

AUGUST 2025

The SMART Center

THE UNIVERSITY OF MEMPHIS NEWSLETTER



THE SMART CENTER

BY DEBBIE TRIMBLE

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

Instagram:

[@uofm_smartcenter](https://www.instagram.com/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

What Is Equine Therapy?

Equine therapy offers a unique path to emotional healing by fostering a deep connection between humans and horses. In a calm, outdoor setting, individuals engage in activities like grooming, leading, or simply observing these intuitive animals. Because horses mirror human emotions without judgment, they provide powerful, nonverbal feedback that helps people develop emotional awareness, build trust, and learn coping skills. This therapy is especially beneficial for those facing anxiety, trauma, or social challenges, offering gentle encouragement through meaningful interaction and presence.



IMPORTANT MENTAL HEALTH DATES FOR AUGUST

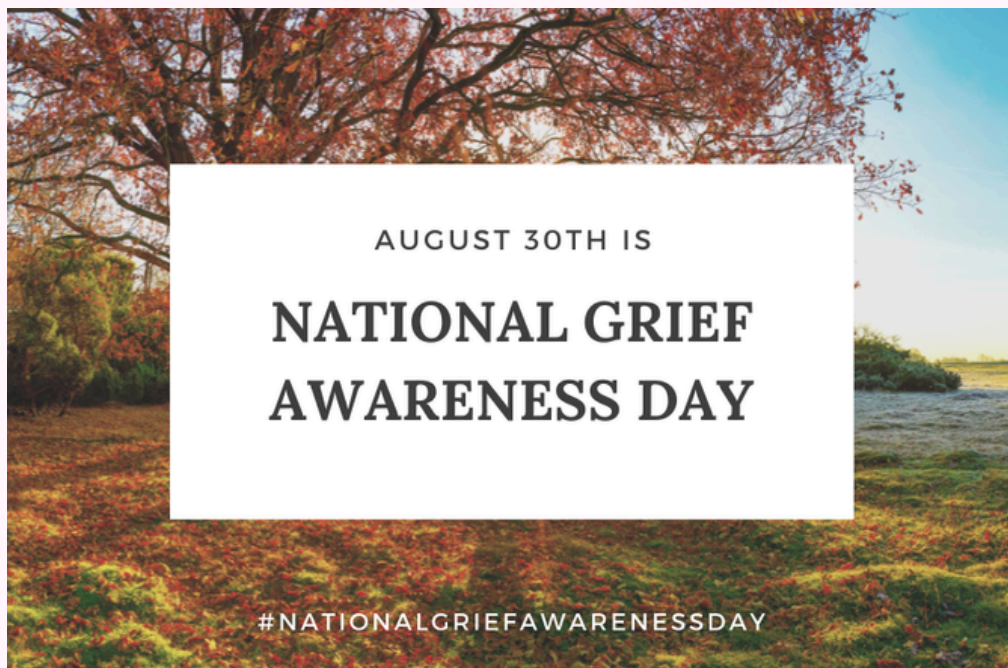
Supporting Young Minds Month

National Minority Mental Health Awareness Month

International Day of Friendship (6th)

National Grief Awareness Day (30th)

International Overdoses Awareness Day (31st)



UPCOMING AUGUST MENTAL HEALTH EVENTS IN MEMPHIS

Yoni Yin Yoga, Tuesday, August 5th from
6:30 p.m. at Taboo Twist Yoga, RSVP at
<https://lucyjahygge.com/services/ola/services/kundalini-yoga-2>

**Rainbow's 2nd Annual Youth Health and
Wellness Fair**, Saturday, August 16th from
11 a.m. at Humboldt Medical Center, RSVP at
[Eventbrite.com](https://www.eventbrite.com)

Overdose Awareness Night, Saturday,
August 23rd from 4 p.m. - 6 p.m. at
SouthPoint Church, RSVP at [RSVP at
Eventbrite.com](https://www.eventbrite.com)

**It Takes a Village Annual Community
Family Shower**, Saturday, August 30th from
11am-2pm at Benjamin L. Hooks Central
Library, RSVP at [Eventbrite.com](https://www.eventbrite.com)

What's *Happening* at the SMART Center?



🎉 Big shoutout to Nakayla! 🎉

We are thrilled to announce that Nakayla has been selected for the highly competitive Youth Villages Summer Internship Program! Out of more than 950 applicants, she stood out for her dedication, compassion, and exceptional ability to connect with children.

Nakayla's passion for helping young people thrive makes her a perfect fit for this opportunity. We are so proud of her and can't wait to see the incredible impact she'll make!

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