

# iIMPACT Newsletter

May, 2022

**IN THIS ISSUE,  
WE'RE COVERING:**

**MENTAL HEALTH  
MONTH**

**IIMPACT SUMMIT**

**LIFE PROJECT**

## **MENTAL HEALTH AWARENESS THIS MONTH**

**Month**

Mental Health Month  
Borderline Personality Disorder  
Awareness Month

**Week**

National Mental Health Counseling  
Week (May 6-12)  
National Prevention Week (May 11-  
17)

## **Yard Sale**

Benefits to support Child  
Development & Autism  
Awareness

Porter-Leath & University of  
Memphis (PLUM)  
Early Childhood Academy at  
Orange Mound

2869 Park Avenue  
Memphis, TN 38114



Designed by Vecteezy

**Vendor and Donations  
Opportunity**

Contact: Sonja Randall  
[Sonja.Randall@memphis.edu](mailto:Sonja.Randall@memphis.edu)

**\$25 per table/space**

**Register here:**  
<https://forms.gle/257PB4myobZ8AEoHA>

**Saturday,  
May 14  
7a- 12p**

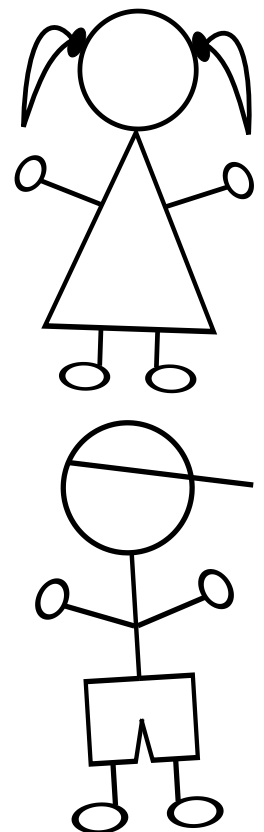
Volunteer  
support  
provided by  
OLE Futbol  
Club & UofM  
CDFS Dept.



Would you like to reserve a  
table/space to sell items?

Would you like to sell your  
own product or do you  
have a food truck?

Reserve a vendor space  
and keep your funds!





# May is Mental Health Month

## **NATIONAL MENTAL HEALTH COUNSELING WEEK (MAY 6-12)**

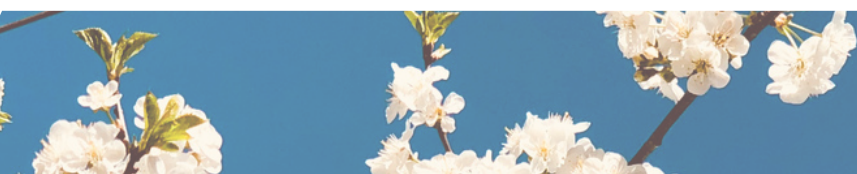
DESPITE MENTAL HEALTH BECOMING A LESS TABOO TOPIC OF CONVERSATION, THERE CONTINUES TO BE MANY STEREOTYPES ABOUT INDIVIDUALS SUFFERING WITH MENTAL ILLNESSES. THE NATIONAL MENTAL HEALTH COUNSELING WEEK AIMS TO STOP THE STIGMA ABOUT MENTAL HEALTH STRUGGLES. APPROXIMATELY ONE IN FOUR PEOPLE WORLDWIDE SUFFER WITH MENTAL ILLNESS AT AT LEAST ONE POINT AND TIME IN THEIR LIFETIME. TAKE PART IN BREAKING THE STIGMA THIS MONTH BY LEARNING MORE ABOUT MENTAL ILLNESS, TALKING WITH FRIENDS AND FAMILY ABOUT MENTAL HEALTH ISSUES, OR TALKING WITH A THERAPIST.

## **WORLD MATERNAL MENTAL HEALTH DAY (MAY 6)**

PERINATAL MOOD AND ANXIETY DISORDERS ARE COMMON AMONG WOMEN AFTER GIVING BIRTH. THE WORLD MATERNAL MENTAL HEALTH DAY SEEKS TO SPREAD MORE INFORMATION REGARDING THE DEVELOPMENT OF ILLNESSES AMONGST MOTHERS, AND TO DRIVE SOCIAL CHANGE AROUND MENTAL HEALTH ACCESS FOR MOTHERS. TO GET INVOLVED, TALK WITH THE MOTHERS IN YOUR LIFE ABOUT MENTAL HEALTH AND ENCOURAGE THOSE STRUGGLING TO SEEK OUT MENTAL HEALTH RESOURCES.

## **NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY (MAY 9)**

POSITIVE MENTAL HEALTH AND MENTAL HEALTH AWARENESS ARE ESSENTIAL ASPECTS IN THE CHILD DEVELOPMENT PROCESS. SOCIAL EMOTIONAL LEARNING IS NOW BEING TAUGHT IN MANY SCHOOLS, BUT THAT ALONE IS NOT ENOUGH. PARENTS AND THEIR CHILDREN ARE ENCOURAGED TO HAVE OPEN CONVERSATIONS REGARDING MENTAL HEALTH AND MAKING HEALTHY CHOICES REGARDING ONES EMOTIONAL HEALTH. NATIONAL CHILDREN'S MENTAL HEALTH AWARENESS DAY AIMS TO ENCOURAGE PARENTS AND ADULTS TO LEARN MORE ABOUT CHILDREN'S MENTAL HEALTH AND HOW TO SUPPORT CHILDREN WHO EXPERIENCE MENTAL HEALTH STRUGGLES.



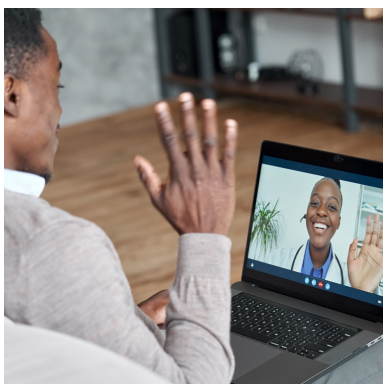
# iIMPACT Summit, 2022

On April 7th the iIMPACT Summit was held at the University of Memphis University Center. The title of this years summit was *Building personal and Community Resilience* and was intended for practitioners in the fields of social work, education, counseling, and public health. Speakers included academic professionals from the University of Memphis as well as practitioners from the Memphis Community who discussed research, programs, and ways to solve problems that trouble the Memphis community.



The keynote speaker for the event was Regan Williams, MD who is the Medical Director Trauma and the Associate Chief of Staff at LeBonheur Children's Hospital. During her presentation, she discussed anecdotes of instances where she was called into the hospital for children who had received gunshot wounds and the impact this has on her as a professional, and the community as a whole. She discussed the frequency of gunshot wounds inflicted on children and methods of prevention.

Dr. Jerry Watson, LCSW and Assistant Professor at the School of Social Work at the University of Memphis and Co-Manager of the Men Healing Men and Communities Network led a presentation on Treating Post-Incarceration Trauma. During his presentation, he discussed the historical impact of incarceration in the United States and how these practices are continued today. Group members discussed the trauma and stress that occurs post-incarceration, systematic oppression, and other difficulties that occur and how these play a role in recidivism rates.



Dr. Susan Elswick EdD, LCSW, RPT-S presented on the University of Memphis SMART Center and the importance of Tele-health services and best practices in working with both children and adolescents. During her discussion she touched on the services offered at the SMART Center, individuals who may benefit from these services in the Memphis Community, and different tools and resources practitioners can utilize in their tele-health services such as online "play rooms", games, and even virtual sand trays.



# LIFE Project

## CENTER FOR THE ADVANCEMENT OF YOUTH DEVELOPMENT (CAYD)

The LIFE Project, a project associated with the CAYD at the University of Memphis, provides a wide variety of services and opportunities for families living below the poverty line in the Memphis area. Funded by the Urban Child Institute (UCI) the LIFE Project has reached over 273 enrolled caregivers and over 1,200 children in Memphis through the use of peer mentoring, tele-health, and case management services. Additionally, the program hosts "Barbershop Talks" as well as "Solution Tanks" to discuss with member pressing issues in their communities such as youth gun violence and the COVID-19 pandemic. Additionally, the program provided specific services centered around Adverse Childhood Experiences (ACES) which include experiencing traumatic events that negatively impact and individual such as witnessing physical violence, losing a close friend or family member, and more.



**PARTNERS ON THE PROJECT INCLUDE KNOWLEDGE QUEST, NEIGHBORHOOD CHRISTIAN CENTER, AND GOODWILL HOME AND COMMUNITY SERVICES**



*Goodwill Homes Community Services, Inc.*



**NEIGHBORHOOD CHRISTIAN CENTERS, INC.**

# LIFE Project

## CENTER FOR THE ADVANCEMENT OF YOUTH DEVELOPMENT (CAYD)



According to the final report on the project, "LIFE Family Support Navigators assist enrollees in a range and variety of ways including: working with clients to secure insurance, monitoring treatment compliance, helping enrollees find housing, assisting with educational attainment, referring to counseling, helping resolve disputes with MLGW, assisting enrollees finding rent and utility assistance, and providing IEP support,". Peer mentoring services were provided by trained Health Navigators who hosted Mentor Circles that focuses on acting as community advocates.

In addition to direct services provided by the program to participants the LIFE staff provided training on assessments and data driven case management to its partners.

While quantifying the outcome of the project was difficult due to the wide variety of services provided, participants showed improvements in their level of empowerment from the first to the second follow-up measure. LIFE staff and the staff of the CAYD hope to continue providing and expanding these services provided to the Memphis Community in coming years.

**To learn more about the LIFE Project and the Center for the Advancement of Youth Development, contact Associate Director, Christy Peterson at [cpetrsn2@memphis.edu](mailto:cpetrsn2@memphis.edu)**

# Get Involved in ICHC and iIMPACT Projects

## DSEP IN ACTION!

Want to learn more about the Dove Self-esteem project?



JOIN DR. SUSAN ELSWICK AND LISA WALL, TWO NATIONAL CADRE MEMBERS FOR THE DOVE SELF-ESTEEM PROJECT (DSEP), AS THEY DISCUSS THE DSEP CURRICULUM AND HOW THEY UTILIZE THE CONTENT.

Click [HERE](#) to listen.

Want more Information and to know how you can get Involved?



**Scan Me!** 



IF YOU ARE A U.S. RESIDENT AND 13 YEARS OF AGE OR OLDER, SCAN THE CODE TO RECEIVE INFORMATION FROM CAIRN GUIDANCE ABOUT THE DOVE SELF-ESTEEM PROJECT AND CONFIDENT ME! CURRICULUM.

Click on the links below to learn more about  
ICHC and iIMPACT Projects

**iIMPACT**

**ICHC**



# iIMPACT Projects

**Institute for Interdisciplinary Memphis Partnerships to Advance Community Transformation  
(iIMPACT)**

## **UofM Autism Treatment, Training and Research Clinic**

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*

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## **The Literacy Landscape Project**

College of Education

Dr. Carolyn Kaldon

*cransfrd@memphis.edu*

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## **The BRAiN Center**

Counseling Educational Psychology and Research (CEPR)

Dr Kiersten Hawes –BRAIN Center Program Coordinator

*kahawes@memphis.edu*

*thebraincentermemphis@gmail.com*

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## **Men Healing Men**

College of Social Work

Dr. Gregory Washington

*gwsngt1@memphis.edu*

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## **LIFE Project: Lifelong Initiative for Family Empowerment (Life)**

College of Social Work

Dr. Gregory Washington

*gwsngt1@memphis.edu*

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## **Trauma Healing Club**

College of Social Work

Dr. Susan Elswick

*selswick@memphis.edu*

Dr. Gregory Washington

*gwsngt1@memphis.edu*

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## **Pregnant Moms' Empowerment Program (PMEP)**

Department of Psychology

*pmepmemphis@gmail.com*

*(901) 257-9848*

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

Christy Peterson – Program Coordinator

*901.678.1636*

*SMARTCenter@memphis.edu*

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## **Coordinated Effort to Enhance Development (CEED)**

College of Professional and Liberal Studies

Sonja Randall – CEED Program Coordinator

*office: 678.3589, cell: 901.331.8910*

*sonja.randall@memphis.edu*

Dr. Loretta Rudd

*lrudd@memphis.edu*

*CEED office: 901.678.3589*

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## **Language Environment Analysis (LENA)**

College of Professional and Liberal Studies

Sonja Randall – LENA Program Coordinator

*office: 678.3589, cell: 901.331.8910 sonja.randall@memphis.edu*

Dr. Loretta Rudd

*lrudd@memphis.edu*

*LENA office: 901.678.3589*

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## **Medical Legal Partnership (MLP)**

Dr. Katy Ramsey, MLP

Cecil C. Humphreys School of Law

*kramsey1@memphis.edu*

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## **Institute for Health Law & Policy Lab (iHELP)**

Dr. Katy Ramsey, MLP

Cecil C. Humphreys School of Law

*(901) 678-2421*

*kramsey1@memphis.edu*

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## **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*

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