange Mound Library — Wednesday, November 12, 2025, 3:00–4:00 p.m. — Enjoy an assortment of warm herbal teas and paint autumn-themed canvases while listening to relaxing music. Registration required; ages 18+

**Science of Hope: Memphis Hope Summit** — Thursday, November 13, 2025 at 9:00 a.m.–3:00 p.m., Agape Child & Family Services & partner, located at University of Memphis (3160 Directors Row, Memphis, TN 38131).

**Transition & Resource Fair** — Thursday, November 20, 2025 from 8:30 a.m.–12:30 p.m., Institute on Disability at University of Memphis & partner, located at Maxine Smith University Center, Disability Connection MidSouth, Memphis, TN

# What's *Happening* at the SMART Center?



## 🎉 Meet the Interns! 🎉

My name is Taylor Hurst, and I am a 23-year-old master's level social work student. I hold bachelor's degrees in both Social Work and Spanish, graduating magna cum laude in each. This is my second semester interning with The SMART Center, where I am passionate about advocating for my clients and their needs. I have extensive experience working with children, particularly at-risk and delinquent youth, through my role as a Behavioral Youth Counselor at Youth Villages, where I focus on regulation and de-escalation skills. Looking ahead, I plan to complete my master's degree, pursue my LMSW certification, and eventually become a licensed clinical social worker (LCSW). I enjoy working with all ages but have a special interest in group-based therapy. Outside of my professional goals, I love reading, crocheting, crafts, and taking long walks with my dog.

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