



INTERPROFESSIONAL COMMUNITY HEALTH CLINIC

FEBRUARY NEWSLETTER

Mental Health Awareness THIS MONTH

International Boost Self-Esteem Month
Teen Dating Violence Awareness Month

Random Acts of Kindness Week (Feb. 16-23)
National Eating Disorders Awareness Week
(Feb. 23-Feb. 29)

FEATURED IN THIS ISSUE

Boosting your Self-Esteem

Neurodiversity: A Hidden
Superpower

Memphis Speech and Hearing
Center

National Play Therapy Week

Boosting your Self-Esteem in the New Year

Self-esteem is defined as, "confidence in one's own worth or abilities" and is something that many individuals of all ages struggle with throughout their lives. Cultivating self-esteem can be a surprisingly difficult task to accomplish. Here are some small steps you can take to boost your self-esteem this new year.

Eliminate self-criticism and introduce self-compassion by becoming aware when you begin to "beat yourself up" in your mind and reframing your inner monologue to be more compassionate towards yourself.

Learn to accept compliments especially when you are used to resisting them or they make you feel uncomfortable.

Identify your competencies and develop them! We are all talented in unique ways! Build upon the natural talent you possess by practicing it more often or finding ways to fit this talents into your daily life.

Affirm your real worth by making a list of positive qualities and attributes you possess, especially in difficult times when you feel "down on your luck" or defeated.



NEURODIVERSITY: A HIDDEN SUPERPOWER

Neurodiversity is often used in context with Autism Spectrum Disorder and other neurological disorders to emphasize the diversity of all people and the fact that individual differences should be celebrated and not considered to be deficits. The term neurodiversity was coined by Judy Singer, an Australian sociologist, to encourage equitable treatment of individuals with neurological differences and difficulties. Emerging in the late 1990's, the movement towards acceptance of neurodiversity aimed to educate individuals about the symptoms and features of neurological disorders and to embrace the neurological differences that exist within all individuals.

The movement towards creating neurodiversity affirming communities and spaces continues today. Disability advocacy organizations assist in this movement by encouraging the use of inclusive and non judgemental language, advocating for the usage of individually recognized preferred language, and educating neuronormative individuals on neurological disorders and their features.



HERE ARE A FEW WAYS THAT YOU CAN GET INVOLVED IN THE NEURODIVERSITY MOVEMENT:

1. CREATE ENVIRONMENTS THAT ARE CONDUCIVE TO NEURODIVERSITY INCLUDING, BUT NOT LIMITED TO SOUND AND LIGHT SENSITIVE SPACES
2. ALLOW THE USE OF FIDGET TOYS IN SCHOOLS AND THE WORKPLACE
3. OFFER FLEXIBLE SEATING IN ALL SPACES
4. AVOID THE USE OF SARCASM, EUPHEMISMS AND IMPLIED MESSAGES
5. GIVE ADVANCED NOTICE TO INDIVIDUALS IF PLANS ARE CHANGING AND PROVIDE REASONS FOR THOSE CHANGES
6. DO NOT MAKE ASSUMPTIONS - ALWAYS ASK INDIVIDUALS ABOUT THEIR PERSONAL PREFERENCES, GOALS AND NEEDS
7. BE KIND TO AND PATIENT WITH OTHERS.

READ MORE ABOUT
NEURODIVERSITY &
AUTISM SPECTRUM
DISORDER:

HARVARD HEALTH
PUBLISHING - "WHAT IS
NEURODIVERSITY"

[HTTPS://WWW.HEALTH.HARVARD.EDU/BLOG/WHAT-IS-NEURODIVERSITY-202111232645#:~:TEXT=NEURODIVERSITY%20DESCRIBES%20THE%20IDEA%20THAT,A RE%20NOT%20VIEWED%20AS%20DEFICITS.](https://www.health.harvard.edu/blog/what-is-neurodiversity-202111232645#:~:text=NEURODIVERSITY%20DESCRIBES%20THE%20IDEA%20THAT,A%20RE%20NOT%20VIEWED%20AS%20DEFICITS.)

MEMPHIS SPEECH AND HEARING CENTER

The Memphis Speech and Hearing Center (MSHC) is in the University of Memphis's Community Health Building. MSHC offers diagnostic and therapeutic services for communication disorders, from hearing and auditory processing diagnostic testing to a wide variety of speech and language assessments and treatment services for all ages.

One of the lesser-known services offered at the MSHC is Developmental Evaluations for Autism. Justine Springs, M.A. CCC-SLP and Katherine Rehling Graham Mendez, M.A. CCC-SLP, both Clinical Assistant Professors in the School of Communication Sciences and Disorders, began offering Developmental Evaluations for Autism as a part of their scope of services regularly in the Fall of 2020. While Developmental evaluations for Autism are traditionally associated with younger children, Springs and Mendez offer these diagnostic services from 1 year to adults of any age. The two found that, in the Memphis community, there is a scarcity in resources for diagnostic services for autism in general but particularly for adults. Springs and Mendez both completed multiple trainings and continuing education, including being trained to administer the Autism Diagnostic Observation Schedule-Second Edition (ADOS-2).



University of Memphis Speech and Hearing Center

4055 North Park Loop
Community Health Building
Memphis, TN 38152

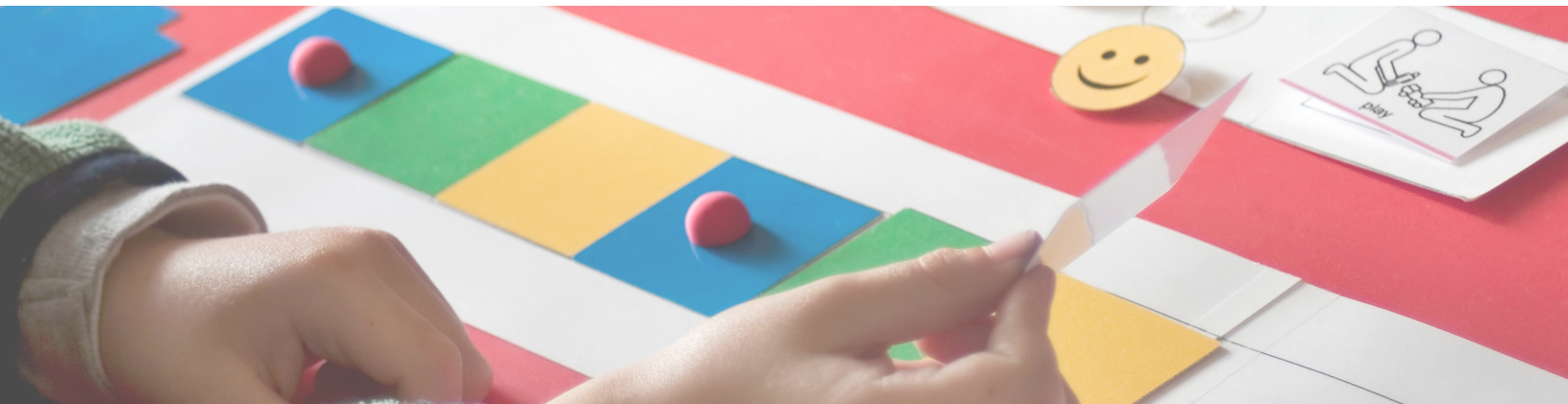
Appointments can be made
between 8:00 and 4:30pm.

Appointments: 901.678.2009

FAX: 901.678.5497

Email:

mshcadmin@memphis.edu



MEMPHIS SPEECH AND HEARING CENTER

Often, young adults in middle school and high school who experience symptoms such as anxiety, difficulty comprehending, and social difficulties, may be overlooked as being on the Autism spectrum. Individuals who struggle with these symptoms describe feeling a divide between themselves and others and having felt confusion for years around the reasoning behind why they feel and act the way that they do. Springs and Mendez hope that, by providing these diagnostic services in a neurodiversity affirming space, they can provide a validating experience for all clients and help clear up some of the confusion their clients have felt for years around the way in which they experience the world and interact with others.

Recently, social media platforms such as TikTok and Instagram have begun to destigmatize Autism Spectrum Disorder (ASD), by publicizing the experiences of neurodivergent individuals. While the media attention of ASD has begun the process of normalizing the disorder and symptoms, the long-time stigma around autism continues to perpetuate the idea that being diagnosed with ASD is a scary and abnormal thing. Springs and Mendez want to reframe this idea and support individuals in seeking out diagnostic services. In doing so, they hope that clients can gain an understanding that receiving an autism diagnosis may help to build their self-esteem and awareness of themselves and their behavior.

If you are interested in undergoing a Diagnostic Test for Autism, talk to your Primary Care Physician or your child's Pediatrician to obtain a referral for testing. Compared with other facilities that offer this service in the Memphis Community, the MSHC has a minimal wait period for services. The MSHC accepts most major insurance plans, including Medicare and Medicaid/TennCare, and is open to all individuals in the Memphis community seeking these services.



MEMPHIS SPEECH AND HEARING CENTER

For more information about the services at MSHC, visit <https://www.memphis.edu/mshc>.

Additionally, if you are interested in learning more about the School of Communications and Disorders and its programs, please visit <https://www.memphis.edu/csd/> for services. The MSHC accepts most major insurance plans, including Medicare and TennCare, and is open to all individuals in the Memphis community seeking these services.

Additionally, if you are interested in learning more about the School of Communications and Disorders and its programs, please visit <https://www.memphis.edu/csd/>.

**A HUGE THANK YOU
TO JUSTINE SPRINGS,
M.A. CCC-SLP AND
KATHERINE REHLING
GRAHAM MENDEZ,
M.A. CCC-SLP FOR
TAKING THE TIME TO
DISCUSS THE
MEMPHIS SPEECH AND
HEARING CENTER AND
ITS SERVICES.**

National Play Therapy Week (February 6 - 12)

Play Therapy is defined by APT as "the systematic use of a theoretical model to establish an interpersonal process wherein trained Play Therapists use the therapeutic powers of play to help clients prevent or resolve psychosocial difficulties and achieve optimal growth and development," (APT). Learn more about Play Therapy and National Play Therapy Week by visiting <https://www.a4pt.org/>

**FEBRUARY 6:
SELF-CARE
SUNDAY!
DO SOMETHING
PLAYFUL TODAY
TO FILL YOUR
CUP!**

**FEBRUARY 7:
MAKE
SOMETHING
MONDAY!
LET OUT YOUR
CREATIVE SIDE
TODAY!**

**FEBRUARY 8:
T-SHIRT
TUESDAY! WEAR
YOUR FAVORITE
PLAY THERAPY T-
SHIRT- OR MAKE
ONE TO WEAR!**

**FEBRUARY 9:
WACKY
WEDNESDAY!
WEAR
SOMETHING
WACKY TODAY,
ALL IN GOOD
FUN!**

**FEBRUARY 10:
THROWBACK
THURSDAY!
WEAR SOMETHING
PURPLE TODAY TO
HONOR DR. VIOLET
OAKLANDER!**

**FEBRUARY 11:
FUN FRIDAY!
WEAR ANOTHER
PLAY THERAPY T-
SHIRT AND
ENJOY BY GOING
OUTSIDE TO
PLAY!**

**FEBRUARY 12:
SILLY SOCK
SATURDAY!
WE CAN TAKE OUR
SHOES OFF IN
PLAY THERAPY, SO
LET'S SHOW OUR
FUN SIDE!**



Interprofessional Community Health Clinic

iIMPACT

Institute for Interdisciplinary Memphis Partnerships to Advance Community Transformation

iIMPACT Faculty Director

Susan Elswick EdD LCSW RPT-S IMH-E

University of Memphis

FedEx Institute for Technology, RM 212

901.678.1714

iimpact@memphis.edu

School Mental Health Access to Resources through Teletherapy (SMART) Research, Training and Treatment Center

Christy Peterson - Program Coordinator

901.678.1636

SMARTCenter@memphis.edu

University of Memphis Behavior, Research, & Language Alliance- (UMBRella)

College of Education and School of
Communication Sciences and Disorders
Initiative

Applied Behavior Analysis (ABA) Program

Dr. Thouraya Al Nasser BCBA-D, LBA

Director of the Autism Clinic - UMBRELLA

tnasser@memphis.edu

umbrella@memphis.edu

PM Ready / PM Ready Extension

Matt Davidson Director of Behavior Services

M.Davidson@memphis.edu

662.934.3442

Charmaine Sego Project Memphis Director of

PM: Ready

cssego@memphis.edu

901.678.2190

University of Memphis Psychological Assessment Clinic (UMPAC) & Counseling, Education Psychology, and Research (CEPR)

Dr. Ashley Batastini

umpac@memphis.edu

901.678.3698

Center for the Advancement of Youth Development (CAYD)

College of Social Work

Dr. Gregory Washington

gwsngt@memphis.edu

Memphis Speech and Hearing Center

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

MSHCadmin@memphis.edu

901.678.2009

